

# Tower Talk

## November 2025



## Lutheran Towers Staff

**Executive Director**

*Karon Nixon*

**Director of Operations**

*Cristina Lopez*

**Business Services Manager**

*Nicole Porter*

**Resident Relations Specialist**

*Ursula Hodge*

**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**

*Jomy 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."





## Daylight Saving Time Ends

set your clocks back an hour



**Continental Breakfast in Lee Hall at 9am**  
**Everyone is welcome...especially our**  
**much appreciated Veterans! Sign up!**

## RESOURCES AND MORE



**COME GET YOUR  
QUESTIONS ANSWERED**



**PLANKO GAME  
w/ SHERRYANN  
MIR HOME CARE  
MONDAY NOVEMBER 3RD**

**CHAT & CHEW  
w/ SHIP  
MEDICARE FRAUD PREVENTION  
WEDNESDAY NOVEMBER 5TH**



**MEDICARE EDUCATION  
THURSDAY NOVEMBER 6TH**

**\*ALL EVENTS START AT 2 PM**

**JOIN US FOR EACH SESSION IN LEE HALL**

## SELF-CARE IN NOVEMBER



**HAIRCUTS BY  
MICHAEL**

**MONDAY, NOVEMBER 3  
MONDAY, NOVEMBER 24**

**MASSAGES  
BY SHELLEY**

**TUESDAY, NOVEMBER 11  
TUESDAY, NOVEMBER 18**



**ALL SERVICES WILL BE PROVIDED AT  
LUTHERAN TOWERS (WELLNESS CENTER)**

**FOR MORE DETAILS REFER TO  
THE TOWER TALK NEWSLETTER**

## SWEETWATER CREEK STATE PARK

**Friday, November 7, 9:00am**

**If you would like to fish,  
just bring your fishing  
license & equipment.**

**Please sign up.**

# **The Journey to WHOLENESS**

**HEALING THROUGH THE YEARS**

**November 11 at 2:00 in Lee Hall**

Join us on a sacred journey to wholeness and renewal as we honor what has been lost and open our hearts to healing through reflection, connection and hope.

Together we will seek to find peace, renewal, and spiritual healing through remembrance and Grace.

- ♦ A Gentle & Comforting Healing Circle for Reflection
- ♦ Spiritually Inspired Practices to Help Process Loss
- ♦ The Grace of Letting Go & Moving Toward Healing
- ♦ Pathways for Sacred Renewal



**Lunch & Learn with representatives from The Fabulous Fox Theater. Come learn all about it's amazing history as well as everything new!**

**Friday, November 14  
11:00-12:00**

**Please sign up!**

## **Many other wonderful events & trips...**

- **Sweet Self-Care Workshop, Friday, November 14, 2:00pm**
- **Thrift Shopping & Lunch, Monday, November 17, 9:45am**
- **BAPS Shri Swaminarayan Mandir Temple Tour, Wednesday, November 19, 10:00am**
- **The Comfort Dogs Visit, Friday, November 21, 12:30pm**
- **Craft Project at Sadie G. Mayes, Friday, November 21, 2:45pm**
- **Grateful Grooves Karaoke Night, Saturday, November 22, 7:00pm**
- **Thanksgiving Dinner & Celebration, Wednesday, November 26, 6:00pm**


# November

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

<b>2</b> 8:20 Seahawks vs Commanders  <b>FALL BACK</b> DAYLIGHT SAVING TIME ENDS SET YOUR CLOCKS BACK ONE HOUR	<b>3</b> 8:00 -10:00 Bistro Coffee 10:00-3:00 Haircuts 2:00 Planko with SherryAnn from Mir Home Care 6:00 BINGO	<b>4</b> <b>Election Day</b> 9:15 Men's Coffee 10:00 Fitness w/Jarvis 11:00 Crochet Coaching 1:30-4:00 Chiropractor (by appointment) 2:00 Hot Chocolate Social in the Bistro	<b>5</b> <b>Commodity Pick Up</b> 9:30-10:30 Free Breakfast 11:00 Ornament Craft 11:00-1:00 LT Store 1:00 Bible Study 2:00 Fraud Protection Workshop 5:00 Redeemer Dinner \$3  <b>Rent Due</b>
<b>9</b> 10:20 Transportation to Free Chapel 8:20 Steelers vs Chargers	<b>10</b> 8:00-10:00 Bistro Coffee 9:45 Austell Farmer's Market 1:00-2:30 BINGO w/Katie from Senior Health Solutions 2:30 Magic Class 	<b>11</b> <b>HAPPY Veterans Day</b> ★ ★ ★ ★ ★ 9:00 Veterans Day Continental Breakfast 10:00 Chair Massages 10:00 Fitness w/Jarvis 2:00 Journey to Wholeness	<b>12</b> 9:45 Edgewood Shopping District 11:00-1:00 LT Store 1:00 Bible Study 2:00 -3:30 Teach & Tech Workshop 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3
<b>16</b> 8:20 Lions vs Eagles	<b>17</b> 8:00-10:00 Bistro Coffee 9:45 Day of Thrifting & Lunch (Ollie's, Fur Kids, Marietta Antique Mall, Williamson Brothers BBQ) 6:00 BINGO	<b>18</b> 10:00 Table Massages 10:30 Gia's Organics 1:00 Fitness w/Jarvis 2:00 Hot Chocolate Social in the Bistro 2:30 Balloon Animal Class	<b>19</b> 10:00 BAPS Shri Swanina- rayan Mandir Temple 11:00-1:00 LT Store 1:00 Bible Study 5:00 Redeemer Dinner \$3
<b>23</b> 10:20 Transportation to Free Chapel 8:20 Buccaneers vs Rams	<b>24</b> 10:00-3:00 Haircuts 10:00 Suburban Plaza in Decatur (Walmart, Ross, Home Goods, Half Price Books)	<b>25</b> 10:00 Fitness w/Jarvis 10:00-1:00 Podiatry w/ Dr. Atkins 11:00 Grocery Trip	<b>26</b> <b>LT Store Closed</b> 10:00 Table Massages (by appointment) 1:00 Bible Study 5:00 Redeemer Dinner \$3 6:00 Thanksgiving Dinner & Celebration
<b>30</b> 8:20 Broncos vs Commanders			




# 2025

**Thursday**

**Friday**

**Saturday**

**Notes:**

		1
<b>6 LT Store Closed</b> 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 2:00 Medicare Education Chat & Chew 3:00 Massage Sign Up 4:00 Chess Club 7:00 Worship	<b>7</b> 9:00 Sweetwater State Park 10:30 Tech Support Class	<b>8</b> 6:00 Double Feature Movie Night - "Den of Thieves 1 & 2"
<b>13 LT Store Closed</b> 8:00 -10:00 Bistro Coffee 10:00 Fitness w/Jarvis 2:00 Birthday Reception 4:00 Chess Club 7:00 Worship	<b>14</b> 11:00-12:00 Fox in a Box Lunch & Learn 2:00 Sweet Self-Care Workshop	<b>15</b>
<b>20 LT Store Closed</b> 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00 Hobby Lobby and The Dollar Tree 4:00 Chess Club 7:00 Worship	<b>21</b> 10:00 Trader Joe's 12:30 Comfort Dogs Visit 2:45 Craft Project at Sadie G. Mayes	<b>22</b> 11:00-1:00 Free Chapel Chicken Giveaway Pick up in LT Store. 7:00 Grateful Grooves Karaoke Night
<b>27</b> 8:00-10:00 Bistro Coffee  <b>Offices Closed</b>	<b>28</b>  <b>Offices Closed</b>	<b>29</b> 3:00 Board Games

**LT Holiday Store Hours**  
 Wednesdays only  
 11am to 1pm

**Commodity Box**  
 Pick up Wednesday, Nov. 5 in the store during regular store hours.

**Resident Association Meeting**  
**November 12**  
**4pm, Lee Hall**



# Supportive Services at a Glance



## Fitness with Jarvis - Lee Hall

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



## Chiropractic Services, Tuesday, November 4, 1:30pm - 4:00pm, Wellness Center -

By appointment only. Call Dr. Kourajian at (678) 457-0153 to schedule your appointment.



**Tech Support with Chris, Friday, November 7, 10:30am in Lee Hall-** Chris can help you with your phone, computer, laptop, and more.



## Shelley Fondren, Sign up with deposit Thursday, November 6, 3:00pm-3:30pm in Lee Hall

- Chair massages = \$5 cost share. **Tuesday, November 11, 10:00am**
- Table massages = \$20 cost share. **Tuesday, November 18, 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, November 4 & 24, 10:00am-3:00pm in the Wellness Center.** Please sign up for your appointment. Pay barber directly.



## Men's Gathering, Tuesday, November 4, 9:15am-10:15am in Lee Hall.

- Facilitated by Don Noland. Refreshments 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.



## Planko with SherryAnn from Mir Home Care, Monday, November 3, 2:00pm, Lee Hall



## Fraud Protection Workshop, Wednesday, November 5, 2:00pm, Lee Hall



## Medicare Education Chat & Chew, Thursday, November 6, 2:00pm



## BINGO with Katie from Senior Health Solutions, Monday, November 10, 1:00pm-2:30pm, Lee Hall.



## Trip to the BAPS Shri Swaminarayan Mandir Temple -

\$5 deposit includes lunch. Limited space. Sign up by Thursday, October 9th to secure your seat.



## Mobile Podiatry with Dr. Atkins, Tuesday, November 25, 10:00am-1:00pm, Wellness Center



**Journey to Wholeness: Healing Through the Years, Tuesday, November 11, 2:00pm-3:00pm, Lee Hall -** Join Dr. Angela Wyatt, Chaplain, on a sacred journey to wholeness and renewal as we honor what has been lost and open our hearts to healing through reflection, connection and hope. Together, we will seek to find peace, renewal, and spiritual healing through remembrance & grace.



## Food Program:

- Commodity Food Box Pick Up, **Wednesday, November 5**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)

# Community Engagement at a Glance

**BINGO** - Mondays, November 3 & 17, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

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

**Hot Chocolate Social in the Bistro** - Tuesdays, November 4 & 18 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 December.

**Movie Night (Double Feature)** - Saturday, November 8 at 6:00pm in Lee Hall. Showing: "Den of Thieves 1 & 2". Bring your own snacks & beverages.

**Board Games** - Saturday, November 29, 3:00pm in Lee Hall. Bring your own snacks & beverages.

**NFL Games** - Sundays, November 2, 9, 16, 23, and 30 at 8:20pm all in Lee Hall. Bring your own beverages.

**Crochet Coaching** - Tuesday, November 4, 11:00am in Lee Hall. (sign up)

**Ornament Craft** - Wednesday, November 5, 11:00 in Lee Hall. (sign up)

**Sweetwater State Park** - Friday, November 7, 9:00am. If you'd like to fish just bring your fishing license and equipment. (sign up)

**Austell Farmers Market** - Monday, November 10, 9:45am. (sign up)

**Magic Class** - Monday, November 10, 2:30pm in Lee Hall. Learn classic magic tricks from a professional magician! (sign up)

**Veteran's Day Continental Breakfast** - Tuesday, November 11, 9:00am (sign up)

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

**Teach & Tech Workshop with Southern Company Gas** - Wednesday, November 12, 2:00pm-3:30pm in Lee Hall. (sign up)

**Fox in a Box Lunch & Learn** - Friday, November 14, 11:00am-12:00pm in Lee Hall with Representatives from The Fox Theater. (Please sign up by Tuesday, November 11.)

**Sweet Self-Care Workshop** - Friday, November 14, 2:00pm in Lee Hall. Get ready for winter with a sugar scrub making project.

**Day of Thrifting & Lunch** - Monday, November 17, 9:45am. Ollie's, Fur Kids, Marietta Antique Mall, and lunch at Williamson Brothers BBQ. (sign up)

**Balloon Animal Class** - Tuesday, October 14, 2:30pm in Lee Hall. (sign up)

**Hobby Lobby & Dollar Tree** - Thursday, November 20, 11:00am. (sign up)

**Trader Joe's** - Friday, November 21, 10:00am. (sign up)

**Comfort Dogs** - Friday, November 21, 12:30pm in Lee Hall. Come pet Seth Comfort Dog and get some doggy hugs! The first 100 people to come and see Seth will receive a bag of cleaning products.

**Holiday Craft project at Sadie G. Mayes** - Friday, November 21, 2:45pm. (sign up)

**Grateful Grooves Karaoke Night** - Saturday, November 22, 7:00pm in Lee Hall. (sign up)

**Suburban Plaza in Decatur** - Monday, November 24, 10:00am. Walmart, Ross, Home Goods, Half Price Books, and several places to have lunch. (sign up)

**Thanksgiving Dinner & Celebration** - Wednesday, November 26, 6:00pm in Lee Hall. (Please sign up no later than Thursday, November 20, 2:00pm so we can order the delicious food.)



## Lutheran Towers House Rule Series

### #24. Noise/Disruptive Behavior

Residents, their guests or employees shall not make or permit any disturbing noises in the building that will interfere with the rights, comforts or convenience of the other residents. Residents shall not play any musical instrument, stereo system, television, or radio in the premises between the hours of 12 midnight and 5 A.M., if it disturbs or annoys other residents of the building. Residents are not permitted to give vocal or instrument instruction. Residents who make noise at a level that disturbs other residents or permit their guests to make noise that disturbs other residents, are in violation of the lease; repeated disruptions may be grounds for termination of residency. Residents who cannot hear radios, televisions, and stereos at normal levels should consider headphones. Closed-captioning for televisions is available by purchasing it, factory-installed, on a television set, or by acquiring a decoding device that can be hooked up to a television without closed-captioning.

Residents shall not create disturbances or continue a disturbance that is disruptive to the harmony of the community.



The **November Birthday Reception** is on **Thursday, November 13, 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.

11/2 Sheila Smith

11/14 Judy White

11/15 Alford Morris

11/17 Rodney Williams, Staff

11/17 Hyejung Suh

11/19 Sharon Brooks

11/19 Oliva Hudson

11/24 Gloria Spellen

11/25 Blanca Ore

11/27 Rosita Lee

11/28 Ty'Rese Floyd, Staff

11/29 Barbara Little

11/30 Mabel Harris

11/30 Harry Osayimwen, Staff