

Mount Vernon Towers

TOWERS TALK JANUARY 17, 2020
FRONT DESK NUMBER 404-255-3534

Where to Worship this week

SUNDAY, JANUARY 19

- 9:30am **Sunday Bible Study**
Magnolia Room
- 11:00am **Catholic Communion**
Magnolia Room
- 2:00pm **Christian Fellowship**
Magnolia Room *****Note

TUESDAY, JANUARY 21

- 3:00pm **Bible Study**
Magnolia Room
- 6:30pm **Vespers**
Frank Crumpler
Sun Porch

WEDNESDAY, JANUARY 22

- 10:45am **United Methodist Circle**
Azalea Room
- 11:00am **Episcopal Eucharist**
Magnolia Room

FRIDAY JANUARY 24

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

How I treasure the Happy Birthday gifts from balloons to flowers and all in between - cards, calls and sweet treats! Thank you, my dear MV family for an 85th celebration beyond measure.

Patti Gambrell

Mount Vernon Towers Board Meeting

Saturday, January 18, 9:30am

MAGNOLIA ROOM



ATTENTION RESIDENTS

Alex the Jeweler will be here Sunday, January 19th from 11:30—1:30pm.
In the rear lobby.

They make minor repairs, put in new batteries, and will speak to you about all your jewelry or watch needs.



A409	PATRICIA FREUND	1/18
A313	RAE MITCHELL	1/20
B601	MANUAL ANTON	1/21
A215	BOB CUNNINGHAM	1/23
A1003	JANE STEWART	1/24

My Family and I want to thank each of you for the outpouring of your love and presence at Jim's Celebration of Life Ceremony. We were just in awe at the number of MVT Residents who were there to help us pay tribute to a life well lived and loved by so many. I hope your lasting memory of Jim is his warm smile and cool, calm and collected demeanor. Special thanks to Barbara, David, Nikki, Annisha, Shelly and especially Chris, who was "hands on" in helping my family with anything we needed.

Nancy Kennedy, B1014

A VERY SPECIAL THANK YOU

I want to thank very much all of the people that sent me the wonderful, beautiful, and funny cards including the lovely personally designed card and envelope. I appreciate so much receiving all of the them plus the phone calls and lovely gifts. The well wishes couldn't have come at a better time as I was just recovering from a long illness. Mount Vernon people are the very best!

Thank you! Barbara Borders

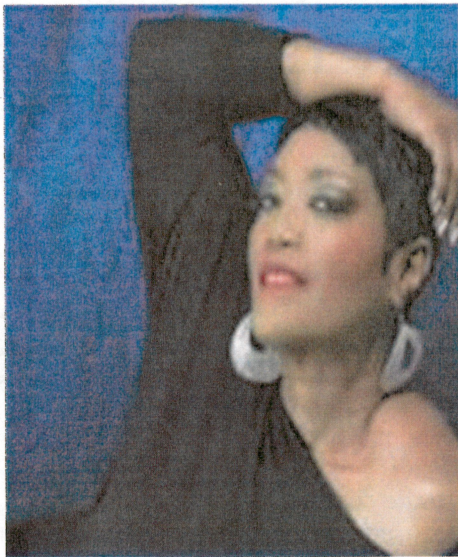
TUESDAY NIGHT MOVIES

7:30 PM HAMMOND HALL - JANUARY 21, 2020

UP IN THE AIR-Run Time 109 minutes

An idea from a young, new co-worker (Anna Kendrick) would put an end to the constant travel of corporate downsizer Ryan Bingham (George Clooney), so he takes her on a tour to demonstrate the importance of face-to-face meetings with those they must fire. While mentoring his colleague, he arranges hookups with another frequent-flier (Vera Farmiga), and his developing feelings for the woman prompt him to see others in a new light.

DINERS' NIGHT
 MONDAY JANUARY 20
IPPOLITO'S
 THE DEPOT 4:30 AM
 COME HAVE *"ITALIAN"*
 WITH YOUR FRIENDS!



TONI BYRD
 PRESENTS
MISSION OF SIX
 WEDNESDAY, JANUARY 22
 6:30 PM SUN PORCH

Toni Byrd, dubbed as "The Velvet SongByrd," is a world class recording artist, songwriter, award winner of the 2014 Black Women In Jazz for Best Black Female Jazz Record for "Autumn In New York".

Toni is one of Atlanta's unforgettable and versatile vocal artists. In addition to *singer*, songwriter and multi-award-winning *vocalist*, add actress to her status.

PLEASE DO NOT MISS THIS CHANCE TO HEAR THIS TALENT!

IMAX
THURSDAY, JANUARY 23
THE DEPOT 11:20 AM
NO LUNCH
SIGN UP ON THE CLIPBOARD
\$12 WILL BE BILLED

By the end of this century, half of all species could be pushed to the brink of extinction. Human activities, in particular, pose a significant threat - affecting wildlife in ways both visible and invisible. Pollution. Hunting. Habitat disruption and destruction. **BACK FROM THE BRINK: SAVED FROM EXTINCTION** shows that positive change is possible. Problems created by humans can be solved by humans.



DUSTY'S RAGTIME & NOVELTIES
 WITH ASCENDANCE ACROBATS
 THURSDAY, JAN. 23 - 4:00 PM
 DON'T MISS!



Don't forget!
Young Men's Service League
Will be here on
Saturday, January 24th at 1:30pm
SIGN UP ON THE CLIPBOARD IF
YOU NEED HELP WITH YOUR PHONE,
COMPUTER, OR IPAD

ACTIVITIES AVENUE



	MONDAY 01/20/2020	
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCH	TBL300
2:00	BATTLE OF SUGARLOAF <i>CONTINUING THE SERIES</i>	SUN PORCH
4:30	DINERS' NIGHT IPPOLITO'S ITALIAN RESTAURANT SIGN UP ON CLIPBOARD	THE DEPOT
6:30	POKER	GAME ROOM

	TUESDAY 01/21/2020	
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
11:00	AUDIOLOGICAL CONSULTANTS	AZALEA ROOM
1:45	TRIVIA	MAGNOLIA ROOM
3:00	BIBLE STUDY	MAGNOLIA ROOM
3:00	BUNCO GAME	GAME ROOM
4:45	7TH FLOOR DINNER	TBL 300
6:30	VESPERS SPEAKER: FRANK CRUMPLER	SUN PORCH
7:30	MOVIE NIGHT: "UP IN THE AIR" RUN TIME 109 MINUTES	HAMMOND HALL

	WEDNESDAY 1/22/2020	
TIME	EVENT	LOCATION
10:45	UMC CIRCLE	AZALEA ROOM
11:00	FOCUS ON FITNESS	HAMMOND HALL
11:00	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
11:00	GOP BOOK CLUB	GAME ROOM
3:00	BINGO	GAME ROOM
6:30	TONI BYRD MISSION OF SIX — DO NOT MISS!!	SUN PORCH
6:30	POKER	GAME ROOM

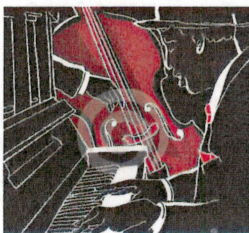
	THURSDAY 1/23/2020	
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
11:20	OUTING IMAX FERNBANK \$12 WILL BE BILLED "BACK FROM THE BRINK" SIGN UP ON CLIPBOARD	THE DEPOT
12:30-1:30	BP CHECK WITH VISITING ANGELS	REAR LOBBY
4:00	DUSTY'S NOVELTIES AND RAGTIME WITH ACROBATS DO NOT MISS!!!!	SUN PORCH
7:00	RUMMIKUB	GAME ROOM

ACTIVITIES AVENUE

	FRIDAY 1/24/2020	
TIME	EVENT	LOCATION
10:30	BULLS BRUNCH	FRONT DOOR
11:00	FOCUS ON FITNESS	HAMMOND HALL
2:00	BIBLE STUDY	HAMMOND HALL
4:00	HAPPY HOUR  	SUN PORCH
6:30	POKER	GAME ROOM

	SATURDAY 1/25/2020	
TIME	EVENT	LOCATION
10:00	HAPPY TAILS	PCC
10:30	HAPPY TAILS	FRONT LOBBY
10:30	VIPs - " READ AND CONVERSATION" (FOR THE VISUALLY IMPAIRED)	MAGNOLIA ROOM
1:30	YOUNG MEN'S SERVICE LEAGUE - IT HELP -SIGN UP	THEY WILL CALL YOU
5:00	5TH FLOOR DINNER	TBL 300
6:30	THE FORUM	MAGNOLIA ROOM

	SUNDAY 1/26/2020	
TIME	EVENT	LOCATION
9:30	SUNDAY BIBLE STUDY	MAGNOLIA ROOM
11:00	CATHOLIC COMMUNION	MAGNOLIA ROOM
2:00	CHRISTIAN FELLOWSHIP	SUN PORCH
3:00	BINGO	GAME ROOM
4:00	BOOK CLUB - WE WELCOME ALL NEW RESIDENTS	AZALEA ROOM
4:00	NIFTY NINETIES TEA (INVITATION ONLY)	TBL 300

	MONDAY 1/27/2020	
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCHEON	TBL 300
3:00	IDEA DISCUSSION GROUP	AZALEA ROOM
4:00	JIM GIBSON & ALLEN PIANO AND BASS PLAYING YOUR FAVORITE SONGS 	SUN PORCH
5:00	4TH FLOOR DINNER	TBL300
5:00	6TH FLOOR DINNER	TBL300
6:30	POKER	GAME ROOM

WHERE IS MVT BUS GOING THIS WEEK?

MONDAY, JANUARY 20

MEDICAL APPOINTMENTS 8:30 - 4:00PM

THE DEPOT

TUESDAY, JANUARY 21

MEDICAL APPOINTMENTS 8:30 - 4:00PM

GOODWILL 1:00PM

THE DEPOT

WEDNESDAY, JANUARY 22

DRY CLEANERS / TRADER JOE'S / 9:30AM

PUBLIX / NAIL SALON 10:15

KROGER / POST OFFICE / CITY WINE / 1:00 THE DEPOT

PICK UP TIME 2:00 / 3:00

THURSDAY, JANUARY 23

BANKS 9:00 AM

THE DEPOT

FRIDAY, JANUARY 24

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

KROGER / POST OFFICE 10:30AM

DOLLAR TREE / MARSHALLS / WHOLE FOODS

1:00 PM THE DEPOT

MAINTENANCE

FILTERS WILL BE DONE NEXT WEDNESDAY, 1/22 , FLOORS 5, 6, 7, 8.

WE WILL BE STARTING ON THE 8TH FLOOR AT 9AM.



Short Winter Jokes

Q. If you live in an igloo, what's the worst thing about global warming?

A. No privacy!

Q. What do you get from sitting on the ice too long?

A. Polaroids!

Q. What 's an ig?

A. A snow house without a loo!

Q. Why did Frosty the snowman want a divorce?

A. Because his wife was a flake.

Q. Why do seals swim in salt water?

A. Because pepper makes them sneeze!

Q. What do you call a gangsta snowman?

A. Froze-T

Nifty Nineties and Grande Centenarians,
you are cordially invited to an afternoon of

JEOPARDY!

Sunday, January 26, 2020

4:00pm - 6:00pm

in the Dining Room

Refreshments will be served

Hosted by
National Charity League, Dunwoody Chapter

Please respond by January 20
Patti Gambrell (B1010) at 404-236-2136



National Charity League, Inc.®

MOTHERS AND DAUGHTERS SERVING COMMUNITIES TOGETHER

INVITATION ONLY

Sunday Brunch

January 19th, 2020

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 & Sausage Gravy

- LUNCH ITEMS -

Caesar Salad

Chicken with Parmesan Spinach Cream

Cod with Citrus and Ginger

Basmati Rice

Sour Cream Mashed Potatoes

Chef's Selection of Fresh Vegetables

Chef Carved Meat:

Carved Pork Loin Marsala

SWEET SPOT STATION

Assorted miniature pastries



WEEKLY SPECIALS

Monday, 1/20 to Saturday, 1/25

SOUP OF THE WEEK: Potato & Ham Chowder **DESSERT OF THE WEEK:** Sweet Potato Pie

SIDES OF THE WEEK: #1: Stewed Okra with Tomatoes #2: Braised Kale

Cold Special of the Week: Mixed Greens with Peaches, Beets & Walnuts

MONDAY, 1/20 – FULL DINNER SERVICE

HOT SPECIAL : *Chicken Cacciatore*

Bone in chicken stewed with peppers, onions and tomatoes and served over pasta.

TUESDAY, 1/21 – BUFFET DINNER SERVICE

BUFFET SPECIAL: *Southern*

Spring Mix Salad with Balsamic BBQ Chicken Liver and Onions

Fried Okra Corn on the Cob Mac and Cheese Brown Rice Steamed Green Beans Cornbread

WEDNESDAY, 1/22 – FULL DINNER SERVICE

HOT SPECIAL : *Seafood Newburg*

Shrimp, scallops & white fish cooked in a sherry wine cream sauce and served over rice.

THURSDAY, 1/23 – FULL DINNER SERVICE

BUFFET DINNER: *Mexican*

Romaine with Corn and Black Beans Carved Steak Fajitas Chicken Enchiladas Squash & Zucchini

Rice and Beans Steamed Broccoli

FRIDAY, 1/24 – FULL DINNER SERVICE

HOT SPECIALS : *Corned Beef & Cabbage*

Sliced corned beef served with braised cabbage and steamed red bliss potatoes.

SATURDAY, 1/18 – FULL DINNER SERVICE

HOT SPECIAL : *Sweet & Sour Pork*

Diced Pork with pineapple, peppers & onions in a sweet & sour sauce and served over rice.

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