

Tower Talk

August 2026



Lutheran Towers Staff

Executive Director

Karon Nixon

Community Administrator

Jasmine Boone

Business Services Manager

Nicole Porter

Resident Relations Specialist

Ursula Hodge

Front Desk Receptionist

Evening/Weekend Concierge

Kevin Dunn

Erika Nix

**Director of Supportive Programs
and Services**

Josie Jangdhari

Supportive Service Coordinators

Tawanda Searcy

Sylvia Robinson

Life Enrichment Coordinator

Candice Cox

Program Assistant

Ramel Pearson

Director of Physical Plant

Rodney Williams

Manager of Physical Plant

Joe Burns

Physical Plant Specialist

Harry Osayimwen

Maintenance Technician

Paul Reeves, Jr.

OUR MISSION: “To provide safe, quality, and affordable independent living, within a caring community, for low-income seniors with evidence-based supportive services that allows them to thrive as they age.”

Aloha Summer Bash

Featuring
Upgrade Band ATL

Saturday, August 29th
7:00pm ~ Lee Hall

Ways to
REDUCE
your **RENT**

SAVE MONEY.
LIVE BETTER!

AT LUTHERAN TOWERS
with Ursula

TUESDAY,
AUGUST 11TH

AT **2 PM**

LEE HALL

You don't want to
MISS THIS
INFORMATION SESSION!

MORE SAVINGS.
MORE FREEDOM.
MORE YOU.

♥ Your home. Your community. Your future. LET'S MAKE IT EVEN BETTER! ♥

UPCOMING INFO SESSIONS & SEMINARS

LOCATED IN LEE HALL



Ways to Reduce
Your Rent *with Ursula*

Tuesday, August 11th at 2 pm



Medicare Education
with Humana/Reliance

Wednesday, August 19th at 3:30 pm

Humana | **RELIANCE**
MEDICARE SOLUTIONS



Let's Talk:
*Coping with
Confidence*

with Nineshia Mont-Reynaud,
Clinical Director

Thursday, August 20th
at 1:30 p.m.

Join us to learn about a new opportunity
to build resilience, reduce stress,
and connect with others.

*Your well-being.
Our community.*



SAVE *the* DATE!

for Upcoming Fitness and Wellness Programs

Some instructors will be off in August
for summer break.

*We will come back and
welcome others in September.*



Tai Chi



Qigong



Sound Bath
with Risa



Line Dancing



and more!



Residents, LET'S CONNECT!



Scan the QR code to join our
**LUTHERAN TOWERS
RESIDENTS-ONLY**
Facebook Group!



STAY CONNECTED

Engage with neighbors,
share photos,
and build community.



Scan to Join!



**LUTHERAN
TOWERS**

A Community of Grace



THIS GROUP IS FOR
RESIDENTS ONLY.

Thank you!



Tech Support With Chris

**Friday, August 7th
10:30am**

Lee Hall

**Come get help with
your phone,
computer,
laptop and
more.**



August

Sunday

Monday

Tuesday

Wednesday

2 10:20 Transportation to Free Chapel	3 8:00 -10:00 Bistro Coffee 10:00 Town Hall 2:00 Town Hall 6:00 BINGO	4 9:00 Fitness w/ Coach DaShaun (Live Video) 11:00 Grocery 1:00-4:00 Chiropractor 2:00 Lemonade Social in the Bistro K-9 Inspections	5 11:00-1:00 LT Store Commodity Box Pick Up ONLY 1:00 Bible Study Rent Due K-9 Inspections
9 10:20 Transportation to Free Chapel	10 8:00-10:00 Bistro Coffee 11:00 Dekalb Farmer's Market 2:00 Grounding Series	11 9:00 Fitness w/ Coach DaShaun (Live Video) 2:00 Lemonade Social in the Bistro 2:00 Reduce your Rent w/ Ursula	12 10:00 Chair Massages (by appointment) 11:00- 1:00 LT Store 1:00 Bible Study 4:00 LTRA Meeting
16 10:20 Transportation to Free Chapel	17 8:00-10:00 Bistro Coffee 9:30 Fayette Pavillion 2:00 Grounding Series 6:00 BINGO	18 9:00 Fitness w/ Coach DaShaun (Live Video) 11:00 Grocery 2:00 Banana Split Social	19 11:00- 1:00 LT Store 1:00 Bible Study 3:30 Medicare Education & Dinner 6:00 Moonlight & Melodies
23 10:20 Transportation to Free Chapel	24 8:00- 10:00 Bistro Coffee 10:00-3:00 Haircuts 2:00 Grounding Series	25 9:00 Fitness w/ Coach DaShaun (Live Video) 2:00 Lemonade Social in the Bistro	26 11:00- 1:00 LT Store 1:00 Bible Study 2:00 Trader Joe's 3:00 Book Club 4:00 Art Lecture
30 10:20 Transportation to Free Chapel	31 8:00-10:00 Bistro Coffee 2:00 Grounding Series		

2026

Thursday

Friday

Saturday

Notes:

		1 10:00-6:00 Fabulous Finds Bazaar
6 8:00-10:00 Bistro Coffee 11:00 Bowling 3:00 Massage Sign Ups 3:00 Art w/ Jaffia 4:00 Chess Club	7 10:00 Mobile Podiatry (by appointment) 10:30 Tech Support 11:00 Group Wellness & Rehab 12:00 Aker's Mill Square	8 3:00 Board Games
13 8:00-10:00 Bistro Coffee 8:15 Fitness w/ Coach DaShaun in Stonecrest 12:30 Top Golf 4:00 Chess Club	14 11:00 Group Wellness & Rehab 12:00 Birthday Reception	15 8:00 LTRA Trip to Cauble Park
20 8:00-10:00 Bistro Coffee 8:15 Fitness w/ Coach DaShaun in Stonecrest 10:00 Table Massages (by appointment) 1:30 Let's Talk: Coping w/ Confidence 4:00 Chess Club	21 11:00 Group Wellness & Rehab 12:00 Chow King Grill & Buffet	22 7:00 Movie Night
27 8:00-10:00 Bistro Coffee 10:00 Cooking Class w/ Atlanta Food Bank 4:00 Chess Club	28 11:00 Group Wellness & Rehab 3:00 Art w/ Jaffia	29 7:00 Aloha Summer Bash

Resident Association Meeting

August 12
4pm, Lee Hall



LT Store Hours

Wednesday 8/5
Commodity Food Box Pick Up

Wednesday 8/12
11:00am -1:00pm

Wednesday 8/19
11:00am -1:00pm

Wednesday 8/26
11:00am -1:00pm



Supportive Services at a Glance



F.I.T.T.ness Prescription class with Coach DaShuan

- Live video every Tuesday at 9:00am in Lee Hall
- In person class in Stonecrest Thursday, August 13 & 20 bus leaves at 8:15am.



Mobile Podiatry with Dr. Atkins, Friday, August 7, 10:00am-3:00pm, in the Wellness Center. Sign up in the Wellness Book. Paid through your insurance. Please bring your insurance card for new patients.



Chiropractic Services with Dr. Darin Kourajian, Tuesday, August 4, 1:00pm-4:00pm in the Wellness Center. By appointments only. Please call Dr. Kourajain at (678) 457-0153 to schedule your appointment.



Tech Support with Chris, Friday, August 7, 10:30am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



Shelley Fondren, Sign up with deposit Thursday, August 6, 3:00 pm-3:30 pm in Lee Hall

- Chair massages = \$5 cost share. **Wednesday, August 12, 10:00am In the Wellness Center**
- Table massages = \$20 cost share. **Thursday, August 20, 10:00am Table massages** will be at the **spa location** located at: **741 Piedmont Ave. NE, Suite 300 (side door on Piedmont & 4th Street).** Call **Shelley at (404) 822-6295 with questions.** All massages by appointment only.



Haircuts with Michael - \$10 Monday, August 24, 10:00am-3:00pm in the Wellness Center. Please sign up for your appointment. Pay barber directly.



Grounding Series. Mondays at 2:00pm in Lee Hall. **No class August 3rd.**

Discover the Power of Grounding! Reduce inflammation and pain, improve sleep quality, and enhance blood circulation.



Medicare Education & Dinner sponsored by Humana/Reliance, Wednesday, August 19, 3:30pm in Lee Hall. Sign-ups required in Wellness Book to participate in the dinner portion. ALL ARE WELCOME for the Medicare Education workshop.



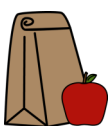
***New Date Group Wellness & Rehab with Dr. Chamyce Hall, Fridays 11:00am in Lee Hall.** Must sign up weekly in the Wellness Book. **Limited to 15 people.**



Let's Talk: Coping with Confidence info session with Nineshia Mont-Reynaud, Clinical Director. Thursday, August 20, 1:30pm in Lee Hall.



Bible Study & Dinner, Wednesdays, 4:00pm, Lutheran Church of the Redeemer - Join the Redeemer Community for dinner and bible study every Wednesday. (Use the 3rd floor bridge to go to the church.) A small donation of \$3 is appreciated.



Food Program:

- Commodity Food Box delivery, **Wednesday, August 5, LT Store** between 11:00 am-1:00 pm.
 - Daily lunch program, **Monday-Friday, 10:30am-11:30am, Bistro/Lee Hall** (While supplies last.)
- Provided by Redeemer Church Food Ministry.**



Cooking Class at the Atlanta Community Food Bank, Thursday, August 27, 11:00am-1:00pm Free roundtrip transportation. Wheelchair accessible. You don't have to receive a commodity box to participate. Space is limited. Please sign up. **Transportation departs Lutheran Towers at 10:00am.**

Community Engagement at a Glance

BINGO - Mondays, August 3 & 17, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

Coffee in the Bistro - Mondays and Thursdays, 8:00am - 10:00am.

Grocery Trips - Publix and Kroger. Consult the calendar for dates.

Chess Club - Thursdays at 4:00pm in the Game Room on the 3rd floor.

Movie Night - Saturday, August 22, 7:00pm in Lee Hall. Bring your own snacks & beverages.

Board Games - Saturday, August 8 at 3:00pm in Lee Hall.

Lemonade Social - Tuesdays at 2:00pm in the Bistro.

Fabulous Finds Bazaar - Saturday, August 1 at 10:00am in Lee Hall. Hosted by the Friends in Lutheran Towers.

Aker's Mill Square - Friday, August 7, 12:00pm. A shopping plaza with stores like Hobby Lobby, Dollar Tree, Old Navy, and plenty of places to grab lunch with friends. (sign up)

Trader Joe's - Wednesday, August 26, 2:00pm. (sign up)

Top Golf - Thursday, August 13, 12:30pm. Whether you're a seasoned golfer or trying it for the first time, TopGolf is a fun and social outing for everyone to enjoy. Limited availability. (sign up)

Art w/ Jaffia - Thursday, August 6 & Friday, August 28, 3:00pm. Explore creativity and self-expression with Jaffia through engaging art experiences featuring drawing, painting, collage, mixed media, and more. (sign up)

Dekalb Farmer's Market - Monday, August 10, 11:00am. (sign up)

Banana Split Social - Tuesday, August 18, 2:00pm. Sponsored by the LTRA. (sign up)

Bowling - Thursday, August 6 at 11:00am. Enjoy a game of bowling at Stars and Strikes. (sign up)

Trip to Cauble Park - Saturday, August 15, 8:00am. All fees must be paid by August 10. Hosted by the LTRA.

Art Lecture w/ John - Wednesday, August 26, 4:00pm. Join John for engaging conversation about "Maria Cosway: Thomas Jefferson's other Great Love." The lecture will also examine the life of Sally Hemmings the enslaved woman with whom Jefferson fathered six children. (sign up)

Fayette Pavilion - Monday, August 17, 9:30am. (sign up)

Moonlight & Melodies - Wednesday, August 19, 6:00pm in Lee Hall. Unwind with us for an evening of smooth music, good company, and relaxing vibes. (sign up)

Chow King Grill & Buffet - Friday, August 21, 12:00pm. (sign up)

Aloha Summer Bash - Saturday, August 29, 7:00pm. Celebrate the spirit of summer with our tropical Aloha Summer Bash! Enjoy live music, delicious refreshments, festive island décor, and an afternoon of dancing, laughter, and unforgettable memories with friends.



Lutheran Towers House Rule Series

#3. Bed Bug Extermination and Control

To avoid and address the very serious problem of bed bug infestation, furniture and belongings infested with bed bugs will not be brought into or moved within this property. If bed bugs are identified in furniture or belongings already in an apartment the resident will immediately notify management and then follow the appropriate steps as outlined in the notice provided by management. Bed bugs cannot be eliminated by professional extermination alone. Should a bed bug problem be identified, management will contact for extermination and may institute several steps that must be taken immediately by any resident identified in this community as having bed bugs in his/her unit.

It is required that, should you be notified, you will comply with the steps identified by management in a written notice developed in consultation with a professional exterminator. There may be additional requirements. Failure to comply after written notification by management with these and any additional bed bug extermination steps is considered a violation of these House Rules and a lease violation.



Welcome Home



**Curtis
Colbert Jr.**

**Linda
Jackson**

**Eva
Kendrick**

**Daniel
Lewis**

**Wilma
Watson**

★HAPPY★ BIRTHDAY!

The **August Birthday Reception** is on **Friday, August 14, 12:00-1:00**. We want to celebrate and honor you. Please call the front desk if you are **NOT** able to attend. (404) 873-6087.

8/1 Margaret Mitchell
8/1 Kevin Dunn, Staff
8/3 Patrice King
8/5 Kenneth Nesbit
8/6 Calvin Mccrary
8/8 Louise Colby
8/8 Marques Seaborn
8/14 Christine Russell

8/17 Billye Pope
8/18 Anthony Wilson
8/19 William Hackney
8/20 Linda Jackson
8/25 Kenneth Harris
8/28 Robert Lowe
8/30 Sallie Jordan
8/30 Amelia Kendrick