FOLLOW THE BOUNCING BALL...
TO A VERY SPECIAL EVENT AT THE TOWERS AT TOWER LANE

**ON THE MAP FILM SCREENING** AND **DELI LUNCH** FEATURING TALK WITH **FILMMAKER DANI MENKEN**

**EVENT CO-CHAIRS** NORMAN FEITELSON, DOUG GOLDNER AND LORI WEISS

**SUNDAY, NOVEMBER 17TH • 12:30 PM**
THE TOWERS MAIN DINING ROOM • 18 TOWER LANE, NEW HAVEN

$18 COUVERT  $118 EVENT SPONSOR  $10 STUDENTS

GREAT RAFFLE PRIZES: GIFTS CARDS, SPORTS EQUIPMENT, A SIGNED BASKETBALL FEATURING ON THE MAP ATHLETES AND MORE.

RSVP BY MONDAY, NOVEMBER 11 TO NICOLE MERRITT AT NICOLE@TOWERONE.ORG, 203-772-1816, EXT. 180

QUESTIONS? CONTACT JENNIFER BAYER, DIRECTOR OF DEVELOPMENT AND COMMUNITY RELATIONS, JENNIFER@TOWERONE.ORG, 203-772-1816, EXT. 290

**ON THE MAP** tells the against-all-odds story of Maccabi Tel Aviv’s 1977 European Championship. It took place when the Middle East was still reeling from the Yom Kippur War (1973), the Olympic massacre (1972), and the Air France hijacking (1976). Through the lens of sports, **ON THE MAP** presents the story of how one team captured the heart of a nation amidst global turmoil.

The film recounts how an underdog Israeli team prevailed over a series of European basketball powers that repeatedly refused to compete against Israelis.

In pulse-pounding action, told through the eyes of six American basketball players, the film is a high-stakes thriller with an incendiary political backdrop.

Proceeds from this special event will support programs: Matter of Balance, Opening Minds Through Art, Memory & Music, Aging Mastery and others that keep our seniors bouncing.
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
- 2:00 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 Dominoes
- 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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**Nov 2019**

**Watch for these Upcoming Events**

*Dates and times are subject to change.*

**Sunday Nov 3**
- 1:00 pm Frank Porto Band

**Monday Nov 4**
- 3:00 pm Monthly Poetry Meeting
- 7:00 pm Discussion With Joyce Saltman

**Thursday Nov 7**
- 10:00 am Hospitality Committee Meeting
- 11:00 am Monthly Dining Services Meeting
- 7:00 pm Welcome Guest Speaker Leona Schwartz

**Monday Nov 11**
- 10:00 am Resident’s Association Veteran’s Day Brunch
- 10:30 am Hearing Clinic
- 1:30 pm Towers Chorus Performance

**Tuesday Nov 12**
- 10:00 am Bi-Monthly Coffee Klatch
- 11:00 am Community Chat With Gus

**Monday Nov 18**
- 7:00 pm Charles “Piano Man” Thomas Performs

**Tuesday Nov 26**
- 10:00 am Bi-Monthly Coffee Klatch
- 11:00 am Community Chat With Gus

**Thursday Nov 28**
- 12:00 pm Early Thanksgiving Dinner

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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.
Barry and Hyla Vine

Barry and Hyla Vine’s long time commitment to The Towers has been unwavering. Barry and Hyla’s impact is felt every day throughout The Towers. The Vines have inspired and helped decades of resident volunteers find meaning and purpose through their Vine Gift Shop. Barry has generously shown our residents how to help themselves, raise funds for their Residents’ Association, all while finding a sense of fulfillment. Barry often makes himself available to both residents and staff, offering advice, sharing experience and ideas to move the organization and its programs forward.

Barry and Hyla most recently sponsored two trips for residents. A bus full of our seniors enjoyed a special trip to the Jewish Federation’s Mega Event featuring the Edward Twins. Not only was it a wonderful and entertaining evening out, but it was also an evening for our residents to reconnect with the broader community and an opportunity to enjoy old friends. This month 25 residents will also enjoy lunch at Lenny & Joe’s followed by the show Dreamgirls at the Shubert Theater. Barry and Hyla’s gifts are a powerful example of how donors can impact the lives of residents in meaningful ways, directly improving their quality of life, their social connection, their happiness and their overall well-being.

Barry recently received a lifetime achievement award from The Towers for his years of leadership and impact. He and Hyla are an outstanding example, for our entire community, of chesed (loving kindness), chochma (wisdom) and tzedakah (philanthropy).

Through The Towers Foundation our donors can designate dollars for projects that are meaningful to them and their loved ones. To learn more about how you can make your impact, contact Jennifer Bayer, Director of Development and Community Relations, 203-772-1816, ext. 290 or jennifer@towerone.org.
The Towers at Tower Lane and Jewish Family Service of Greater New Haven are pleased to offer a new group for our community’s caregivers.

Do you care for a loved one or family member? Do you find yourself isolated from others because of your role? Join us for meaningful time together as we take a break and recharge.

Learn how to find balance in your life as you support your loved one. Facilitated by a licensed social worker. This group meets once a month on Wednesdays: November 13, December 11, January 8, and February 12, 5:30–6:30 pm. Kosher nosh provided.

The Towers at Tower Lane
18 Tower Lane
New Haven, CT

Please RSVP to Liz Davenport, LMSW
203-389-5599 x117

This program is made possible through a generous grant from the Jewish Federation of Greater New Haven.

Think about the joy you feel when you hear a piece of music that triggers happy memories. Music has the power to stir emotion, calm, soothe and to bring happiness to those who listen. Thanks to a grant from the Association of Jewish Aging Services, we are pleased to announce that Music & Memory is a new program offering this fall. Working closely with families and personal caregivers, our volunteers, led by Hailey Weissman and Sarah Moskowitz, are creating personalized music lists tailored exactly to the lives, pasts and present, of our participants.

The benefits of personalized therapeutic music have been well-studied and documented by distinguished researchers, including Music & Memory board member Dr. Connie Tomaino and Dr. Oliver Sacks, author of Musicophilia: Tales of Music and the Brain, co-founders of the Institute for Music and Neurologic Function.

Music & Memory is a non-profit organization that brings personalized music into the lives of the elderly through digital music technology, vastly improving quality of life. Through extensive training, our staff and our family caregivers learn how to create and provide personalized playlists using iPods/MP3 Players and related digital audio systems. These playlists enable those struggling with Alzheimer’s, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

According to Music & Memory, “Even for persons with severe dementia, music can tap deep emotional recall. For individuals suffering from Alzheimer’s, memory for things—names, places, facts—is compromised, but memories from our teenage years can be well-preserved. Favorite music or songs associated with important personal events can trigger memory of lyrics and the experience connected to the music. Beloved music often calms chaotic brain activity and enables the listener to focus on the present moment and regain a connection to others. Persons with dementia, Parkinson’s and other diseases are looking forward to improving the quality of life for residents, family members and caregivers. We are especially grateful to Hailey Weissman, who has made this program her Mitzvah Project for her upcoming Bat Mitzvah. Hailey explains that she is thrilled to be part of this program because it allows her to be part of the solution. “A person’s memories are what make them who they are, sometimes it’s all they have, and if Music & Memory can help them recall precious experiences that is so rewarding.”

Please consider volunteering your time to make programs like Music & Memory possible. Contact Sarah Moskowitz, Volunteer Coordinator & Spiritual Leader, at 203-772-1816, ext. 410. Programs like these would not be possible without the support of our donors. To make a gift, contact Jennifer Bayer, Director of Development and Community Relations, at 203-772-1816, ext. 290.

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Hailey Weissman