MANY THANKS TO THE EVENT SPONSORS WHO MADE OUR *ON THE MAP* PROGRAM A SUCCESS

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**WITH APPRECIATION FOR FILMMAKER, DANI MENKIN AND LION HOUSE AGENCY**

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**WITH GRATITUDE TO SWEET SEIDNER’S**

**JACQUELINE KORAL**

**SPECIAL THANKS TO OUR EVENT CO-CHAIRS**

**BETH AND JAY KORMAN**

**NORMAN FEITELSON, DOUG GOL DNER AND LORI WEISS**

**CINDY AND DAVID LEFFELL**

**WITH GRATITUDE TO SWEET SEIDNER’S**
CREATIVITY, CONNECTION and COMMUNITY

*Opening Minds Through Art* is a new cutting-edge evidence-based program at The Towers. The launch has been life changing to all those involved. The program is specifically designed to impart spontaneity, sensory stimulation, and pride while creating meaningful and beautiful works of art. *Opening Minds Through Art* increases validation and purpose to those who may not have a stage on which to shine. Through OMA art shows across the country, communities have the opportunity to learn about seniors while enjoying their talents. We are looking forward to showing and sharing the incredible art work of our Towers residents with the entire community later this winter.

Cathy Weiss, gerontologist, artist, and longtime friend of The Towers interviewed residents, staff, and volunteers. She was so impressed, not only with the artwork, but with the personal connections that have been made between the trained volunteers and participating residents. We are delighted and grateful that Cathy will be helping curate the Gallery Opening for *Opening Minds Through Art* in our new Catherine Weiss Art Gallery at The Towers at Tower Lane.

To learn more or to get involved with *Opening Minds Through Art* please contact Sarah Moskowitz, Volunteer Coordinator, at (203) 772-1816, ext. 410, or Sarah@towerone.org.

Life Affirming Programming

We are grateful for the generous support from Legacy Heritage Fund that has enabled us to provide intergenerational programming for our senior residents.
**Towers Foundation: Loving Kindness in Action**

**Tributes**

- Ms. Lucille Alderman in honor of Shirley Abrams’ 95th birthday
- Mr. & Mrs. Joseph Blumberg in memory of Marge Sydney
- Ms. Elizabeth Brochin in honor of Esther Brochin’s 90th birthday
- Dr. & Mrs. Jesse Cedarbaum in memory of Robert Breiner
- Mr. Robert Cole in memory of Marge Sydney
- Mr. & Mrs. Gustave Davis in honor of Esther Brochin’s 90th birthday
- Mr. Norman Feitelson in memory of Lee Feitelson
- Mr. & Mrs. Quentin Fisher in honor of Bina Fenig’s unveiling
- Mr. & Mrs. Russell Gaidosz in memory of Patricia Folsom
- Mr. & Mrs. Zelly Goldberg in memory of Beverly Weinstock
- Mr. & Mrs. Daniel lead in memory of Sylvia Zeid
- Mr. & Mrs. Daniel lead in memory of Beverly Weinstock
- Mr. & Mrs. Daniel Iead in honor of Esther Brochin’s 90th birthday
- Ms. Irma Kelson in memory of Marge Sydney
- Ms. Irma Kelson in memory of Virginia Griesing
- Ms. Sara Mag in memory of Marge Sydney
- Mr. Robert Moore in honor of Esther Brochin’s 90th birthday
- Mr. & Mrs. Nicolas Olshansky in honor of the birth of Barbara Katz’s grandson
- Mr. & Mrs. Nicolas Olshansky in honor of the wedding of Dorothy Giannini-Meyers’ granddaughter.
- Ms. Sylvia Rifkin in honor of Esther Brochin’s 90th birthday
- Ms. Caroline Sands in memory of Rose Less
- Mr. & Mrs. Paul Seplowitz in memory of Bernard Horowitz
- Mr. & Mrs. Paul Seplowitz in honor of Isidor Juda’s 98th birthday
- Ms. Beatrice Smirnoff in honor of Esther Brochin’s 90th birthday
- Ms. Janet Tettelbach in honor of Esther Brochin’s 90th birthday
- Ms. Michale Thalberg in memory of Marge Sydney
- Marion & Larry Winkler in memory of Sylvia Zeid

*Date range for Tribute List is 10/17/2019 – 11/14/2019*

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The Towers makes every effort to list donors as they wish. To make a correction, please contact Jennifer Bayer.

To make a gift in someone’s honor or memory, contact Jennifer Bayer, Director of Development and Community Relations, (203) 772-1816, ext. 290, Jennifer@towerone.org. A beautiful card will be mailed to the recipient.
### Weekly Programming

#### Sunday
- 2:00 pm Afternoon Movie
- 7:00 pm Evening Movie

#### Monday
- 10:30 am Bimonthly Seamstress Service
- 10:30 am Chair Exercise
- 1:00 pm Manicures
- 2:00 pm Yiddish Group
- 7:00 pm Evening Movie

#### Tuesday
- 10:00 am Bimonthly Chair Massage
- 1:00 pm Healthy & Fit Exercise
- 7:00 pm Evening Movie
- 7:30 pm Bimonthly Dance Group

#### Wednesday
- 10:45 am Towers Chorus
- 1:00 pm Knitting & Crochet
- 2:00 pm Bingo
- 1:00 pm Stay Balanced/Fall Prevention Program
- 7:00 pm Evening Movie

#### Thursday
- 10:30 am Art Class
- 1:00 pm Healthy & Fit Exercise
- 2:00 pm Adult Coloring
- 7:00 pm Sports Trivia
- 7:00 pm Evening Movie

#### Friday
- 11:00 am Chair Exercise
- 11:00 am Bible Study
- 12:45 pm Gospel Choir
- 1:00 pm Create-a-Word
- 2:00 pm Tai Chi
- 2:45 pm Trivia
- 5:30 pm Dominos
- 7:00 pm Shabbat Service

#### Saturday
- 10:00 am Shabbat Service
- 2:00 pm Afternoon Movie
- 6:30 pm Bingo
- 7:00 pm Evening Movie

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### Dec 2019

#### Watch for these Upcoming Events

*Dates and times are subject to change.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>Sunday Dec 1</strong></td>
<td>1:00 pm Music of Gary Andreadis</td>
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| **Monday Dec 2** | 12:45 pm Betsy Stern
| **Monday Dec 2** | 3:00 pm Monthly Poetry Meeting                                      |
| **Tuesday Dec 3** | 4:30 pm Out Trip – Fantasy of Lights                               |
| **Friday Dec 6** | 10:00 am Shopping Trip – Stew Leonards                              |
| **Sunday Dec 8** | 11:00 am Dance Program
| **Sunday Dec 8** | 11:30 am Out Trip – JCC Crafts Fair                                 |
| **Monday Dec 9** | 10:30 am Bimonthly Hearing Clinic                                   |
| **Tuesday Dec 10** | 10:00 am Bimonthly Coffee Klatch                                    |
| **Sunday Dec 15** | 12:30 pm Classical Guitar Performance
| **Sunday Dec 15** | 3:00 pm Out Trip – Cantor’s Concert at Temple B’Nai Jacob           |
| **Thursday Dec 19** | 1:30 pm Towers Chorus Holiday Sing a Long
| **Thursday Dec 19** | 6:30 pm Out Trip – NHSO Holiday Performance                          |
| **Sunday Dec 22** | 1:30 pm Holiday Karaoke                                              |
| **Sunday Dec 22** | 4:00 pm 1st Chanukah Candle Lighting                                 |
| **Monday Dec 23** | 4:00 pm Chanukah Candle Lighting                                     |
| **Monday Dec 23** | 7:00 pm Welcome Dr. David Chevan & the Nu Haven Kapeyle             |
| **Tuesday Dec 24** | 10:00 am Bimonthly Coffee Klatch                                    |
| **Tuesday Dec 24** | 4:00 pm Chanukah Candle Lighting                                    |
| **Wednesday Dec 25** | 12:00 pm Early Dinner
| **Wednesday Dec 25** | 4:00 pm Chanukah Candle Lighting                                    |
| **Thursday Dec 26** | 4:00 pm Chanukah Candle Lighting                                    |
| **Thursday Dec 26** | 4:45 pm Out trip – Kwanzaa Community Celebration at City Hall      |
| **Friday Dec 27** | 3:45 pm Chanukah Candle Lighting                                    |
| **Saturday Dec 28** | 5:00 pm Chanukah Candle Lighting                                    |
| **Sunday Dec 29** | 4:00 pm Chanukah Candle Lighting                                    |
| **Monday Dec 30** | 6:30 pm Resident’s Association New Year’s Eve                       |

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**Please Note:** Some regularly scheduled programs may be cancelled to accommodate other additional programs. We strive to frequently offer new programs in a wide variety of topics.