

FEBRUARY 2010

“The View” from St. John Towers

“IF GRASS CAN GROW THRU CONCRETE,
THEN LOVE CAN FIND YOU AT ANY AGE!”

Heart
And Soul
Issue

Channel 698 has details on activities and events.

BIRTHDAYS



- Men's Breakfast
- Crowning of the King and Queen
- Valentine Banquet
- SWEETHEART DANCE
- Black History Month

WELCOME NEW RESIDENTS

NEW neighbors that moved in December and January:

Pamela Flowers Barbara Pollard Dante Antonacci
Bobbie Hammond

INTRODUCE YOURSELF AND SAY WELCOME!

GOODBYE

So Long to our Friends

Your friends who have moved out in December and January:

Anne Clark
Gloria Fields Gladys Chafin Sue Newton
Rachel Paulos

<i>Johnnie Miller</i>	2-03
<i>Lillian Herrmann</i>	2-10
<i>Betty Brandel</i>	2-11
<i>Louise Hensley</i>	2-13
<i>Bo King</i>	2-14
<i>Greta Henson</i>	2-16
<i>Annette Rawlings</i>	2-18
<i>Richard Riley</i>	2-19
<i>Lombard Holt</i>	2-21
<i>Mary Galloway</i>	2-21
<i>Cliff Keyton</i>	2-21
<i>Kitty Murphy</i>	2-23
<i>Lucille Goldman</i>	2-24
<i>Betty Tharpe</i>	2-24
<i>George Meals</i>	2-24
<i>Eldna Duvall</i>	2-27

Staff Birthdays

Greg Capers 2-25

Resident Anniversaries

Mr. & Mrs. Isaac Thigpen Feb. 26

Ms. St. John Towers Pageant is . . . Friday, March 12 at 7:00pm

The pageant day is fast approaching and we are very excited about the evening. We have some great ladies already nominated, If you have not nominated your favorite lady, please do so by Wednesday, February 3. Nominations can be placed at the front desk. Make plans to be there for an enchanted evening experience of a lifetime.

This evening may change your life.

Recurring Events

DOCTOR Appointments

Monday 9:00-5:00

Tuesday 9:00-5:00

Wednesday 9:00-12:00

Thursday 9:00-5:00

SHOPPING TRIPS

Kroger, Bi-lo, Food Lion, Rite Aid, Dollar Store, Ross, TJ Max, Big Lots Steinmart, Augusta Mall Wal-Mart, Hamricks, K-Mart and Publix

FREE Blood Pressure Checks by University Hospital Nurses on the 1st & 3rd Thursday of the month at 12:30 in the Sunroom

ALL WELLNESS AND EXERCISE CLASSES ARE

taught by our Facility Wellness Coordinator, Gina McKinnley. If you are interested in exercising or using the Wellness Center, please attend an exercise class with Gina. She has details to get you started. **FIRST** consult your physician before starting any exercise program.



7 Menu 1
9:45 Sunday School-SDR
4:00 Vespers- Michael Farmer
6:00 SUPERBOWL SUNDAY-

14 Menu 2
Valentine's Day
9:45 Sunday School-SDR
4:00 Vespers-Rev. Sonny Ford

21 Menu 3
9:45 Sunday School-SDR
4:00 Rev. Paul Volpitto Presbyterian Evangelist Fellowship Church

28 Menu 1
9:45 Sunday School-SDR
4:00 Vespers- Min. Cleveland Gilliard from Korean Methodist Church
FULL MOON

1 9:30 MANICURE/ PEDICURES
9:30 Big Band Aerobics
11:30 Wellness Center Workout
1:30 Lunch Hour Walk
2:00 STAMPS-PDR
3:00 Movie / Popcorn

8 No Dr. Car
9:30 MANICURE/ PEDICURES-Beauty Shop
9:30 Big Band Aerobics
11:30 Wellness Center Workout
1:30 Lunch Hour Walk
2:00 Pageant Contestant Meeting-PDR
3:00 Movie / Popcorn

15 President's Day
9:30 MANICURE/ PEDICURES-Beauty Shop
9:30 BIG BAND Aerobics
11:30 Wellness Center Workout
1:30 Lunch Hour Walk
3:00 Movie and Popcorn

22 Washington's BD
9:30 MANICURE/ PEDICURES-Beauty Shop
9:30 BIG BAND Aerobics
11:30 Wellness Center Workout
1:30 Lunch Hour Walk
3:00 Movie and Popcorn

MARCH 1
9:30 MANICURE/ PEDICURES-Beauty Shop
9:30 BIG BAND Aerobics
11:30 Wellness Center Workout
1:30 Lunch Hour Walk
3:00 Movie and Popcorn

2 Vote Today in Run-off
Groundhog Day
10:00 Hobby Lobby Shopping
1:15 MASSAGE THERAPIST-WC
1:30 Health Central
2:00 Resident Council
7:00 Women Prayer Group-PDR

9
1:15 MASSAGE THERAPIST-WC
1:30 Health Central
3:00 Resident Association
7:00 Women Prayer Group-PDR

16
1:15 MASSAGE THERAPIST-WC
1:30 Health Central
7:00 Women's Prayer Group-PDR

23
1:15 MASSAGE THERAPIST
1:30 Health Central
3:00 Exercise Class-DR
6:00 Parkinson Support
7:00 Women Prayer Group-PDR

MARCH 2
10:00 Shop -HOBBY LOBBY IN AUGUSTA-New Store
1:15 MASSAGE THERAPIST-WC
1:30 Health Central
3:00 Exercise Class-DR
7:00 Women's Prayer Group-PDR

3
8:00 Meditation Stretch
9:30 Big Band Aerobics
10:00 AVON SALE
1:30 Kroger-(Washing. Rd.)
3:00 Care Corp-PDR
4:00 Bible Study-PDR

10
8:00 Meditation Stretch
9:30 Big Band Aerobics
1:30 Kroger-(North Aug.)
4:00 Bible Study-PDR

17 Ash Wednesday / Lent
8:30 Men's Breakfast
1:30 Bi-Lo/Rite Aid-Van
4:00 Bible Study-PDR
4:00 Supper at Steakhouse T-Bonz
7:30 First Pres. Youth WII Games and Devotion

24 Flag Day
9:30 Big Band Aerobics
1:30 Big Lots/ Family Dollar-Peach Orchard
4:00 Bible Study-PDR
6:00 Velocity Studio presents African Dance Troupe and African Drummers

MARCH 3
8:00 Meditation Stretch
9:30 Armchair Aerobics
1:30 Wal-Mart-NA -Van
4:00 Bible Study-PDR

4 10:30 Produce Sale
12:30 Blood Pressure
1:30 Health Central
3:00 Exercise Class
3:15 Library Time
5:00 Vespers- Rev. Fearneyhough Comm. Memorials

11 10:30 Produce Sale
12:00 Valentine Banquet-DR
1:30 Health Central
3:00 Exercise Class
5:00 Vespers- Psalmist Janice Jenkins & Liturgical Dance by Devon Drumgool

18
10:30 Produce Sale-WC
12:30 Blood Pressure
1:30 Health Central
3:00 Exercise Class
5:00 Vespers-Dr. Albert James & Soloist Lenola Cosk

25
10:30 Produce Sale-WC
1:30 Health Central
3:00 Exercise Class
5:00 Vespers-Min. Janet Barber-Beulah Grove

MARCH 4
10:30 Produce Sale
1:30 Health Central
3:00 Exercise Class
5:00 Vespers-Rev. Fearneyhough Comm. Memorials

5 11:00 LUNCH at Mexican Mi Ranchos
1:30 Skip Bo-SR
2:00 Wii Games SDR
3:00 Black History Prog. at Davidson Fine Arts High School

12 Lincoln's BD
1:30 Skip Bo-SR
2:00 Wal-Mart (NA)
2:00 Wii Games -SDR
7:00 Sweetheart Dance

19
2:00 Hamrick's/Publix/ K-Mart (NA)
3:00 Underground Railroad Quilt SHOWING
2:00 Wii Games -SDR

26
9:30 Armchair Aerobics
2:00 Wal-Mart (NA)
2:00 Wii Games -SDR
6:00 Brandon the "Karaoke King" with special guest

MARCH 5
8:00 Sunrise Strut
9:30 Armchair Aerobics
2:00 Dollar Store-Van

6
2:00 Movie & Popcorn

13 10:30 Birthday Party with Pineview Baptist
2:00 Valentine Party with Most Holy Trinity Catholic Church

20
11:30 First Baptist Mission Group
2:00 Movie & Popcorn

27
2:00 Movie & Popcorn

MARCH 6
2:00 Movie & Popcorn



Valentine Banquet

Love is in the Air!



Our annual VALENTINE BANQUET will be held on Thursday, Feb. 11 at 12:00 noon. You will be feasting on a banquet style meal of Surf & Turf. Dress in your best Red Valentine outfit and spread the LOVE.

We will also crown the new Valentine King and Queen. You can vote for the King and Queen at the front desk. All residents are eligible. This day is so much fun.

Remember please, no guests.

We just want you!

Special Events

The Youth from Most Holy Trinity Catholic Church have a Valentine Party planned for on Sat. Feb 13 at 2:00. Music, food and fun is what you can expect.

Shelia will sell Avon on Wed. Feb. 3 at 10:00 by the Wellness Center.

Brandon the Karaoke King will perform with a special guest on Fri. Feb. 26 at 6:00. He brings the show to you.

The First Presbyterian Youth in Action will sponsor a praise party on Wed. Feb. 17 at 7:30. We will team up against the teen-agers for a Wii games competition. Bowling, golf or baseball. So bring it on down!

The Birthday Party for February will be hosted by Pineview Baptist Church. They have a great party planned for you. All the birthday folks are invited to attend.

Cruising Cuisine

The Lunch Bunch will venture to "Mi Ranchos Mexican" for delicious fajitas, tacos, nachos and fabulous cheese dip. The food is not all spicy. The menu offers many styles of beef, seafood, and chicken dishes. Make plans to join us on Fri. Feb 5. Bus leaves at 10:45 to get there early.

Join us for Supper at "T-Bonz Steak House."

Voted best steaks in Augusta for many years now and boy are they juicy. Of course seafood and chicken is always another option on the menu. Have supper with us on Wednesday, Feb. 17 at 4:00. You will not be disappointed.

Menus for these restaurants are located at the front desk for your convenience. Sign up early. Seats go fast.

St. John Towers Advisory Board

We would like to thank the following people that made a generous donation to the Endowment Tree in the month of January 2010. These donations will live on in the future of St. John Towers.

Janet Kirkey, Mr. & Mrs. Lamar Powell, Barbara & Fred Rucker, Frances Hollowell, Linda Bond, Paul King, Asbury United Methodist Church, John Hollowell, Carolyn Ganus

Thank you for your generosity.





Sweetheart Dance,

Fri., Feb.12 at 7:00.

The country band "The Rude Dudes" will perform at our Sweetheart Dance. Please bring a snack to share but don't forget your sweetheart! Donations for the band will be taken up. Enjoy the sound of a live country band. Light refreshments will be served.

Please MAKE the time to attend, some, if not all of the special events this month. We have very talented people performing for the Black history programs. We also have 3 different youth groups hosting Valentine parties. These volunteers among others are sacrificing their time to be here. Let's give a little back! Come down, show your appreciation and Thank them for coming.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>HAPPY VALENTINE'S DAY</p> <p>BLACK HISTORY MONTH</p> <p>HEALTHY HEART MONTH</p>		<p>1 Dr.Appts- AM Only</p> <p>9:25 CHAIR Aerobics</p> <p>11:30 Little Store Opens</p> <p>1:00 Tai Chi-SR</p> <p>1:30 Kroger (Wash.Rd)-Van</p> <p>2:00 Dance Sittercize</p> <p>3:00 Care Corps-PDR</p> <p>4:00 Williams: Bible Study-PDR</p> <p>4:00 Singing Saint Practice</p>	<p>2 Dr. Appts</p> <p>9:25 CHAIR Aerobics</p> <p>10:00 Elephant Brunch</p> <p>10:30 Produce Sale-SR</p> <p>12:00 Blood Pressure Check</p> <p>2:00 Canasta Game-SR</p> <p>2:00 Dance Sittercize</p> <p>5:00 Vespers-Chaplain Ron Fearneyhough: Communion & Memorial Service</p> <p>6:00 Circus</p> <p>Groundhog Day!!! </p>	<p>3 Bank Trips</p> <p>9:25 CHAIR Aerobics</p> <p>11:30 Little Store Opens</p> <p>11:00 Lunch: Chop House</p> <p>1:30 Skip Bo-SDR</p> <p>1:30 Wal-Mart-NA-Van</p> <p>2:00 Dance Sittercize</p> <p>3:00 Wii Bowling Games</p>	<p>4 9:00 Chair Aerobics with Gina-SR</p> <p>10:00 Wii Bowling</p> <p>11:00 Lunch-Baked Potato Bar \$6.00 (Fund Raiser) with Entertainment</p> <p>11:30 Store Opens</p> <p>2:00 Knitting/Crochet</p> <p>4:00 Bingo -SDR</p>
<p>5 Menu Week 2</p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-DR Michael Farmer</p> <p>6:00 SUPER BOWL-SR NY GIANTS vs NE PATRIOTS </p>	<p>6 Dr. Appts./Bank Trips</p> <p>9:25 CHAIR Aerobics</p> <p>9:30 Manicures/Pedicures</p> <p>10:00 Bible Study Bonnie & Marion</p> <p>11:30 Little Store Opens</p> <p>1:00 Indoor Walk</p> <p>2:00 STAMPS-PDR</p> <p>2:00 Dance Sittercize-SR</p> <p>3:00 Wii Bowling Games</p>	<p>7 Dr. Appts</p> <p>9:00 Elaine's Cake SALE</p> <p>9:25 CHAIR Aerobics</p> <p>10:30 Joyful Noise with Gene Norris </p> <p>1:00 Massage Therapist</p> <p>2:00 Dance Sittercize</p> <p>*2:00 Resident Council*</p> <p>7:00 Women's Prayer Grp</p> <p>FULL MOON</p>	<p>8 Dr. Appts-AM Only</p> <p>9:00 Rosa Jewelry Sale</p> <p>9:25 CHAIR Aerobics</p> <p>11:30 Little Store Opens</p> <p>1:00 Tai Chi-SR</p> <p>2:00 Dance Sittercize</p> <p>4:00 Bible Study: Williams-PDR</p> <p>4:00 Singing Saint Practice</p>	<p>9 Dr. Appts</p> <p>9:25 CHAIR Aerobics</p> <p>10:30 Produce Sale</p> <p>2:00 Canasta Game-SR</p> <p>3:00 County Librarian Here </p> <p>2:00 Dance Sittercize</p> <p>4:00 Vespers- Johnny Carr & Nancy Wiggins</p>	<p>10 Bank Trips</p> <p>9:25 Chair Aerobics-DR</p> <p>11:30 Little Store Opens</p> <p>1:30 Skip Bo-SDR</p> <p>1:30 Hamrick's, Publix & Kmart</p> <p>2:00 Dance Sittercize</p> <p>3:00 Wii Bowling Games</p> <p>6:00 CONCERT: Eryn Eubanks & the Family Fold </p>	<p>11 9:00 Chair Aerobics with Gina-SR</p> <p>10:00 Wii Bowling</p> <p>11:00 Feb. B-Day Party with First Baptist Kids</p> <p>11:30 Store Opens</p> <p>2:00 Knitting and Crochet Group Meets</p> <p>4:00 Bingo -SDR</p> 
<p>12 Menu Week 3</p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-Rev. Bohling</p>	<p>13 Dr. Appts./Bank Trips</p> <p>9:25 CHAIR Aerobics</p> <p>9:30 Manicures/Pedicures</p> <p>10:00 Bible Study Bonnie & Marion-PDR</p> <p>11:30 Little Store Opens</p> <p>1:00 Indoor Walk</p> <p>2:00 Dance Sittercize</p> <p>3:00 Wii Bowling Games</p>	<p>14 Dr. Appts</p> <p>9:25 CHAIR Aerobics</p> <p>Valentine's Lunch</p> <p>1:00 Open/Orientation for Gym-WC</p> <p>1:00 Massage Therapist</p> <p>2:00 Dance Sittercize</p> <p>*3:00 Resident Association Meeting*</p> <p>7:00 Women's Prayer Grp</p> <p> Happy Valentine's Day!!!!</p>	<p>15 Dr. Appts-AM Only</p> <p>9:25 CHAIR Aerobics</p> <p>11:00 Love Songs with Tony Washington </p> <p>11:30 Store Opens</p> <p>1:00 Tai Chi-SR</p> <p>1:30 Kroger (NA)</p> <p>2:00 Scam Buster Workshop</p> <p>2:00 Dance Sittercize</p> <p>4:00 Bible Study with the Williams-PDR</p> <p>4:00 Singing Saint Practice</p> <p>6:00 Project 153</p>	<p>16 Dr. Appts</p> <p>8:00 Towers Breakfast</p> <p>\$3.00: Everyone Welcome</p> <p>9:30 Tupperware & Jewelry sale</p> <p>9:25 CHAIR Aerobics</p> <p>10:30 Produce Sale-SR</p> <p>12:00 Blood Pressure Checks-SR</p> <p>2:00 Canasta Game-SR</p> <p>2:00 Dance Sittercize</p> <p>4:00 Vespers- Aunt Laura & Prime Time Singers</p>	<p>17 Bank Trips</p> <p>9:25 CHAIR Aerobics</p> <p>11:30 Little Store Opens</p> <p>11:00 Lunch: Hibachi Grill-Supreme Buffet</p> <p>1:30 Wal-Mart-NA</p> <p>1:30 Skip Bo-PDR</p> <p>2:00 Dance Sittercize</p> <p>3:00 Wii Bowling Games</p>	<p>18</p> <p>9:00 Chair Aerobics with Gina-SR</p> <p>10:00 Wii Bowling</p> <p>11:30 Store Opens</p> <p>2:00 Knitting and Crochet Group Meets</p> <p>4:00 Bingo-SDR</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19 <i>Menu Week 1</i></p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-Paul Volpitto</p>	<p>20 Dr. Appts.</p> <p>9:25 CHAIR Aerobics 9:30 Manicures/Pedicures</p> <p>10:00 Bible Study with Bonnie & Marion-PDR</p> <p>11:30 Little Store Opens</p> <p>1:00 Indoor Walk 2:00 Dance Sittercize 3:00 Wii Bowling Games</p> 	<p>21 Dr. Appts. <u>SOUL FOOD LUNCH</u></p> <p>9:25 CHAIR Aerobics</p> <p>1:00 Massage Therapist</p> <p>2:00 Dance Sittercize</p> <p>7:00 Women Prayer Group-PDR</p>	<p>22 Dr. Appts-AM Only</p> <p>Ash Wednesday Lents begins</p> <p>9:25 CHAIR Aerobics 11:30 Little Store Opens 1:00 Tai Chi-SR 1:30 Dollar Stores 2:00 Dance Sittercize 4:00 Bible Study with the Williams-PDR 4:00 Singing Saint Practice</p> <p>4:00 Dinner: Villa Europa</p> <p>7:00 First Presb. Church Youth-Praise Party</p>	<p>23 Dr. Appts</p> <p>9:25 CHAIR Aerobics</p> <p>10:30 Produce Sale</p> <p>2:00 Canasta Game-SR</p> <p>2:00 Dance Sittercize 3:00 County Librarian Here</p> <p>4:00 Vespers-TBA</p> 	<p>24 9:00 Bank Trips</p> <p>9:25 CHAIR Aerobics</p> <p>10:30 Augusta Mall-Van</p> <p>11:30 Little Store Opens</p> <p>1:30 Skip Bo-SDR</p> <p>2:00 Dance Sittercize 3:00 Wii Bowling Games</p>	<p>25</p> <p>9:00 Chair Aerobics with Gina-SR 10: 00 Wii Bowling</p> <p>11:30 Store Opens</p> <p>2:00 Knitting and Crochet Group Meets</p> <p>4:00 Martinez UMC-Birthday Blowout!!! All Residents invited! 4:00 Bingo-DR</p> 
<p>26 <i>Menu Week 2</i></p> <p>9:45 Sunday School-SDR</p> <p>4:00 Vespers-Rev. Cleveland Gilliard from Korean American Methodist Church</p>	<p>27</p> <p>9:25 CHAIR Aerobics 9:30 Manicures/Pedicures</p> <p>10:00 Bible Study with Bonnie & Marion-PDR</p> <p>1:00 Indoor Walk 2:00 Dance Sittercize 3:00 Wii Bowling Games</p>	<p>28 Dr. Appts.</p> <p>9:25 CHAIR Aerobics 10:15 Hearing Aid Check</p> <p>1:00 Massage Therapist 2:00 Dance Sittercize 6:00 Parkinson Support Group-DR 7:00 Women Prayer Group-PDR</p>	<p>29 Dr. Appts-AM Only</p> <p>LEAP DAY!!! </p> <p>9:25 Chair Aerobics</p> <p>11:30 Little Store Opens 1:00 Tai Chi-SR 1:30 Kroger(Wash. Rd) 2:00 Dance Sittercize</p> <p>4:00 Singing Saint Practice</p> <p>4:00 Bible Study with the Williams-PDR</p>	<p>MARCH 1</p> <p>Dr. Appts 9:25 CHAIR Aerobics 10:30 Produce Sale 2:00 Canasta Game-SR 2:00 Dance Sittercize 5:00 Vespers- Chaplain Ron Fearneyhough for Communion & Memorial Service</p>	<p>MARCH 2</p> <p>9:00 Bank Trips 9:25 CHAIR Aerobics 11:30 Little Store Opens 1:30 Skip Bo-SDR 1:30 Wal-Mart-Van</p> <p>2:00 Dance Sittercize 3:00 Wii Bowling Games</p>	<p>MARCH 3</p> <p>9:00 Chair Aerobics with Gina-SR 10: 00 Wii Bowling</p> <p>11:30 Store Opens</p> <p>2:00 Knitting and Crochet Group Meets</p> <p>4:00 Bingo DR</p>