

# AUGUST 2010

# The View from St. John Towers

*Channel 698 has the latest details on activities and events.*

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- Volunteer Banquet
- Naming the Sunrooms
- Roast Beef & Raymond on Saturday

Roast Beef and Raymond  
"The Songster"  
Lunch on Saturday at 12:00  
August 7  
\$8.50

*Includes lunch and musical entertainment*

*Menu includes smothered roast beef, creamed potatoes, summer slaw, bread, dessert with a drink all for just \$8.50.*

*This is a Fund Raiser for the Resident Association.*

*Coming the first Saturday in September.... a Pot Luck lunch. Start working on your favorite dish to bring.*

## BIRTHDAYS

Patricia Pinson	8-02
Hilda Moore	8-02
Virginia Bailey	8-04
Fred McCoppin	8-05
William Goodwin	8-05
Helen Davis	8-07
Dante Antonacci	8-07
Pat Penchosky	8-08
Loren Hatfield	8-09
Ruby Workman	8-10
Blanche McCorkle	8-11
Joyce Bush	8-11
Earlene Crawford	8-14
Louise Lykins	8-14
Lois Loyal	8-15
Judith Nay	8-18
Hetty Crow	8-18
Cam Willis	8-18
Ruby Jones	8-20
Dorothy Burton	8-21
Mattie Thornton	8-23
Masako Palmer	8-24
Linnie Hellinger	8-26
Catherine McClain	8-29
Omega Cheek	8-31

*Happy Anniversary on August 12 to Mr. and Mrs. Harold Smith*

Staff Birthdays

Jackie Person 8-07

Bon Appetit

*The Lunch Bunch will dine at Monterrey's Mexican Restaurant on Friday, August 6th. The van leaves at 10:30 and seats are limited.*

*The SUPPER CLUB will go out for a good steak and potatoes at T-Bonz Steakhouse. The van will leave at 4:00 on Tues., Aug. 17th for an exciting evening. They have a special deal on 2 meal for for \$15.00. Grab a friend and let's hit the road.*

Restaurant Menus are located at the front desk for your convenience. Make your reservations early. Seats go fast for all the trips.

*The August BIRTHDAY PARTY is in the works. Listen for more details.*

*We are going shopping at the Augusta Mall on the 27th and Hobby Lobby on the 9th. Make your plans early for lots of goodies. Mark your calendar.*

Resident Breakfast—Thursday, Aug 19th - 8:30.  
*Breakfast includes bacon, sausage, eggs, grits and Danishes. All this plus a chance to meet someone new. You can bet this is the best breakfast in town for \$5.00.*

Tired of saying "the old sun room" or the "new sunroom?" Well here is your chance to name the sunrooms.

We are accepting nominations for possible names for the sunrooms at the front desk. So please come down and let us know your suggestions.

Karaoke on Mon. AUG 16 at 6:30  
Bingo on Wed. at 6:00

DANCE PARTY  
Friday, Aug. 13  
at 7:00

*Live Country music band, good food and a fabulous time. Bring a friend and let's boogie.*

FYI! Exercise Classes  
All classes are open to all residents. Each class is printed in Blue on your calendar. We have a licensed Health and Fitness instructor from University Hospital's Health Central teaching classes. Gina McKinley, is our Facility Wellness Coordinator. She invites you to come see what the classes are all about. Get Moving and get healthier.

The County Librarian, Cheryl James, will be here on August 5 and August 19 at 3:00. See her for special request

St John Towers Advisory Board Fund DONATIONS

*We would like to thank the following people that made a generous donation to the Endowment Tree in the month of JULY 2010. These donations will live on in the future of St. John Towers. Paul King Thank you for your generosity.*

*Look at Us! St. John Towers is looking mighty snazzy these days. Thanks to the hard work of the STAFF decorating committee. Things are coming together and the place looks FABULOUS! We just love what you have done to the place..... Keep up the good work!*

## MONTHLY RECURRING EVENTS AND ACTIVITIES

A doctor car ride is \$4.00 for a round trip. Days and times listed below.

### DOCTOR'S OFFICE/HOSPITAL/ CLINIC /LABS

Monday 9:00-5:00

Tuesday 9:00-5:00

Wednesday 9:00-12:00

Thursday 9:00-5:00

*Bank Trips on Mondays and Fridays. Time depends on trip schedule for that day.*

SHOPPING TRIPS (usually on the Van) \$4.00 per trip unless otherwise specified.

*Wednesday afternoons at 1:30 and Fridays at different times.*

*Trips will alternate between different shopping centers, mall and grocery stores. Regular trips include Kroger on Washington Rd. and in North Augusta, Dollar Stores, Roses, Big Lots, Fred's, Hobby Lobby, Wal-Mart, K-Mart, Hamrick's, Augusta Mall etc.*

**: IMPORTANT :**

**FOR VAN TRIPS AND THE DOCTOR CAR**

***IF YOU NEED EXTRA ASSISTANCE WITH A WALKER OR WHEELCHAIR, GETTING IN OR OUT OF THE VAN OR CAR, COME DOWN EARLY. YOU NEED TO COME DOWN 30 MINUTES EARLIER THAN THE SCHEDULED TRIP TIME. ALL TRIPS LEAVE PROMPTLY AT THE SCHEDULED TIME.***

### WELLNESS CENTER

To begin using the EXERCISE EQUIPMENT in the WELLNESS CENTER, paper work must be completed by you and your doctor. After the completed paperwork is returned, a meeting with our facility wellness coordinator is required. An orientation will then be scheduled and the proper instructions will be given. Before each visit, sign in and out at the front desk. The Wellness Center is open for Residents and Staff only, no visitors please.



### EXERCISE CLASSES

No paper work required for these classes. All exercise classes are modified to meet the needs of each individual resident. Exercise classes are free of charge. Working out at HEALTH CENTRAL is \$20.00 a month. Check your newsletter for class times each day. All exercise classes are highlighted in Blue.



**There will be a FOOD COMMITTEE MEETING on Mon. Aug 2 at 2:00. You are invited to come discuss the new Fall menu coming in September. We would like to hear what you think.**

**You can always contact Kelly for suggestions, comments, criticisms and jokes.... and of course more details.**



### Volunteer Banquet

***Wednesday, August 11th at 3:00 p.m.***

***Representing Year 2009-2010***

***Please RSVP by Monday, August 2nd.***

***This Volunteer Banquet honors those that have hours recorded at the front desk.***

***Dress is casual and comfortable.***

***We will be serving seafood and roast beef as the entrée. For the folks on food waivers, please join us for dinner with your home cooked meals.***

***Keep the store going!***

***The Little Store needs your Help to stay OPEN.***

***Volunteers are needed to help run the register, bag groceries, price items and stock the shelves.***

***Helping out a few hours every Mon-Wed-Fri from 1:00 - 3:00 will make a big difference...see Mr. Willie Beeler if you can help! He needs you to help Him~!***

***Keep the store going!***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>Menu 3</b></p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-DR Michael Farmer</p>	<p><b>2</b></p> <p>Dr. Appts/Bank trips</p> <p>9:25 CHAIR Aerobics-DR</p> <p>9:30 MANICURE/PEDICURES by Tina in the Beauty shop</p> <p>10:30 Stretch &amp; Tone-Wellness Center</p> <p>1:00 Little Store Opens</p> <p>2:00 STAMPS-PDR</p> <p>2:00 Dance Sittercise Class</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>3:00 Movie and Popcorn</p>	<p><b>3</b></p> <p>Dr. Appts all day</p> <p>1:00 Mall Walking</p> <p>1:15 MASSAGE THERAPIST</p> <p>2:00 Canasta Card Games-SR</p> <p>3:30 Wellness Center workout</p> <p>7:00 Women's Prayer Group-PDR</p>	<p><b>4</b></p> <p>Dr. Appts-AM only</p> <p>8:00 Walking Class-DR</p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>1:00 Little Store Opens</p> <p>1:30 Kroger (NA)-Van</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>3:00 Care Corp-PDR</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>4:00 Bible Study-PDR</p> <p>4:00 VOLUNTEER BANQUET</p>	<p><b>5</b></p> <p>Dr. Appts all day</p> <p>1:00 Mall Walking</p> <p>10:30 Produce Sale</p> <p>12:30 Blood Pressure</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>5:00 Vespers- Rev. Ron Fearneyhough for Communion &amp; Memorial Service</p>	<p><b>6</b></p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>9:30 Wal-Mart (NA)-Van</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>1:00 Little Store Opens</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>2:00 Bank Trips</p> <p>3:00 Play the Wii -SDR</p>	<p><b>7</b></p> <p>Resident Fund Raiser Dinner Theater presents <u>Roast Beef and Raymond</u> "The Songster" \$10.00</p>
<p><b>8</b></p> <p><b>Menu 1</b></p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-DR Michael Farmer</p>	<p><b>9</b></p> <p>Dr. Appts/Bank trips</p> <p>9:25 CHAIR Aerobics-DR</p> <p>9:30 MANICURE/PEDICURES by Tina in the Beauty shop</p> <p>10:30 Stretch &amp; Tone-Wellness Center</p> <p>1:00 Little Store Opens</p> <p>2:00 STAMPS-PDR</p> <p>2:00 Dance Sittercise Class</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>3:00 Movie and Popcorn</p>	<p><b>10</b></p> <p>Dr. Appts all day</p> <p>1:00 Mall Walking</p> <p>1:15 MASSAGE THERAPIST</p> <p>2:00 Canasta Card Games-SR</p> <p>3:30 Wellness Center workout</p> <p>7:00 Women's Prayer Group-PDR</p>	<p><b>11</b></p> <p>Dr. Appts-AM only</p> <p>8:00 Walking Class-DR</p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>1:00 Little Store Opens</p> <p>1:30 BI-LO-Van</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>4:00 Bible Study-PDR</p> <p>6:00 BINGO with Faye -DR</p>	<p><b>12</b></p> <p>Dr. Appts all day</p> <p>1:00 Mall Walking-DR</p> <p>10:30 Produce Sale</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>5:00 Vespers-</p>	<p><b>13</b></p> <p>9:00 Bank Trips</p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>11:00 Lunch at T-BONZ Steakhouse</p> <p>1:00 Little Store Opens</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>2:00 Hamrick's/ K-Mart/ Publix-(NA)</p> <p>3:00 Play the Wii -SDR</p> <p style="color: green; text-align: center;"><b>7:00 Dance Party</b></p>	<p><b>14</b></p> <p>2:00 Movie &amp; Popcorn</p>
<p><b>15</b></p> <p><b>Menu 2</b></p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-Rev. Sonny Ford</p>	<p><b>16</b></p> <p>Dr. Appts/Bank trips</p> <p>9:25 Big Band CHAIR Aerobics-DR</p> <p>9:30 MANICURE/PEDICURE by Tina in the Beauty Shop</p> <p>10:30 Stretch &amp; Tone-WC</p> <p>10:30 Hearing Aid Check-Sunroom</p> <p>1:00 Little Store Opens</p> <p>2:00 Dance Sittercise Class</p> <p>3:00 Movie and Popcorn</p> <p>3:00 Work-out HEALTH CENTRAL</p>	<p><b>17</b></p> <p>Dr. Appts all day</p> <p>10:30 Eyeglass Repairs by Wal-Mart in North Augusta</p> <p>1:15 MASSAGE THERAPIST</p> <p>1:00 Mall Walking</p> <p>2:00 Canasta Card Games-SR</p> <p>3:00 Resident Association Meeting</p> <p>3:30 Wellness Center workout</p>	<p><b>18</b></p> <p>Dr. Appts-AM only</p> <p>8:00 Walking Class-DR</p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>1:00 Little Store Opens</p> <p>1:30 Kroger (Washington Road)-Van</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>6:00 BINGO with Faye -DR</p>	<p><b>19</b></p> <p>Dr. Appts all day</p> <p>1:00 Mall Walking-DR</p> <p>10:30 Produce Sale</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>5:00 Vespers-</p>	<p><b>20</b></p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>9:30 Wal-Mart (NA)-Van</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>1:00 Little Store Opens</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>2:00 Bank Trips</p> <p>3:00 Play the Wii -SDR</p>	<p><b>21</b></p> <p>2:00 Movie &amp; Popcorn</p>

# ST. JOHN TOWERS

# AUGUST 2010

# EVENTS & ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22 Menu 3</p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers- Rev. Paul Volpitto from Presbyterian Evangelist Fellowship Church</p>	<p>23 Dr. Appts/Bank all day</p> <p>9:25 Big Band-CHAIR Aerobics-DR</p> <p>9:30 MANICURE/PEDICURES by Tina in Beauty Shop</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>1:00 Little Store Opens</p> <p>2:00 STAMPS-PDR</p> <p>2:00 Dance Sittercise Class In Side Dining Room</p> <p>3:00 Movie and Popcorn</p> <p>3:00 Work-out at HEALTH CENTRAL</p>	<p>24 Dr. Appts. all day</p> <p>1:00 Mall Walking</p> <p>1:15 MASSAGE THERAPIST</p> <p>2:00 Resident Council Meeting</p> <p>3:30 Wellness Workout</p> <p>6:00 Parkinson Support Group</p> <p>7:00 Women Prayer Group-PDR</p>	<p>25 Dr. Appts-AM only</p> <p>8:30 Men's Breakfast</p> <p>8:00 Walking Class</p> <p>9:25 Big Band - CHAIR Aerobics-DR</p> <p>1:00 Little Store Opens</p> <p>1:30 Dollar General-(NA)</p> <p>2:00 Canasta Card Games-SR</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>4:00 Bible Study-PDR</p> <p>6:00 BINGO with Faye-DR</p>	<p>26</p> <p>1:00 Mall Walking</p> <p>10:30 Produce Sale</p> <p>12:30 Blood Pressure</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>5:00 Vespers-</p>	<p>27</p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>9:30 Augusta Mall</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>1:00 Little Store Opens</p> <p>1:30 Skip Bo-SR</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>2:00 Bank Trips</p> <p>3:00 Play the Wii -SDR</p>	<p>28</p> <p>2:00 Movie &amp; Popcorn</p>
<p>29 Menu 1</p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-Rev. Paul Volpitto from Presbyterian Evangelist fellowship Church</p>	<p>30 Dr. Appts/Bank all day</p> <p>9:25 Big Band-CHAIR Aerobics-DR</p> <p>9:30 MANICURE/PEDICURES by Tina in Beauty Shop</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>1:00 Little Store Opens</p> <p>2:00 Dance Sittercise Class In Side Dining Room</p> <p>3:00 Movie and Popcorn</p> <p>3:00 Work-out at HEALTH CENTRAL</p>	<p>31 Dr. Appts. all day</p> <p>10:00 Family Day &amp; Activity Planning Meeting-SDR</p> <p>1:00 Mall Walking</p> <p>1:15 MASSAGE THERAPIST</p> <p>2:00 Canasta Game-SR</p> <p>3:30 Wellness Work-out</p> <p>6:00 Parkinson Support</p> <p>7:00 Women's Prayer Group-PDR</p>	<p><b>SEPTEMBER 1</b></p> <p>Dr. Appts-AM only</p> <p>8:00 Walking Class-DR</p> <p>9:25 Big Band CHAIR Aerobics-DR</p> <p>1:00 Store Opens</p> <p>1:30 Kroger (NA)-Van</p> <p>2:00 Canasta Card Games-SR</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>4:00 Bible Study-PDR</p> <p>6:00 BINGO with Faye-DR</p>	<p><b>SEPTEMBER 2</b></p> <p>Dr. Appts all day</p> <p>10:30 Produce Sale</p> <p>1:00 Mall Walking</p> <p>3:00 Work-out at HEALTH CENTRAL</p> <p>5:00 Vespers-Rev. Ron Fearneyhough for Communion and Memorial Service</p>	<p><b>SEPTEMBER 3</b></p> <p>8:00 River Walk</p> <p>9:25 Big Band -CHAIR Aerobics-DR</p> <p>10:30 Stretch&amp;Tone-WC</p> <p>11:00 Lunch at "Bobby's BBQ"</p> <p>1:00 Little Store Opens</p> <p>1:30 Skip Bo-SR</p> <p>2:00 Big Screen Exercise Class -DR</p> <p>2:00 Wal-Mart (NA)</p> <p>3:00 Play the Wii -SDR</p>	<p><b>SEPTEMBER 4</b></p> <p>200 Movie &amp; Popcorn</p>