

"The View" from St. John Towers

MARCH 2010

TV Channel 698 has details on activities and events.

BIRTHDAYS

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- St. Patrick's Day Parade AT OUR BACK DOOR
- Special Irish Meal Planned FOR YOU
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Congratulations to the Valentine King & Queen - 2010 Marion Dasher and Dorothy Masters



The Ms. St John Towers Pageant will be held on Friday, March 12 at 7:00 in the Dining Room. We have 14 beautiful ladies competing for the title this year.

Contestants are: Jerry Peel, Diana Waterman, Bobbie Hammond, Willie Mae Jackson, Debra Oliver, Connie Shiver, Faye Woodward, Ethel Rumph, Annette Rawlins, Barbara Lang, Ruby Docurro, Lucy Thomas, Mary K. Cicalese and Omega Cheek

This evening promises to be an event you will never forget. It may possibly change your life. Believe me, Age is only a number.

Frances Koone	3-01
Barbara Lang	3-01
Elizabeth Weaver	3-01
Janet Barnett	3-03
Hester Fielding	3-04
Louise Nesmith	3-05
Bette Clark	3-07
Shirleen Pentecost	3-09
Madie Hadden	3-14
Peggy Kelly	3-23
Louise Parham	3-25
Mildred Howard	3-29

Happy Anniversary to
Lombard & Joyce Holt
March 26
Staff Birthdays
Kelly Thackston 3-22

WEBSITE
www.stjohntowers.org

Cruising Cuisine

The LUNCH BUNCH

The Lunch Bunch will try O'Charley's Restaurant on Fri. March 5 at 10:30 for a new adventure. They offer lots of variety and good deals for lunch. Sign up early the seats will go fast.

The Supper Club will dine at T's Seafood Restaurant on Thurs. March 24 at 3:45. The hushpuppies and boat load salad bar are a few favorites.

Menus for these restaurants are located at the front desk for your convenience. Seats on the van are limited.

MEN'S BREAKFAST Wed., March 17 at 8:30.
The cost is \$3.00. Ladies welcome!

St John Towers Advisory Board Fund

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

*Martha & Julian Allen, Rhodes Construction
Caroline Rogers, The family of Kip & Tanya Rosier,
Janet Kirkey, Emma Faircloth*

Thank you for your generosity to our residents.

Friday Night SPRING DANCE

March 13 at 7:00

*Featuring "Joyce and The Rude Dudes"
Put on your dancing shoes and come shake a leg. Spring has sprung and we are too. Dance the night away and enjoy light refreshments. Don't forget to bring snacks to share. A donation for Joyce and the guys will be taken up. Invite your family, friends and neighbors to come Boogie!*

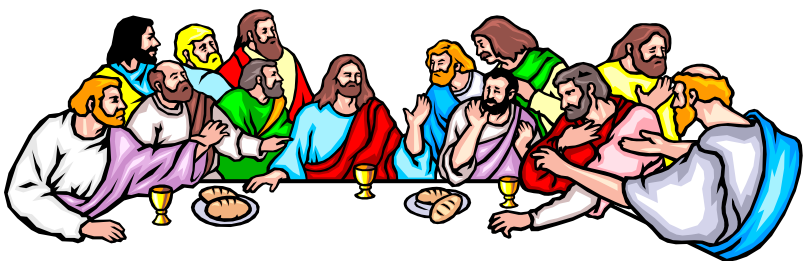


TRAVEL, TRAVEL, TRAVEL
But I need to hear from you!

Do you like to travel? Where do you want to go? Are you up for a little adventure?

I am taking suggestions for places to travel in the Spring, but I need your Help. If you have suggestions, please leave your ideas in my box. I have a few things

already set. Our trip will be planned during the week to reduce cost and we will travel on our Van. We will stop as frequently as our residents need to. In using our Van, we have flexibility with



The Living Last Supper will be performed by the Fort Gordon Players on Sat., March 27 at 7:00 in the Dining Room.

You are invited to see the live performance of "The Living Last Supper." The drama unfolds before your eyes with the setting of Jesus and his disciples on their last supper together. This is a story everyone needs to see at least once in a lifetime. The dining room doors will close at 6:30 to blacken out the room for the spotlights to be set up. Please get there early for a good seat. Invite your family and friends. Easter season comes ALIVE through the eyes of the Disciples with Jesus. At the end of the performance, you will have a chance to take COMMUNION with Jesus. How many people can say they have done that?

Look for this!

Birthday Party for MARCH with Wesley UMC on Tues. March 22 at 12:00. Birthday cake and gifts!
St. Patrick's Day Parade on Wed. March 17 at 2:00. The ladies in the Ms. St. John Towers Pageant will be riding in the Parade. Bring a chair and watch the parade from our Telfair Street entrance.
Shopping trip on Wed. March 31 at 1:30 to Target, Michaels, Bed Bath & Beyond.

OUR MASSAGE THERAPIST, PAULA IS GIVING WEEKLY SPRING SPECIALS. VISIT HER ON TUESDAYS AT 1:15.

March 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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. Wellness papers are



7 Spring Menu 1

9:45 Sunday School-SDR
 4:00 Vespers- Michael Farmer

8:00 Academy Awards

14 Spring forward Set your clocks up 1 hour Menu 2

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 Palm Sunday Menu 1

9:45 Sunday School-SDR
 4:00 Vespers- Min. Cleveland Gilliard from Korean Methodist Church

Holy Week Begins

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 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's High Tea-PDR
 3:00 Movie / Popcorn

15 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 9:30 MANICURE/ PEDICURES-Beauty Shop
 9:30 BIG BAND Aerobics
11:30 Wellness Center Workout
12:00 Birthday Party-DR
 1:30 Lunch Hour Walk
 3:00 Movie and Popcorn

29 Passover
 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
Full Moon

2 10:00 Hobby Lobby
 1:15 MASSAGE THERAPIST-WC
 1:30 Health Central
2:00 Resident Council
 3:15 Exercise Class-DR
 7:00 Women Prayer Group-PDR

9 1:15 MASSAGE THERAPIST
 1:30 Health Central
3:00 Resident Association Introduction of Pageant Contestants
5:00 Singing Saints Choir Practice
 7:00 Women Prayer Group-PDR

16 1:15 MASSAGE THERAPIST-WC
 1:30 Health Central
 3:15 Exercise Class-DR
5:00 Singing Saints Choir Practice
 7:00 Women's Prayer Group-PDR

23 10:00 Shop at TJ Max/Ross
 1:15 MASSAGE THERAPIST
 1:30 Health Central
 3:15 Exercise Class-DR
 6:00 Parkinson Support
 7:00 Women Prayer Group-PDR

30 1:15 MASSAGE THERAPIST-WC
 1:30 Health Central
 3:15 Exercise Class-DR
 7:00 Women's Prayer Group-PDR

3 1:30 Kroger-(Washing. Rd.)
1:30 Health Central
2:00 Medicare Plans Discussed -DR
 3:00 Care Corp-PDR
 4:00 Bible Study-PDR

10 1:30 Health Central
 1:30 Bi-Lo/ Rite Aid-Van
3:00 Dress Rehearsal for pageant contestants
 4:00 Bible Study-PDR
4:00 Contestants Banquet in SDR

17 St. Patrick's Day 8:30 Men's Breakfast
2:00 St. Patrick's Day Parade
 4:00 Bible Study-PDR

24 1:30 Health Central
 1:30 Kroger (NA)-Van
 4:00 Bible Study-PDR
3:45 Supper at T's Seafood Restaurant
7:30 First Pres. Youth Wii Games and Devotion

31 1:30 Health Central
1:30 Target/ Michael's Bed Bath & Beyond - Van
 4:00 Bible Study-PDR

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

11 10:30 Produce Sale
10:30 Pageant Manicures-PDR
1:30 Health Central
 3:15 Exercise Class
 5:00 Vespers- Rev. Jim Johnson Special Music with Marion & Bertha Jay

18 10:30 Produce Sale
12:30 Blood Pressure
1:30 Health Central
 3:15 Exercise Class
3:15 Library Time
 5:00 Vespers-5:00 Vespers- Rev. Jim Johnson Special Music Marion & Bertha Jay

25 10:30 Produce Sale-WC
1:30 Health Central
 3:15 Exercise Class
 5:00 Vespers-Min. Janet Barber-Beulah Grove

April 1
 10:30 Produce Sale
1:30 Health Central
3:15 Exercise Class
 5:00 Vespers-Rev. Fearneyhough Comm. Memorials

5 Day of Prayer Shabbat
10:30 LUNCH at O'Charley's
 1:30 Skip Bo-SR
2:00 Wii Games SDR
 2:00 Wal-Mart-(NA)

12 1:30 Skip Bo-SR
 2:00 ROSE'S /Dollar Store
7:00 Ms. St. John Towers Pageant

19 2:00 Hamrick's/ Publix/ K-Mart (NA)
 2:00 Wii Games -SDR
Going to the Circus Tomorrow!



26 9:30 Wal-Mart (NA)
 2:00 Wii Games -SDR
Make plans to attend the "Living Last Supper" performed LIVE in the DR

April 2
10:30 Lunch at Monterrey Mexican
2:00 Wii Games - SDR
 2:00 -Wal-Mart (NA)Van

6 2:00 Movie & Popcorn

13 2:00 Movie & Popcorn
7:00 Dance Party St Patrick's Day SPRING Dance

20 Spring Begins
 11:30 First Baptist Mission Group
 2:00 Movie & Popcorn
2:00 Ringling Bros CIRCUS

27 7:00 Living Last Supper Live- A Play Production by Fort Gordon Players

April 3
 2:00 Movie & Popcorn