

Tower Talk

December 2025



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

Ashley Thornton

Community Chaplain

Angela Wyatt

Director of Community Engagement

Liana Sisco

Program Coordinator

Candice Cox

Director of Physical Plant

Rodney Williams

Manager of Physical Plant

Joe Burns

Physical Plant Specialist

Harry Osayimwen

Maintenance Technician

Paul Reeves, Jr.

Housekeeping

Nahis Ortega

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."

The History Behind Christmas Traditions We Still Enjoy Today

The Christmas Tree

The evergreen tree has long symbolized hope and life during the winter months. The modern Christmas tree tradition began in Germany in the 1500s, when families decorated fir trees with apples, candles, and later sweets. German immigrants brought the custom to America, but it became widely popular only after Queen Victoria and Prince Albert—who was German—were pictured with a decorated tree in 1848. From that moment, the Christmas tree became a beloved centerpiece of holiday homes everywhere.



Stockings by the Fireplace

Hanging stockings traces its roots to the legend of St. Nicholas, a 4th-century bishop known for his generosity. According to the story, St. Nicholas secretly dropped gold coins down the chimney of a poor family, and the coins landed in stockings drying by the fire. As tales of his kindness spread, children began hanging their own stockings in hopes of receiving a gift. Today, stockings remain a charming reminder of the spirit of giving.



Exchanging Gifts

Gift-giving is one of the oldest Christmas traditions and originally celebrated the gifts brought to the baby Jesus by the Three Wise Men. Over time, the practice grew to symbolize kindness, love, and generosity toward one another. In Victorian times, gift-giving became a major part of the holiday season as families embraced Christmas as a time of togetherness and cheer. Though gifts have changed, the heartfelt intention remains the same.



Christmas Carols

Singing carols also has deep roots. Early carols date back to medieval Europe and were often lively songs meant for dancing. By the 1800s, caroling had become a more structured tradition, with familiar songs like *“Silent Night”* and *“O Come, All Ye Faithful”* spreading across communities and churches. Today, whether sung door-to-door or at holiday gatherings, carols bring warmth and unity to the season.



Celebrating Cultural Holidays



The Feast of the Immaculate Conception
December 8th



Hanukkah
December 14th -
December 22nd



Christmas
December 25th



Kwanzaa
December 26th -
January 1st

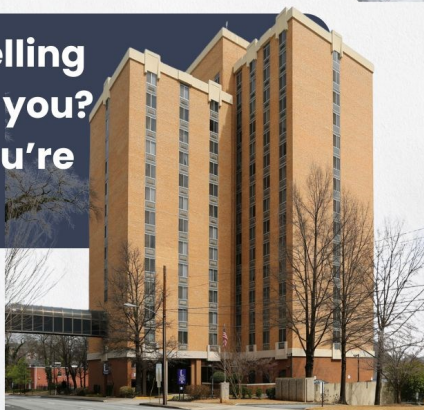
People of the **TOWERS**

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!



SERVICE COORDINATORS **HOLIDAY OFFICE HOURS**

MONDAYS AND WEDNESDAYS

10 AM – 12 PM

2 PM – 4 PM

SPIRITUAL CARE ONE ON ONE

DR. ANGELA WYATT

DECEMBER 29 – 31

**APPOINTMENT SIGN-UPS IN
THE WELLNESS BOOK**

INTRO TO QIGONG

FACILITATED BY KOFI ADAMS



WEDNESDAY, DECEMBER 3, 2025

10:30 AM

LEE HALL

BENEFITS

Improves balance and flexibility
Reduces stress and promotes relaxation
Builds strength and increases energy

December

Sunday

Monday

Tuesday

Wednesday

	1 8:00-10:00 Bistro Coffee 11:00 Holiday Decorating (Lee Hall and Lobby) 6:00 BINGO	2 9:15 Men's Banter & Breakfast w/ Don 10:00 Fitness w/ Jarvis 11:00 Holiday Decorating 1:00-4:00 Chiropractor (by appointment) 2:00 Hot Chocolate Social	3 Commodity Pick Up 10:30 Intro to Qigong 11:00-1:00 LT Store 1:00 Memorial Service for Margaret Stewart 5:00 Redeemer Dinner \$3
7 10:20 Transportation to Free Chapel 8:20 Texans vs Chiefs	8 8:00 -10:00 Bistro Coffee 9:30 Free Breakfast 10:00-2:30 Haircuts 11:00 World of Coke	9 10:00 Chair Massages 10:00 Fitness w/Jarvis	10 11:00-1:00 LT Store 1:00 Bible Study 2:00 Gingerbread House Craft 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3
14 10:20 Transportation to Free Chapel 8:20 Vikings vs Cowboys 	15 8:00-10:00 Bistro Coffee 11:00 Grocery 6:00 BINGO	16 10:00 Fitness w/Jarvis 10:00 Table Massages (by appointment) 2:00 Hot Chocolate Social in the Bistro 4:45 Atlanta Botanical Gardens	17 9:45 Edgewood Shopping District 11:00-1:00 LT Store 1:00 Bible Study 5:00 Redeemer Dinner \$3
21 10:20 Transportation to Free Chapel 8:20 Bengals vs Dolphins	22 10:00-2:30 Haircuts 10:00 Grocery	23 10:00 Fitness w/Jarvis 11:00 IKEA	24  Offices Closed
28 10:20 Transportation to Free Chapel 8:20 Bears vs 49ers	29 11:00 Suburban Plaza in Decatur (Walmart, Ross, Home Goods, Half Price Books)	30 10:00 Fitness w/Jarvis 11:00 Grocery Trip	31 11:00 LT Store 1:00 Bible Study 3:00 Book Club 5:00 Redeemer Dinner \$3 7:00 Roaring 20's New Year's Eve Party


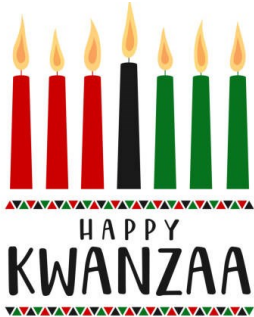
2025

Thursday

Friday

Saturday

Notes:

<p>4 LT Store Closed</p> <p>10:00 Fitness w/ Jarvis 3:00 Massage Sign Ups</p>	<p>5</p> <p>10:30 Tech Support Class 11:00 Dekalb Farmer's Market 2:00 Ornament Craft</p> <p>Rent Due</p>	<p>6</p> <p>7:00 Movie Night</p>
<p>11 LT Store Closed</p> <p>10:00 Fitness w/Jarvis 2:00 Birthday Reception 4:00 Chess Club 7:00 Worship</p>	<p>12</p> <p>10:00 Trader Joe's 1:00 Holiday Meditate and Paint</p>	<p>13</p> <p>10:00 Holiday Breakfast 7:00 Movie Night</p>
<p>18 LT Store Closed</p> <p>10:00 Fitness w/Jarvis 11:00 Hobby Lobby, Dollar Tree, Five Below & More 4:00 Chess Club 7:00 Worship</p>	<p>19</p> <p>7:00 Cool Yule Holiday Party w/ Live Band</p>	<p>20</p>
<p>25</p>  <p>Offices Closed</p>	<p>26</p> 	<p>27</p>

LT Holiday Store Hours
Wednesdays only
11am to 1pm

Commodity Box
Pick up Wednesday, Dec. 3 in the store during regular store hours.

Resident Association Meeting

December 10
4pm, Lee Hall



Supportive Services at a Glance



Fitness with Jarvis - Lee Hall

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



Chiropractic Services, Tuesday, December 2, 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, December 5, 10:30am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



Shelley Fondren, Sign up with deposit Thursday, December 4, 3:00pm-3:30pm in Lee Hall

- Chair massages = \$5 cost share. **Tuesday, December 9, 10:00am**
- Table massages = \$20 cost share. **Tuesday, December 16, 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, December 8 & 22, 10:00am-2:30pm in the Wellness Center. Please sign up for your appointment. Pay barber directly.



Men's Banter & Breakfast, Tuesday, December 2, 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 to the church.) A small donation of \$3 is appreciated.



Spiritual Care One on One with Dr. Angela Wyatt- December 29—31 by appointment. Appointment sign up sheets are located in the Wellness Book.



Food Program:

- Commodity Food Box Pick Up, **Wednesday, December 3**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)
- **Free Lunch Program—During the week of Christmas, meals will be provided ONLY on Monday and Tuesday, and Volunteers will be off.**

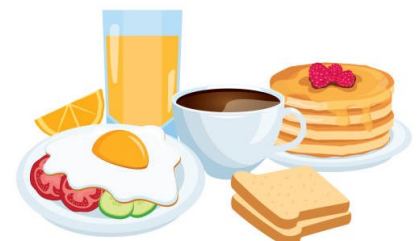
Men's Banter & Breakfast

Fellas, join us for a morning of great food and even better connections!

Tuesday, December 2, 9:15 am—10:15 am

Lee Hall

- A light breakfast will be served
- Fun banter, laughter, and relaxed conversation
- A welcoming space focused on building real connections



Come hungry. Come ready to connect. Leave with new friends!

Community Engagement at a Glance

BINGO - Mondays, December 1 & 15, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

Coffee in the Bistro - Mondays, December 1, 8 & 15, 8:00am - 10:00am.

Hot Chocolate Social in the Bistro - Tuesdays, December 2 & 16 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 January.

Movie Night - Saturday, December 6 & 13 at 7:00pm in Lee Hall. Bring your own snacks & beverages.

Board Games - Postponed until January.

Magic Class - Postponed until January.

Balloon Animal Class - Postponed until January.

NFL Games - Sundays, December 7, 14, 21, and 28 at 8:20pm all in Lee Hall. Bring your own beverages.

Holiday Decorating - Monday and Tuesday, December 1 & 2, 11:00 in Lee Hall and Lobby.

Dekalb Farmers Market - Friday, December 5, 11:00am. (sign up)

Ornament Craft - Friday, December 5, 2:00 in Lee Hall. (sign up)

World of Coke - Monday, December 8, 11:00am. Limited tickets available. (sign up)

Gingerbread House Craft - Wednesday, December 10, 2:00pm in Lee Hall. (sign up)

Trader Joe's - Friday, December 12, 10:00am. (sign up)

Holiday Meditate & Paint - Friday, December 12, 1:00pm in Lee Hall. (sign up)

Holiday Breakfast - Saturday, December 13, 10:00am in Lee Hall. Limited spots available. (sign up)

Atlanta Botanical Gardens, Holiday Lights - Tuesday, December 16, 4:45pm. Limited tickets available. (sign up)

Edgewood Shopping District - Wednesday, December 17, 9:45am. Shop at Target, Marshall's, Ross, Burlington, Best Buy, and/or Kroger. (sign up)

Hobby Lobby, Dollar Tree, Five Below & More - Thursday, December 18, 11:00am. (sign up)

Cool Yule Holiday Party w/ Live Band - Friday, December 19, 7:00pm in Lee Hall. (sign up)

IKEA - Tuesday, December 23, 11:00am. (sign up)

The Lutheran Towers' Offices will be Closed Tuesday, December 24 and Wednesday, December 25.

Suburban Plaza in Decatur - Monday, December 29, 11:00am. Walmart, Ross, Home Goods, Half Price Books, and several places to have lunch. (sign up)

Roaring 20's New Years Eve Party - Wednesday, December 31, 7:00pm in Lee Hall. (sign up)





Lutheran Towers House Rule Series

#14. Fire/ Safety Procedures

Kitchen Safety. The kitchen is a high danger zone for fire, so residents are cautioned to be extra careful when cooking in the kitchen. Never leave your stove/oven unattended when cooking (this includes running water in sinks or baths). **Nothing should be stored on the top of the stove or in the oven.** Do not use the oven to heat your apartment. The misuse of appliances which create a fire hazard may result in action up to and including lease termination. Repeated smoke alarms may, in the sole discretion of Management, signify such a hazard.



The **December Birthday Reception** is on **Thursday, December 11, 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.

12/2 Blanca Ore
12/7 Alix Belzaire
12/7 Arthur Mapp
12/8 Luther Perry
12/9 Robert Wilson
12/10 Amoy Chung
12/11 Amy Marshall
12/12 Carol Boe
12/12 Pauline Hopper
12/18 Patricia Karim
12/23 Barry Haynes

12/23 Josie Jangdhari, Staff
12/23 Betty Sullivan
12/24 Patricia Brigham
12/25 Carol Craighead
12/27 Dorathea Blanton
12/27 Guy Gay
12/28 Mary Ann Arterberry
12/28 Shane Smith
12/29 Bertha Clark
12/31 Nicole Porter, Staff
12/31 Gloria Shadburn