

# TOWERS TALK– SEPTEMBER 15, 2023

## ACTIVITIES

	<b>SATURDAY 09/16/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH AND GAMES WITH YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
2:00PM	RETRO JAZZ KATZ	SUNPORCH
4:00PM	VIGIL CATHOLIC MASS	SUN PORCH
	<b>SUNDAY 09/17/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH
	<b>MONDAY 09/18/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO WITH YOUNG MEN'S LEAGUE	PCC
1:30PM	LINE DANCE WITH JAMAL	HAMMOND HALL
7:00PM	BOB'S BROADWAY REHEARSAL PERFORMANCE	SUNPORCH
7:00PM	PHASE 10	GAMEROOM
	<b>TUESDAY 09/19/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	WATER AEROBICS	POOLSIDE
11:30AM	STANDING TAI CHI	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BOARD MEETING	SUNPORCH
3:00PM	TRIVIA	MAGNOLIA ROOM
6:30PM	VESPERS	SUNPORCH



	WEDNESDAY 09/20/2023	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	ACTIVE DANCE CARDIO	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
1:30PM	BINGO	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
1:30PM	BIBLE STUDY (viewing of "The Chosen" series)	MAGNOLIA ROOM
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	BOB'S BROADWAY REHEARSAL PERFORMANCE	SUNPORCH

	THURSDAY 09/21/2023	
TIME	EVENT	LOCATION
10:00AM	JIM HOWE TOUR OF DAHLONEGA WITH LUNCH AT THE SMITH HOUSE [RESIDENTS \$15.00]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	BIBLE STUDY (viewing of "The Chosen" series)	MAGNOLIA ROOM
1:30PM	TAI CHI WITH MARIE	HAMMOND HALL

	FRIDAY 09/22/2023	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO EXERCISE	HAMMOND HALL
10:45AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOLSIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	FALL HAPPY HOUR	BACK LOBBY
3:00PM	TARGET	DEPOT
7:00PM	CLASS ACT BAND	SUNPORCH

# ACTIVITIES

## SATURDAY, SEPTEMBER 16TH:

- STRENGTH AND BALANCE 10:00AM HAMMOND HALL
- SEATED BOXING WITH PAUL DELGADO 11:00AM HAMMOND HALL
- HELP TECH AND GAMES WITH YOUNG MEN'S LEAGUE 12:00PM MAGNOLIA ROOM
- RETRO JAZZ KATZ 2:00PM SUNPORCH
- VIGIL CATHOLIC MASS 4:00PM SUNPORCH
- POKER 7:00PM GAME ROOM

## SUNDAY, SEPTEMBER 17TH:

- CHRISTIAN FELLOWSHIP 2:00PM SUNPORCH

## MONDAY, SEPTEMBER 18TH:

- BINGO PCC 10:30AM PCC FLOOR WITH YOUNG MEN'S LEAGUE
- LINE DANCE WITH JAMAL 1:30PM HAMMOND HALL
- BOB'S BROADWAY REHEARSAL PERFORMANCE 7:00PM SUNPORCH
- PHASE 10 7:00PM GAME ROOM

## TUESDAY, SEPTEMBER 19TH:

- STANDING AEROBICS 10:00AM HAMMOND HALL
- WATER AEROBICS 11:00AM POOLSIDE
- STANDING TAI CHI 11:30AM HAMMOND HALL [\*NEW CLASS]
- MANIPULATION 1:00PM AZALEA ROOM
- BOARD MEETING 1:30PM SUNPORCH
- RUMMIKUB 1:30PM GAME ROOM
- TRIVIA 3:00
- VESPERS 6:30PM SUNPORCH

## WEDNESDAY, SEPTEMBER 20TH:

- CHAIR YOGA 10:00AM HAMMOND HALL
- ACTIVE DANCE CARDIO 11:00AM HAMMOND HALL
- BINGO 1:30PM GAME ROOM
- BOB'S BROADWAY REHEARSAL PERFORMANCE 7:00PM SUNPORCH

## THURSDAY, SEPTEMBER 21ST:

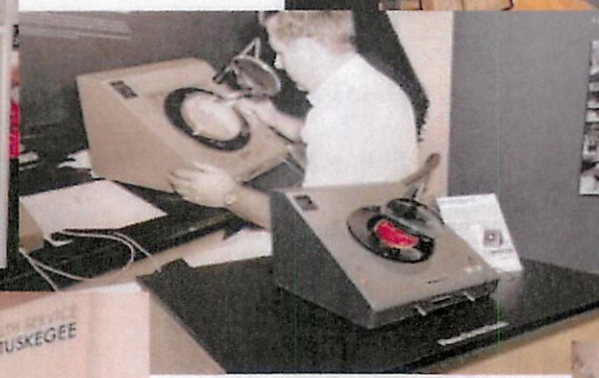
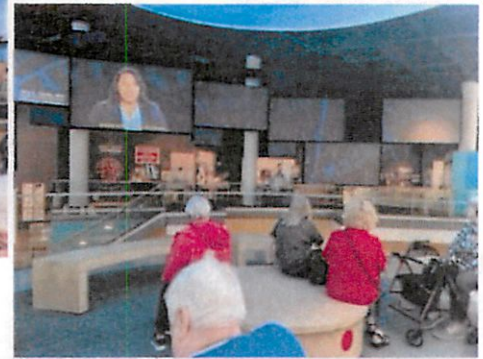
- CHAIR AEROBICS 10:00AM HAMMOND HALL
- JIM HOWE TOUR OF DAHLONEGA WITH LUNCH AT SMITH HOUSE 10:00AM BUS DEPOT  
[RESIDENTS \$15.00]
- TAI CHI 1:30PM HAMMOND HALL
- DOMINOES 7:00PM GAME ROOM

## FRIDAY, SEPTEMBER 22ND:

- CARIDO EXERCISE 10:00AM HAMMOND HALL
- WATER AEROBICS 11:00AM POOLSIDE
- FALL HAPPY HOUR 2:00PM BACK LOBBY
- CLASS ACT BAND 7:00PM SUNPORCH



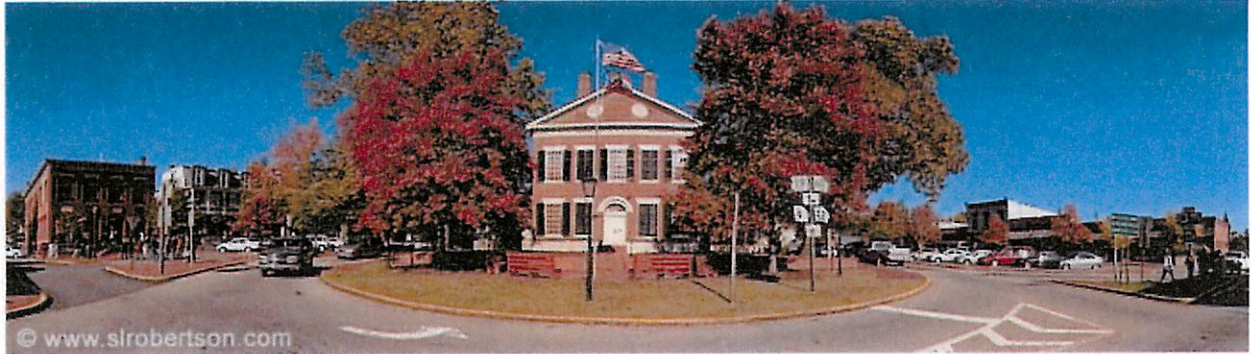
# CDC MUSEUM





## ACTIVITY CORNER

JIM HOWE TOUR OF  
DAHLONEGA THURSDAY  
SEPT. 21ST



### SEATED BUS TOUR OF THE BEAUTIFUL CITY OF DAHLONEGA, GA WITH LUNCH AT THE SMITH HOUSE

**PLEASE SIGN UP ON THE ACTIVITY WALL NEAR THE MAILROOM FRIDAY,  
SEPTEMBER 15TH. IF YOU SIGN UP AND NEED TO CANCEL, THE DEADLINE IS  
MONDAY, SEPTEMBER 18TH.**

**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.**

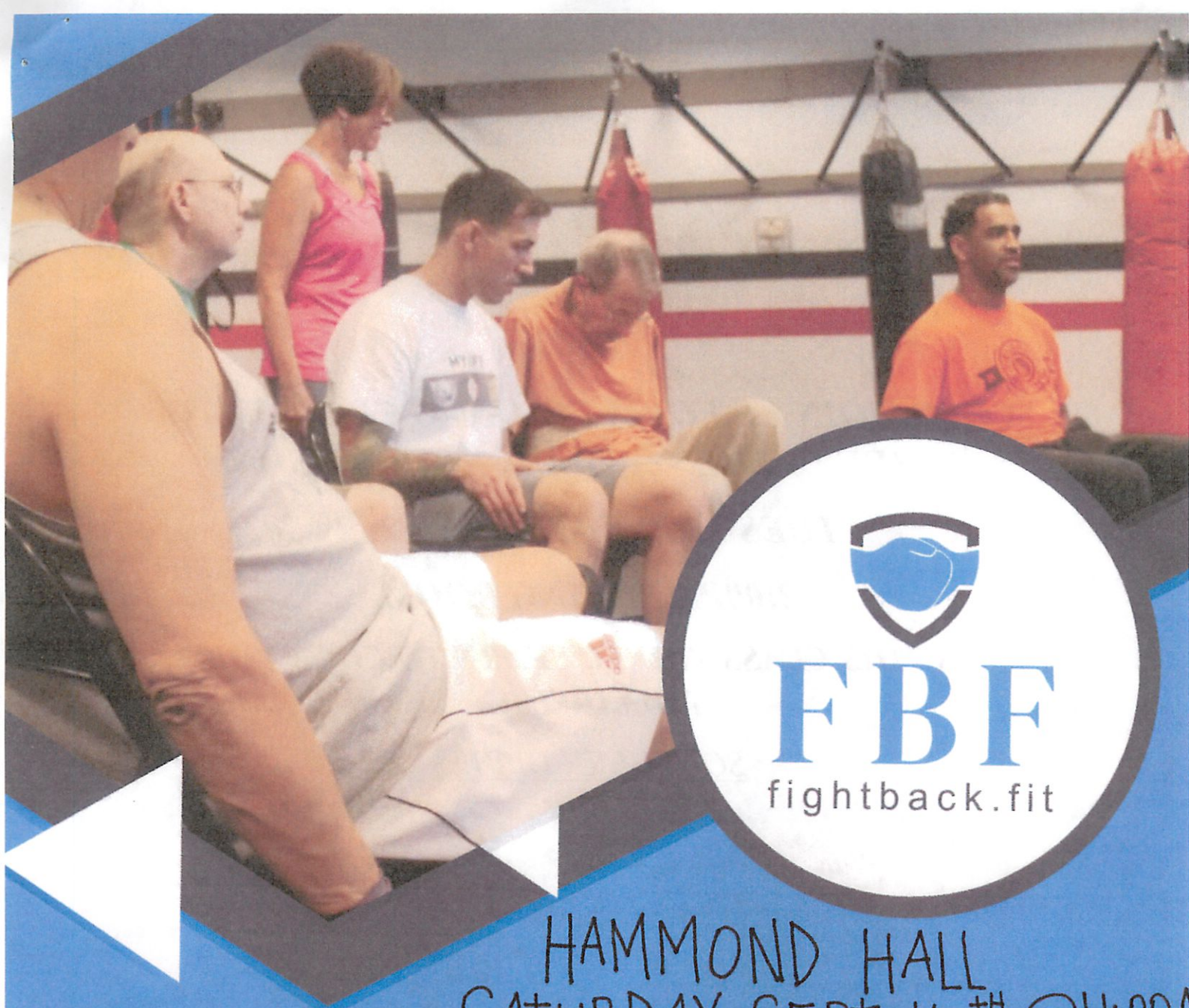


## WE WANT TO WISH

- ANITA HERMAN B801-803 9/16
- JOHNNY FOWLER B913 9/18
- ROBERT TOBIN A509 9/20
- DAVID CHRISTIAN B110 9/20
- YVONNE WRIGHT B112 9/21
- MARILYN DONNELLY B410 9/22
- AGNES BENSON A1015 9/23
- MARY ELLEN TREPANIER B713 9/23

**A VERY HAPPY BIRTHDAY !!**





HAMMOND HALL  
SATURDAY SEPT. 16<sup>TH</sup> @ 11:00A

**INTENTIONAL BOXING CLASS FOR ALL RESIDENTS**

**BOXING FROM A SEATED OR STANDING POSITION**

**MOUNT VERNON TOWERS**

HOSTED BY FIGHT BACK FIT [WWW.FIGHTBACK.FIT](http://WWW.FIGHTBACK.FIT)

THE EVENT WILL TAKE PLACE THIS SATURDAY @ 11AM







**COME JOIN US FOR A COOKING CLASS WITH  
CHEF DAMIEN AND DONNA JACKSON**

**TUESDAY SEPTEMBER 26<sup>TH</sup>, 2023**

**2:00PM DINING ROOM**

**IN THIS CLASS YOU'LL LEARN TO COOK THE  
FOLLOWING:**

**SOUTHERN DISHES**



**SQUASH CASSEROLE / PINEAPPLE CASSEROLE**

**PLEASE SIGN UP ON THE ACTIVITY WALL IN THE  
BACK LOBBY. ANY QUESTIONS OR CONCERNS PLEASE  
CONTACT BRIANNA**





## ATTENTION ARTIST!

MVT artist alley has been running for more than a year with support of Diane Durham. We thank her for the time and knowledge in making it so successful. The artist alley is now being managed by Denise Athanas and Mary Corbitt. We are excited about planning and scheduling shows and other activities for the remainder of this year and next.

If you are interested in showcasing your artwork, photography, or sculptures, please contact one of us. We are currently in the process of preparing for our next exhibit. We also welcome suggestions for other art activities. If interested, we hope to hear from you as soon as possible.



## MENUS

**SATURDAY, SEPTEMBER 16<sup>TH</sup>**

### BREAKFAST:

- FRENCH TOAST, SAUSAGE & FRUIT
- 2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

### LUNCH:

**BUILD YOUR OWN SALAD BAR: YOUR CHOICE OF MIXED GREENS, ROMAINE, OR ICEBERG LETTUCE WITH TOPPINGS [SHREDDED CHEESE, CROUTONS, DRIED CRANBERRIES, RED ONIONS, BOILED EGGS, BACON BITS, GRILLED CHICKEN, SALAD SHRIMP, TOMATOES, CUCUMBERS]**

**HOT DOG BAR: YOUR CHOICE OF TOPPINGS [CHILI, CHEESE, SAUERKRAUT, ONIONS, COLE SLAW, RELISH, TOMATOES]**



**SUNDAY, SEPTEMBER 17<sup>TH</sup>**

**BRUNCH:**

**DINING ROOM ONLY**

**OMELET STATION W/BACON AND BUTTERED GRITS**

**SCRAMBLED EGGS**

**CINNAMON WAFFLES**

**BAKED CHICKEN WITH RICE PILAF AND GREEN BEANS**

**SMOKED SALMON AND BAGEL STATION**

**DESSERTS AND PASTRIES**

**FRESH FRUIT**

**DELIVERY**

**BAKED CHICKEN WITH RICE PILAF AND GREEN BEANS**

**OR**

**HAM AND CHEESE QUICHE WITH FRESH FRUIT AND  
PASTRY**



**MONDAY, SEPTEMBER 18<sup>th</sup>**

**SOUP OF THE WEEK:**

**GARDEN VEGGIE SOUP**

**VEGETABLE OF THE WEEK:**

**CABBAGE**

**BREAKFAST:**

- **FRENCH TOAST, SAUSAGE & FRUIT**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

**LUNCH:**

- **EGG SALAD ON CROISSANT WITH 1 SIDE**

**DINNER:**

**CHEF'S TABLE**

**STUFFED CHICKEN BREAST WITH MASHED POTATOES  
AND BROCCOLI**

**OR**

**STEAK FAJITAS WITH CORN AND ROASTED ZUCCHINI**



## **TUESDAY, SEPTEMBER 19<sup>TH</sup>**

### **BREAKFAST:**

- FRENCH TOAST, SAUSAGE & FRUIT
- 2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

### **LUNCH:**

- TACO SALAD WITH 1 SIDE

### **DINNER:**

- COCONUT CURRY FISH WITH 2 SIDES

**WEDNESDAY, SEPTEMBER 20<sup>TH</sup>**

**BREAKFAST:**

- FRENCH TOAST, SAUSAGE & FRUIT
- 2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

**LUNCH:**

- MEDITERRANEAN CHICKEN SANDWICH WITH 1 SIDE

**DINNER:**

**CHEF'S TABLE**

**FRIED CHICKEN SERVED WITH BAKED BEANS AND OKRA  
AND TOMATOES**

**POT ROAST WITH MASHED POTATOES AND SPINACH**



**THURSDAY, SEPTEMBER 21<sup>ST</sup>**

**BREAKFAST:**

- FRENCH TOAST, SAUSAGE & FRUIT
- 2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

**LUNCH:**

- HAWAIIAN PIZZA WITH 1 SIDE

**DINNER:**

- SEAFOOD STUFFED TILAPIA WITH 2 SIDES

## **FRIDAY, SEPTEMBER 22<sup>ND</sup>**

### **BREAKFAST:**

- FRENCH TOAST, SAUSAGE & FRUIT
- 2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

### **LUNCH:**

- BATTERED COD WITH 1 SIDE

### **DINNER:**

- CHICKEN AND SAUSAGE JAMBALAYA WITH 2 SIDES