

The Towers Event Calendar

August 6 – August 12

\$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, August 6th

9:30 am	Wii Bowling	Meeting Room
10:00 am	Hamden Shopping Trip	Tower One Lobby
10:30 am	Chair Exercises	Private Dining Room
11:30 am	Let It Shine	Meeting Room
12:45 pm	Changing Times with Betsy	Meeting Room
1:00 pm	Nails by Jennie	Tower East Lobby
1:00 pm	Relax& Rejuvenate	Private Dining Room
2:00 pm	Yiddish Group	Meeting Room
2:00 pm	Poetry with BettyLou	Private Dining Room
7:00 pm	Movie “The Family Man”	T/E Meeting Room

Tuesday, August 7th

10:00 am	Coffee Klatch	Meeting Room
10:30 am	Hearing Clinic	Tower One Clinic
11:00 am	Current Events	Private Dining Room
1:00 pm	Exercise	Meeting Room
2:00 pm	Knitting Group	T/O 20 th Floor Lobby
2:30 pm	Candidate Eva Bermudez	Meeting Room
7:00 pm	Joyce Saltman “When Did I Turn Into My Mother”	Meeting Room

Wednesday, August 8th

10:45 am	Tower’s Chorus Rehearsal	Meeting Room
11:00 am	Out Trip to Farmers Market	Pick up Tower One Entrance
11:30 am	Chef Center Stage: Grill	Courtyard or Dining Room
2:30 pm	Bingo	Meeting Room
3:30 pm	Open Planning: Learn and Help	Tower East Lobby
7:00 pm	Movie “The King and I”	T/E Meeting Room

Thursday, August 9th

10:30 am	Art Class	Courtyard or T/O 20 th Floor
1:00 pm	Exercise Class	Meeting Room
2:00 pm	Walk and Talk with Pat	Dining Room
4:00 pm	Gospel Choir Rehearsal	Meeting Room
7:00 pm	Sydney and the News	Meeting Room

Friday, August 10th

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

Saturday, August 11th

10:00 am	Shabbat Service with Ruthie Greenblatt	Towers Synagogue
1:00 pm	Bridge Game	Dining Room
2:00 pm	Movie “Bob Fosse: All That Jazz”	Meeting Room
7:00 pm	Bingo	Dining Room

Sunday, August 12th

2:00 pm	Movie “Crossing Delancy”	Meeting Room
7:00 pm	Movie “High Lonesome Story of Bluegrass”	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 - Fri: 11:00 am – 3:30 pm; Sat: 12:00 pm – 3:30 pm & 4:00 pm – 6:00 pm
Bank Hours	Tuesdays and Thursdays: 9:00 am – 11:00 am