

# The Towers Event Calendar

## Week of January 28<sup>th</sup>- February 3<sup>rd</sup>

Life's most persistent and urgent question is,  
 "What are you doing for others?"- Dr. Martin  
 Luther King Jr.

### Monday, January 28

9:30 am	Wii Bowling	TE Meeting Room
10:30 am	Chair Exercise	Private Dining Room
11:30 am	Let It Shine	TE Meeting Room
12:45 pm	Changing Times with Betsy Stern	TE Meeting Room
1:00 pm	Relax & Rejuvenate	Private Dining Room
1:00 pm	Nails to Go	TE Lobby
2:00 pm	Music Appreciation "La Boheme"	TE Meeting Room
3:15 pm	Tu B'Shuvot Seder with Rivka	Private Dining Room
7:00 pm	Movie- "The Jazz Singer"	TE Meeting Room

### Tuesday, January 29

10:00am	Chair Massage with Leo	TE Lobby
10:30am	Seamstress	TO 1 <sup>st</sup> Floor Clinic
11:00am	Community Chat with Jackie	Main Dining Room
1:00 pm	Healthy & Fit	TE Meeting Room
2:15 pm	Yiddish Group	TE Meeting Room
7:00 pm	Movie- 1958 "South Pacific"	TE Meeting Room

### Wednesday, January 30

11:30 am	Chef's Center Stage	Cafe
1:00 pm	Stay Balanced	Private Dining Room
2:30 pm	Bingo	TE Meeting Room
3:30 pm	Planning Project	TE Lobby
7:00 pm	Movie- "American Graffiti"	TE Meeting Room

### Thursday, January 31

10:30 am	Art Class with Briah	TO 20 <sup>th</sup> Floor Lobby
1:00 pm	Healthy and Fit	TE Meeting Room
2:00 pm	Walk and Talk with Pat	Dining Room
7:00 pm	Tenant Council Meeting	TE Meeting Room

	<b>Friday, February 1</b>	
9:30 am	Wii Bowling	TE Meeting Room
10:00 am	ShopRite Shopping Trip	TO Lobby Pickup
11:00am	Chair Exercise	Main Dining Room
11:00am	Christian Bible Study	TE Meeting Room
12:45pm	Gospel Choir Rehearsal	TE Meeting Room
1:00 pm	Create-a-Word	Private Dining Room
1:45 pm	Yoga with Debbie	Dining Room
2:00pm	Tai Chi for Men	TE Meeting Room
2:45 pm	Trivia	Private Dining Room
5:30 pm	Dominoes	TE Lobby
7:00 pm	Shabbat Services with Ruthie	Towers Synagogue
	<b>Saturday, February 2</b>	
10:00 am	Shabbat Services with Sarah	Towers Synagogue
12:00 pm	Kiddush	Towers Synagogue
1:00 pm	Bridge Game	Main Dining Room
2:00 pm	Humor Hour with Jim Brochin	TE Meeting Room
7:00 pm	Bingo	Main Dining Room
7:00 pm	Movie- "The Informant"	TE Meeting Room
	<b>Sunday February, 3</b>	
1:30pm	Piano with Ben	TO Lobby
2:00pm	Folk Dance Performance and Info Session with Leng Tan	TE Meeting Room
6:00 pm	Super Bowl	TE Meeting Room
	<b>Shopping Bus Schedule &amp; Hours</b>	
Stop & Shop East Haven	Tuesday 10:00 am	
Stop & Shop Hamden	Thursday & Friday 10:00am	
Gift Shop Hours	Monday-Friday: 1:00pm – 3:30pm	
Towers Hair Salon Hours	Tuesday - Friday: 9:00am- 3:30pm	
Café Hours	Sun - Fri: 8:00am – 1:30pm;	Sat: 9:00am-1pm & 4-6pm
Convenience Store Hours	Sun - Thur: 11:00am – 3:30pm; Friday: 11am – 5:00pm	
Bank Hours	Tuesday & Thursday: 9:00–11:00am	