



MOUNT ROYAL TOWERS

Retirement Community and Health Center

300 Royal Tower Drive • Birmingham, AL 35209 • (205) 870-5666

February 2012



Board of Residents and Their Committees

Bill Byard	President
Pat Vickers	Vice President
Carolyn Nelson	Secretary
Mayford Williams	Food Service
Marge Walters	Food Service
Zoe Hughens	Hospitality
Betty O'Berry	Hospitality
Pauline Montgomery	Courtesy
Bill Ross	Building & Grounds
Roxy Scherer	Housekeeping
B. Jane Mitchell	Activities
Barbara Martin	Library

Share Your Ideas!

Did you know that the **Board of Residents** is here to represent you? Their Committees serve as liaisons for comments on any issues you may have. Put your thoughts, questions and inquiries in writing, sign your name, and rest assured, the board will submit them to Administration. You have a voice, and we are here to listen. The next **Board of Residents** meeting will be held on Wednesday, Feb. 8, and the Town Hall meeting is on Wednesday, Feb. 15.



MRT Team Members

Renee Barnard	Executive Director
Leesa Lewis	Marketing Director
Vanessa Evans	Assisted Administrator
Kevin Nelson	Business Office Manager
Rhonda Stanley	Food Service Director
Bill Owens	Housekeeping Director
Jeffery Foster	Fitness Director
Ronald Morton	Social Director
Ladonna Tucker	Catered Living
Kelley Brown	Harbin's Pharmacist
Quinton McDonald	Salon Manager



Trivia Whiz

Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day:

Ladies' choice. It was customary that women were allowed to propose to men either during a leap year or on leap day, depending on the culture.

Witch trials. Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.

Oscar achievement. On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She received the Best Supporting Actress honor for her performance in "Gone With the Wind."



Birthdays in February

2/3	Harry Jones
2/12	Jane Nuckols
2/13	Helen Nichols
2/18	Carolyn Nelson
2/18	Jean Jones
2/23	Larry Bryant
2/28	Doris Knight

You and a guest are invited to join us in celebrating all February birthdays at the **Birthday Luncheon on Tuesday, Feb. 28, at 11 a.m. in the Second Floor Dining Room.** Please sign up at the front desk to join us in celebrating all the birthdays in the month of February.



Bumper Sticker Snicker

Never lie to an X-ray technician. They can see right through you.

Time to Soak Up Some Culture

When was the last time you heard the sounds of the classics? Maybe it's time to give the symphony a try. The **Alabama Symphony Orchestra** holds six **Coffee Concerts** every season. Start the event out at the Alys Stephens Center with coffee and light refreshments, followed by a wonderful classical performance. Kime and Ronald are dedicated to ensuring that our residents are provided transportation out to these concerts.

This Season's Remaining Performance Dates are:

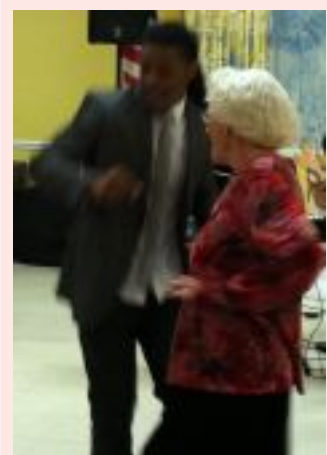
- Friday, Feb. 17, at 10 a.m.
Edgar Meyer Plays Meyer
- Sunday, April 29, at 2 p.m.
Scandinavian Sun

For season tickets and box office information, contact the Alys Stephens Center at (205) 975-2787.





Cuttin' a Rug



Let's Hear From You!

1) What movies do you want to see on Friday afternoons?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____


2) What restaurants would you like to dine at for lunch outings?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3) What stores or places would you like to go to on outings?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fill in the lines with your answers, cut it out and turn it in to Ronald, the Social Director, for consideration. We are always looking for new and fun ways to entertain.

Sunday	Monday	Tuesday
		
Super Bowl Sunday 5 9:45 am Chapel in Town Hall 10:15 am Catholic Communion in Library 5:30 pm Super Bowl Kick-Off in the Florida Lounge	10 am Exercise in Town Hall , & Shopping & Lunch at the Shops on Grand River (This Is a Long Outing, So Come Prepared. Get Your Map at the Front Desk!) 1:30 pm Shopping at Michael's, Ross, Tuesday Morning, & Stein Mart 2 pm Wii Sports in the Florida Lounge	7 8 am Appointments With Kime 2 pm Nickel Ante Poker in the Florida Lounge 7 pm Bingo in Town Hall
12 9:45 am Chapel in Town Hall 10:15 am Catholic Communion in Library Light Dinner in Dining Room	13 10 am Exercise in Town Hall 10:30 am Shopping at Walmart & Mobility Central Free Service Day in the Florida Lounge 1:30 pm Shopping at Dollar General 2 pm Wii Sports in the Florida Lounge	Valentine's Day 14 8 am Appointments With Kime 11 am Ladies' Luncheon in Dining Room (Guest: Sharon Bradley With Premiere Designs) 1 pm Premiere Designs Jewelry in the Florida Lounge 7 pm Bingo in Town Hall
19 9:45 am Chapel in Town Hall 10:15 am Catholic Communion in Library Light Dinner in Dining Room	Presidents' Day 20 10 am Exercise in Town Hall 10:30 am Shopping at Brookwood Mall 1:30 pm Shopping at Target, World Market, & Best Buy Check Your Paper for "Presidents' Day Sales" at All These Locations 2 pm Wii Sports in the Florida Lounge	Fat Tuesday 21 8 am Appointments With Kime 2 pm Mardi Gras Parade on Main Street Followed by Party in Town Hall (Ground Floor) 7 pm Bingo in Town Hall
26 9:45 am Chapel in Town Hall 10:15 am Catholic Communion in Library Light Dinner in Dining Room	27 10 am Exercise in Town Hall 10:30 am Shopping at Walmart 1:30 pm Shopping at Burlington Coat Factory & Dollar Tree 2 pm Wii Sports in the Florida Lounge	28 8 am Appointments With Kime 11 am Birthday Luncheon in Dining Room (Sign Up at Front Desk) 2 pm Bunko in the Florida Lounge 7 pm Bingo in Town Hall

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">1</p> <p>10 am Exercise in Town Hall 10:30 am Shopping at Piggly Wiggly 11 am Bible Study in the Florida Lounge 1:30 pm Shopping at Publix 2 pm Arts & Crafts in Town Hall</p>	<p style="text-align: right;">2</p> <p>8 am Appointments With Kime 9 am Coffee & Doughnuts in the Florida Lounge 10 am Yahtzee in the Florida Lounge 10:30 am Prayer Time in Library 2 pm Dominoes in the Florida Lounge</p>	<p style="text-align: right;">3</p> <p>10 am Exercise in Town Hall 11 am Lunch at Great Wall 1:30 pm Friday Movie Matinee in the Florida Lounge 2 pm Beanbag Toss in Town Hall</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">10:30 am–1 pm Brunch Buffet in Dining Room Steak and Wine Dinner</p>
<p style="text-align: right;">8</p> <p>10 am Exercise in Town Hall Patillo Hearing in the Florida Lounge 10:30 am Shopping at Winn Dixie 11 am Bible Study in the Florida Lounge 1:30 pm Shopping at Publix 3 pm Board of Residents Meeting</p>	<p style="text-align: right;">9</p> <p>8 am Appointments With Kime 9 am Coffee & Doughnuts in the Florida Lounge 10 am Crosswords in the Florida Lounge 10:30 am Prayer Time in Library 2 pm Scrabble in the Florida Lounge</p>	<p style="text-align: right;">10</p> <p>10 am Exercise in Town Hall 11 am Lunch at Iguana Grill 1:30 pm Friday Movie Matinee in the Florida Lounge 2 pm Horseshoes in Town Hall 3:30 pm Happy Hour in the Florida Lounge</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">10:30 am–1 pm Brunch Buffet in Dining Room Steak and Wine Dinner</p>
<p style="text-align: right;">15</p> <p>10 am Exercise in Town Hall 10:30 am Shopping at Piggly Wiggly 11 am Bible Study in the Florida Lounge 1:30 pm Shopping at Publix 3 pm Town Hall Meeting</p>	<p style="text-align: right;">16</p> <p>8 am Appointments With Kime 9 am Coffee & Doughnuts in the Florida Lounge 10 am Trivial Pursuit in the Florida Lounge 10:30 am Prayer Time in Library 2 pm Rook in the Florida Lounge</p>	<p style="text-align: right;">17</p> <p>10 am Exercise in Town Hall & ASO Coffee Concert- Edgar Meyer Plays Meyer (Ticket Holders Only) 1:30 pm Friday Movie Matinee in the Florida Lounge 2 pm Beanbag Toss in Town Hall 3:30 pm Happy Hour in the Florida Lounge</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">10:30 am–1 pm Brunch Buffet in Dining Room Steak and Wine Dinner</p>
<p style="text-align: right;">22</p> <p>10 am Exercise in Town Hall 10:30 am Shopping at Winn Dixie 11 am Bible Study in the Florida Lounge 1:30 pm Shopping at Publix Gourmet Night Taste of New Orleans (At Your Regular Dining Time)</p>	<p style="text-align: right;">23</p> <p>8 am Appointments With Kime 9 am Coffee & Doughnuts in the Florida Lounge 10 am Spades in the Florida Lounge 10:30 am Prayer Time in Library 2 pm Phase 10 In the Florida Lounge</p>	<p style="text-align: right;">24</p> <p>10 am Exercise in Town Hall 11 am Lunch at Cracker Barrel 1:30 pm Friday Movie Matinee in the Florida Lounge 2 pm Horseshoes in Town Hall 3:30 pm Happy Hour in the Florida Lounge</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">10:30 am–1 pm Brunch Buffet in Dining Room Steak and Wine Dinner</p>
<p style="text-align: right;">29</p> <p>10 am Exercise in Town Hall 10:30 am Shopping at Piggly Wiggly 11 am Bible Study in the Florida Lounge 1:30 pm Shopping at Publix 2 pm Arts & Crafts in Town Hall</p>			<p style="text-align: center;">Mail your Voter Registration Forms out today. Deadline for Registration is March 2, and Primary Elections are March 13. See the Social Director for Registration Forms!</p>

Featured Bio

Erma Bombeck, Queen of Quips

For three decades, syndicated columnist Erma Bombeck amused readers with her wry take on marriage and motherhood.

In the mid-1960s, Bombeck started writing humor columns to vent her frustration over the demands of running a household. Within five years, Bombeck's "At Wit's End" was a regular feature in more than 500 newspapers across the U.S. Bombeck also became a best-selling author, publishing 15 books.

Bombeck died on April 22, 1996, but her wise and witty sayings continue to entertain. Here are some classic Bombeck quips:

"Housework, if you do it right, will kill you."

"If you can't make it better, you can laugh at it."

"Never go to a doctor whose office plants have died."



Come Join the Parade

Now is the time to start planning for your Mardi Gras Parade float. You can throw together all kinds of decor for your walker, wheelchair, scooter or just dress up and march with us down the hall. The Parade will be held on Main Street at 2 p.m. on Fat Tuesday, Feb. 21. The Pineapple Skinners will be leading our Parade, from the Salon to Town Hall, where the after party will be held. If you would like to be in the Parade, meet us down by the Salon at 1:30 p.m. to line up. Seating will be provided in the hall for all spectators. **Don't miss it!!!**

Healthy Lifestyle

Our New Direction in Fitness

Don't miss the exercise classes with our new Fitness Director, Jeffery Foster. Mondays, Wednesdays and Fridays, Jeffery has a chair exercise class in Town Hall for Independent and Assisted Living at 10 a.m. He will also be scheduling exercises and personal training for specific needs. To schedule a personal session with him, call Jeffery at 506-1671. Also, review your activity calendar for physical activity events on select afternoons.

Doctors' Appointments With Kime

A key to health is a follow up with your doctor. We provide transportation to your doctor on Tuesdays and Thursdays from 8 a.m. to 4 p.m. To schedule transportation, call Kime at extension 2035.

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

5	4	8	2	7	2	1	6	9
2	4	9	8	7	5	8	6	3
7	9	6	3	4	8	2	1	5
5	2	6	3	8	1	9	4	7
3	8	6	7	4	1	5	2	9
4	1	7	2	5	9	6	8	3
1	5	2	2	8	9	3	4	7
6	9	3	1	4	7	5	2	8
8	7	4	5	2	6	3	9	1

Solution

8				6	3	9		
		3		7				8
1				9				
4			2			6		
		9	7		4	1		
		6			1			7
				3		2		
2			9					6
	4	8	6		2			5

Life Styles

Games With Grandkids: Win, Lose or Throw?

Playing games with grandchildren helps teach them how to be gracious winners and losers. Should you let them win? Stephanie Smith, a clinical psychologist in Erie, Colo., offers these tips for deciding whether to “throw” a game of Candy Land or cards:

Never tolerate cheating. “Is cheating at 3 any better than cheating at 13 or 30?” Smith writes on her blog. If the child is too young to understand the rules, Smith suggests choosing another game.

Should you lose on purpose? No, Smith says, if the game is strictly one of chance, because the child has a 50-50 chance of winning. With games of skill, however, such as tic-tac-toe or checkers, Smith recommends letting young children win occasionally to give them a taste of victory and encouragement to keep playing.

Show good sportsmanship. Congratulate your grandchildren if they win, and praise them for handling it well if they lose.



Growing Older Has Its Perks

Who wouldn't like to have a more youthful body? But a younger mind is another matter. Most seniors are deeply grateful for their wisdom and life experiences. From *RealSimple.com*, here are some reasons getting older really is getting better:

Peace of mind. Our younger years are consumed with setting and achieving goals. When we're older, we're more likely to appreciate what we have.

Easier decisions. Seniors have lots of life experience under their belts, and that includes having made many big decisions. Most important, older adults have learned that few decisions are truly “right” or “wrong.” What matters is how you handle your choices and what you learn from them.

Comfy clothing. Older adults have lived through enough fashion fads to know that the best clothes and shoes are those that feel as good as they look.

Self-awareness. Decades of living in your own skin let you know who you really are.

Free time. If you're retired, getting to spend each day the way you choose may be the greatest gift of all. Learning, volunteering, mentoring, connecting—now's your chance to make a lasting mark on the world!

Guess Who

Remember Me?

Called the “King of Hollywood,” Clark Gable (1901–1960) is best remembered for his dashing portrayal of Rhett Butler in 1939's “Gone With the Wind.” His movie career spanned more than three decades.

Gable quit high school when he was 16 to work in a tire factory. But at age 17, his acting ambitions took flight after seeing the play “The Bird of Paradise.”

Roles in early 1930s films such as “The Painted Desert” and “Red Dust” rocketed Gable to stardom. In 1934, he appeared in the Frank Capra comedy “It Happened One Night,” for which he won the Academy Award for Best Actor.

Those who knew Gable said his third wife, actress Carole Lombard, was the love of his life. They married in 1939, but their romance was cut short by Lombard's death in a 1942 plane crash.

February 2012



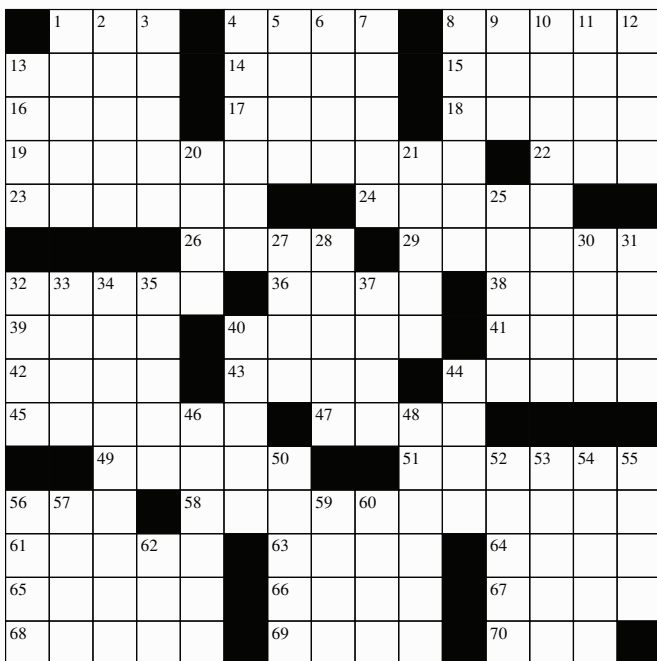
BOURBON ST.



Taste of New Orleans Gourmet Night

Wednesday, February 22nd
in the 2nd Floor Dining Room
at your regular dining time

Crossword Puzzle



ACROSS

1. Science class, perhaps
4. Not genuine
8. Exclude
13. S. A. nation
14. See 6 Down
15. Place for a sports event
16. Long-legged bird
17. "When I was ____"
18. Lower region
19. Speech given at a toast
22. Canonized lady: abbr.
23. Arm covering
24. Bacon orderer's word
26. Nearly horizontal passage
29. Evergreen tree
32. Virile one
36. Dumbbell
38. Athlete who scored 1281 goals
39. Mr. Knievel
40. Detective's helps
41. At __, relaxed
42. Mythological queen
43. Prefix for gram or space
44. Neatness
45. Prepared
47. Unexpected obstacle
49. One who translates into symbols
51. Like an incline
56. Turkish leader's title
58. Parent, at child's bedtime, often

DOWN

1. Stereotype
2. Heed the alarm clock
3. Tend a roasting turkey
4. Humiliated
5. Headgear for 22 Across
6. With 14 Across, portrayer of the Skipper on "Gilligan's Island"
7. Battlefield cry
8. Large, showy flower
9. Are flipped over
10. Comforter alternative
11. Dill herb
12. Level: var.
13. Deep holes
20. Mr. Lendl
21. City in France
25. Gasoline buyer's choice
27. Lounging around
28. St. Martin's home
30. "Or __!"; words of a threat

31. Sidelong look
32. 1965 Beatles movie
33. Word with when or how
34. Like throat lozenges
35. San Antonio site
37. Laborer
40. West Point student
44. Make eyes at
46. Former Ford products
48. Toward the rear
50. Perch
52. Of former times
53. 1896 invention
54. Spine-tingling
55. Famous Scott
56. Passing marks
57. Respected teacher
59. Wedding, for one
60. River in France
62. Letter

