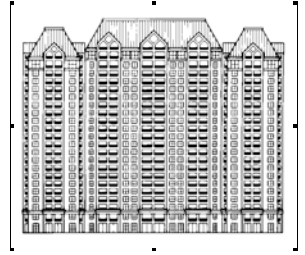

TALK OF THE TOWERS



Volume 25, Number 1

December 17, 2011

**1st Annual
“Love the Pie”
Potluck Party in the Ped Mall**



There are four reasons: friendship, community, life and pie.

Gather your friends, bring your best pie, and join us in the Ped Mall!

Wednesday, January 11th at 1:30 PM

Delightful entertainment by Sarah Dion Brooks

For added fun enter your best pie into our contest!

Prizes will be awarded for

“Most Creative”, “Best Tasting” and “Best of Show”

If you are entering your best pie be sure to sign up in the Resident Services Office by Monday, January 2nd.

Hope to see you and your best pie there!

**From...
Executive Director
- Jeff Vetter -**

Christmas Staff Schedule

The Towers' Staff will observe the Christmas Holiday on **Monday, December 26th** and New Year's on **Monday, January 2nd, 2012**. All offices will be closed. A Merry Christmas and Happy New Year to all!

CHRISTMAS

Saturday, December 24th –

Christmas Eve

Deli: Open for Breakfast and Lunch

Gardenia Room: Closed all day

Sunday, December 25th –

Christmas Day

Deli: Closed all day

Gardenia Room: Christmas Buffet
11:00 AM – 1:30 PM

Last day for reservations is Friday,
December 16th

NEW YEAR'S

Saturday, December 31st – New Year's Eve

Deli: Open for Breakfast and Lunch

Gardenia Room: Closed all day

New Year's Eve Dinner Buffet in
the Azalea Room: **5:00 PM – 6:30
PM**

Last day for reservations is Friday,
December 23rd

Sunday, January 1st – New Year's Day

Deli: Open for Breakfast and Lunch

Gardenia Room: Closed all day on
New Year's Day



S H O P P I N G ...

North Star Mall & Target – Fri., Jan. 13th at 1:00 PM – 3:00 PM

Rolling Oaks Mall – Sat., Jan. 14th at 1:00 PM

North Star Mall & Target – Fri., Jan. 27th at 1:00 PM – 3:00 PM

JANUARY MEETINGS...

Activities Committee: Tues., Jan. 10th at 10:30 AM

Resident Meeting: Tues., Jan. 10th at 3:30 PM

Food & Beverage: Wed., Jan. 11th at 10:00 AM

Facilities Committee: Thurs., Jan. 12th at 9:00 AM

Hospitality Committee: Mon., Jan. 23rd at 10:00 AM

Budget & Finance: Wed., Jan. 25th at 9:00 AM

Board of Directors Meeting: Tues., Jan. 31st at 9:00 AM

“Towers Safety”

Beware of Scams

How Residents Can Become Victims of Telemarketing & Mail Fraud

Often it's hard to know whether a sales call is legitimate. Telephone con artists are skilled at sounding believable – even though they are really telling lies.

Some telephone sales people have an answer for everything. You may find it hard to get them off the phone because you don't want to be rude even if the item they are selling is something you are not interested in.

Sometimes telephone con artists reach you when you are feeling lonely. They may call day after day – until you think a friend and not a stranger is trying to sell you something.

Please remember to never give out your credit card, social security number or any checking account information over the phone to anyone.

Also, please be careful when entering contests through the mail. If the contest coordinator requires any money from you, the reality is that there is no prize, and they request you to send them money so they can keep it.

By raising awareness of how these scams take place, we can work together to end these crimes. Remember the saying - If something sounds too good to be true, it usually is!

The telephone number to call to be placed on the National Do Not Call Registry is **1-888-382-1222**. This is a free, easy way to reduce the telemarketing calls you get at home.

“Phishing”....A rapidly growing form of identity theft on your computer

The most common type of phishing (pronounced “fishing”) occurs when thieves send random email messages disguised as being sent from a trusted company. These emails often include the company logo and graphics. The emails request social security numbers and other personal or banking information in an effort to use this to access your accounts, steal your identity, and to take your money. The following are some tips to help you

identify a bogus phishing email on your computer:

- Be leery if the email has a general greeting such as “Dear Subscriber” or “Dear Financial Institution Member.”
- The “from” line can often be an indication of a fraudulent email if blank. However, they can be altered to look like they are from a legitimate source.
- Phishing emails often have a false sense of urgency and a threat of closing your account if you don’t respond.
- The email might contain a bogus link that will redirect you to a website that will download malicious software. Do not click on links within the email.
- If you receive an email unexpectedly, be suspicious. Most companies will not contact you unless you initiated communication, and they seldom ask for personal information such as your social security number or account information in an email or over the phone.

Your best defense against phishing is education. Please be careful what information you type into emails on your computer.

Pat Krbec, Director
Resident Services

Pest Control...There is no routine service during the month of December. It is complaints only. If you have any questions or concerns, contact Maintenance at 805-6271.

For Your Info

Library Card Room Reminder.....

Daily newspapers including *The Wall Street Journal*, *USA Today* and the *San Antonio Express-News*, along with magazines, are placed on the shelves for the reading pleasure of our residents in the Card Room. Please do not remove the magazines or newspapers. Many residents donate magazines for others to enjoy.

Thank you for your cooperation and happy reading!



Wednesday Afternoon Bible Study

The topic for the study on **Wednesday, December 21st** is "Desire". The one liner is "A man's reach should exceed his grasp or what is heaven for"?

Browning

See you there at **2:00 PM** in the Azalea room.

There will not be a Bible study on **Wednesday, December 28th**. We will meet on Wednesday, January 4, 2012.

James B. Thompson

SAMMC Christmas Eve Protestant Service...There will be a candlelight service on **Saturday, December 24th** at **7:00 PM**. There will be no bus transportation for this service; however, Christmas morning the bus will transport you to their regular Catholic and Protestant services. Be sure to sign up at the Front Desk.

Rosary Group...This group will not be meeting on **Thursday, December 22nd** or **December 29th**. They will resume on Thursday, January 5, 2012.

Men's Prayer Breakfast...This group will not be meeting on **Wednesday, December 21st** or **December 28th**. They will meet again on January 4th.

MEET YOUR NEW NEIGHBOR COFFEE



The Meet Your New Neighbor Coffee will be held on **Tuesday, January 3rd** at **10:00 AM** in the Pedestrian Mall. All residents are invited to attend and please remember to wear your nametags. This is a great opportunity for you to meet and welcome the newcomers, as well as mingle with your neighbors. See you all there!

New Residents

Rudy Cannon – Unit #1902
Walter Lagerquist – Unit #604
LaVerne Whited – Unit #1103



Social Hour...Is held every **Tuesday & Friday evening** in the Club. Everyone is invited to join the fun beginning at **5:00 PM**. Come join your friends and have a good time!



Wednesday Afternoon Bible Study

The topic for the study on **Wednesday, January 4th** is "Jealousy". The one liner is "Envy deserveth to be despised".

Bacon

See you there at **2:00 PM** in the Azalea room.

James B. Thompson



Roles Women Played: Expressions of the Orient

Come to the McNay Art Museum and listen to John Johnston, Coates-Cowden-Brown Curator of Asian Art, and San Antonio Museum of Art lecture on the Roles Women Played from the museums latest exhibit Expressions of the Orient. Following you will be delighted by an excerpt from Puccini's Madama Butterfly performed by the San Antonio Opera. Tickets to this event are free. We will visit the McNay on **Thursday, January 5th**. The bus will depart at **5:45 PM** and the event will begin at 6:30 PM. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation.

Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Social Hour with Brenna' Griffin

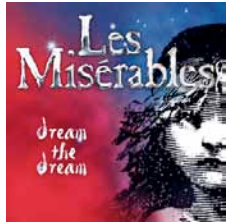
Gifted performer Brenna' Griffin who has captivated audiences throughout the world, singing a variety of music from Jazz to Broadway Tunes, will visit The Towers on **Friday, January 6th**, to perform during Social Hour in the Club! You will not want to miss her performance! Brenna' has toured with the world renowned United States Air Force band "Tops in Blue" and was hand selected to perform live before the late Bob Hope and his wife Delores on the "Tribute Show" in the late 80's. No reservations required, just come to the Club at 5:00 PM and enjoy the music! Hope to see you there.



U.S. Army All American Bowl at the Alamodome

The U.S. Army All-American Bowl is the premier high school football game in the country. The Bowl features the nation's most elite football players and marching band musicians, and has honored more than 1,000 Army Strong Soldier Heroes since its inception. It has been a launching pad for college and NFL stars such as Adrian Peterson, Mark Sanchez, Ndamukong Suh, Tim Tebow, Andrew Luck and Marcus Lattimore. The U.S. Army All-American Bowl has produced almost 1,000 NCAA athlete alumni, and more than 180 alumni currently play in the NFL. The All-American Bowl will take place on **Saturday, January 7, 2012**. The game begins at 12:00PM, so the bus will depart at **11:00 AM** to the Alamodome.

Tickets range from \$13.00 - \$26.00. To purchase tickets please call Ticketmaster at **1-800-745-3000**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Les Misérables at The Majestic

Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, Les Misérables, with glorious new staging and dazzlingly re-imagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by critics, fans and new audiences and is breaking box office records wherever it goes. The storytelling is clearer, the perspective grittier and the motivations more honest. Musical theatre fans can rejoice: 'Les Miz' is born again."

Based on Victor Hugo's classic novel, Les Misérables is an epic and uplifting story about the survival of the human spirit. The magnificent score of Les Misérables includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?," "One Day More," "Empty Chairs at Empty Tables," "Master Of The House" and many more. Purchase your tickets by calling **1-800-745-3000**. Ticket prices begin at **\$55.00**. We will see this performance on **Saturday, January 7th**. The bus will depart at **1:00 PM** and the show will begin at 2:00 PM. Be sure to sign up at

LeeAnne's desk or the Front Desk for a transportation reservation.

Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



The Arts at Coker present: Nancy Zhou – Violinist

San Antonio violinist Nancy Zhou has been playing the violin since she was 4 years old! She holds many top prize titles in both national and international competitions. Violin enthusiasts alike will find this talented young lady's performance delightful and surely not one to be missed! We will visit Coker United Methodist Church on **Sunday, January 8th**. This is a free concert. The bus will depart at **2:00 PM** and her performance will begin at 3:00 PM. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation.

Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Potluck Supper & Game Night

It will be **Sunday, January 8th**, at **6:00 PM** in the Ped Mall. No need to sign up. Just bring a dish to share to feed 6-8 people and your good company. Stay and play games right afterwards at **7:00 PM** with your neighbors.



Dr. Pester will visit **Parklane West** on **Monday, January 9th**. Contact his office at **496-2321** for an appointment.



HEARING AID CHECKS

Larry Ferris will visit The Towers on **Monday, January 9th** from **3:00 PM - 4:00 PM** in the Magnolia Room for hearing aid checks.



Bon Appétit to Little Italy

From the moment you walk in, Little Italy will remind you of being in NY and eating at the true Italian restaurants where everything is fresh and homemade! You are instantly greeted by a family member when you enter Little Italy which is family owned and operated. The atmosphere is very pleasant; the waiters are very good and the food is excellent! They offer a wonderful menu with many “real” Italian dishes to select from and a fine wine list. We will visit Little Italy on **Monday, January 9th and Monday January 23rd**. The bus will depart at **5:45 PM**. Be sure to sign up at LeeAnne’s desk or the Front Desk, for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice. Bon Appétit!



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GUEST SPEAKER PROGRAM MENU FOR JANUARY

Wednesday, January 11th at 10:00 AM - Mimosa Room
SPEAKER: Eva Balcazar
SUBJECT: An Odyssey – The Story of My Life

Eva and her family departed from Germany in November of 1938. Eva and her husband arrived at The Towers in June of 1990. The story of her life in all of those intervening years is a fascinating tale indeed and as you hear it told, it might remind you of a fictional novel.

The family left Germany in November of 1938 to a strange continent – and who knows what country? What thoughts lie in a little girl’s mind? What is it that lies ahead for her? What will the rest of her life be like? Eva’s story is indeed a fascinating one – one that you will not want to miss!

Of course, each of our lives is a series of unique experiences – however, if it’s possible for one to be a little more unique than others, it could well be Eva’s! Come on down and judge for yourself!



1st Annual Love the Pie Potluck Party in the Ped Mall

Sit down, and let me tell you the tale of the Pie Party! Now as you may or may not know, a Pie Party is celebrated among close-knit groups of friends via the eating of circular foods (usually pie) and the consumption of coffee! The 1st

Annual “Love the Pie Party,” at The Towers on Parklane with no exception shall have pies galore where friends gather and feast on oodles and oodles of pies! Now, you may be asking, “Why pie?” There are four reasons: friendship, community, life and pie.

- Friendship: By bringing a pie to the pie party, you are providing nourishment to your friends.
- Community: The pies represent the dual nature of community, specifically its diverseness and solidarity. The diverseness is represented by the variety of pies, from strawberry cream to French silk. The solidarity is represented by the universal circular shape.
- Life: A pie is a circle. Life is a circle.
- Pie: EVERYONE loves a good piece of Pie!

So gather your friends, bring your best pie, and join us in the Ped Mall on **Wednesday, January 11th at 1:30 PM** for the 1st Annual “Love the Pie Party!” Delightful entertainment will be provided by Sarah Dion Brooks. For added fun enter your best pie into our contest! Prizes will be awarded for “Most Creative”, “Best Tasting” and “Best of Show.” Hope to see you and your best pie there!



Out to the Movies!

Join fellow residents on **Thursday, January 12th**, as we go to Alamo Quarry Stadium 16 Theater and watch an early afternoon movie! The time and title of

the movie will be announced in a future “*Small Talk*” as the date approaches. Be sure to sign up at LeeAnne’s desk or the Front Desk for a transportation reservation.



Podiatry

Nix Smart Living Seminar at The Towers on Park Lane

Friday, January 13, 2012

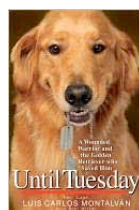
Steven P. Kissel, DPM
The Podiatry Group of South Texas
Arthritic Conditions of the Foot & Ankle

Arthritis and other rheumatic conditions are among the most chronic conditions and the leading cause of disability in the United States. Dr. Kissel will review conditions of the disease, causes, symptoms, myths and treatments.

Screening: Foot Sensitivity Screening
10:30 AM; Lunch: 11:30 AM

Presentation: **12:00 noon**

Sign up at LeeAnne’s desk or the Front Desk and receive your lunch ticket.



Until Tuesday – Luis Carlos Montalvan Book Discussion and Signing

A highly decorated captain in the U.S. Army, Luis Montalván never backed down from a challenge during his two tours of duty in Iraq. After returning home from combat, however, the pressures of his physical wounds, traumatic brain injury, and crippling post-traumatic stress disorder began to take their toll. Haunted by the war and in constant physical pain, he soon found himself unable to climb a simple flight of stairs or face a bus ride to the VA

hospital. He drank; he argued; ultimately, he cut himself off from those he loved. Alienated and alone, unable to sleep or bend over without pain, he began to wonder if he would ever recover. Then Luis met Tuesday, a beautiful and sensitive golden retriever trained to assist the disabled. Tuesday had lived among prisoners and at a home for troubled boys, blessing many lives; he could turn on lights, open doors, and sense the onset of anxiety and flashbacks. But because of a unique training situation and sensitive nature, he found it difficult to trust in or connect with a human being — until Luis. Until Tuesday is the story of how two wounded warriors, who had given so much and suffered the consequences, found salvation in each other. It is a story about war and peace, injury and recovery, psychological wounds and spiritual restoration. But more than that, it is a story about the love between a man and a dog, and how they healed each other's souls. We will go to Barnes and Noble for this event on **Friday, January 13th**. The bus will depart at **5:15 PM**. **The Talk begins at 6:00 PM. After the talk, feel free to browse the store and visit the Starbucks Café located with-in Barnes & Noble's. The bus will return for pick-up at 8:00 PM.** Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.

In Memoriam

**Ralph E. Haines, Jr.
Unit #2306
Jo Ann Bowermaster
Unit #414**



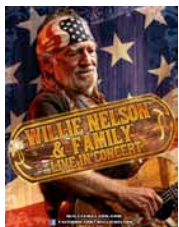
**BEETHOVEN
FESTIVAL
Presented by the
San Antonio
Symphony**

The 2012 Beethoven Festival will give patrons an opportunity to explore Beethoven symphonies, as well as other Beethoven masterpieces. On **Friday, January 13th**, the San Antonio Symphony presents Beethoven 1 & 3. Conductor Sebastian Lang-Lessing, and featured artists will perform Beethoven Overture to *Coriolan*, Op.62 Beethoven Symphony No. 1 in C major, Op.21 and Beethoven Symphony No. 3 in E-flat major, Op.55, "Eroica." On **Friday, January 20th** The San Antonio Symphony continues the 2012 Beethoven Festival with 2, 4 & 5. Conductor Sebastian Lang-Lessing and featured artists will perform Beethoven Symphony No. 2, in D major, Op.36, Beethoven Symphony No. 4 in B-flat major, Op.60 and Beethoven Symphony No. 5 in C minor, Op. 67. Sa Symphony Concludes this portion of Beethoven Festival, **Friday, January 27th** with Beethoven 6 & 7. Conductor Sebastian Lang-Lessing and featured artists will perform Beethoven Symphony No. 6 in F major, Op. 68, "Pastorale" and Beethoven Symphony No. 7 in A major, Op.92. Ticket prices begin at \$18.00. Purchase tickets to all or just one of the performances by calling Ticketmaster at 1.800.745.3000. Each event begins at 8:00 PM. The bus will depart at **7:15 PM**. Be sure to sign up for each event at LeeAnne's desk or the Front Desk, for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Breakfast Brunch at Magnolia Pancake Haus

What started with a wild idea back in 1998 has turned into San Antonio's favorite spot for breakfast. A menu that reflects their numerous years in a business built around a recipe for "The World's Best" buttermilk pancakes and items as unique as you might find anywhere you travel became the new standard for breakfast in San Antonio. Over the years many folks have asked them what the secret is to those wonderful pancakes and breakfast they serve. They always tell folks that it's no secret really they just use only the best, most wholesome and unique products prepared exactly the same every time. Word quickly spread about the little pancake "Haus" over on West Avenue. It's now some ten years and many accolades later and they continue to hone their skills and work to ensure the consistency and quality that is the hallmark of The Magnolia Pancake Haus! We will visit the Magnolia Pancake Haus for Brunch on **Sunday, January 15th**. The bus will depart at **10:15 AM**. Be sure to sign up for each event at LeeAnne's desk or the Front Desk, for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Willie Nelson & Family Come to the Majestic

Willie Nelson was born during the Great Depression, and raised by his grandparents. Nelson wrote his first song at age seven and joined his

first band at ten. After graduating from high school in 1950, he joined the Air Force, but was later discharged due to back problems. An American country music singer-songwriter, as well as an author, poet, actor, and activist, the critical success of the album Shotgun Willie (1973), combined with the critical and commercial success of Red Headed Stranger (1975) and Stardust (1978), made Nelson one of the most recognized artists in country music. Nelson is also the honorary chairman of the Advisory Board of the Texas Music Project, the official music charity of the state of Texas. We will have the opportunity to see Willie Nelson and Family Live at the Majestic Theatre on **Sunday, January 15th**. Tickets start at \$45.00. To purchase yours please call Ticketmaster at **1-800-745-3000**. The bus will depart at **6:15 PM**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Therapy Talks with Terri on Arthritis

This month's talk will be on arthritis. Come **Monday, January 16th** at **10:00 AM** in the Azalea Room to hear the discussion and answers to your questions, and what we can do to help you to maintain your level of independence.

Terri Kelly
Therapy Coordinator for
The Towers



Movie & Hotdog Bar in the Club

Come to the Club on **Monday, January 16th at 11:45 AM.** We will have an afternoon classic movie, an all-you-can-eat hotdog bar with all the fixings, cola to drink and homemade rice crispy treats for dessert! To attend this event you must sign up in the Resident Services office no later than, Tuesday, January 10th. The price of the meal will be **\$4.00.** Hope to see you there.



Timeless Texas Toys at the Institute of Texan Cultures

Vintage toys are remembered from childhood and passed through the generations. "Timeless Texas Toys," an exhibit at the Institute of Texan Cultures, delves into the toy box of yesteryear, bringing back memories for older guests, while giving younger visitors the opportunity to learn the origins of their toys. "Play is a universal experience," says Sarah Gould, ITC researcher and coordinator for this exhibit. "It's a process of discovery; it's how we began to understand the world around us." The exhibit gallery, designed like a toymaker's workshop, includes workbenches, shelves and tables strewn with antique toys. Guests might find a child's size turn-of-the-century baseball bat, conjuring memories of days with friends at the park. The china doll on another shelf may remind a grandmother of a special time in her life. For others, Davy Crockett's coon-skin cap might recall adventures on the "Wild Frontier." "We have such strong memories of our

toys because of the emotions attached to them," said Gould. "They take us to special places in our imaginations. When we grow up, toys have the power to take us back to special moments in time." We will visit The Institute of Texan Cultures on **Wednesday, January 18th.** Admission is **\$7.00** for seniors. The bus will depart at **1:30 PM.** Be sure to sign up at LeeAnne's desk or the Front Desk, for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Gentlemen's Dinner to Cappy's in Alamo Heights

Cappy's offers a casual yet upscale dining environment serving American Cuisine of the freshest seafood, great steaks and regional- seasonal specialties like the "Texas Riviera Platter," Jumbo Diver Scallops, Potato Crusted Halibut, Grilled Rack of Lamb and so much more! Cappy's has a full service bar with an extensive selection of beers, wines, liquors, and liqueurs and their freshly squeezed margaritas are the best around! We will visit Cappy's on **Wednesday, January 18th.** The bus will depart at **5:45 PM.** Be sure to sign up at LeeAnne's desk or the Front Desk, for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice. ENJOY!





Loteria Mexican BINGO

Loteria is a charming and fun game from Mexico, which is played almost exactly like bingo, except that drawing cards is the way you see which square you are going to put your token on. The way the game works is that everyone has a playing card,(50 cents per card) the dealer then calls out the name of the object on the card, in Spanish and English and if you happen to have that picture on your playing card you then cover the picture with a token. You can “Chalupa” or BINGO in other words by covering your pictures in a row vertically, diagonally or horizontally! It’s a fun and traditional game for all. You are sure to have fun! We will play on **Thursday, January 19th at 3:30 PM** in the **Azalea Room**. We will serve Churro sticks and Mexican hot chocolate for refreshments! Hope to see you there.



PLW Talk on Shingles

PLW will visit The Towers on **Thursday, January 19th at 10:00 AM** to give a talk on “Shingles.” The talk will take place in the Mimosa Room. Light refreshments will be served.



What’s Happening in Your City...49th Annual Western Heritage Art Show

at The Pearl Studio

The 49th Annual Western Heritage Art Show at The Pearl Studio includes the exhibit and purchase of western artwork featuring the nation’s and region’s top artists in the southwest, wildlife and

Native American art styles such as Finis Collins, Ric Dentinger, Raul Gutierrez, Clay McGaughy, Lee Ricks, Thom Ricks and Sidney Sinclair, among others. Also included in the evenings events are casino games and prizes including a trip to Las Vegas, live music, a catered buffet and open bar. The price per person is **\$150**. To purchase your tickets please call **226-4651** by January 13th, 2012. The event is on **Friday, January 20th** and begins at **6:30 PM**. There will be no bus transportation for this event.



Tri-Point Arts and Crafts Fair

Tri-Point Arts and Crafts Fair is a place to discover local artists and crafters work. The fair is free and open to the public. Drinks and food are for sale through Grace Coffee Café. Come browse and find that one unique item you just have to have! We will visit Tri-Point on **Saturday, January 21st**. The bus will depart at **9:30 AM**. Be sure to sign up at LeeAnne’s desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice. Happy shopping!



“Beethoven in the Style of Jazz”

Partnering with the San Antonio Symphony in the City-Wide Beethoven Festival, Musical Bridges Around the World presents an international collaboration between Russian-trained musicians Valery Grokhovski, piano, Mark Cheikhet, violin, and Velitchka Yotcheva, cello, and local jazz musicians, Adam Booker, bass, and

Darren Kuper, drums; all brilliant musicians with the rare ability to switch flawlessly from Classical to Jazz, and back again. The program includes unique jazz interpretations of works by Beethoven and Bach, as well as Bach's Piano Concerto in D minor, BWV 1052, and Violin Concerto BMV 1041. Tickets are **\$20.00** for seniors and are available at the door. We will attend this event on **Sunday, January 22nd**. The show begins at 3:00 PM. The bus will depart to McAllister Auditorium at **2:15 PM**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



N.E. Baptist Lunch & Learn

Dr. Grady Alsabrook, board certified in General Surgery, joined Peripheral Vascular Associates in 2007. He received his doctor of medicine from the University of Texas Health Science Center in San Antonio. He is a member of many organizations including the Southern Association for Vascular Surgery, San Antonio Vascular Surgery Society, the Bexar County Medical Society and the Texas Medical Society. He will be at The Towers on **Wednesday, January 25, 2012 at 12:00 PM** to discuss the signs and symptoms of peripheral vascular disease. Be sure to sign up at LeeAnne's desk or the Front Desk for this luncheon to receive your lunch ticket, which you must bring with you the day of this event. Lunch will be served at 11:30 AM.



Ladies Luncheon to La Frite Belgian Bistro

La Frite Belgian Bistro brings authentic Belgian cuisine to San Antonio's King William neighborhood, and is San Antonio's premier and only Belgian Bistro, offering crowd pleasing, masterfully prepared, traditional Belgian/French fare, in a warm, welcoming and friendly atmosphere. French inspired daily specials are offered in addition to the traditional Belgian treats. La Frite is where the locals come to enjoy a tasty meal in a casual European atmosphere. The adjacent Wine Bar offers a French inspired wine list and renowned draft and bottled Belgian beers. We will visit La Frite on **Thursday, January 26th**. The bus will depart at **11:15 AM**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Bingo with PLW!

Come down to the Azalea room and enjoy a fun game of bingo sponsored by Parklane West. Make sure to bring your quarters. Each card is \$0.25, and we play five games. The more players we have, the more money you can win, and we also give other special prizes. This event is on **Thursday, January 26th at 3:30 PM**. Bring a friend with you, and you and your friend will get one card free for all five games! Refreshments will be served.



Wine Dinner by Reservation in the Magnolia Room

Food Services will host a wine dinner, by reservation only, on **Thursday, January 26th**. Details and further information on the dinner will be distributed by Food Services at a later date in your in-house mail boxes.



Institute of Texan Cultures Hosts 25th Annual Asian Festival

The Institute of Texan Cultures invites Texas and Texans to the 25th Annual Asian Festival. What began as a traditional family reunion for the Chinese New Year has expanded to include other Asian communities and participants, showcasing their unique culture and traditions. The family-friendly event features music, cultural performances, food, fashion, crafts and other products. Guests can enjoy authentic Asian-American food from 15 vendors, offering Japanese, Korean, Thai, Laotian, Philippine and other delectable cuisines. Admission to the festival is \$10.00 for adults and can be purchased at the gate. We will attend this event on **Saturday, January 28th**. The bus will depart at **10:00 AM**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



S.A. Chamber Music Society presents: The Pacifica Quartet at Temple Beth-El

Formed in 1994, the Pacifica Quartet is recognized for its virtuosity, exuberant performance style, and often daring repertory choices. The Pacifica Quartet has gained international stature as one of the finest chamber ensembles performing today. They were recently named quartet-in-residence at the Metropolitan Museum of Art and also serve as resident performing artists at the University of Chicago. In addition, The Pacifica Quartet received the 2009 Grammy Award for Best Chamber Music Performance. Tickets are \$25.00 at the door. We will visit Temple Beth-El to see them perform on **Sunday, January 29th**. The bus will depart at **2:30 PM**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24-hour advance notice.



Cook's Night Off- Happy Hour & Dinner at Azúca Nuevo Latino Restaurant & Mojito Bar

Azúca, the first Nuevo Latino Restaurant in San Antonio, inspired by a desire to unite the cuisine, service and atmosphere of the Caribbean, Central and Latin America with all of its glamour and vitality in one place! At Azúca you will find a wide variety of Latin cocktails and wines along with all your other favorite beverages that compliment each unique dish created just for you. We will visit Azúca on

Sunday, January 29th. The bus will depart at **4:45 PM**. Be sure to sign up at LeeAnne's desk or the Front Desk for a transportation reservation. Remember...to avoid a transportation charge, you must cancel with a 24- hour advance notice. ENJOY!



Birthday/Anniversary Party

If you would like to donate the cake and/or ice cream in celebration of your birthday or an anniversary, please contact Resident Services. If you have a special month you wish to celebrate, we place a place card on the table on the night of the Birthday/Anniversary party that recognizes those who have donated the cake and/or ice cream.



Birthday & Anniversary Party

The Birthday & Anniversary Party will be held on **Monday, January 30th at 7:00 PM** in the Ped Mall. Join your neighbors for a piece of cake and best wishes for the coming year.

Board of Directors' Meeting
Tuesday, January 31st
Mimosa/Azalea Room
9:00 AM



WELLNESS CENTER SCHEDULE

Mondays, Wednesdays & Fridays

Aerobics & Weights	8:15 AM
Water Fitness	9:15 AM
Strength Training	10:15 AM
Sit-N-Fit	11:15 AM

Tuesdays & Thursdays

Water Fitness	8:15 AM
Aerobics & Weights	9:15 AM
Pilates	10:15 AM
Sit-n-Fit	11:15 AM

Missing dish...If you accidentally picked up a white, four-sectional dish with red and green trim from the Annual Tree Trimming Party, please return it to Resident Services so they can get it to the owner. It is part of a set and the resident would sure like to get it back. Check your cabinets. Thank you.

Many thanks...A very late thank you for all the lovely wishes and surprises for my birthday - Blessings and love, Merry Christmas!

Mary Anne Fasching
 Unit #2016

DELI



Monday: Chicken Lasagna

Tuesday: Spaghetti with Meat Sauce and Breadstick

Wednesday: Mini Chicken Taco Salad

Thursday: Chef's Choice Special

Friday: Potato Crusted Cod

Saturday: Chicken Tenders with Mashed Potatoes & Gravy

Poetry Selection

CHRISTMAS "PRESENCE"



For Christmas give gifts of the soul;
A flower, a handshake, a meal.
Make your "presence" your goal,
Be where you're needed, steal
A smile and give it away.
Find time for laughter and play.

Give a prism that's filled
With rainbows that bounce
All around, everywhere;
Unexpected kindness that's spilled
Overall costs no gold, not an ounce.
Put smiles on every face.

For Christmas give gifts of the spirit
To honor the Prince of Light.
The more that you give you'll be near it,
A candle lighting the darkness of night.
How can wars end and peace be
If it doesn't begin with me?

Esther B. Gates
Unit #2011

Nix Smart Living Corner

Did you know arthritis affects nearly one of every six Americans? With 42.7 million people currently affected, this number is expected to increase to an estimated 60 million people by the year 2020.

What is arthritis? Arthritis is inflammation and swelling of the cartilage and lining of the joints, generally accompanied by an increase in the fluid in the joints. It causes pain, stiffness and sometimes swelling in or around joints, which can lead to limitation of movements, redness and a burning (hotness) sensation around the joints.

Arthritis encompasses more than 100 diseases and conditions affecting joints, the surrounding tissues and other connective tissues. These diseases and conditions include osteoarthritis, rheumatoid arthritis, lupus, juvenile rheumatoid arthritis, gout, fibromyalgia, bursitis, rheumatic fever and Lyme disease.

Arthritis and other rheumatic conditions are among the most chronic conditions and the leading cause of disability in the United States. These conditions frequently lead to limitations in work, recreation and daily/normal activities, including basic self-care. Approximately seven million people named arthritis as a major or contributing cause of activity limitation at work. Just like the number of people who are afflicted by arthritis, the prevalence of arthritis-related disability is also expected to rise to an estimated 12 million by the year 2020.

Join Dr. Steven P. Kissel, DPM of The Podiatry Group of South Texas on Friday, January 13, 2012 at 12 noon in the Mimosa Room as he discusses conditions of arthritis in the foot and ankle, causes, symptoms, myths, prevention and treatments for the disease.



How well do you know Elvis?

In commemoration of Elvis' birthday, join us by playing the following trivia game. Complete the trivia and bring it to the Resident Services office by Monday, December 19th after 9:00 AM for a chance to win a prize! The winner will be announced on Monday, January 9th!

Elvis Trivia:

What was Elvis' middle name?

What is Elvis' home called?

What was Elvis' first movie?

Who was Elvis' only wife?

What was Elvis' mother's name?

Was Elvis an only child?

Was Elvis in any branch of Government?

How old was Elvis when he died?

What were Elvis' nick names?

When was Elvis' T.V. comeback?

What was the show where Elvis was filmed from the waist up?

**Have a
Safe and
Happy
New
Year
2012!**

