

# Tower Talk

## February 2026



## Lutheran Towers Staff

**Executive Director**

*Karon Nixon*

**Director of Operations**

*Cristina Lopez*

**Business Services Manager**

*Nicole Porter*

**Resident Relations Specialist**

*Ursula Hodge*

**Front Desk Receptionist**

**Evening/Weekend Concierge**

*Kevin Dunn*

*Ty'Rese Floyd*

**Director of Supportive Programs  
and Services**

*Josie Jangdhari*

**Supportive Service Coordinators**

*Tawanda Searcy*

**Community Chaplain**

*Angela Wyatt*

**Life Enrichment Coordinator**

*Candice Cox*

**Program Assistant**

*Ramel Pearson*

**Director of Physical Plant**

*Rodney Williams*

**Manager of Physical Plant**

*Joe Burns*

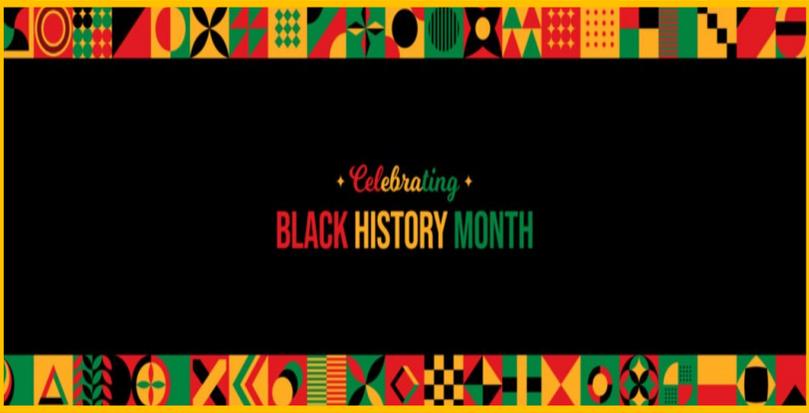
**Physical Plant Specialist**

*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."**



• Celebrating •  
**BLACK HISTORY MONTH**

## Honoring the Past, Shaping the Future



**Black History Month**, observed each February, is both a reflection and a living conversation. It honors the resilience, creativity, and leadership of Black Americans whose contributions have shaped every part of society. What began in 1926 as Negro History Week, founded by historian Carter G. Woodson, grew into Black History Month in 1976—encouraging a fuller and more truthful understanding of American history.

Black history extends far beyond one era or struggle. It lives in innovation, education, literature, science, art, and activism, as well as in everyday acts of courage. The arts, in particular, have been a powerful force, shaping music, culture, and expression worldwide. Alongside these achievements are stories of perseverance through injustice, met with collective action, resilience, and hope.

Black History Month is not only about the past—it also uplifts today's voices and reminds us that the work of inclusion and understanding continues. Observing this month can be as simple as learning something new, supporting Black-owned businesses, or engaging in meaningful conversations. By honoring Black history, we honor truth, creativity, and resilience, helping to build stronger and more inclusive communities.



# Health & Wellness

**EXPO SUMMIT**

Friendship Baptist Church

Saturday, February 21 • 10 am - 2 pm

— Transportation Provided —

*Get Ready!*

Join us for a transformative day of health, wellness, and fun focused on YOU!

Dive into vital topics, from Autoimmune Diseases to Oncology, and engage with top health providers to gain insight into better health.

Sign up in the Wellness Book



## **Black History Month**

### **Celebration**

### **Featuring**

### **Djoli Kelen Inc.**

### **Tuesday, February 17th**

### **2:00pm ~ Lee Hall**





**MARDI GRAS**  
*Masquerade*  
*Party*

**SATURDAY, FEBRUARY 21ST**

**7PM ~ LEE HALL**

Featuring UpgradeATL Band

**Kicking Off February**

**Love Where You Live**

Small acts of kindness can make a big difference.

Join us this February as we spread love, care, and connection throughout Lutheran Towers.

**Acts of Kindness**

- Send a card to a neighbor
- Straighten your floor lobby
- Volunteer at Lutheran Towers
- Help a neighbor with transportation to the grocery store or an appointment
- Give a smile or a kind word

Every act—big or small—helps make Lutheran Towers a warmer place to call home.

*Love where you live. Love who you live with.*

*People of the*  
**TOWERS**

**Calling All Residents**

Lutheran Towers is starting a storytelling project in February 2026!



Interested in telling us more about you? See Nicole if you're interested!



*Moonlight*  
 &  
*Melodies*

**Wednesday, February 11th**  
**6PM**  
**Lee Hall**

Come celebrate LOVE. With a special guest performance and refreshments.



# February

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

<p><b>1</b> 10:20 Transportation to Free Chapel</p>	<p><b>2</b> 8:00-10:00 Bistro Coffee 10:00-2:30 Haircuts 2:00 Vision Board Craft 6:00 BINGO</p>	<p><b>3</b> 9:15 Men's Banter &amp; Breakfast w/Don 10:00 Fitness w/Jarvis</p>	<p><b>4</b> 10:30 QiGong Class 11:00-1:00 LT Store 1:00 Bible Study</p> <p><b>Commodity Food Box Delivery</b></p>
<p><b>8</b> 10:20 Transportation to Free Chapel 6:00 Super Bowl Party</p>	<p><b>9</b> 8:00 -10:00 Bistro Coffee 10:00 Chair Massages (by appointment) 11:00 Bowling</p>	<p><b>10</b> 10:00 Fitness w/Jarvis 1:00-4:00 Chiropractor (by appointment) 11:00 Grocery 2:00 Hot Chocolate Social in the Bistro</p>	<p><b>11</b> 9:30 Breakfast \$2 10:30 QiGong Class 11:00-1:00 LT Store 2:00 Succulent Bar w/ King &amp; Spalding 1:00 Bible Study 5:00 Redeemer Dinner \$3 6:00 Moonlight &amp; Melodies</p>
<p><b>15</b> 10:20 Transportation to Free Chapel</p>	<p><b>16</b> 8:00-10:00 Bistro Coffee 2:00 Mardi Gras Mask Craft 6:00 BINGO</p>	<p><b>17</b> 10:00 Fitness w/Jarvis 10:00 Table Massages (by appointment) 2:00 Black History Month Celebration</p>	<p><b>18</b> 10:30 QiGong Class 11:00-1:00 LT Store 1:00 Ash Wednesday Service 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3</p>
<p><b>22</b> 10:20 Transportation to Free Chapel</p>	<p><b>23</b> 8:00-10:00 Bistro Coffee 2:00 Community Circle w/ Dr. Wyatt</p>	<p><b>24</b> 10:00 Fitness w/Jarvis 11:00 Suburban Plaza in Decatur (Walmart, Ross, Home Goods, Half Price Books) 2:00 Hot Chocolate Social in the Bistro</p>	<p><b>25</b> 10:30 QiGong Class 11:00-1:00 LT Store 1:00 Bible Study 3:00 Book Club 5:00 Redeemer Dinner \$3</p>

# 2026

## Thursday

## Friday

## Saturday

## Notes:

<p>5 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 3:00 Massage Sign Ups 4:00 Chess Club 7:00 Worship <b>Rent Due</b></p>	<p>6 10:30 Tech Support 11:00 Buford Highway Farmer's Market</p>	<p>7 7:00 Movie Night</p>
<p>12 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 2:00 Birthday Reception 4:00 Chess Club 7:00 Worship</p>	<p>13 10:00 Alvin Ailey Ballet</p>	<p>14 3:00 BoardGames</p>
<p>19 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 11:00 Edgewood Shopping District 4:00 Chess Club 7:00 Worship</p>	<p>20 10:00 Trader Joe's</p>	<p>21 9:30 Health &amp; Wellness Expo Summit 7:00 Mardi Gras Masquerade Party</p>
<p>26 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 2:00 Teach &amp; Tech III w/ Southern Company 4:00 Chess Club 7:00 Worship</p>	<p>27 11:00 Benihana</p>	<p>28 3:00 Board Games</p>

### LT Store Hours

Wednesday & Thursday  
11am to 1pm

### Commodity Box

Wednesday, Feb. 4  
Pick up during regular store hours.

\*Please see Josie, if you would like to apply for a food box.

### Resident Association Meeting

February 18  
4pm, Lee Hall



# Supportive Services at a Glance



## Fitness with Jarvis - Lee Hall

- Tuesdays, 10:00am
- Thursdays, 10:00am



## QiGong Class with Kofi. Wednesdays, 10:30am in Lee Hall.

An 8 weeks class to a better You!



## Chiropractic Services, Tuesday, February 10, 1:00pm - 4:00pm, Wellness Center -

By appointment only. Call Dr. Kourajian at (678) 457-0153 to schedule your appointment.



**Tech Support with Chris, Friday, February 6, 10:30am in Lee Hall-** Chris can help you with your phone, computer, laptop, and more.



## Shelley Fondren, Sign up with deposit Thursday, February 5, 3:00pm-3:30pm in Lee Hall

- Chair massages = \$5 cost share. **Monday, February 9, 10:00am**
- Table massages = \$20 cost share. **Tuesday, February 17, 10:00am** **Both chair & table massages will be provided in the Lutheran Towers Wellness Center.** All massages by appointment only.



## Haircuts with Michael - \$10. Monday, February 2, 10:00am-2:30pm in the Wellness Center.

Please sign up for your appointment. Pay barber directly.



## Men's Banter & Breakfast, Tuesday, February 3, 9:15am-10:15am in Lee Hall.

- Facilitated by Don Noland. Light breakfast will be served.



## 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)



## Community Circle with Dr. Angela Wyatt Monday, February 23, 2:00pm in Lee Hall.

**Contact Angela Wyatt to schedule a One - on - One appointment at (404) 873-6087 press 5.**



## Food Program:

- Commodity Food Box delivery, **Wednesday, February 4**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)

## Men's Banter & Breakfast

**Tuesday, February 3rd**

**9:15 am—10:15 am**

**Lee Hall**



**Come hungry. Leave with new friends!**



*Ash Wednesday*

SERVICE

Wednesday, February 18, 2026

1:00 p.m. – 2:00 p.m.

LOCATION: Lee Hall



All are welcome.

# Community Engagement at a Glance

**BINGO** - Mondays, February 2 & 16, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

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

**Hot Chocolate Social in the Bistro** - Tuesdays, February 10 & 24 at 2:00pm.

**Grocery Trips** - Weekly. Consult the calendar for dates.

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

**Worship Night (Music & Encouragement!)** - Thursdays at 7:00pm in Lee Hall.

**Canasta** - Postponed until March.

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

**Board Games** - Saturday, February 14 & 28 at 3:00pm in Lee Hall.

**Vision Board Craft** - Monday, February 2, 2:00pm in Lee Hall. (sign up)

**Buford Highway Farmer's Market** - Friday, February 6, 11:00am. (sign up)

**Super Bowl Party** - Sunday, February 8, 6:00pm in Lee Hall.

**Bowling** - Monday, February 9, 11:00am. (sign up)

**Succulent Bar w/ King and Spalding** - Wednesday, February 11, 2:00pm in Lee Hall. (sign up)

**Moonlight & Melodies** - Wednesday, February 11, 6:00pm. (sign up)

**Alvin Ailey Ballet** - Friday, February 13, 10:00am. (sign up)

**Mardi Gras Mask Craft** - Monday, February 16, 2:00pm. (sign up)

**Black History Month Celebration** - Tuesday, February 17, 2:00pm. (sign up)

**Edgewood Shopping District** - Thursday, February 19, 11:00am. Shop at Target, Marshall's, Ross, Burlington, Best Buy, Kroger, and several places to have lunch. (sign up)

**Mardi Gras Masquerade Party** - Saturday, February 21, 7:00pm. Come with your favorite Mardi Gras mask and ready to party. (sign up)

**Suburban Plaza in Decatur** - Tuesday February 24, 11:00am. Walmart, Ross, Home Goods, Half Price Books, and several places to have lunch. (sign up)

**Teach and Tech III w/ Southern Company Gas** - Thursday, February 26, 2:00pm in Lee Hall. (sign up)

**Benihana** - Friday, February 27, 11:00am. (sign up)



We want to hear from YOU! Do you have an event or activity that you want to see at Lutheran Towers? Please see Candice or Ramel with your ideas. Our office is located on the basement level next to the LT Store.





# Lutheran Towers House Rule Series

## #26. Parking

All vehicles must be in working order, registered, having current licenses, and the required insurance to operate under state and local law. Residents must have a valid driver license and are required to provide proof of insurance before they may park an automobile on the building premises. All resident vehicles must be registered in the office and display a Lutheran Towers parking decal. The parking decal shall be always displayed in the vehicle.

Residents may park one automobile in their assigned parking areas designated by Management for use by Residents unless it is a two-person household which would allow two cars. Unused automobiles for a period of one (3) months must be removed from the parking lot.

Residents shall inform and instruct all their guests and employees to park in the designated "Visitor" parking. Guest vehicles parked on Lutheran Towers grounds overnight must be registered at the Reception Desk.

Parking spots designated as employee parking, loading zones and fire lanes are only to be utilized as specified on the signage or ground markings. Improperly parked vehicles (e.g. parked in the fire lanes, employee spots, loading zones, Lutheran Towers Bus parking, or blocking access to and from the building) will be towed at the owner's expense. The covered entrance is to be used for loading and unloading passengers, not parking. This is a fire lane

**For the remainder of this policy, please refer to your House Rules.**



The **February Birthday Reception** is on **Thursday, February 12, 2:00-3:00**. We want to celebrate and honor you. Please call the front desk if you are **NOT** able to attend. (404) 873-6087.

**2/3 Ally Boyd-Hackney**

**2/4 Gregory McMahan**

**2/5 Zachariah Anderson**

**2/10 Sherry Stewart**

**2/11 Ramel Pearson (Staff)**

**2/12 Roseline Ogunyomi**

**2/13 Sonia Jimenez**

**2/13 Marsha McGhie**

**2/14 Mondell Smith**

**2/15 Sylvester Marshall**

**2/16 LaKeysha Hughee**

**2/20 Samuel Moore**

**2/21 Rodney Mack**

**2/21 Yanick Trenard**

**2/22 Angela Champion**

**2/23 Joseph Pugh III**

**2/23 Frank Thomas**

**2/24 Emilia Joell**

**2/25 Harriet Smikle**