

Tower Talk

May 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

Sylvia Robinson

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."

MOBILE PRODUCE MARKET



FRESH. HEALTHY. LOCAL.


THURSDAY, MAY 28, 2026
12 PM - 4 PM

LUTHERAN TOWERS (LOWER PARKING LOT)
727 Juniper St. NE, Atlanta, GA 30308

FREE for **LT RESIDENTS, FRIENDS & NEIGHBORS**

SPONSORED BY  **ATLANTA COMMUNITY FOOD BANK**
NOURISHING OUR COMMUNITY TOGETHER


Thank You



This National Nurses Week, we're honoring the incredible nurses, CNAs, and caregivers who show up every day with compassion, strength, and dedication.

Thank you for the long hours, the gentle care, and the countless lives you touch—often in ways that go unseen.

Your work matters more than words can express, and your impact reaches far beyond the bedside.

THANK YOU FOR ALL THAT YOU DO. 

WE APPRECIATE YOU TODAY AND EVERY DAY.

SPiritual WELLNESS



HEART, MIND & SOUL
#NOURISHING SOULS

Spiritual Retreat

Monastery of the Holy Spirit
Conyers, GA

Thursday May 21, 2026, from 11:00 AM-2:00 PM

 Bus departs at 10:30 a.m.

Have you ever just wanted to get away from it all? If so, the Monastery is the perfect place to escape and surround yourself with the Monastery's natural beauty, where you can rest, reflect, relax, and learn about the monastic life.


 Sign up in the Wellness Book by Monday, May 11th.


For more information contact
Angela Wyatt, Chaplain.





GOA F.I.T.T.ness Prescription™


with coach DaShaun



 LUTHERAN TOWERS - LEE HALL


 **NO CLASS** on Tuesday, May 5th.
Make up day is **Thursday, May 7th** at 11:30 am.


 **F.I.T.T. ness Prescription class meets every Tuesday at 11:30 am in Lee Hall with coach DaShaun.**

 **What Is the GOA F.I.T.T.ness Prescription™?**

The GOA F.I.T.T.ness Prescription™ is a structured, F.I.T.T. – based movement program designed to translate medical exercise recommendations into safe, accessible, and sustainable real-world fitness experiences, and intentionally designed with seniors in mind.

- **Prescribed** by physicians, nurse practitioners, and care teams
- **Recommended** by seniors, families, and caregivers
- **Adopted** independently by individuals seeking guided, low-impact movement—with encouragement to involve their healthcare provider

 **A DOCTOR'S REFERRAL IS NOT NEEDED TO GET STARTED!**

 *Move with Purpose. Live with Strength.*

PROVERBS 31

Virtuous Women Series

A SIX WEEK SERIES

- Week 1: | Forgiveness
- Week 2: | Love
- Week 3: | Faith
- Week 4: | Courage
- Week 5: | Strength
- Week 6: | Peace

FRIDAYS STARTING MAY 1, 2026

3:00 PM – 3:30 PM

LUTHERAN TOWERS
(BLUE ROOM – 3RD FLOOR)

FACILITATED BY

Betty Stewart

JOIN US FOR ENCOURAGEMENT & INSPIRATION!

SAVE THE DATE



Intro to Tai Chi



COMING IN

JUNE 2026

FACILITATED BY

Lee Eddie



LOCATION:
LUTHERAN TOWERS

Bubbles & Bouquet's

A Mother's Day Social

Friday, May 8th, 10:00am

Lee Hall

A charming Mother's Day social where we celebrate with sparkling drinks, beautiful flowers, and warm company.

May

Sunday

Monday

Tuesday

Wednesday

<p>3</p> <p>9:00 Lutheran Towers Sunday 10:20 Transportation to Free Chapel 11:00 Lutheran Towers Sunday</p>	<p>4</p> <p>8:00 -10:00 Bistro Coffee 2:00 Bowling 6:00 BINGO</p>	<p>5</p> <p>1:00 Cinco De Mayo Social 1:00-4:00 Chiropractor</p> <p style="text-align: center;">Rent Due</p>	<p>6</p> <p>11:00-1:00 LT Store 1:00 Bible Study 5:00 Redeemer Dinner \$3</p> <p style="text-align: center;">Commodity Food Box Pick Up</p>
<p>10</p> <p>10:20 Transportation to Free Chapel</p> 	<p>11</p> <p>8:00-10:00 Bistro Coffee & Muffins for Mom 3:00 Grounding Series II</p>	<p>12</p> <p>11:30 Fitness w/ DaShaun 12:00 High Museum</p>	<p>13</p> <p>9:30-10:30 Breakfast 10:00 Chair Massages (by appointment) 11:00-1:00 LT Store 1:00 Bible Study 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3</p>
<p>17</p> <p>10:20 Transportation to Free Chapel</p>	<p>18</p> <p>8:00-10:00 Bistro Coffee 10:00 Town Hall 2:00 Community Circle w/ Dr. Wyatt 2:00 Town Hall 6:00 BINGO</p>	<p>19</p> <p>10:00 Table Massages (by appointment) 11:30 Fitness w/ DaShaun 1:00 Bowling</p>	<p>20</p> <p>1:00 Bible Study 11:30 Buford Highway Farmer's Market 5:00 Redeemer Dinner \$3 6:00 Paint & Sip</p>
<p>24</p> <p>10:20 Transportation to Free Chapel</p> <p style="text-align: center;">10:20 Transportation To Free Chapel</p> <p style="text-align: right;">31</p>	<p>25</p> <p>1:00 Memorial Day BBQ</p>  <p style="text-align: center;">Offices Closed</p>	<p>26</p> <p>10:00-3:00 Podiatry w/ Dr. Atkins 11:30 Fitness w/ DaShaun 1:00 Grocery</p>	<p>27</p> <p>1:00 Bible Study 2:00 New Resident Orientation and Meet & Greet 3:00 Book Club 5:00 Redeemer Dinner \$3</p>

2026

Thursday

Friday

Saturday

Notes:

	<p>1 11:00 Aker's Mill Square 3:00 Virtuous Woman Series</p>	<p>2 3:00 Board Games</p>
<p>7 8:00-10:00 Bistro Coffee 10:00-3:00 Haircuts 11:30 Fitness w/ DaShaun 1:00 Grocery 3:00 Massage Sign Ups 4:00 Chess Club 7:00 Worship</p>	<p>8 10:30 Tech Support 10:00 Bubbles & Bouquets -A Mother's Day Social 3:00 Virtuous Woman Series</p>	<p>9 7:00 Movie Night</p>
<p>14 8:00-10:00 Bistro Coffee 11:00 Trader Joe's 4:00 Chess Club 7:00 Worship</p>	<p>15 11:00-1:00 Volunteer Training Food Program Luncheon 3:00 Virtuous Woman Series</p>	<p>16 3:00 Board Games</p>
<p>21 8:00-10:00 Bistro Coffee 11:00 Spiritual Retreat 4:00 Chess Club 7:00 Worship</p>	<p>22 12:00 Birthday Reception 3:00 Virtuous Woman Series</p>	<p>23</p>
<p>28 8:00-10:00 Bistro Coffee 12:00-4:00 Mobile Market 4:00 Chess Club 7:00 Worship</p>	<p>29 11:45 The Juicy Crab 3:00 Virtuous Woman Series</p>	<p>30 3:00 Board Games</p>

Resident Association Meeting
May 13
4pm, Lee Hall



Save The Date:

Volunteer Appreciation

June

More Information Coming Soon!

Volunteers

VERY INCREDIBLE PEOPLE



Supportive Services at a Glance



Fitness with DaShuan - Lee Hall

- Tuesdays, 11:30am



Mobile Podiatry with Dr. Atkins, Tuesday, May 26, 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, May 5, 1:00pm-4:00pm in the



Tech Support with Chris, Friday, May 8, 10:30am in the Blue Room- Chris can help you with your phone, computer, laptop, and more.

Shelley Fondren, Sign up with deposit Thursday, May 7, 3:00pm-3:30pm in Lee Hall

- Chair massages = \$5 cost share. **Wednesday, May 13, 10:00am In the Wellness Center**
- Table massages = \$20 cost share. **Tuesday, May 19, 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. Thursday, May 7, 10:00am-3:00pm in the Wellness Center. Please sign up for your appointment. Pay barber directly.



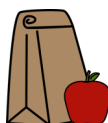
Breakfast & Wellness Presentation, Wednesday, May 13, 9:30am-10:30am in Lee Hall. Breakfast is sponsored by Oak Street Health



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.



Community Circle with Dr. Angela Wyatt Monday, May 18, 2:00pm in the Blue Room on the 3rd floor.
Contact Angela Wyatt to schedule a One - on - One appointment at (404) 873-6087 press 5.



Food Program:

- Commodity Food Box delivery, **Wednesday, May 6**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)



Medicaid/Food Stamp Clinics with Service Coordinators, Thursday, May 21. Sign up for your appointment in the Wellness Book to see a Service Coordinator. Get your questions answered about how to enroll in the programs, how to recertify, and how to pay for Medicare premiums through Medicare Savings Program.

Community Engagement at a Glance

BINGO - Mondays, May 4 & 18, 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.

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

Movie Night - Saturday, May 9, 7:00pm in Lee Hall. Bring your own snacks & beverages.

Board Games - Saturdays, May 2, 16, & 30 at 3:00pm in Lee Hall.

Aker's Mill Square - Friday, May 1, 11:00am. A shopping plaza with stores like Hobby Lobby, Dollar Tree, Old Navy, and plenty of places to grab lunch with friends. (sign up)

Bowling - Monday, May 4 at 2:00pm and Tuesday, May 19 at 1:00pm. Come enjoy a complimentary game of bowling at Lucky Strike Atlantic Station and Stars and Strikes. (sign up)

Cinco De Mayo Social- Tuesday, May 5, 1:00pm in Lee Hall. Celebrate Cinco de Mayo with us at a festive social filled with music, light refreshments, and cheerful company! Enjoy a vibrant atmosphere as we come together to share laughter, culture, and a little fiesta spirit. (sign up)

Bubbles & Bouquets- a Mother's Day Social - Friday, May 8, 10:00am. A charming Mother's Day social where we celebrate with sparkling drinks, beautiful flowers, and warm company. Residents can relax, sip something bubbly, and enjoy creating or admiring lovely bouquets. (sign up)

High Museum - Tuesday, May 12, 12:00pm. Come explore inspiring exhibits, admire beautiful artwork, and enjoy a relaxing cultural experience together. (sign up)

Trader Joe's - Thursday, May 14, 11:00am. (sign up)

Buford Highway Farmer's Market - Wednesday, May 20, 11:30am in Lee Hall. (sign up)

Paint & Sip - Wednesday, May 20, 6:00pm in Lee Hall. Come enjoy your favorite beverage while creating your own masterpiece. (sign up)

Memorial Day BBQ - Monday, May 25, 1:00pm on the Lower Parking Deck. (sign up)

The Juicy Crab - Friday, May 29, 11:45am. (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

#17. Guest

D. Guest Sign-in/ Sign Out: All adult guests must sign in at the front desk using the kiosk. Each guest must have an individual name tag (printed off by the kiosk). The name tag will be considered as identification through out the duration of your guests' visit for the specified date on the name tag. The name tag **MUST** be **ALWAYS** worn by each guest while in the building. If a guest does not have identification, that guest may be asked to leave the building. The name tag must be worn where it is visual by everyone.

If the Sign-in Kiosk is temporarily down, you guest will be provided a written sign in form and supplied with a Lutheran Towers' name tag to write their name on. This manual name tag is also required to be worn by the guest.



Welcome New Residents!

**Join us Wednesday, May 27th at 2:00pm at the New Resident Orientation and Meet & Greet in Lee Hall.
See you there!**



The **May Birthday Reception** is on **Friday, May 22, 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.

5/1 Shirlene Minor
5/4 Danny Pye
5/5 Anthony Kazlauckas
5/6 Denise Bagley
5/6 Terry Kendrick
5/7 Ila Messersmith
5/9 Mary Lardiere
5/10 Chiquita Guyton

5/11 Birdie Sanders
5/14 Willie Binns
5/19 Alton Neil
5/23 Linda Brooks
5/23 Carl Stubbs
5/24 Efraim Trujillo
5/31 Cicero Carter
5/31 Sylvia Robinson (Staff)