

# TOWERS TALK– JUNE 30, 2023

## ACTIVITIES

<b>SATURDAY 07/01/2023</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00 AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>2:00PM</b>	<b>SHARP AFFAIR BAND</b>	<b>SUNPORCH</b>
<b>2:00PM</b>	<b>MOVIE: THE NATURAL</b>	<b>HAMMOND HALL</b>
<b>3:45 PM</b>	<b>VIGIL MASS</b>	<b>SUN PORCH</b>
<b>7:00 PM</b>	<b>POKER</b>	<b>GAME ROOM</b>

<b>SUNDAY 07/02/2023</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>2:00 PM</b>	<b>CHRISTIAN FELLOWSHIP</b>	<b>SUN PORCH</b>

<b>MONDAY 07/03/2023</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:30AM</b>	<b>BINGO W/ YOUNG MENS LEAGUE</b>	<b>PCC</b>
<b>1:30PM</b>	<b>LINE DANCE W/JAMAL</b>	<b>HAMMOND HALL</b>
<b>2:00PM</b>	<b>BIBLE STUDY</b>	<b>MAGNOLIA ROOM</b>
<b>3:00PM</b>	<b>8UP W/DIXIE BAND</b>	<b>SUNPORCH</b>
<b>7:00 PM</b>	<b>PHASE 10</b>	<b>GAME ROOM</b>

<b>TUESDAY 07/04/2023</b>		
		

<b>WEDNESDAY 07/05/2023</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>9:00 AM</b>	<b>TRADER JOE'S &amp; CVS</b>	<b>DEPOT</b>
<b>10:00 AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:45 AM</b>	<b>ALDI</b>	<b>DEPOT</b>
<b>11:00 AM</b>	<b>EPISCOPAL EUCHARIST</b>	<b>MAGNOLIA ROOM</b>
<b>12:00PM</b>	<b>DOOR DÉCOR WINNER ANNOUNCEMENT</b>	<b>INTERCOM</b>
<b>1:30 PM</b>	<b>BINGO</b>	<b>GAME ROOM</b>
<b>1:30 PM</b>	<b>KROGER &amp; BANKS</b>	<b>DEPOT</b>
<b>1:30PM</b>	<b>BIBLE STUDY (viewing of "The Chosen" series)</b>	<b>MAGNOLIA ROOM</b>
<b>3:00 PM</b>	<b>PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)</b>	<b>DEPOT</b>
<b>3:30PM</b>	<b>MUSIC TO MY EARS</b>	<b>COURTYARD</b>
<b>7:00 PM</b>	<b>CANASTA</b>	<b>GAME ROOM</b>

<b>THURSDAY 07/06/2023</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>HIGH MUSEUM W/LUNCH AT RAYS ON THE RIVER</b>	<b>BUS DEPOT</b>
<b>1:30 PM</b>	<b>BIBLE STUDY (viewing of "The Chosen" series)</b>	<b>MAGNOLIA ROOM</b>
<b>1:30 PM</b>	<b>TAI CHI W/MARIE</b>	<b>HAMMOND HALL</b>
<b>1:30 PM</b>	<b>MANIPULATION</b>	<b>AZALEA ROOM</b>

<b>FRIDAY 07/07/2023</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>9:00 AM</b>	<b>PUBLIX</b>	<b>DEPOT</b>
<b>10:00 AM</b>	<b>CARDIO EXERCISE</b>	<b>HAMMOND HALL</b>
<b>10:00AM</b>	<b>DOUGHNUT AND COFFEE SOCIAL</b>	<b>BACK LOBBY</b>
<b>10:45 AM</b>	<b>WALMART</b>	<b>DEPOT</b>
<b>11:00AM</b>	<b>WATER AEROBICS</b>	<b>POOLSIDE</b>
<b>1:30 PM</b>	<b>KROGER &amp; DRY CLEANERS</b>	<b>DEPOT</b>
<b>3:00PM</b>	<b>COSTCO</b>	<b>DEPOT</b>

## ACTIVITY CORNER

## DONNA'S DELIGHTS

ENJOY SOME DELICIOUS RECIPES  
FROM OUR VERY OWN

DONNA JACKSON.

WE ENJOYED HER COOKING  
CLASS SO MUCH HERE ARE SOME  
OF HER RECIPES



### Fried Green Tomatoes

- 1 or 2 Green Tomatoes (Sliced)
- 1 Cup of Cornmeal
- 2 Cups of Flour
- 1 teaspoon of Garlic
- Salt and pepper to taste
- 2 Eggs (Beaten)
- 1/2 Cup of Water



Combine Cornmeal, Flour, Salt, Pepper and Garlic in a bowl. In a separate bowl combine the Eggs and water. Once the frying oil gets hot, put the green tomatoes in the egg wash then into the cornmeal batter. Place the battered green tomatoes in the hot frying oil and cook for 3 to 4 minutes turning during the cooking process. Drain on a paper towel when done.

### Donna's Peach Cobbler

- 16oz Can of Peaches (1/2 drained, sliced or diced)
- 1 1/3 Cup of White Sugar
- 1 Cup of Brown Sugar
- 1 teaspoon of Nutmeg
- 1 Tablespoon of Cinnamon
- 1/4 Cup (1/2 stick) of butter unsalted
- 1 Tablespoon of Vanilla Extract
- 1/2 Cup of Corn Starch
- Pillsbury Pie Crust sheets
- 1/4 Cup of melted butter

In a bowl, combine peaches, sugar, nutmeg, cinnamon and vanilla extract. Add butter ( slice butter if using stick). After mixing up the ingredients, start mixing in the cornstarch. Mix until the cornstarch is dissolved and it starts feel tight when stirring. Add more cornstarch if more thickness is desired. Pour peach mixture into a cast iron pan. Cover with Pillsbury pie crust sheets and sprinkle sugar on top. Drizzle melted butter across the top. Cook at 350 de-grees for 30 minutes or until golden brown.



**SATURDAY JULY 1ST:**

- **MOVIE HAMMOND HALL 2:00PM:** “ The Natural ” (1984) A sport film that projects with understanding the mythical qualities that Americans associate with baseball. Robert Redford and Glenn Close.
- **SHARP AFFAIR BAND SUNPORCH -2:00PM**
- **POKER GAME ROOM -7:00PM**

**[ ALL WELCOME WE NOW HAVE MORE TABLE SPACE ]**

**MONDAY JULY 3RD:**

- **8UP W/ DIXIE BAND SUNPORCH - 3:00PM**
- **PHASE 10 GAME ROOM 7:00PM**

**TUESDAY JULY 4TH:**

**HAPPY 4TH OF JULY !!**

**WEDNESDY JULY 5TH:**

- **DOOR DÉCOR CONTEST ANNOUNCEMENT 12:00PM**
- **MUSIC TO MY EARS COURTYARD -3:30PM**

**THURSDAY JULY 6TH:**

- **HIGH MUSEUM BUS DEPOT 10:00AM**
- **MANIPULATION GAME AZALEA ROOM 1:30PM**

**FRIDAY JULY 7TH:**

- **DOUGHNUT AND COFFEE SOCIAL BACK LOBBY 10:00AM**

**IF YOUR KITCHEN OR CONDO HAS FILLED WITH SMOKE BECAUSE YOU HAVE BURNED SOMETHING ON THE STOVE OR IN THE OVEN ,DO NOT OPEN YOUR FRONT DOOR TO GET RID OF THE SMOKE. RELEASING THE SMOKE INTO THE COMMON HALL WILL SET OFF THE FIRE ALARM SYSTEM. INSTEAD, IMMEDIATELY CALL THE FRONT DESK TO MAKE THEM AWARE OF THE SITUATION. TO CLEAR AWAY THE SMOKE, OPEN YOUR SLIDING PATIO DOOR. TURNING ON THE KITCHEN EXHAUST FAN AND ANY OTHER FANS MY HELP.**

**JAMES STRONG A304 HAS LOST HIS IPHONE 8 AND WILL GIVE \$50 REWARD IF FOUND**

**MAINTENANCE:**

**PLEASE BE SURE TO RETURN ALL CARTS TO BASEMENT**

**ADMINISTRATION:**

**PLEASE CALL FRONT DESK TO MAKE A WORK ORDER FOR ALL DEPARTMENTS HOUSEKEEPING AND MAINTENANCE RELATED ISSUES**

**SHOULD YOU NOT SEE THE WORK ORDER ATTENDED TO WITHIN 24 HOURS PLEASE NOTIFY THE EXECUTIVE DIRECTOR RITA MALONE BY EMAIL:**

**[RITA@MOUNTVERNONTOWERS.COM](mailto:RITA@MOUNTVERNONTOWERS.COM)**

## ACTIVITY CORNER

HIGH MUSEUM  
THURSDAY  
JULY 6TH



**The High Museum of Art is designed to meet audiences at the intersection of culture and community. We invite you to use the Museum as a place to find inspiration, discover new ideas, meet old friends, and make new ones.**

**Every visit is as unique as every visitor. The High belongs to you, and we hope that you find a way to make it yours.**

**PLEASE SIGN-UP ON THE ACTIVITY WALL NEAR THE MAILROOM. IF YOU SIGNUP AND NEED TO CANCEL THE DEADLINE IS MONDAY JULY 3RD TO CANCEL. IF YOU ARE USING A WHEELCHAIR OR WALKER PLEASE BE PREPARED TO SIT IN THE BACKSEATS ON THE BUS WITH YOUR ITEMS. IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CONTACT BRIANNA IN ACTIVITIES.**



**WE WANT TO WISH,**

- . LORRAINE HORNER B709 7/4**
- . BARBARA HUGHES B610 7/5**
- . ANN MCCALLUM B515 7/7**
- . KATHRYN BREY B301 7/7**

**A VERY HAPPY BIRTHDAY !!**