

Tower Talk

August 2025



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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."

Good Things to Remember in August



National Georgia Day is celebrated on August 3rd to commemorate the state of Georgia's entry into the Union as the 4th state. Additionally, February 12th is observed as Georgia Day, marking the anniversary of the first settlers landing in Savannah in 1733.



Purple Heart Day is observed each year on August 7th. The day serves as a time to remember the courage and sacrifice of Purple Heart recipients and to show appreciation for their dedication to protecting the nation's freedoms. The Purple Heart was established by George Washington in 1782. It was revived in 1932 to recognize those wounded or killed in action.

We'll observe Purple Heart Day together on Thursday, August 7 at 3:30pm in Lee Hall.

World Humanitarian Day is observed every year on August 19th. This date marks the anniversary of the 2003 bombing of the United Nations headquarters in Baghdad, Iraq, which claimed the lives of 22 humanitarian workers. The day was established by the United Nations General Assembly in 2008 as a way to honor the memory of those who have died while serving others and to encourage continued support for humanitarian causes.



International Day of

Remembrance and Tribute to the Victims of Terrorism



August 21st marks **the International Day of Remembrance and Tribute to the Victims of Terrorism**, a date established by the United Nations to honor the memory of those affected by terrorism and to reaffirm the global commitment to justice, peace and prevention. Despite international condemnation of terrorism, victims and survivors of terrorism often struggle to have their voices heard, their needs supported, and their rights upheld. Victims often feel forgotten and neglected once the immediate aftermath of a terrorist attack fades, with profound consequences for them.

National Senior Citizens Day, August 21, is an annual celebration. It's a day to recognize the achievements and contributions of older adults in society and to encourage communities to support seniors in living independently. The day was established in 1988 by President Ronald Reagan to acknowledge the value and impact of senior citizens.

We'll celebrate National Senior Citizens Day on Wednesday, August 21, at 3:30pm in Lee Hall.



August

Sunday

Monday

Tuesday

Wednesday

UPCOMING EVENTS:

✓ **New Monthly Men's Gathering starting in September!**

✓ **September will be Lutheran Towers Spiritual Wellness Month. Look for amazing events & workshops facilitated by Angela Wyatt, Chaplain.**

3	4 1:30 -2:30 Monday Mkt 6:00 BINGO	5 10:00 Fitness w/Jarvis 11:00 Grocery Trip 2:00 Lemonade Social in the Bistro Rent Due	6 Commodity Pick Up 9:30-10:30 Breakfast in the Bistro \$2 11:00-1:00 LT Store 1:00 Bible Study
10 8:30 Transportation to Free Chapel 3:00 Game Day	11 10:00 Dekalb Farmer's Market 1:30-2:30 Monday Mkt	12 10:00 Fitness w/Jarvis 10:00 Chair Massages (by appointment) 11:00 Edgewood Shopping District	13 11:00-1:00 LT Store 12:00 Birthday Luncheon 1:00 Bible Study 2:00 Ready, Set, Park! 4:00 LTRA Meeting
17 9:00 & 11:00 Redeemer Fall Kickoff 5:00 Gospel Music in Lee Hall	18 1:30-2:30 Monday Mkt 2:00 Spiritual Connection Through Conversation with Angela Wyatt 6:00 BINGO	19 10:00 Fitness w/Jarvis 11:00 Grocery Trip 2:00 Lemonade Social in the Bistro	20 LT Store Closed 9:15 Tour The Temple (Jewish Synagogue) 1:00 Bible Study 2:30 Art Project
24 8:30 Van Ride to Free Chapel 3:00 Game Day	25 10:00 The Village at Mableton Shopping 1:30-2:30 Monday Mkt	26 10:00 Fitness w/Jarvis 10:00 Mobile Podiatry (by appointment) 10:45 Lunch Outing - Orient Express	27 10:00 Table Massages (by appointment) 11:00-1:00 LT Store 1:00 Bible Study 3:00 Book Club

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2025

Thursday

Friday

Saturday

Notes:

	1 10:00 Nam Dae Mon Farmer's Market	2 7:00 Movie Night
7 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 3:00 Massage Sign Up 3:30 Purple Heart Day Observance 4:00 Chess Club 7:00 Worship	8 10:00-3:00 Chiropractor (by appointment) 10:00 IKEA 10:30 Tech Support Class 2:00 Trader Joe's	9 12:00-2:00 Italian Ice Truck
14 10:00 Fitness w/Jarvis 10:00-3:00 Haircuts (by appointment) 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship	15 11:30 GA Power Lunch to Honor Mary Norris	16 7:00 Movie Night
21 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 1:00 Voter Education Day 3:30 Celebrate National Senior Citizens Day 4:00 Chess Club 7:00 Worship	22 10:00 Atlanta History Center 3:00 Learn to play Canasta	23 7:00 Strangers in Paradise Party
28 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship	29	30

LT Store Hours

Wed/Thurs
11am to 1pm

Monday Market

Fresh Produce
1:30pm-2:30pm

Commodity Box

Pick up Wednesday, August 6 in the store during regular store hours.

Resident Association Meeting

August 13
4pm, Lee Hall



Supportive Services at a Glance



Fitness with Jarvis - Lee Hall

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



Move & Groove with Coach Kamilah and Line Dancing with Daryl -

There will be **NO** Move & Groove or Line Dancing in August. These programs are on pause. Thanks to Coach K and Daryl for making fitness fun! Please look out for upcoming programs this fall.



CHIROPRACTIC

Chiropractic Services, Friday, August 8, 10:00am - 3:00pm, Wellness Center - By appointment only. Call Dr. Kourajian at (678) 457-0153 to schedule your appointment.



Tech Support with Chris, Friday, August 8, 10:30am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



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

- Chair massages = \$5 cost share. **Tuesday, August 12, Wellness Center**
- Table massages = \$20 cost share. **Wednesday, August 27** (Table massages will be provided at 741 Piedmont Avenue, Suite 300 (side door on 4th & Piedmont). All massages by appointment



Podiatry (Foot Care) with Dr. Atkins, Tuesday, August 26, 10:00am-1:00pm, Wellness Center
Sign up for your appointment in the Health & Wellness Book. Please bring your insurance card to your appointment.



Spiritual Care with Angela Wyatt, Chaplain - Monday-Wednesday, 10:00am-4:30pm

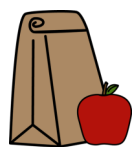
- **Spiritual Connection through Conversation**, Monday, August 18, 12:00pm in Lee Hall
- Join us on **August 20th** for a special **tour of The Temple**, Atlanta's historic Jewish synagogue. This is a unique opportunity to explore one of the city's most iconic landmarks. Discover the beauty of the sanctuary, learn about Jewish traditions, and gain insight into The Temple's powerful role in Atlanta's fight for social justice. **The bus departs Lutheran Towers at 9:15am - meet in the lobby.** Don't miss this inspiring and educational experience!



Voter Education Day provided by Fulton County Elections, Thursday, August 21 from 1:00pm-3:00pm in Lee Hall. Lutheran Towers is proud to host Voter Education Day in partnership with Fulton County! Join us for this important event featuring the county's Mobile Voting Bus, where you can see a live demonstration of the voting process, update your address, register to vote, and even print your Voter Registration Card (if applicable). Don't miss this convenient opportunity to get election ready and stay informed!



Haircuts with Michael - \$10, Thursday, Thursday, August 14, 10:00am-3:00pm, in the Wellness Center Please sign up for your appointment. Pay barber directly.



Food Program:

- * Breakfast in the Bistro, Wednesday, August 6, 9:30am - 10:30am, \$2 (While supplies last.)
- * Commodity Food Box Pick Up, **Wednesday, August 6**, LT Store between 11:00am-1:00pm.
- * Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)
- * The LT Store will be closed for service **Wednesday, August 20.**

Community Engagement at a Glance

BINGO - Mondays, August 4 & 18, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

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

Lemonade Social in the Bistro - Tuesday, August 5 & 19 at 2:00pm.

Grocery Trips - Weekly. Consult the calendar for dates.

Bible Study - Wednesdays at 1:00pm in Lee Hall.

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 - Friday, August 22, 3:00pm in Lee Hall. Learn to play Canasta with neighbors.

Movie Night - Saturday, August 2 & 16 at 7:00pm in Lee Hall. Bring your own beverages and snacks.

Game Day - Sunday, August 10 & 24, 3:00pm in Lee Hall. Bring your own snacks & beverages.

Nam Dae Mon Farmer's Market - Friday, August 1, 10:00am. Join us for a fun Korean Farmer's Market adventure! (sign up)

IKEA - Friday, August 8, 10:00am. (sign up)

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

Italian Ice Truck - Saturday, August 9, 12:00pm-2:00pm, downstairs parking lot.

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

Edgewood Shopping District - Tuesday, August 12, 11:00am. Target, Marshall's, Ross, Burlington, Best Buy, and Kroger. (sign up)

Ready, Set, Park! -Wednesday, August 13, 2:00pm, Lee Hall. All residents with a parking space should attend this important meeting to ensure parking compliance and receive their new parking decals.

Art Project - Wednesday, August 20, 2:30pm in Lee Hall (sign up)

The Atlanta History Center - Friday, August 22, 10:00am. (sign up)

Stranger's In Paradise Party - Saturday, August 23, 7:00pm. Come enjoy an 80's/Miami Vice-themed party featuring live music, fun food, and lovely neighbors! (sign up)

The Village at Mableton Shopping - Monday, August 25, 10:00am. Ross, Cato, Dollar Tree, Ollie's, DD's Discount, Five Below, Burlington Coat Factory, Michael's. (sign up)

Lunch at The Orient Express - Tuesday, August 26, 10:45am (sign up)

***Be on the look out for a pop up outing!**



If you wish to participate in an outing but require wheelchair accessible transportation, please contact Josie Jangdhari to enroll in the transportation program. This must be done 30 days in advance of any outings in which you wish to participate.



Lutheran Towers House Rule Series

House Rule #13

Lutheran Towers is a fair housing community and as such will not permit harassment by anyone based upon race, color, religion, national origin, sex, disability, or familial status. Violations of this policy should be reported to Management who will take prompt action up to and including termination of the harasser's lease.

Sexual harassment includes, but is not limited to:

- An unwelcome proposition or request for, or invitation with the object of engaging in, sexual relations;
- Unwelcome touching, fondling, or other sexual contact; unwelcome advances, request for sexual favors, or verbal or physical conduct of a sexual nature;
- Coercion of sexual favors;
- Unwelcome, personally offensive or distasteful talk, or other communications of any kind directed toward the individual, about sexual interest or sexual matters, graphic commentaries regarding the individual's body, and sexual or degrading words used to describe the individual; and/or,
- Unwelcome practical jokes, particularly those that involve a specific gender group as the target or subject of the jokes; the use of posters, signs, or other graphic materials regarding sexual acts, the human body; or, degradation of a particular gender group.

July Birthday Luncheon, Wednesday, August 13, 12:00 - We want to celebrate and honor you. Please call the front desk if you are **NOT** able to attend. (404) 873-6087.

8/1 Kevin Dunn, Staff
8/1 Margaret Mitchell
8/3 Patrice King
8/5 Ken Nesbit
8/6 Calvin McCrary
8/8 Louise Colby
8/8 Marques Seaborn

8/17 Billye Pope
8/18 Anthony Wilson
8/19 Bill Hackney
8/25 Kenneth Harris
8/28 Robert Lowe
8/30 Sallie Jordan
8/30 Amelia Kendricks
8/31 Angela Wyatt, Staff