

Tower Talk

July 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."

June Community Highlights

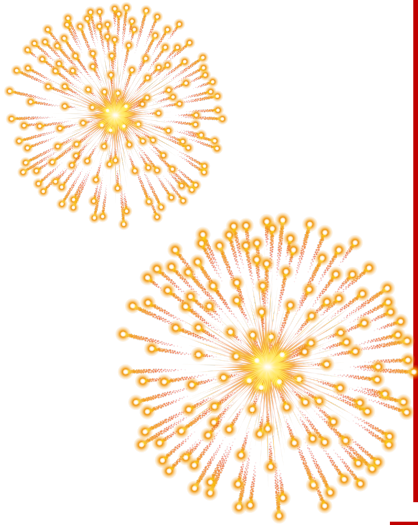
Celebrating the people, moments, and memories that make Lutheran Towers feel like home.



Amicalola Falls

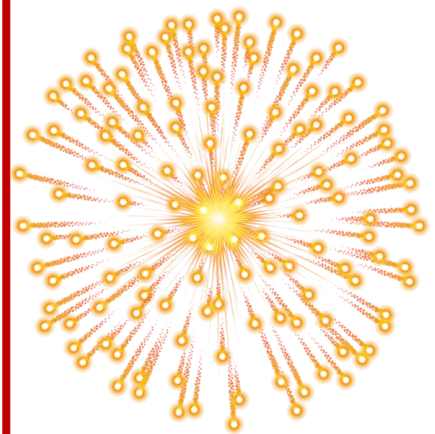


Art w/ Jaffia & Thai Chi



Volunteer Appreciation

Thank you to all of our Volunteers!



Group Wellness & Rehab



Juneteenth BBQ



Welcome to the Team!

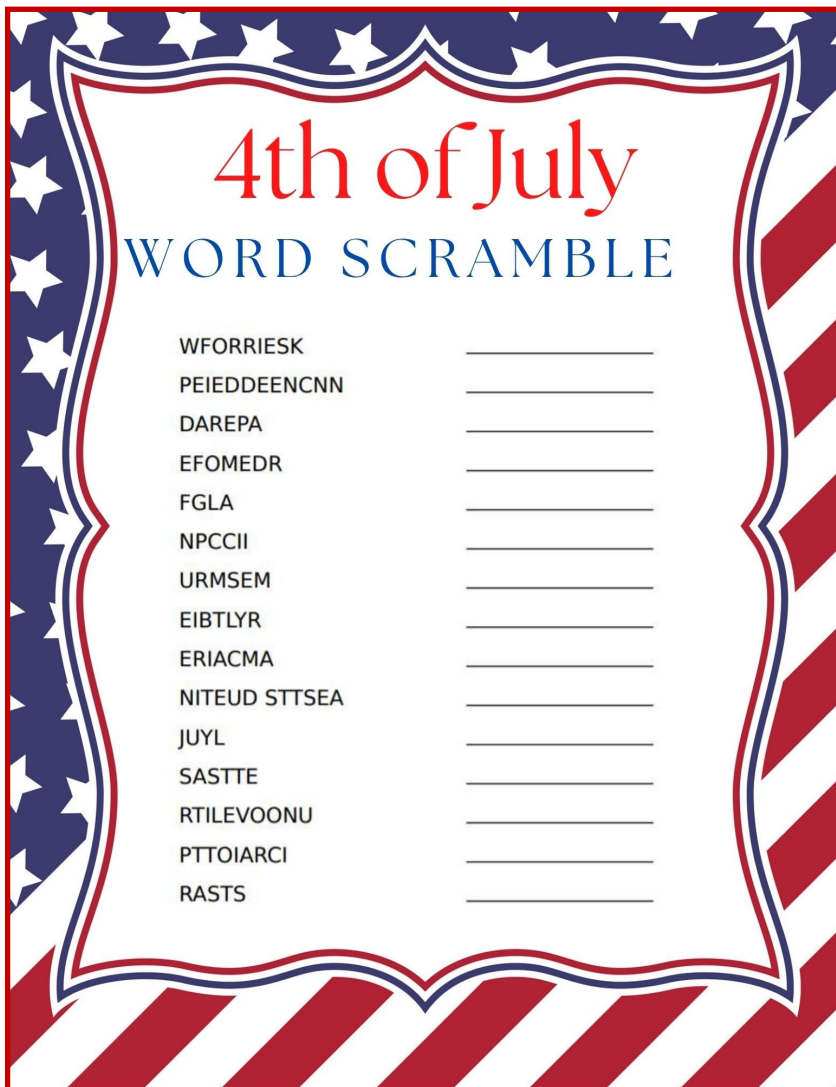


Jasmine Boone
Community Administrator

My name is Erika, and I'm an Atlanta, Georgia native — born and raised. I've spent the last 18 years working in healthcare, a field that has allowed me to grow both personally and professionally while making a meaningful impact in the lives of others. Outside of work, I enjoy getting lost in a good book, skating, trying out new recipes in the kitchen, and creating lasting memories with family and loved ones. I'm excited to connect with everyone and look forward to getting to know



Erika Nix
Evening Concierge



As we celebrate 250 years of American independence, we also celebrate the generations whose lives, stories, and contributions have helped shape our nation's journey.

Happy Independence Day!



July

Sunday

Monday

Tuesday

Wednesday

			1 11:00- 1:00 LT Store Commodity Box Pick Up ONLY 1:00 Bible Study
5 10:20 Transportation to Free Chapel Rent Due	6 8:00 -10:00 Bistro Coffee 2:00 Grounding Series 3:00 Thai Chi 6:00 BINGO	7 11:30 Fitness w/ Coach DaShaun 2:00 Lemonade Social in the Bistro	8 11:00-1:00 LT Store 1:00 Bible Study 2:00 Trader Joe's 4:00 LTRA Meeting
12 10:20 Transportation to Free Chapel	13 8:00-10:00 Bistro Coffee 11:00 Bufford Highway Farmer's Market 2:00 Grounding Series 3:00 Thai Chi	14 11:30 Fitness w/ Coach DaShaun 1:00 Banana Split Social 1:00- 4:00 Chiropractor	15 11:00 Bowling 1:00 Bible Study 6:00 Fabulous Finds Bazaar Vendor Meeting Mandatory Fire Drill
19 10:20 Transportation to Free Chapel	20 8:00-10:00 Bistro Coffee 10:00- 3:00 Haircuts 2:00 Grounding Series 3:00 Thai Chi 6:00 BINGO	21 11:30 Fitness w/ Coach DaShaun 1:00 Grocery 2:00 Lemonade Social in the Bistro	22 11:00- 1:00 LT Store 1:00 Bible Study
26 10:20 Transportation to Free Chapel	27 8:00- 10:00 Bistro Coffee 11:00 Grocery 2:00 Grounding Series 3:00 Thai Chi	28 11:30 Fitness w/ Coach DaShaun 12:00 Fayette Pavilion 2:00 Lemonade Social in the Bistro	29 10:00 Table Massages (by appointment) 11:00-12:00 New Resident Orientation and Meet & Greet 1:00 Bible Study 3:00 Book Club 6:00 Moonlight & Melodies

2026

Thursday

Friday

Saturday

Notes:

2 8:00- 10:00 Bistro Coffee 12:00 Aker's Mill Square 3:00 Massage Sign Ups 4:00 Chess Club	3 11:00 Group Wellness & Rehab No Lunches Will Be Provided Offices Closed	4 10:00 4th of July BBQ 
9 8:00-10:00 Bistro Coffee 1:00 Edgewood Shopping District 4:00 Chess Club	10 10:30 Tech Support 11:00 Group Wellness & Rehab 3:00 Art w/ Jaffia	11 3:00 Board Games
16 8:00-10:00 Bistro Coffee 3:00 Art Lecture 4:00 Chess Club	17 11:00 Group Wellness & Rehab 12:00 Birthday Reception	18 7:00 Movie Night
23 8:00-10:00 Bistro Coffee 10:00 Chair Massages (by appointment) 3:00 Art w/ Jaffia 4:00 Chess Club	24 10:30 Noah's Ark Animal Sanctuary 11:00 Group Wellness & Rehab	25 12:00-2:00 Italian Ice Truck 3:00 Board Games
30 8:00-10:00 Bistro Coffee 4:00 Chess Club	31 11:00 Golden Corral & Walmart 11:00 Group Wellness & Rehab	

Resident Association Meeting

July 8
4pm, Lee Hall



LT Store Hours

Wednesday 7/1
Commodity Food Box
Pick Up

Wednesday 7/8
11:00am -1:00pm

Wednesday 7/22
11:00am -1:00pm



Supportive Services at a Glance



F.I.T.T.ness Prescription class with Coach DaShuan - Lee Hall

- Tuesdays at 11:30 am.



Thai Chi Class with Lee Eddie. Mondays at 3:00 pm in Lee Hall.



Chiropractic Services with Dr. Darin Kourajian , Tuesday, July 14, 1:00pm-4:00 pm in the Wellness Center. By appointments only. Please call Dr. Kourjain at (678) 457-0153 to schedule your appointment.



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



Shelley Fondren, Sign up with deposit Thursday, July 2, 3:00 pm-3:30 pm in Lee Hall

- Chair massages = \$5 cost share. **Thursday, July 23, 10:00 am In the Wellness Center**
- Table massages = \$20 cost share. **Wednesday, July 29, 10:00 am 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 - Monday, July 20, 10:00 am-3:00 pm in the Wellness Center. Please sign up for your appointment. Pay barber directly \$10.



Grounding Series. Mondays at 2:00 pm in Lee Hall.

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



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



Bible Study & Dinner, Wednesdays, 4:00 pm, 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, July 1, 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.**



New Resident Orientation and Meet & Greet - Wednesday, July 29, 11:00 am in Lee Hall

This is for all residents who moved to Lutheran Towers during , however; if you've never attended a new resident orientation you are welcome to join. Our staff looks forward to sharing valuable information with you!

Community Engagement at a Glance

BINGO - Mondays, July 6 & 20, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

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

Grocery Trips - Weekly. Consult the calendar for dates.

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

Movie Night - Saturday, July 18, 7:00pm in Lee Hall. Bring your own snacks & beverages.

Board Games - Saturday, July 11 & 25 at 3:00pm in Lee Hall.

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

Aker's Mill Square - Thursday, July 2, 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)

4th of July BBQ- Saturday, July 4, 10:00am. Lower Parking Deck.

Trader Joe's - Wednesday, July 8, 2:00pm. (sign up)

Edgewood Shopping District - Thursday, July 9, 1:00pm. Shop at Target, Marshall's, Ross, Burlington, Best Buy, and/or Kroger. (sign up)

Art w/ Jaffia - Friday, July 10 & Thursday, July 23, 3:00pm. Explore creativity and self-expression with Jaffia through engaging art experiences featuring drawing, painting, collage, mixed media, sculpture, and more. (sign up)

Bufford Highway Farmer's Market - Monday, July 13, 11:00am. (sign up)

Banana Split Social- Tuesday, July 14, 1:00pm. Sponsored by the LTRA. (sign up)

Bowling - Wednesday, July 15 at 11:00am. Enjoy a game of bowling at Stars and Strikes. (sign up)

Fabulous Finds Bazaar Vendor Meeting- Wednesday, July 15, 6:00pm. All vendors must attend.

Art Lecture w/ John - Thursday, July 16, 3:00pm. Join John for engaging discussions on current art exhibits and featured collections happening around Atlanta. (sign up)

Noah's Ark Animal Sanctuary- Friday, July 24, 10:30am. (sign up)

Italian Ice Truck- Saturday, July 25, 12:00-2:00pm. Lower parking deck.

Fayette Pavilion- Tuesday, July 28, 12:00pm. (sign up)

Moonlight & Melodies - Wednesday, July 29, 6:00pm in Lee Hall. Unwind with us for an evening of smooth music, good company, and relaxing vibes. (sign up)

Golden Corral & Walmart - Friday, July 31, 11:00am. (sign up)



Lutheran Towers House Rule Series

#33. Security



Key Fob Access: Lutheran Towers has key fob access at the front door. All individual under the lease with Lutheran Towers will receive (1) key fob to gain access into the front door. The key fobs will be required to access the front door. Key fobs must be in the resident's possession and are never to be given or loaned to family members, friends, housekeepers, health care providers or anyone else. Your key fob is your responsibility, and you are always liable for it. Key fobs, found in the possession of anyone besides the resident to whom it was assigned, will be confiscated immediately and not returned. If your key fob is in the possession of anyone else, it is a breach of security and a Lease violation that can result in termination of your Lease Agreement.

Welcome Home New Residents!

Adrain
Hare

Linda
Jackson

Robert
Johnson

Daniel
Lewis

Wilma
Watkins

Join us for New Resident Orientation and Meet & Greet,
Wednesday, July 29th from 11 am - 12 pm - Lee Hall



The **July Birthday Reception** is on **Friday, July 17, 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.

7/1 Stanley Martin
7/4 Alba Trujillo
7/6 Sonja Watkins
7/8 Robert Greene
7/8 Cheryl Tumbling
7/10 Joyce Smith
7/11 Tasvira Lakhane
7/16 Ernest Bynoe
7/16 Mary Kirkland

7/17 Rosita Harvey
7/17 Jerry Smiley
7/20 Charles Jackson
7/22 Henry Daniel
7/22 Walter Strother
7/24 Martha Landrum
7/24 Geneva Morgan
7/26 Howard Barrett Jr.
7/28 Lonnie Scott