

The Towers Event Calendar

Week of March 11th- March 17th

“Nothing Will Work Unless You Do”-Maya Angelou

Monday, March 11

10:30 am	Chair Exercise	Private Dining Room
11:30 am	Let It Shine	TE Meeting Room
1:00 pm	Relax & Rejuvenate	Private Dining Room
1:00 pm	Nails to Go	TE Lobby
2:00 pm	Yiddish Group	TE Meeting Room
3:15 pm	Music Appreciation	TE Meeting Room
7:00 pm	Mulkerin School of Irish Dance Performance	TE Meeting Room

Tuesday, March 12

10:00 am	Chair Massage	TE Lobby
1:00 pm	Healthy & Fit Exercise	TE Meeting Room
2:00 pm	Beth Chana Girls Performance	Dining Room
3:30 pm	Folk Dance Group	TE Meeting Room
7:00 pm	Movie- “Can You Ever forgive Me”	TE Meeting Room

Wednesday, March 13

10:30 am	Seamstress	TO 1 st Floor Clinic
10:45 am	Towers Chorus Rehearsal	TE Meeting Room
11:30 am	Chefs Center Stage	Cafe
1:00 pm	Blood Pressure Clinic	TE Meeting Room
1:00 pm	Knitting and Crochet	TE Lobby
1:00 pm	Stay Balanced- Fall Prevention Program	Private Dining Room
2:30 pm	Bingo	TE Meeting Room
3:00 pm	NHSO PreShow Talk with Michael Yaffe	Private Dining Room
3:30 pm	Plarning	TE Lobby
7:00 pm	Movie- ”The Florida Project”	TE Meeting Room

Thursday, March 14

10:30 am	Art Class with Briah	TO 20 th Floor Lobby
12:45 pm	Healthy and Fit Exercise	TE Meeting Room
6:30 pm	Out Trip- NHSO “Mozart’s Paris”	RSVP By 2/12 at Noon
7:00 pm	Movie- “Battle of the Sexes”	TE Meeting Room

	Friday, March 15	
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
2:00pm	Tai Chi for Men	TE Meeting Room
2:45 pm	Trivia	Private Dining Room
3:00 pm	Tai Chi for Women	TE Meeting Room
5:30 pm	Dominoes	TE Lobby
7:00 pm	Shabbat Services with Sarah	Towers Synagogue
	Saturday, March 16	
9:45 am	Shabbat Services with Ruthie	Towers Synagogue
12:00 pm	Kiddush	Private Dining Room
1:00 pm	Bridge Game	Main Dining Room
6:30 pm	Bingo	Main Dining Room
7:00 pm	Movie- “Everybody’s Fine”	TE Meeting Room
	Sunday, March 17	
12:00 pm	Resident’s Association St. Patrick’s Day Party	Dining Room
2:00 pm	Movie- Steve McQueen “Bullitt”	TE Meeting Room
2:30 pm	Piano with Ben	TO Lobby
7:00 pm	Movie- Bob Hope 1949 “Road to Rio”	TE Meeting Room
	Shopping Bus Schedule & Hours	
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	Mon - Thur: 11:00am – 3:30pm; Friday: 11am – 5:00pm	Closed Sat and Sun
Bank Hours	Tuesday & Thursday: 9:00–11:00am	
Masonicare ALSA Residents	1st & 3rd Thursday Shopping Trip	Call 203 562 0573 by Tuesday to confirm