

Tower One/Tower East Event Calendar

April 16th – April 22nd

\$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, April 16th

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| 9:30 am | Wii Bowling | T/E Meeting Room |
| 10:30 am | Chair Exercises | T/O Private Dining Room |
| 11:30 am | Let It Shine | T/E Meeting Room |
| 1:00 pm | Manicures with Jennie | T/E Lobby |
| 1:00 pm | Relax & Rejuvenate | T/O Private Dining Room |
| 2:00 pm | Yiddish Group | T/E Meeting Room |
| 7:00 pm | Movie “Heaven Can Wait” | T/E Meeting Room |

Tuesday, April 17th

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| 11:00 am | Current Events | T/O Private Dining Room |
| 11:00 am | Dining Meeting | T/O Dining Room |
| 12:15 am | Hearing Clinic | Tower One Clinic |
| 1:00 pm | Arthritis Exercise | T/O Private Dining Room |
| 2:00 pm | Knitting Group | T/O 20 th Floor Lobby |
| 7:00 pm | Poetry Reading with Barry Zaret | T/E Meeting Room |

Wednesday, April 18th

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| 10:45 am | Tower’s Chorus Rehearsal | T/E Meeting Room |
| 11:15 am | Tower’s Chorus Concert | T/E Meeting Room |
| 11:30 am | Chef Center Stage: Lo Mein Bar | T/O Dining Room |
| 2:30 pm | Bingo | T/E Meeting Room |
| 7:00 pm | Movie “Gifted” | T/E Meeting Room |

Thursday, April 19th

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| 10:30 am | Art Class | T/O 20 th Floor |
| 1:00 pm | Arthritis Exercises | T/E Meeting Room |
| 4:00 pm | Gospel Choir Rehearsal | T/E Meeting Room |
| 7:00 pm | Sydney and the News | T/E Meeting Room |

Come and Try Relax and Rejuvenate

Instructor, Lorri Danzig, will guide you through easy-to-master techniques of relaxed breathing, gentle movement and self-massage that will leave you feeling relaxed, alert, and energized.

Friday, April 20th

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| 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 w/ Ruthie Greenblatt | Towers Synagogue |

Saturday, April 21st

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| 10:00 am | Shabbat Service w/ Ruthie Greenblatt | Towers Synagogue |
| 1:00 pm | Bridge Game | T/O Dining Room |
| 2:00 pm | Movie “ Wonder” | T/E Meeting Room |
| 7:00 pm | Bingo | T/O Dining Room |
| 7:00 pm | Movie “Airplane!” | T/E Meeting Room |

Sunday, April 22nd



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| 1:00 pm | Sunday for Seniors | T/O Dining Room |
| 1:00 pm – 5:00 pm | Movie “Planet Earth” Marathon | T/E Meeting Room |
| 7:00 pm | Movie & Review with Jim Brochin “The Heart is a Lonely Hunter” | T/E Meeting Room |

Shopping Bus Schedule & Hours

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| 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 |