Dear Residents, Families and Friends,

It is with confidence and poise that The Towers enters 2017 with a new look, new services and new hope for our Greater New Haven Community!

We have never looked better than we do now with our new ground floor renovations! Boasting new flooring, new wall coverings and new furniture on the way, our residents are enjoying the comforts of home at every corner.

Along with a new look, 2017 brings a new face to Senior Services. Beginning March 1st, Masonicare will partner with the Towers to provide assisted living services to our residents. We are confident that this partnership will bring high quality service lines and affordable options to our residents in a way that we have never been able to offer before.

As a leader in the senior industry, The Towers continues to play an active role in City discussions regarding future expansion of elder care in Greater New Haven. We continue to explore how we can grow our mission and footprint into the community and bridge the gap for a growing senior population.

With the Hill to Downtown Project as high priority for the City, our location offers up promising opportunities!

We are looking forward to an exciting new year and a rewarding future.

I look forward to seeing you around The Towers!

All my Best,
Mark Garilli
President/CEO
Tower One/Tower East

“My Time in Cuba”

Cathy Weiss is known most recently for her artwork on a Greater New Haven Transit bus which goes to 23 towns in the South Central CT area. Cathy has exhibited at The Mystic Museum of Art, SoHo Gallery of Digital Art, Guilford Art Center, Woodbridge Library, and Madison Arts Cinema.

Prior to her involvement with visual arts Cathy was the founder and leader of the Tower’s Dance Troupe which had successful performances at a variety of venues including Long Wharf Theatre.

She had a rare opportunity to visit Cuba on a cross cultural exchange, and special permission to spend time at ISA, the government arts university. She lived with the Cuban people, toured every art gallery and helped fund some children’s and community art projects.

Having worked in Gerontology and Radiation Therapy, she was always a part of some of the most intimate moments in people’s lives. Now in retirement and pursuing her creative passions, she still manages to be a part of and capture intimate moments in life.

Therefore, along with recognizable tourist icons, you will also get a close glimpse into real Cuban life today. With her book giving the background of the photographs, you will be even more intimate with her subjects.

Tower One/Tower East Presents
My Time in Cuba
Movie and art exhibit by Cathy Weiss

PLEASE JOIN US
When: Sunday, January 22, 2017
Where: Tower One/Tower East 18 Tower Lane New Haven, CT 06519
Art Reception: 1:00 p.m.
Movie: 2:00 p.m.

Bethany Artist Cathy Weiss will give us a glimpse of real life in Cuba, its people, art, and health care system in her short film and exhibit “Metal and Cloth.” She will also read from her upcoming book on Cuba. This event will kick off a month of planned events celebrating Hispanic culture. Come learn about this fascinating country that is currently all the Buzz in the travel and art world.
There's So Much To Do!

Regular Programming Each Week

Sunday
7:00 pm Evening Movie

Monday
9:30 am Wii Sports
10:00 am Chair Exercise
11:15 am Walk and Talk with Holly
11:30 am Let It Shine
1:00 pm Manicures with Jennie or Nails to Go
1:00 pm Relax and Rejuvenate
2:00 pm Yiddish Group
7:00 pm Evening Movie

Tuesday
1:00 pm Arthritis Exercise
7:00 pm Baseball Trivia
7:00 pm Evening Movie

Wednesday
10:30 am Towers Chorus
11:00 am Current Events
2:30 pm Bingo
7:00 pm Evening Movie

Thursday
10:30 am Art Class
1:00 pm Arthritis Exercise
4:00 pm Gospel Choir
7:00 pm Evening Movie

Friday
9:30 am Wii Sports
10:30 am Chair Exercise
1:00 pm Create-a-Word
2:00 pm Yoga with Debbie
3:00 pm Tai Chi for Men
3:50 pm Tai Chi for Women
7:00 pm Shabbat Service

Saturday
9:30 am Shabbat Service
1:00 pm Bridge Game
2:00 pm Afternoon Movie
7:00 pm Bingo

Jan 2017

Watch for these Upcoming Events

Sun, January 1
Happy New Year!!
2:00 pm Afternoon Movie

Mon, January 2
New Year's Day Observed
2:00 pm Afternoon Movie

Tues, January 3
10:30 am The “Out of Town”ers Resident Group

Thurs, January 5
11:00 am Deeper Jewish Learning

Fri, January 6
10:00 am Hamden Shopping Trip
10:30 am Greenfield School kids

Mon, January 9
12:30 pm Changing Times
2:00 pm Poetry Meeting
5:30 pm Young Israeli Emissaries

Tues, January 10
10:00 am Coffee Klatch
10:00 am Chair Massages by Leo
3:30 pm Recycling Education

Mon, January 16
Martin Luther King Day
10:30 am Out Trip: JCC

Tues, January 17
12:00 pm Residents’ Association Birthday Party

Thurs, January 19
11:00 am Deeper Jewish Learning
11:00 am Food Committee
2:00 pm Soul Stretching

Sun, January 22
11:00 am Cathy Weiss's Art Show Opening
2:00 pm Cathy Weiss's Art Show Presentation

Tues, January 24
10:00 am Coffee Klatch
10:00 am Chair Massage by Leo

Thurs, January 26
11:00 am Lunch and Learn “Where There’s a Will, There’s a Way”
2:15 pm The Discovery Series: Vow to Wow in 2017!
7:00 pm Tenant Council Meeting

We are always adding to our Calendar of Events, so please be sure to check our website:
www.towerone.org/events for the newest happenings at the Towers!

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.
Residents from Tower One/Tower East will once again participate in an upcoming project by 3rd and 4th graders from Elm City Middle School entitled “Building Community.” The scholars will be visiting the Towers on January 6th in order to interview residents for their final project. Facilitated by Via Arts LLC, scholars will devise a performance project (poem, monologue, or movement piece) inspired by the stories of someone they have met and interviewed at the Towers. The Towers residents will have the opportunity to see the performance piece and offer guidance before the scholars have their big show! The goal of this project is to introduce our young people to their elders, as well as provide an exploration into the complicated and fascinating ways our identities intertwine in our lives.

This project is a continuation of a partnership between Tower One/Tower East, Via Arts LLC, and Elm City Middle School which began in the Fall of 2016. In October, a group of 3rd-6th graders visited the Towers to learn more about school segregation and ageism. Both scholars and teachers had a transformative experience! Students were not only able to dive into their topics, but form friendships with members of a different generation—many for the first time!

Elm City Middle School is so excited to be bringing a new group of students to connect and learn from the members of the Tower One/Tower East family!

Lunch & Learn

“Where There’s a Will, There’s a Way”

Presented by Attorney Geoffrey Hecht

Thursday, January 26th
11:00am

$5 per person (includes lunch)

Please RSVP to Diane (203) 772-1816, ext. 280, diane@towerone.org. For more information contact Susan, ext. 150, susan@towerone.org

“Ira Wise returns with his series

“Deeper Jewish Learning”

Thursday, January 5
11:00 am

"Soul Stretching"

Group to be led by Sydney Perry
starting Thursday, January 19,
2:00 pm

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“Deeper Jewish Learning”

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“Building Community”

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Facebook Pics of the Month

“I Count My Blessings” ElderPlay Project 2016, Encore Presentation at The Towers (In cooperation with Long Wharf Theatre), December 8, 2016. This show was the culmination of a year’s worth of work by our dedicated residents. They performed an original piece based on their life stories written with guidance of Long Wharf Theatre’s education department. What emerges from these writing workshops are the stories of lives well lived.

Bravo!! Towers residents!

The Towers remembered all those who served on December 7, 1941, the 75th anniversary of Pearl Harbor. Residents reflect and share stories where they were and what they remember on that day. Followed by The Towers Chorus with a performance of “Songs of Love and War.”

Fabulous performance by the Nu Haven Kapelye here at The Towers. Entertaining to a packed house of Towers residents and their guests.

More Facebook Pics of the Month

Towers residents rang in the New Year at the annual Residents’ Association New Year’s Eve party!

WISHLIST

• Gift cards (Michaels, AC Moore, Target, JoAnn Fabrics or ShopRite)
• Meal voucher for someone not on the meal plan to have a Holiday Dinner
• Support Mollie’s Closet - Laundry detergent
• Knitting yarn, Red Heart brand

For more information on how you can make a difference in a senior’s life, please contact Vivian at 203-772-1816, ext. 290 or vivian@towerone.org

A FUNDRAISER TO BENEFIT TOWER ONE/TOWER EAST!

Donate your gently used furniture, appliances, housewares, clothing, lamps, TVs, knick-knacks, jewelry, etc. and let Helping Hands turn them into money for TOWER ONE/TOWER EAST!

Helping Hands
Community Thrift Store & Furniture Bank

ORANGE
334 Boston Post Road
Telephone: (203) 298-0499

TWO ADDITIONAL DROP-OFF LOCATIONS!

• 52 Richards St., West Haven (Warehouse)
• Tzadakah House, LLC
  8 Lunar Dr., Woodbridge

Friend us on Facebook
Visit our Website - www.helpinghandsctfb.com