



Tower Talk

September 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.

Housekeeping

Betzabeth Urdaneta

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."



JOIN US FOR AN

ATLANTA DREAM

Basketball Game!



Saturday
SEPTEMBER 19TH



**BUS LEAVES AT
5:30PM**



Let's go, Dream! ☆☆☆



**PLEASE SIGN UP
AT THE FRONT DESK.**

Reflection and Tribute



Honoring the 25th Anniversary of 9/11

Residents at Lutheran Towers, let's come together for a time of reflection, a moment of silence, a short documentary, and a moment to interact with Atlanta's first responders.

Friday, September 11, 2026

11:00 AM – 2:00 PM

Lee Hall

WE REMEMBER,
WE HONOR,
TOGETHER.

In remembrance, reflection, and gratitude.



Join Us Monthly for our

FALL FITNESS & WELLNESS SERIES



LINE DANCING

with Kamilah and Darryl



THURSDAYS

(EVERY OTHER WEEK)
AT 10:45 AM



FITNESS PRESCRIPTION CLASS

with Coach Dashaun



EVERY TUESDAYS

AT 11:30 AM



GROUP WELLNESS & REHAB

with Dr. Chamyce Hall



EVERY FRIDAYS

AT 11 AM



GROUNDING SERIES



MONDAYS

AT 2 PM
(EVERY OTHER WEEK)



SOUND BATH SERIES

with Rissa Love



MONDAYS

AT 2 PM
(EVERY OTHER WEEK)



TAI CHI

(STARTS BACK IN OCTOBER)

ALL CLASSES ARE LOCATED IN **LEE HALL**

SAVE THE DATE



Produce Market

Every Tuesday at 3 pm - LT Store.



Home Health Care and You

Breakfast Series
(starts in October, while supplies last)



Keeping Seniors Informed Series

with JC and Navilla.
light snacks or meal provided.



Community. Connection. Care. ♥

Produce Market Day

Every first Tuesday of the month, starting
September 1, 2026

What to do?

Meet in Lee Hall to get registered, then pick up your produce in the LT Store.

Donated by the Atlanta Community Food Bank.



CVS Vaccine Clinic

Protect yourself. Protect your community. ♥



STAY HEALTHY.
STAY PROTECTED.



WEDNESDAY,
OCTOBER 14, 2026



LUTHERAN TOWERS



Please complete your registration form located (Wellness Book - lobby), or Service Coordinator's office (3rd Floor) by
SEPTEMBER 28TH.



For questions,

See Josie, Tawanda or Sylvia.



Stronger together.
Healthier together.

September

Sunday

Monday

Tuesday

Wednesday

		1 11:30 Fitness w/ Coach DaShaun 2:00 Lemonade Social 3:00 LT Produce Market	2 11:00– 1:00 LT Store Commodity Box Pick Up ONLY 1:00 Bible Study 2:30 Words in a Word
6 10:20 Transportation to Free Chapel 3:00-5:00 LTRA Snack Shack	7 8:00 –10:00 Bistro Coffee 12:00 Labor Day BBQ 6:00 BINGO 6:00-8:00 LTRA Snack Shack Offices Closed	8 11:30 Fitness w/ Coach DaShaun (Zoom) 12:00 Walmart	9 10:00 Chair Massages (by appointment) 1:00 Bible Study 4:00 LTRA Meeting 8:20 Patriots vs. Seahawks Quarterly Inspections
13 10:20 Transportation to Free Chapel 12:30- 2:00 Redeemer Day of Service at Lutheran Towers 3:00-5:00 LTRA Snack Shack 8:20 Cowboys vs. Giants	14 8:00-10:00 Bistro Coffee 9:00 Park Ave. Thrift 2:00 Sound Bath w/ Rissa Love 8:15 Broncos vs. Chiefs	15 11:30 Fitness w/ Coach DaShaun 2:00 Lemonade Social 2:00 Art & Craft Free For All	16 11:00-1:00 LT Store 1:00 Bible Study 2:00 Trader Joe's
20 10:20 Transportation to Free Chapel 3:00-5:00 LTRA Snack Shack 8:20 Colts vs. Chiefs	21 8:00-10:00 Bistro Coffee 10:00– 3:00 Haircuts 2:00 Grounding Series 6:00 BINGO 6:00-8:00 LTRA Snack Shack 8:15 Giants vs. Rams	22 10:00 Table Massages (by appointment) 11:30 Fitness w/ Coach DaShaun (Zoom) 1:00 Grocery 2:00 Lemonade Social	23 12:00 Honey Creek Woodland 1:00 Bible Study 6:00 Moonlight & Melodies
27 10:20 Transportation to Free Chapel 2:00-6:00 Atlanta Streets Alive 3:00-5:00 LTRA Snack Shack 8:20 Rams vs. Broncos	28 8:00– 10:00 Bistro Coffee 2:00 Sound Bath w/ Rissa Love 8:15 Eagles vs. Bears	29 11:30 Fitness w/ Coach DaShaun 1:00 Grocery 2:00 Lemonade Social	30 11:00 New Resident Orientation 1:00 Bible Study 3:00 Book Club 3:30-5:00 Keeping Our Seniors Informed Series

2026

Thursday

Friday

Saturday

3 8:00- 10:00 Bistro Coffee 12:00 K&G Fashion Superstore 3:00 Massage Sign Ups 4:00 Chess Club	4 10:30 Tech Support 11:00 Group Wellness & Rehab 12:00 Austell Farmer's Market	5 7:00 Movie Night 7:00-9:00 LTRA Snack Shack Rent Due
10 8:00-10:00 Bistro Coffee 10:45-11:30 Line Dancing w/ Darryl & Kamilah 1:30 Life Transitions Group 4:00 Chess Club Quarterly Inspections	11 11:00 Group Wellness & Rehab 11:00 Reflections and Tribute of 9/11	12 3:00 Board Games
17 8:00-10:00 Bistro Coffee 11:00 Bowling 4:00 Chess Club	18 11:00 Group Wellness & Rehab 12:00 Birthday Reception 3:00 Paint w/ Jaffia	19 5:30 Atlanta Dream Basketball Game
24 8:00-10:00 Bistro Coffee 10:45-11:30 Line Dancing w/ Darryl & Kamilah 12:00 Edgewood Shopping District 1:30 Life Transitions Group 4:00 Chess Club	25 11:00 Group Wellness & Rehab 12:00 Party Like It's 99 Celebration 2:00-3:30 Voters Outreach w/ Fulton County	26 7:00 Movie Night 7:00-9:00 LTRA Snack Shack

Resident Association Meeting

September 9
4pm, Lee Hall



LT Store Hours

Tuesday 9/1
LT Produce Market
3:00pm - 4:30pm

Wednesday 9/2
Commodity Food Box
Pick up ONLY

Wednesday 9/16
11:00am - 1:00pm



Supportive Services at a Glance



F.I.T.T.ness Prescription class with Coach DaShuan - in person every other week, Tuesdays at 11:30 am in Lee Hall. Low-impact movement. F.I.T.T. Principles include Frequency, Intensity, Time, and Type. Come and get FITT!!



Line Dancing w/ Darryl and Kamilah, Thursdays every other week, starting 9/10 & 9/24 at 10:45am -11:30am in Lee Hall. Let's Move and Groove. Music is medicine to our souls!



Keeping Our Seniors Informed Series: JC & Navilla, Wednesday, September 30, 3:30pm-5:00pm in Lee Hall. (light meal will be provided. **Sign-ups are required for food headcount**).



Tech Support with Chris, Friday, September 4, 10:30 am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



Shelley Fondren, Sign up with deposit Thursday, September 3, 3:00 pm-3:30 pm in Lee Hall
Chair massages = \$5 cost share. **Wednesday, September 9, 10:00 am In the Wellness Center**
Table massages = \$20 cost share. **Tuesday, September 22, 10:00 am In the Wellness Center**
All massages are by appointment only.



Life Transitions Group w/ Ninesha and Jennalyn - September 10th & 24th, (Blue Room, 3rd Floor).
This is for residents to connect in a calm space that you feel supported due to the impact of major life events on mental, physical, and spiritual health. If interested, contact clinical director, Nineshia Mont-Reynaud at (678) 904-6563. *For additional questions, stop by the Service Coordinator's Office.*



Redeemer Day of Service at Lutheran Towers - Sunday, September 13, 12:30 pm-2:00 pm.
They're back! The members at Redeemer Church will volunteer their time to do light tasks (such as hang a picture, wipe down your blinds, small organization project) for residents at Lutheran Towers. **Please sign up in the Wellness Book by Thursday, Sept. 10th.**



Voters Outreach w/ Fulton County - Friday, September 25, 2:00 pm-3:30 pm in Lee Hall.
This is an opportunity to update your address, check your voting status, and more!



Haircuts with Michael - Monday, September 21, 10:00 am-3:00 pm in the Wellness Center.
Please sign up for your appointment. Pay barber directly \$10.



Grounding Series. Monday, September 21 ONLY at 2:00 pm in Lee Hall. **No class September 7th.**
Discover the Power of Grounding! Reduce inflammation and pain, improve sleep quality, and enhance blood circulation.
Join us for Sound Bath with Rissa, Monday 8/14th & 8/21 at 2 pm - Lee Hall



Group Wellness & Rehab with Dr. Chamyce Hall, Fridays at 11:00 am in Lee Hall.
Supporting mobility. Reducing Pain. Encouraging Independence. All through gentle range-of-motion, balance and stability support, and movement education to reduce stiffness and discomfort.



Functional Mobility/Chiropractic Services with Dr. Chamyce Hall - by appointments only. Call (404) 322-7749 or speak with Dr. Hall on Fridays during Group Wellness class.



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, September 2**, 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.

Community Engagement at a Glance

BINGO - Mondays, September 7 & 21, 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.

NFL Games - Wednesday, September 9 at 8:20pm, Sundays, September 13, 20, & 27 at 8:20pm and Mondays, September 14, 21, & 28 at 8:15pm.

Movie Night - Saturday, September 5 & 26, 7:00pm in Lee Hall. Bring your own snacks & beverages.

Board Games - Saturday, September 12 at 3:00pm in Lee Hall.

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

LTRA Snack Shack - Weekly. Consult the calendar for dates and times.

Words in a Word - Wednesday, September 2, 2:30pm. Put your word skills to the test! In Words in a Word, you'll be given one word and challenged to create as many smaller words as possible using the letters from that word. It's a fun way to exercise your brain and build vocabulary. How many words can you find? (sign up)

K&G Fashion Superstore - Thursday, September 3, 12:00pm. (sign up)

Austell Farmer's Market - Friday, September 4, 12:00pm. (sign up)

Labor Day BBQ - Monday, September 7, 12:00pm. Sponsored by the LTRA. (sign up)

Walmart - Tuesday, September 8, 12:00pm. (sign up)

Park Avenue Thrift - Monday, September 14, 9:00am. (sign up)

Art & Craft Free For All - Tuesday, September 15, 2:00pm. Let your creativity take the lead! Stop by for a free-for-all art and craft session where you can choose from a variety of fun projects and create at your own pace. Whether you love painting, crafting, coloring, or trying something new, there's something for everyone. Come create, unwind, and have a little fun! (sign up)

Trader Joe's - Wednesday, September 16, 2:00pm. (sign up)

Bowling - Thursday, September 17 at 11:00am. Enjoy a game of bowling at Stars and Strikes. (sign up)

Paint w/ Jaffia - Friday, September 18, 3:00pm. Explore creativity and self-expression with Jaffia through engaging art experiences featuring drawing, painting, collage, mixed media, sculpture, and more. (sign up)

Atlanta Dream Basketball Game - Saturday, September 19, 5:30pm. Limited seats available. (sign up)

Edgewood Shopping District - Thursday, September 24, 12:00pm. Shop at Target, Marshall's, Ross, Burlington, Best Buy, and/or Kroger. (sign up)

Moonlight & Melodies - Wednesday, September 23, 6:00pm in Lee Hall. Unwind with us for an evening of smooth music, good company, and relaxing vibes. (sign up)

Party Like it's 99 - Friday, September 25, 12:00pm. Come celebrate our NSPIRE achievement with food, fun and music.



Lutheran Towers House Rule Series #8. Dress Code

Residents are expected to dress appropriately in all common areas of the community, including halls, laundry rooms, lobbies, recreation areas, etc. Sleepwear, undershirts, sheer or revealing articles of clothing, curlers, housecoats, or slippers are never appropriate on the first floor or in the common areas. For health and safety reasons, all residents are required to wear shoes in the common areas.

Fall Fun for Your Brain! Word Scramble

1. LAPEP
2. AELF
3. KUMPPIN
4. CNROZEAM
5. RACOESCRW



Answers: 1. Apple 2. Leaf 3. Pumpkin 4. Corn maze 5. Scarecrow



The **September Birthday Reception** is on **Friday, September 18, 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.

9/1 Jasper Harris
9/2 Lee Kennedy
9/2 Cecile McCalla
9/3 Janis Kennedy
9/3 Ponce Turner
9/6 Herbert Bailey
9/6 Patricia Gooding
9/8 Laura Aviles-Colon
9/11 Bette Burgess
9/11 Helen Powell

9/15 Herlena Byrd
9/15 Barbara Clement
9/16 Gary Dixon
9/16 Hilda Haney
9/17 Diann Acosta
9/17 Wesley Boswell
9/17 Joe Burns (Staff)
9/20 Belinda Hodges
9/25 Sandra Washington
9/27 Clifford Peterson