

Mount Vernon Towers

TOWERS TALK NOVEMBER 1, 2019
FRONT DESK NUMBER 404-255-3534

Where to Worship this week

FRIDAY, NOVEMBER 1

11:00am **Catholic Mass**
Sun Porch

2:00pm **Bible Study**
Hammond Hall

SUNDAY, NOVEMBER 3

9:30am **Sunday Bible Study**
Magnolia Room

11:00am **Catholic Communion**
Magnolia Room

2:00pm **Christian Fellowship**
Sun Porch

TUESDAY, NOVEMBER 5

11:30am **Methodist Communion**
ALL WELCOME!
Magnolia Room

3:00pm **Bible Study**
Magnolia Room

6:30pm **Vespers**
Speaker, Jim Heiskell
Sun Porch

WEDNESDAY, NOVEMBER 6

11:00am **Episcopal Eucharist**
Magnolia Room

FALL BACK TIME CHANGE
Effective Sunday, November 3 at 2:00am



Longtime Residents & New Residents

You may not know, but on the 4th Saturday each month, we have two incredible English Sheepdogs that come to visit with us. If you love dogs, come out and pet them, let them sit with you and love on them. This is what they were trained to do. Many of you have had big dogs in the past, but we only get to allow small ones to live here. Visiting with these dogs will be a real joy in your life. They first visit PCC at 10:00am, then move down to the 1st floor lobby at 10:30am.



B401	MILLIE THOMAS	11/1
B107	CHICK CAMBAS	11/2
A702	CAROLYN HAMBRICK	11/5
A608	MARILYN DIETRICH	11/5
B604	MARTHARENE MCMILLIN	11/6
A811	BUD HENDERSON	11/7

TUESDAY NIGHT AT THE MOVIES

Tuesday, November 5

7:30pm Hammond Hall

Turner & Hooch

Det. Scott Turner (Tom Hanks) is an uptight, by-the-book police officer who hopes to leave his sleepy California town and work in the big city. When his friend Amos Reed (John McIntire), the proprietor of a junkyard, is killed, Turner reluctantly inherits the man's dog. Realizing that the canine may be able to help him solve the murder case, Turner attempts to adjust to life with the big dog, resulting in much household destruction and unwelcome chaos.

RESIDENTS

THERE SEEMS TO BE A RUMOR THAT I AM LEAVING MVT. WE HIRED MARIE BECAUSE OF HER LONG EXPERIENCE WORKING IN ACTIVITIES AND BECAUSE SHE WAS AVAILABLE PART TIME. I AM EXCITED TO WORK WITH HER.

Barbara

Friday, November 1 4:00pm Sun Porch

Come hear The Standards Project

Singing from The American Songbook

THE
**ELDERLY
BROTHERS
BAND**

MONDAY, NOVEMBER 4

4:00 PM Sun Porch

(One of our favorites)

WEDNESDAY, NOVEMBER 6

BALALAIKIA ORCHESTRA

7:30PM SUN PORCH



LADYBIRDS' LUNCH

THURSDAY, NOVEMBER 7

11:30 THE DEPOT

SIGN UP ON THE CLIPBOARD

**FLOOR REPS' OUTING
FRIDAY, NOVEMBER 8**

**57TH FIGHTER
GROUP
RESTAURANT**

**THE DEPOT
10:30AM**



FRIDAY, NOVEMBER, 8

4:00 PM SUN PORCH

**Tom, Rudy, Mark &
Melanie ARE**

JAZZ JONES

LEGACY



ATTENTION

FRIDAY, NOVEMBER 8

4:00 TO 5:00pm - MAGNOLIA ROOM

IT HELP

**FROM NORTH SPRINGS CHARTER
HIGH SCHOOL**

SIGN UP ON THE CLIPBOARD

THE BOARD OF DIRECTORS

WILL MEET IN THE MAGNOLIA ROOM

SATURDAY, NOVEMBER 9 AT 9:30am

SUNDAY, NOVEMBER 10

ACT 3

2:30 pm THE DEPOT

BABY

Sign up on Clipboard

\$17 will be billed



"Baby" tells the story of three couples on a university campus as they deal with the painful, rewarding and agonizingly funny consequences of this universal experience. There are the college students, barely at the beginning of their adult lives; the 30-somethings, having trouble conceiving but determined to try; and the middle aged parents, looking forward to seeing their last child graduate from college when a night of unexpected passion lands them back where they started.


Attention Residents

Activities here at Mount Vernon Towers would like to begin holding Sabbath services for Mount Vernon Towers, of the Jewish faith. Services could be held on Friday evenings or Saturday mornings. If you would be interested in attending, please call or see Barbara in Activities. Call the front desk and ask for extension 3123

For myself I am an optimist — it does not seem to be much use being anything else. *Winston Churchill*



ACTIVITIES AVENUE

MONDAY 11/04		
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCH	TBL300
2:00	MELODEARS REHEARSAL CHRISTMAS PROGRAM ALL WELCOME! PLEASE COME SING WITH US	HAMMOND HALL
3:00	NOVICE WRITING GROUP	AZALEA ROOM
4:00	THE ELDERLY BROTHERS  	SUN PORCH
5:00	9th FLOOR DINNER	GAME ROOM
6:30	POKER	GAME ROOM

TUESDAY 11/05		
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
11:30	METHODIST COMMUNION (ALL WELCOME)	MAGNOLIA ROOM
1:45	TRIVIA (Quizzes to exercise your mind) FUN!!	MAGNOLIA ROOM
3:00	BIBLE STUDY (All Welcome)	MAGNOLIA ROOM
3:00	BUNCO	GAME ROOM
6:30	VESPERS SPEAKER: JIM HEISKELL	SUN PORCH
7:30	MOVIE NIGHT: TURNER AND HOOGH 	HAMMOND HALL

WEDNESDAY 11/06		
TIME	EVENT	LOCATION
11:00	FOCUS ON FITNESS	HAMMOND HALL
11:00	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
11:00 to 6:00	NEVA'S ACCESSORIES FOR YOU 	REAR LOBBY
6:30	POKER	GAME ROOM
7:00	MAH JONGG	GAME ROOM
7:30	BALALAIKIA ORCHESTRA 	SUN PORCH

ACTIVITIES AVENUE

THURSDAY 11/07		
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
11:30	LADYBIRDS LUNCH TUPELO HONEY CAFÉ (sign up on clipboard)	THE DEPOT
12:30 1:30	BP CHECK	REAR LOBBY
2:00	CALLIE BRADFORD (helping with Medicare Insurance or answering questions)	SUN PORCH
5:00	NEWCOMERS' DINNER	TBL 300
7:00	RUMMIKUB	GAME ROOM
FRIDAY 11/08		
TIME	EVENT	LOCATION
10:30	FLOOR REP'S OUTING 57th FIGHTER GROUP RESTAURANT	THE DEPOT
11:00	FOCUS ON FITNESS	HAMMOND HALL
4:00	JAZZ JONES LEGACY 	SUN PORCH
6:30	POKER	GAME ROOM
SATURDAY 11/09		
TIME	EVENT	LOCATION
9:30	BOARD MEETING	MAGNOLIA ROOM
10:30	VIPs - " READ AND CONVERSATION"	AZALEA ROOM
5:00	5TH FLOOR DINNER	TABLE 300
6:30	THE FORUM	MAGNOLIA ROOM
MONDAY 11/11		
TIME	EVENT	LOCATION
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCH	TBL300
2:00	MELODEARS REHEARSAL	HAMMOND HALL
3:00	IDEA DISCUSSION GROUP	AZALEA ROOM
3:30	VETERANS DAY SALUTE  TAKE III TRIO	SUN PORCH
4:45	8TH FLOOR DINNER	TBL300
6:30	POKER	GAME ROOM

WHERE IS MVT BUS GOING THIS WEEK?

MONDAY, NOVEMBER 4

MEDICAL APPOINTMENTS 8:30 - 4:00

FRONT DOOR

TUESDAY, NOVEMBER 5

MEDICAL APPOINTMENTS 8:30 - 4:00

GOODWILL 1:00 - FRONT DOOR

WEDNESDAY, NOVEMBER 6

DRY CLEANERS / TRADER JOE'S 9:30

PUBLIX / NAIL SALON 10:15

KROGER / POST OFFICE / CITY WINE AND SPIRITS 1:15

THE DEPOT

THURSDAY, NOVEMBER 7

BANKS 9:00AM

THE DEPOT

FRIDAY, NOVEMBER 8

DRYCLEANERS / PUBLIX / ALDI / CVS / GOODWILL 9:15AM

KROGER / POST OFFICE 10:30

WALMART / TARGET / PERIMETER / NORDSTROMS 1:00PM

MAINTENANCE

Next week maintenance will be cleaning the dryers on all floors, so we will be closing laundry rooms as we work on the dryers for about 30 minutes each.

The first week in November, November 5th-8th, Maintenance will be doing nurse call inspections. This is a mandatory inspection and will take 2-3 days to complete. Filters for floors 9 and 10 will be the same week as above.



? As you get older three things happen. The first is your memory goes, and I can't remember the other two.

- Sir Norman Wisdom



"I don't know what it is about it, but I love this course!"

Sunday Brunch

November 3rd, 2019

11:30am-2:00pm

(last seating at 1:15pm)

\$9.00 Residents, Guests \$11.00

SUNDAY BRUNCH DETAILS:

- Brunch is a self-service buffet for those with the capacity to go through it. For those without the ability to go through the buffet, a server will take your order and bring the food to the table for you.
- Buffet tickets will be provided upon check-in for the three stations listed in **RED**. Give your ticket to the attendant to get a plate to go through each station. If you do not have a ticket you will not be able to go through the line.
- If you would like a second trip through the line you can see the host to purchase another ticket.

ADVICE FOR A SMOOTH BRUNCH:

- Be patient. No one is rushing you out the door so allow yourself time and be aware that some folks need time to go through the buffet.
- Omelets can take time and depending on how many are ahead of you there may be a wait. Best to order your omelet and go back to your table with other items or wait for it to be delivered. Fill out the omelet ticket completely so we don't have to find you or ask questions.

OMELET STATION

- OMELETS MADE TO ORDER -

Cheddar Mozzarella & Swiss Cheese

Bacon, Sausage & Ham

Spinach, Mushrooms, Tomato, Peppers & Onions

MAIN BUFFET STATION

- BREAKFAST ITEMS -

Assorted Seasonal Fruits & Berries and Assorted Danish

Scrambled Eggs, Bacon & Sausage Patty

Biscuits & Gravy

- LUNCH ITEMS -

Mixed Greens, Mandarin Oranges, Walnuts & Raspberry Vin

Grilled Chicken with Grain Mustard Cream

Flounder with Citrus & Thyme

Red Bliss Mashed Potatoes

Chef's Selection of Fresh Vegetables

Chef Carved Meat:

Pork Loin Stuffed with Apple and Cranberry Stuffing

SWEET SPOT STATION

Assorted miniature pastries

MONDAY, 11/4– Fried Coconut Shrimp

Coconut breaded shrimp with an orange chili sauce.
Served with pineapple & cilantro jasmine rice and choice of one side.



TUESDAY, 11/5 - Southern Buffet

Spinach with strawberries , mandarin oranges & goat cheese with raspberry vin

Fried Chicken

Baked White Fish with Lemon & Herbs

Warm Potato Salad

Green Beans Almandine

Creamed Corn

BUFFET

WEDNESDAY, 11/6- Beef and Barley Stew

Beef stewed with mushrooms, vegetables & barley in a beef gravy served over rice.



THURSDAY, 11/7 – Italian Buffet

Caesar Salad

Chicken Parmesan

Flounder Picatta

Pasta with Marinara

Roasted Rosemary Potatoes

Eggplant Capanota

Braised Garlic Kale

BUFFET

FRIDAY, 11/8 – Mediterranean Chicken

Seared chicken breast topped with capers, olives and tomatoes in an oregano butter sauce.

Served with choice of two sides.



SATURDAY, 11/9 – Pasta with Sausage & Spinach

Bowtie pasta with ground sausage and sautéed spinach with a tomato & basil cream.

Served with choice of one side.



SOUP OF THE WEEK

Broccoli Cheddar

SIDE OF THE WEEK

Cannellini Beans with Spinach & Sundried

Tomatoes

DESSERT OF THE WEEK

Cherry Cobbler

Specials are limited and may run out depending on volume of business

Pictures do not necessarily represent the way a plate will look or the amount provided