

Mount Vernon Towers

TOWERS TALK FEBRUARY 14, 2020
FRONT DESK NUMBER 404-255-3534

Where to Worship this week

SUNDAY, FEBRUARY 16

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

TUESDAY, FEBRUARY 18

- 3:00pm *Bible Study*
Magnolia Room
- 6:30pm *Vespers*
John Perry
Sun Porch

WEDNESDAY, FEBRUARY 19

- 11:00am *Episcopal Eucharist*
Magnolia Room
- 11:00am *Catholic Mass*
Sun Porch

FRIDAY, FEBRUARY 21

- 2:00pm *Bible Study*
Hammond Hall

Attention

Board Meeting
9:30am Saturday, 15th
Sun Porch

ANNUAL FLOOR JIGSAW PUZZLE CONTEST



AND THE WINNER IS...

THE THIRD FLOOR

2ND PLACE 8TH FLOOR

3TH PLACE 4TH FLOOR

Thanks to all who played! We will do this every year in February from now on.

Happy Birthday

A202	BOB YOUNG	2/15
B706	JEAN COLEGROVE	2/15
B409	PEGGY VOLLMAR	2/15
A211	LOUISE LORD	2/17
A515	HELEN ALLEN	2/20
B913	LOUISETTE TOWNSEND	2/20
A804	MARY LAURENCE	2/21
A711	MARY ELLEN MCGUIRE	2/22

TUESDAY NIGHT MOVIES

7:30 PM HAMMOND HALL - FEBRUARY 18
THE SIXTH SENSE
RUN TIME 1 hr 46m

Young Cole Sear (Haley Joel Osment) is haunted by a dark secret: he is visited by ghosts. Cole is frightened by visitations from those with unresolved problems who appear from the shadows. He is too afraid to tell anyone about his anguish, except child psychologist Dr. Malcolm Crowe, (Bruce Willis).

ANNOUNCING NEW ART CLASS

You asked for it; we are doing it!

We will be offering a new watercolor class taught by Beatriz Maliszewski, on four Mondays, in March. Her website is www.ramos-rivera.com. Check it out! The class will be from 1:00-2:30pm each Monday: Sign up on the Clipboard.

You will be billed \$20 total for the 4 classes.

All supplies will be provided.

Sign up now. Her background info is in the Mail Room.



I would like to thank all my friends and neighbors for the love and support during this difficult time of my husband Nick Athanas' passing. Thank you all for your expressions of sympathy to me.

Denise Athanas B714

ATTENTION

ALEX THE JEWELER
WILL NOT BE HERE THIS
SUNDAY AS ADVERTISED. HE
WILL BE HERE NEXT MONTH

MONDAY, FEBRUARY 17

2:00 PM SUN PORCH

DR. BEN THOMAS PRESENTS
JENNIFER JONES, AN EXERCISE
SPECIALIST, WHO HELPS WITH-
BALANCE TO PREVENT FALLS AND
PEOPLE WHO ARE AT RISK FOR

GROUNDS / LANDSCAPE MEETING

TUESDAY, FEBRUARY 18

2:00-3:00 AZALEA ROOM

SPRING IS ON THE WAY, SO IT IS TIME TO
MEET AND CONSIDER HOW WE CAN
CONTRIBUTE TO THE ENHANCEMENT AND
CARE OF OUR GROUNDS,

I INVITE CURRENT COMMITTEE MEMBERS,
NEW PERSONS AND ANY INTERESTED
FOLK TO OUR FIRST MEETING.

JOHN KIERAN - 770.312.6074

MUSIC NEXT WEEK
SUN PORCH

SUNDAY, FEB.16 - 3:00 PM

MICHAEL O'NEAL SINGERS

AMAZING GRACE DVD

BLUEGRASS, SPIRITUALS, AND GOSPEL

MONDAY, FEB.17 - 4:00 pm TY BRAGG

GOSPEL & SPIRITUAL

THURSDAY, FEB.20 - 3:30pm DANNY STAGGS
SINGS & PLAYS PIANO - ALL TYPES OF MUSIC

FRIDAY, FEB. 21- 4:00 pm MEMORY LANE
JAZZ BAND

BIG BAND MUSIC

SUN PORCH

SPEAKERS NEXT WEEK

MONDAY, FEB. 17 - DR. BEN THOMAS
2:00 PM BALANCE TO PREVENT FALLS

WEDNESDAY, FEB. 19
NORTHSIDE EMERGENCY SERVICES
2:00 PM FALL PREVENTION

RESIDENTS, COME TO BOTH OF THESE!

BUS OUTINGS

THURSDAY, FEB. 20

***BUS TOUR OF OAKLAND**
CEMETERY WITH DOCENT
SIGN UP ON CLIPBOARD

FRIDAY, FEB.21

*** BULLS BRUNCH TO GOLDBERGS**
SIGN UP ON CLIPBOARD



COME DOWN TO THE LOBBY ON
SATURDAY, FEB.22 AT 10:30 am AND
GREET THESE DOGS. THIS IS WHAT
THEY ARE TRAINED TO DO! IT WILL
MAKE YOU BOTH HAPPY.

A Gentlemen's Guide to Love
and Murder, March 7 2:00PM


Gentleman's Guide to Love
and Murder is the knock-'em-dead,
uproarious hit and the most-
nominated show of the 2014 season.


We have 6 tickets left, a bus to drive
you across the street and back, and
you can sit in "great" seats with your
neighbors. Call or come by Activities
to sign up for your ticket.


\$44 will be charged to your bill

ACTIVITIES AVENUE


	MONDAY 02/17/2020	
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCH	TBL300
2:00	DR. BEN THOMAS PRESENTS FITNESS INSTRUCTOR, JENNIFER JONES, ON BALANCE TO PREVENT FALLS	SUN PORCH
4:00	<i>TY BRAGG GOSPEL & SPIRITUAL MUSIC</i>	SUN PORCH
5:00	1ST FLOOR DINNER	TBL 300
6:30	POKER	GAME ROOM

	TUESDAY 02/18/2020	
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
11:00	AUDIOLOGICAL CONSULTANTS	AZALEA ROOM
1:45	TRIVIA COME PLAY WITH US!	MAGNOLIA ROOM
3:00	BIBLE STUDY	MAGNOLIA ROOM
3:00	BUNCO GAME	GAME ROOM
6:30	VESPERS SPEAKER: JOHN PERRY	SUN PORCH
7:30	MOVIE NIGHT: "THE SIXTH SENSE " 1hr 46m 	HAMMOND HALL

	WEDNESDAY 02/19/2020	
TIME	EVENT	LOCATION
11:00-6:00	NEVA'S ACCESSORIES FOR YOU (TAKES MOST CREDIT CARDS & PERSONALCHECKS) 	REAR LOBBY
11:00	FOCUS ON FITNESS	HAMMOND HALL
11:00	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
11:00	CATHOLIC MASS	SUN PORCH
11:00	GOP BOOK CLUB	GAME ROOM
2:00	FALL PREVENTION NORTHSIDE EMERGENCY SERVICES	SUN PORCH
3:00	BINGO	HAMMOND HALL
5:00	4TH FLOOR DINNER	TBL 300
6:30	POKER	GAME ROOM


	THURSDAY 02/20/2020	
TIME	EVENT	LOCATION
9:30	OUTING BUS TOUR OF OAKLAND CEMETERY WITH DOCENT \$6.00 WILL BE BILLED LUNCH AT SIX FEET UNDER SIGN UP ON CLIPBOARD	THE DEPOT
11:00	T'AI CHI	HAMMOND HALL
12:30-1:30	BLOOD PRESSURE CHECK WITH VISITING ANGELS	REAR LOBBY
3:30	DANNY STAGGS ON PIANO AND SINGING 	SUN PORCH
5:00	NEWCOMER'S DINNER	TABLE 300
7:00	RUMMIKUB	GAME ROOM

ACTIVITIES AVENUE

	FRIDAY 02/21/2020	
TIME	EVENT	LOCATION
10:30	BULL'S BRUNCH AT GOLDBERG'S	FRONT LOBBY
11:00	FOCUS ON FITNESS	HAMMOND HALL
2:00	BIBLE STUDY	HAMMOND HALL
4:00	MEMORY LANE JAZZ BAND 	SUN PORCH
6:30	POKER	GAME ROOM

	SATURDAY 2/22/2020	
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 ON CLIPBOARD	THEY WILL CALL
5:00	5TH FLOOR DINNER	TABLE300
6:30	THE FORUM	MAGNOLIA ROOM

	SUNDAY 2/23/2020	
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	GAME ROOM
4:00	BOOK CLUB WE WELCOME ALL NEW RESIDENTS THE BOOK IS "MOVEABLE FEAST" BY SARAH MURRAY	MAGNOLIA ROOM

	MONDAY 2/24/2020	
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCHEON	TABLE 300
3:00	IDEA DISCUSSION GROUP	AZALEA ROOM
4:30	DINERS' NIGHT <u>PAPPADEAUX SEAFOOD KITCHEN</u> THE MENU IS IN THE MAIL ROOM BE SURE TO LOOK AT IT!	THE DEPOT 
5:00	6TH FLOOR DINNER	TBL300
6:30	POKER	GAME ROOM

WHERE IS MVT BUS GOING THIS WEEK?

MONDAY, FEB. 17

MEDICAL APPOINTMENTS 8:30 - 4:00PM

THE DEPOT

1:00PM LIBRARY

TUESDAY, FEB. 18

MEDICAL APPOINTMENTS 8:30 - 4:00PM

GOODWILL 1:00PM

THE DEPOT

WEDNESDAY, FEB. 19

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, FEB. 20

BANKS 9:00 AM

THE DEPOT

FRIDAY, FEB. 21

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

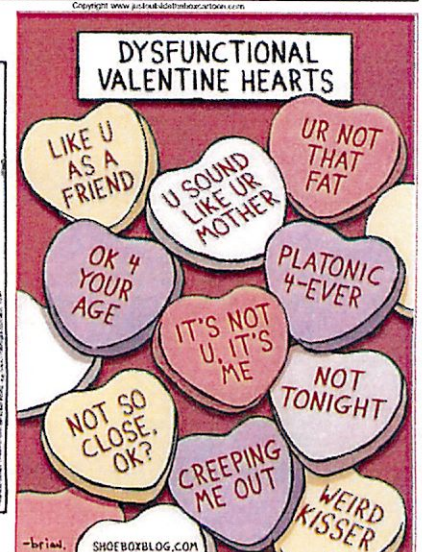
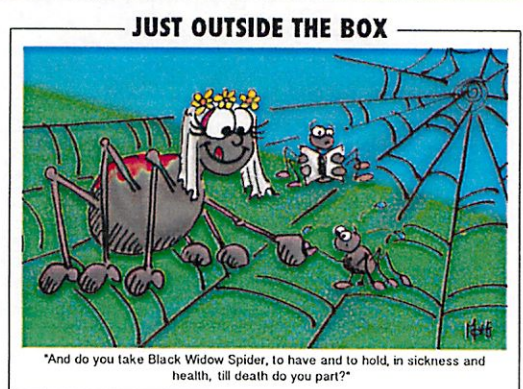
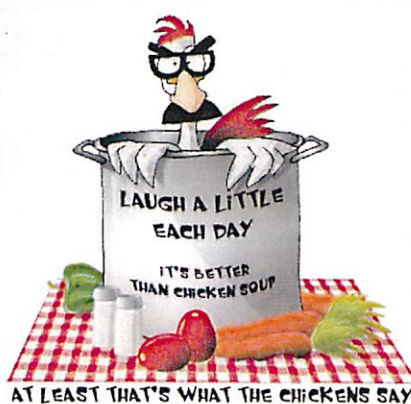
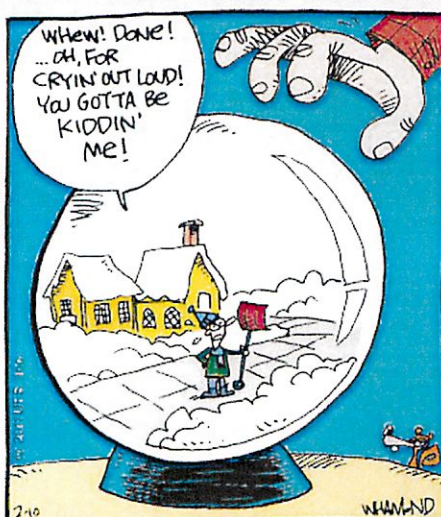
KROGER / POST OFFICE 10:30AM

WALMART / TARGET / PERIMETER MALL / NORDSTROMS

1:00 PM THE DEPOT

MAINTENANCE

Any resident who would like to be shown how to turn off your shut off valves and how to use your garbage disposal, in your condo, please call the front desk, they will set up an appointment for you.



Hobbies

Over the years how many hobbies have you had? I can recall four: airplanes, coins, stocks, and writing. At age twelve I was constructing model airplanes. Not from kits. There were none back then. But from scratch: a solid piece of balsa wood, a thin sheet of wood, a razor blade, and glue. A current magazine contained three-views: top, side and front of popular aircraft. With careful measurement one could construct accurate templates for fuselage, wings, and tail section. For wheels it took rubber insulation from wire bent into a circle and glued, with aluminum discs in the middle (or maybe tobacco cans cut to fit).

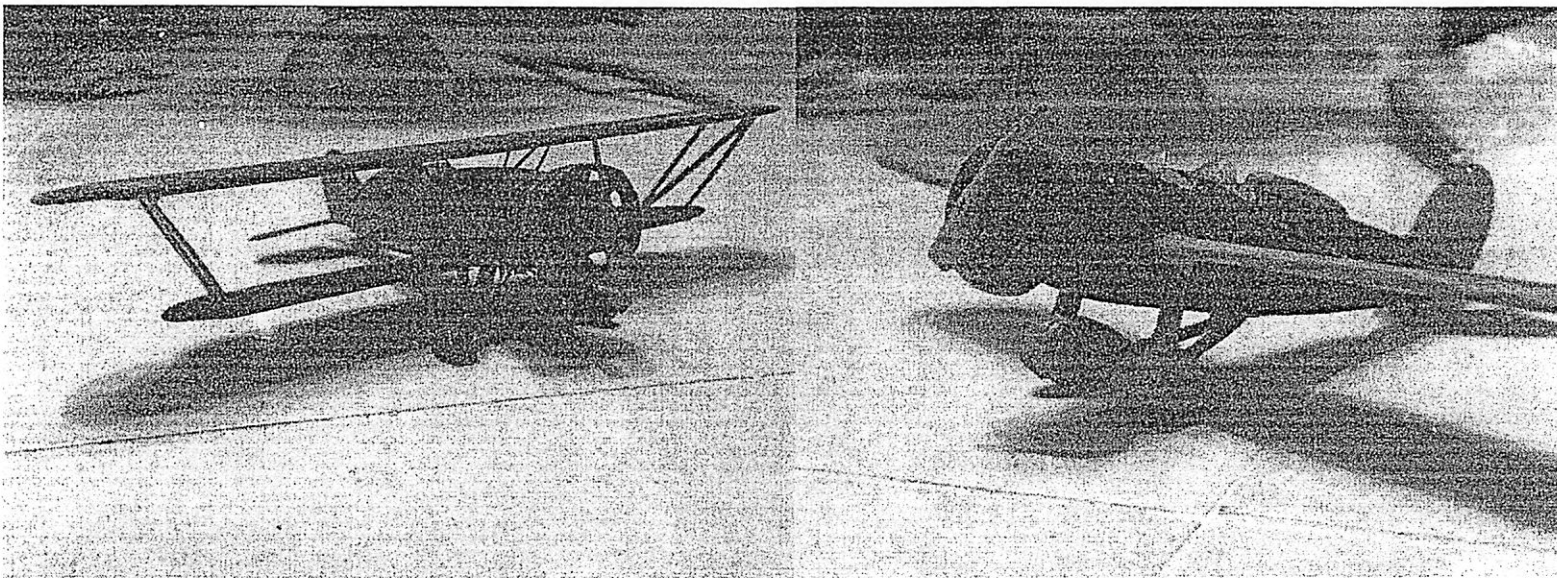
I recall needing olive drab paint for my Army Curtis Wright Falcon biplane. I got on my bicycle and rode several miles from West End to the Army base at old Candler Field in Atlanta and talked them into a jar of paint.

Those were the days! I still have five airplane models.

Frank A Stovall

Boeing Biplane

Lockheed Vega



WHAT ARE YOUR HOBBIES?



February 16th, 2020
11:30am-2:00pm
(last seating at 1:15pm)
\$9.00 Residents, Guests \$11.00

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 Pastries
Scrambled Eggs, Bacon & Sausage Patty
Bacon & Cheese Grits

- LUNCH ITEMS –

Mixed Greens & Berries with Balsamic
Seared Chicken with Parmesan Cream
Sliced Meatloaf
Citrus Glazed Tilapia
Wild Rice
Roasted Seasonal Vegetables
Steamed Green Beans
Red Bliss Mashed Potatoes & Gravy

SWEET SPOT STATION

Assorted Cakes and Pies



WEEKLY SPECIALS

Monday, 2/17 to Saturday, 2/22

SOUP OF THE WEEK: Navy Bean & Ham DESSERT OF THE WEEK: Strawberry Cream Pie

SIDES OF THE WEEK: #1: Corn & Black Beans #2: Sugar Snap Peas

Cold Special of the Week: Mixed greens with cranberries, walnuts & goat cheese

MONDAY, 2/17 – FULL DINNER SERVICE

HOT SPECIAL : *Tuna Noodle Casserole*

Tuna in a creamy mushroom sauce with egg noodles & peas topped with breadcrumbs and baked.
Served with choice of one side.

TUESDAY, 2/18 – BUFFET DINNER SERVICE

BUFFET SPECIAL: *Southern*

Iceberg with bacon, hard boiled eggs & tomatoes Fried Chicken Salisbury Steak Stewed Okra
Mashed Potatoes & Gravy Turnip Greens with Bacon Corn Nuggets

WEDNESDAY, 2/19 – FULL DINNER SERVICE

HOT SPECIAL : *Spaghetti and Meatballs*

Spaghetti with meatballs and marinara served with garlic bread and choice of one side.

THURSDAY, 2/20 – BUFFET DINNER SERVICE

BUFFET DINNER: *Mexican*

Romaine with corn, black beans & grape tomatoes with ranch Beef Enchiladas Taco Salad Bar
Spanish Rice Chili Lime Potatoes Refried Beans Sautéed Squash

FRIDAY, 2/21 – FULL DINNER SERVICE

HOT SPECIALS : *Flounder Florentine*

Baked flounder with a spinach & parmesan cream sauce and choice of two sides.

SATURDAY, 2/22 – FULL DINNER SERVICE

HOT SPECIAL : *Pizza & Wings*

1 slice pepperoni or cheese pizza served with 3 buffalo wings, celery and blue cheese.

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