

# Tower One/Tower East Event Calendar

October 8 – October 14

**\$4.99 Weekly Breakfast Special**

**Sunday – Friday 8:00 – 10:00 am Saturday 9:00 – 11:00 am**  
**Eggs w/ choice of 1/2 Waffle or 1 Slice of French Toast,**  
**Home Fries, & Coffee or Juice**

## Monday, Oct. 8

9:30 am	Wii Bowling	Meeting Room
10:30 am	Chair Exercises	Private Dining Room
1:00 pm	Nails 2 Go	T/E Lobby
2:00 pm	Yiddish Group	Meeting Room
3:15 pm	Music for Entertainment OPERA	Meeting Room
4:00 pm	Expired Medication Collection	T/E Lobby
7:00 pm	Movie "Oceans 8"	Meeting Room

## Tuesday, Oct 9

10:30	Seamstress	T/O Clinic
11:00 am	Community Chat with Gus	T/E Lobby
11:00 am	Current Events	Private Dining Room
1:00 pm	Exercise	Meeting Room
2:00 pm	Knitting Group	T/O 20 <sup>th</sup> Floor Lobby
3:00 pm	Author Michaela Papa	Meeting Room
7:00 pm	Movie "The Girl From Jones Beach"	Meeting Room

## Wednesday, Oct 10

10:45 am	Tower's Chorus Rehearsal	Meeting Room
11:15 am	Towers Chorus Concert	Meeting Room
11:30 am	Chef Center Stage:	T/O Dining Room
12:30 pm	Catholic Mass	Private Dining Room
1:00 pm	Blood Pressure Clinic	Meeting Room
1:00 pm	Memoir Writing	
2:30 pm	Bingo	Meeting Room
3:00 pm	Plarning- help the homeless	T/E Lobby
7:00 pm	Speaker – Joyce Saltman	Meeting Room

## Thursday, Oct 11

10:30 am	Art Class	T/O 20 <sup>th</sup> Floor or Courtyard
10:45 am	Senior Day at the J	Out Trip
12:00 pm	Residents' Assoc. Paid Up Party	Dining Room
7:00 pm	Movie "Keeping Up with the Steins"	T/E Meeting Room

## Friday, Oct 12

9:30 am	Wii Bowling	T/E Meeting Room
11:00 am	Chair Exercise	T/O Private Dining Room
11:00 am	Christian Bible Study	T/E Meeting Room
1:00 pm	Create-a-Word	T/O Private Dining Room
1:45 pm	Yoga, Balance, and Weight Training	T/O Dining Room
2:00 pm	Tai Chi for Men	T/E Meeting Room
2:45 pm	Trivia	T/O Private Dining Room
3:00 pm	Tai Chi for Women	T/E Meeting Room
5:30 pm	Dominoes	T/E Lobby
7:00 pm	Shabbat Service with Ruthie Greenblatt	Towers Synagogue

## Saturday, Oct 13

10:00 am	Shabbat Service with Ruthie Greenblatt	Towers Synagogue
1:00 pm	Bridge Game	T/O Dining Room
2:00 pm	Movie "You Were Never Lovelier"	T/E Meeting Room
7:00 pm	Bingo	T/O Dining Room
7:00 pm	Movie "Marx Reloaded"	T/E Meeting Room

## Sunday, Oct 14

2:00 pm	Movie "Who Are We Now"	T/E Meeting Room
7:00 pm	Movie and Review with Jim Brochin "Doubt"	T/E Meeting Room

## Shopping Bus Schedule & Hours

Stop & Shop – East Haven	Tuesday 10:00 am
Stop & Shop – Hamden	Thursday 10:00 am & Friday 10:00 am
Gift Shop Hours	Monday thru Friday: 1:00 – 3:30 pm
Towers Hair Salon Hours	Tuesday thru Friday: 9:00 am - 3:30 pm
Café Hours	Sun - Fri: 8:00 am – 1:30 pm; Sat: 9:00 am – 1:00 pm & 4:00 pm – 6:00 pm
Convenience Store Hours	Sun - Thurs: 11:00 am – 3:30 pm; Friday: 11: am – 5:00 pm
Bank Hours	Tuesdays and Thursdays: 9:00 am – 11:00 am