



## **A NOTE FROM OUR EXECUTIVE DIRECTOR**

Thanksgiving is a time of cheerful celebrations, yet also a time of reflection. As Thanksgiving has now come and gone, I have so much to be thankful for, but one especially is the blessings I feel every time I walk through the doors at Mount Vernon Towers. I am thankful to be a part of the great community in which we are.

I wish our Mount Vernon Towers family, friends, and staff a wonderful and joyful Holiday Season. .

**Rita Malone**  
Executive Director

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## **EMPLOYEE APPRECIATION FUND**

Thank you very much to those who have contributed to the annual employee fund. Most of you know this is a voluntary program for residents and owners to express appreciation at the year's end.

Employees are not allowed to take tips during the year because Mount Vernon Towers is your home, and you are not expected to feel obligated to tip for various services you are provided. However, if you are inclined, a contribution to the employee fund is greatly appreciated by the non-management staff here at the Towers. It is not easy to express how much it means to the employees. It allows them to do their Christmas shopping and relieves some of the monetary stress that some feel during the holidays. If you haven't contributed but would like to, we will take donations up until the 14th of December and distribute the funds to the employees at their annual employee appreciation party.

Again, thank you so much for taking care of our hard-working staff.



# TOWERS TALK– NOVEMBER 24, 2023

## ACTIVITIES

	<b>SATURDAY 11/25/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
4:00PM	VIGIL CATHOLIC MASS	SUN PORCH
7:00PM	POKER	GAME ROOM
	<b>SUNDAY 11/26/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH
4:00PM	BOOKCLUB	HAMMOND HALL
	<b>MONDAY 11/27/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	CHAIR YOGA	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	CURRENT EVENTS	SUNPORCH
3:30PM	IDEA DISCUSSION	LIBRARY
7:00PM	PHASE 10	GAMEROOM
	<b>TUESDAY 11/28/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
3:00PM	TRIVIA	MAGNOLIA ROOM
6:30PM	VESPERS	SUNPORCH

	<b>WEDNESDAY 11/29/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>9:00AM</b>	<b>TRADER JOE'S &amp; CVS</b>	<b>DEPOT</b>
<b>10:00AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:45AM</b>	<b>ALDI</b>	<b>DEPOT</b>
<b>11:00AM</b>	<b>ACTIVE DANCE CARDIO</b>	<b>HAMMOND HALL</b>
<b>11:00AM</b>	<b>EPISCOPAL EUCHARIST</b>	<b>MAGNOLIA ROOM</b>
<b>1:30PM</b>	<b>BINGO</b>	<b>GAME ROOM</b>
<b>1:30PM</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>3:00PM</b>	<b>PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)</b>	<b>DEPOT</b>

	<b>THURSDAY 11/30/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>JIM HOWE BUS TOUR MARIETTA W/LUNCH AT MARIETTA DINER</b>	<b>BUS DEPOT</b>
<b>10:00AM</b>	<b>CHAIR AEROBICS</b>	<b>HAMMOND HALL</b>
<b>1:30PM</b>	<b>BIBLE STUDY VIEWING OF THE CHOSEN SERIES</b>	<b>MAGNOLIA ROOM</b>
<b>1:30PM</b>	<b>TAI CHI WITH MARIE</b>	<b>HAMMOND ROOM</b>
<b>3:30PM</b>	<b>ROSWELL NEW HORIZON BAND</b>	<b>SUNPORCH</b>
<b>7:00PM</b>	<b>BUDGET REVIEW</b>	<b>SUNPORCH</b>
<b>7:00PM</b>	<b>DOMINOES</b>	<b>GAME ROOM</b>

	<b>FRIDAY 12/1/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>9:00AM</b>	<b>PUBLIX</b>	<b>DEPOT</b>
<b>10:00AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:45AM</b>	<b>WALMART</b>	<b>DEPOT</b>
<b>1:30PM</b>	<b>KROGER &amp; DRY CLEANERS</b>	<b>DEPOT</b>
<b>3:00PM</b>	<b>COSTCO</b>	<b>DEPOT</b>
<b>3:30PM</b>	<b>SHARP AFFAIR BAND</b>	<b>HAMMOND HALL</b>



# ACTIVITIES

## SATURDAY, NOVEMBER 25TH:

- STRENGTH AND BALANCE 10:00AM HAMMOND HALL
- HAPPY TAILS PET THERAPY 10:15AM BACK LOBBY
- VIGIL CATHOLIC MASS 4:00PM SUNPORCH
- POKER 7:00PM GAME ROOM

## SUNDAY, NOVEMBER 26TH:

- CHRISTIAN FELLOWSHIP 2:00PM SUNPORCH
- BOOKCLUB 4:00PM HAMMOND HALL

## MONDAY, NOVEMBER 27TH:

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

## TUESDAY, NOVEMBER 28TH:

- STANDING AEROBICS 10:00AM HAMMOND HALL
- STANDING TAI CHI WITH MARIE 11:30AM HAMMOND HALL
- MANIPULATION 1:00PM AZALEA ROOM
- RUMMIKUB 1:30PM GAME ROOM
- TRIVIA 3:00PM MAGNOLIA ROOM
- VESPERS 6:30PM SUNPORCH

## WEDNESDAY, NOVEMBER 29TH:

- CHAIR YOGA 10:00AM HAMMOND HALL
- ACTIVE DANCE CARDIO 11:00AM HAMMOND HALL
- BINGO 1:30PM GAME ROOM
- BIBLE STUDY 1:30PM MAGNOLIA ROOM

## THURSDAY, NOVEMBER 30TH:

- JIME HOWE BUS TOUR OF MARIETTA LUNCH AT MARIETTA DINER 10:00AM BUS DEPOT

## [RESIDENTS \$15.00]

- ROSWELL NEW HORIZON BAND CONCERT 3:30PM SUNPORCH
- BUDGET REVIEW 7:00PM SUNPORCH

## FRIDAY, DECEMBER 1ST:

- CARIDO EXERCISE 10:00AM HAMMOND HALL
- SHARP AFFAIR BAND 3:30PM HAMMOND HALL

BE ON THE LOOK OUT  
FOR OUR THIRD ANNUAL  
BUY FOR NOTHING DAY  
COMING FEBRUARY  
2024.....



JIME HOWE  
MARIETTA BUS TOUR  
WITH LUNCH AT  
MARIETTA DINER  
THURSDAY NOV.30TH  
10:00AM BUS DEPOT



## JIME HOWE BUS TOUR OF MARIETTA

**SIGN-UP SHEET WILL BE AVAILABLE FRIDAY 11/24 AT 10:00AM. IF YOU NEED  
TO**

**CANCEL, THE DEADLINE IS  
MONDAY, NOVEMBER 27TH.**

**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

- . MADELINE HUPPERT A701 11/25
- . GERARD ROBINSON A706 11/25
  - . PEPPER SMITH A510 11/26
  - . LUCILLE CLARK PCC-17 11/26
- . ANTHONY COLLOTTA A906 11/26
  - . LEE BAGGETT A704 11/27
  - . GERY LAUBE A1006 11/27
  - . MARGIE COOK A604 11/28
  - . ETHEL RICKEY A315 11/28



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 25<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 WITH FRUIT AND TOAST**

### **LUNCH:**

**BATTERED COD WITH 1 SIDE**



**SUNDAY, NOVEMBER 26<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**

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



**MONDAY, NOVEMBER 27<sup>TH</sup>**

**SOUP OF THE WEEK:**

**CHICKEN NOODLE SOUP**

**VEGETABLE OF THE WEEK:**

**BEETS**

**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 WITH FRUIT AND TOAST

**LUNCH:**

- EGG SALAD ON CROISSANT WITH 1 SIDE

**DINNER:**

**TABLE 1**

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

**TABLE 2**

**STEAK FAJITAS WITH CORN AND ROASTED ZUCCHINI**

## **TUESDAY, NOVEMBER 28<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 WITH FRUIT AND TOAST

### **LUNCH:**

- TACO SALAD WITH 1 SIDE

### **DINNER:**

- COCONUT CURRY FISH WITH 2 SIDES



## **WEDNESDAY, NOVEMBER 29<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 WITH FRUIT AND TOAST**

### **LUNCH:**

- **MEDITERRANEAN CHICKEN SANDWICH WITH 1 SIDE**

### **DINNER:**

**CHEF'S TABLE**

**POT ROAST WITH MASHED POTATOES AND SPINACH**

**OR**

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

## **THURSDAY, NOVEMBER 30<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 WITH FRUIT AND TOAST**

### **LUNCH:**

- **HAWAIIAN PIZZA WITH 1 SIDE**

### **DINNER:**

- **DINNER SPECIAL - SEAFOOD STUFFED TILAPIA WITH 2 SIDES**



## **FRIDAY, DECEMBER 1<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 WITH FRUIT AND TOAST

### **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**

**LOADED BAKED POTATO BAR: WITH ALL THE FIXINGS INCLUDE [SHREDDED CHEESE, NACHO CHEESE, STEAMED BROCCOLI, GRILLED CHICKEN, SHRIMP, SOUR CREAM, GREEN ONION, BACON BITS, BUTTER, SPINACH]**

### **DINNER:**

- CHICKEN AND SAUSAGE JAMBALAYA WITH 2 SIDES