

TOWERS TALK– NOVEMBER 17, 2023

ACTIVITIES

	SATURDAY 11/18/2023	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	CARAMEL APPLE DECORATING WITH YOUNG MEN LEAGUE GROUP	BACK LOBBY
4:00PM	VIGIL CATHOLIC MASS	SUN PORCH
2:00PM	MEET THE CANDIDATES [OWNERS ONLY]	SUNPORCH
7:00PM	POKER	GAME ROOM

	SUNDAY 11/19/2023	
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

	MONDAY 11/20/2023	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:30PM	IDEA DISCUSSION	LIBRARY
7:00PM	PHASE 10	GAMEROOM

	TUESDAY 11/21/2023	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUNPORCH

	WEDNESDAY 11/22/2023	
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 PICK UP TIME</i>)	DEPOT
3:30PM	LAIGH LANGLEY AND TRIO	SUNPORCH

	THURSDAY 11/23/2023	
		

	FRIDAY 11/24/2023	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	COFFEE & BEIGNETS WITH BRIANNA	BACK LOBBY
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	NOVEMBER BIRTHDAY CELEBRATION CAKE AND BEVERAGES [EVERYONE WELCOME]	BACK LOBBY
3:00PM	TARGET	DEPOT

ACTIVITIES

SATURDAY, NOVEMBER 18TH:

- STRENGTH AND BALANCE 10:00AM HAMMOND HALL
- CARAMEL APPLE DECORATION WITH YOUNG MEN'S LEAGUE BACK LOBBY 12:00PM
- VIGIL CATHOLIC MASS 3:45PM SUNPORCH
- POKER 7:00PM GAME ROOM
- MEET THE CANDIDATES [OWNERS ONLY] 2:00PM SUNPORCH
- T-TONES CONCERT CANCELLED

SUNDAY, NOVEMBER 19TH:

- CHRISTIAN FELLOWSHIP 2:00PM SUNPORCH

MONDAY, NOVEMBER 20TH:

- CHAIR YOGA 10:00AM HAMMOND HALL
- BIBLE STUDY 2:00PM MAGNOLIA ROOM
- IDEA DISCUSSION 3:30PM LIBRARY
- PHASE 10 7:00PM GAME ROOM

TUESDAY, NOVEMBER 21ST:

- STANDING AEROBICS 10:00AM HAMMOND HALL
- MANIPULATION 1:00PM AZALEA ROOM
- RUMMIKUB 1:30PM GAME ROOM
- VESPERS 6:30PM SUNPORCH

WEDNESDAY, NOVEMBER 22ND:

- CHAIR YOGA 10:00AM HAMMOND HALL
- ACTIVE DANCE CARDIO 11:00AM HAMMOND HALL
- BIBLE STUDY 1:30PM MAGNOLIA ROOM
- LAIGH LANGLEY AND TRIO 3:30P SUNPORCH

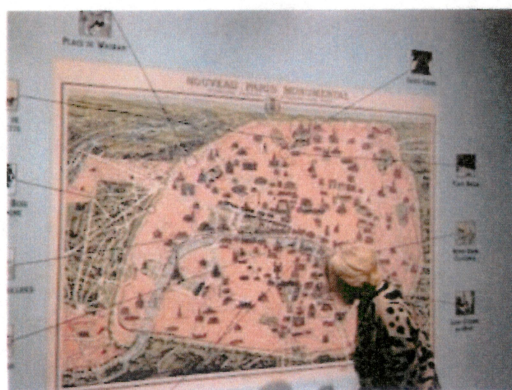
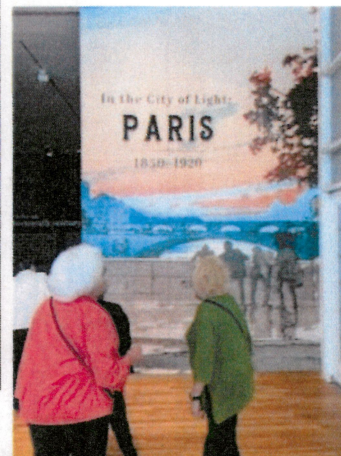
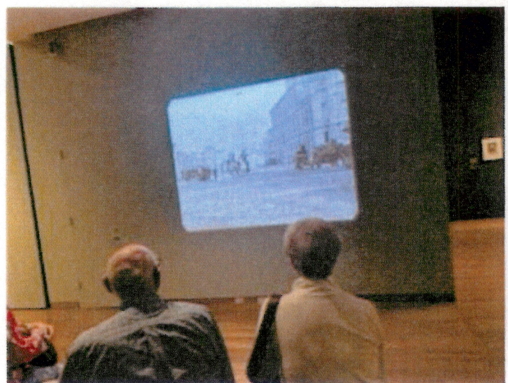
THURSDAY, NOVEMBER 23RD:



FRIDAY, NOVEMBER 24TH:

- CARIDO EXERCISE 10:00AM HAMMOND HALL
- COFFEE & BEIGNETS WITH BRIANNA 10:30AM BACK LOBBY
- NOVEMBER BIRTHDAY CELEBRATION [EVERYONE WELCOME] 2:00PM BACK LOBBY

HIGH MUSEUM





WE WANT TO WISH

- . BETSY BYRD A214 11/18
- . BILL THACKSTON A915 11/21
- . JANICE ADAMS B1001 11/23
- . JOSEPH AMARAL A1002 11/23
- . CARLOS RENNELLA B207 11/24

ADMINISTRATION CORNER

RED BOX

We are blessed with fantastic employees, and every year at this time, the residents of Mount Vernon Towers say THANK YOU to our **Non-management** staff for all they have done for us during the year. Maintenance and Housekeeping work behind the scenes, making life at the Towers run smoothly. The Personal Care Staff provides excellent care for our residents in the Personal Care Center. We rely on the Servers and Kitchen Staff in the Dining Room to make your mealtime a pleasant experience. The Front Desk staff go out of their way to be of service at all times, while the Activities and Transportation personnel work hard to keep the residents entertained and active.

The Towers has historically had a NO TIPPING policy. In its place, we have the "Little Red Box." There are two little Red Boxes, one at the Front Desk and the other on the Dining Room Host Stand. Donations in either box go into the Employee Appreciation Fund. All funds will be distributed to our **Non-management** staff based on years of service and hours worked. Contributions may be in the form of cash or check (checks preferred). Checks should be made payable to Mount Vernon Towers with the indication "Employee Appreciation Fund."

An Employee Appreciation Party is held for our **Non-management** staff in December of each year to distribute the monies. The red box will be out this year **until December 15th** if you wish to contribute.

Rita Malone
Executive Director



CARAMEL APPLE DECORATING WITH THE YOUNG
MEN'S LEAGUE SATURDAY NOV. 18TH

BACK LOBBY 12:00PM

TELL A FRIEND BRING A FRIEND!



BEIGNETS AND COFFEE WITH BRIANNA

FRIDAY NOV. 24TH

BACK LOBBY 10:00AM

TELL A FRIEND BRING A FRIEND!

Wednesday,
December 6th

MVT Bake Sale

10:00am-
1:30pm
Back lobby



Indulge your taste buds at the MVT Bake Sale on December 6, where our residents will showcase their culinary talents with a tempting array of homemade breads, pies, cakes, and cookies.

PARTICIPANTS NEED TO SIGN UP ON THE ACTIVITY
WALL NEAR MAILROOM BY NOVEMBER 27TH

MENUS

SATURDAY, NOVEMBER 18TH

BREAKFAST:

- **BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

GYRO WITH 1 SIDE

SUNDAY, NOVEMBER 19TH

BRUNCH:

DINING ROOM ONLY

OMELET STATION W/BACON AND BUTTERED GRITS

FRUIT PLATTER

**BUTTERMILK PANCAKES, SAUSAGE AND BREAKFAST
POTATOES**

**GRILLED CHICKEN WITH PESTO, ZUCCHINI & ROASTED
CAULIFLOWER**

CARVED PORK LOIN

DESSERTS AND PASTRIES

DELIVERY

**BUTTERMILK PANCAKES, SAUSAGE AND BREAKFAST
POTATOES**

**GRILLED CHICKEN WITH PESTO, ZUCCHINI & ROASTED
CAULIFLOWER**

MONDAY, NOVEMBER 20TH

SOUP OF THE WEEK:

BUTTERNUT SQUASH SOUP

VEGETABLE OF THE WEEK:

ACORN SQUASH

BREAKFAST:

- **BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **PHILLY CHEESESTEAK QUESADILLA WITH 1 SIDE**

DINNER:

TABLE 1

HERB CRUSTED TILAPIA WITH WILD RICE AND CABBAGE

TABLE 2

CHICKEN CACCIATORE WITH MASHED POTATOES AND SPINACH

TUESDAY, NOVEMBER 21ST

BREAKFAST:

- **BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **SHRIMP CAESAR WRAP WITH 1 SIDE**

DINNER:

- **BAKED FISH W/LEMON CAPER SAUCE WITH 2 SIDES**

WEDNESDAY, NOVEMBER 22ND

BREAKFAST:

- **BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **CUBAN SANDWICH WITH 1 SIDE**

DINNER:

CHEF'S TABLE

MEATLOAF WITH MASHED POTATOES AND GREEN PEAS

OR

FRIED CHICKEN WITH RICE PILAF AND ROASTED BEETS

THURSDAY, NOVEMBER 23RD

BREAKFAST:

- **BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **THANKSGIVING BRUNCH RESERVATIONS ONLY!**

FRIDAY, NOVEMBER 24TH

BREAKFAST:

- BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS
- 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, HARD BOILED EGGS, BACON BITS, GRILLED CHICKEN, SALAD SHRIMP, TOMATOES, CUCUMBERS] WITH YOUR CHOICE OF DRESSING

FROM THE GRILL HOT DOG OR HAMBURGER BAR: WITH ALL THE FIXINGS [SAUERKRAUT, CHILI, CHEESE, LETTUCE, TOMATO, ONIONS] WITH ONION RINGS

DINNER:

- CHICKEN PICCATA WITH 2 SIDES