



TOWERS TALK

January 26–February 2

ADMINISTRATION CORNER



Hello MVT Community!

I hope everyone is doing well and enjoying the warmer weather we've been experiencing this week.

A few updates. Regarding the repair of the double elevator,

unfortunately, the scheduled repair for the right side of the elevator couldn't be completed as planned due to a back-ordered part. However, we are actively searching for another company that may have the required part in stock. I apologize for any inconvenience this has caused and appreciate your understanding.

To enhance the security and safety of our community, if the installation goes well, starting Saturday, January 27th, there will be a change in access for the door entering the single B elevator. Moving forward, a door card will be required to enter through that door.

On a brighter note, Valentine's Day is just around the corner, and we have



something special planned for you! Our kitchen will be preparing delicious cookie grams with your choice of three personalized messages. These delightful treats will be delivered to your special someone on Valentine's Day. Each cookie gram will cost \$2.00, which

will be applied to your bill. To place an order, please visit the host stand. The deadline to place your order is February 12th at 5 pm.

Wishing you all a wonderful weekend filled with joy and happiness!

Rita Malone, Executive Director

Residents Corner

Meet Carol Hanner, a transplant from Ohio who's added over 45 years of charm to the city. Living at Mount Vernon Towers for the past 8.5 years, Carol is more than just a resident – she's a community luminary.



With a warm smile that reflects years of shared stories and laughter, Carol thrives on the genuine connections she's forged. As a Floor Rep, avid bookworm, and poetic spirit, she's woven into the fabric of our community. But that's not all – Carol also lends her wisdom to the Nominating Committee, ensuring the collective voice of Mount Vernon Towers resonates with the diversity it deserves. When not immersed in community affairs, you can find Carol lost in the pages of a book or strategically plotting her next move in a game of Bridge.



Happy Birthday to Shirley Plotkin on January 27th, James Corbitt on January 29th, Sue Wilser on January 29th, and Robert McCallum on February 1st! Wishing each of you a fantastic day filled with joy, laughter, and wonderful moments!



SOUP OF THE WEEK

VEGETABLE BEEF AND BARLEY

VEGETABLE OF THE WEEK

SNAP PEAS

DAILY BREAKFAST 8 AM-9:30 AM

BELGIAN WAFFLE WITH FRESH BERRIES, WHIPPED CREAM & SAUSAGE LINKS. OMELETS MADE TO ORDER WITH YOUR CHOICE OF HAM, SAUSAGE, VEGETABLES AND CHEESE. SERVED WITH GF FRUIT AND TOAST

Saturday, January 27

LUNCH

Gyro w/1 side

Sunday, January 28

BRUNCH

Dining Room Only

Omelet Station with Grits, Bacon,
Fresh Fruit, Dessert & Pastries, Scrambled
Eggs, Breakfast Potatoes,
Buttermilk Sausage Pancakes
Grilled Chicken w/Pesto, Squash Casserole
Carved Pork Loin

DELIVERY

Buttermilk Sausage Pancakes
Grilled Chicken w/Pesto, Squash Casserole &
Roasted Cauliflower

Monday, January 29

LUNCH

Cuban Sandwich w/ 1 side

DINNER

Chef Table 1

Fried Chicken w/Rice Pilaf and Roasted
Beets

Chef Table 2

Meatloaf w/Mashed Potatoes and Green
Beans

Tuesday, January 30

LUNCH

Shrimp Caesar Wrap w/ 1 side

DINNER

Baked Fish w/Lemon Caper Sauce
w/ 2 sides

Wednesday, January 31

LUNCH

Meatball Sub w/ 1 side

DINNER

ELEGANT DINING DINNER
RESERVATIONS ONLY

Thursday, February 1

LUNCH

Philly Cheesesteak Quesadilla
w/ 1 side

DINNER

Lemon Pepper Baked Chicken
w/ 2 sides

Call 404-255-7246

by 9 AM for Lunch Delivery

1:30 PM for Dinner Delivery

Dining Room Closed 2-3 pm

Friday, February 2

LUNCH

BUILD YOUR OWN SALAD BAR:

Your choice of mixed greens,
Romaine or Iceberg lettuce with
topping choices...shredded cheese,
croutons, dried cranberries, red
onions, hard boiled eggs, bacon
bits grilled chicken, salad shrimp,
tomatoes, cucumbers and your
choice of salad dressing

FROM THE GRILL - HOT DOG OR
HAMBURGER

With all the fixings (Sauerkraut,
Chili, Cheese, Lettuce, Tomatoes,
Onions) with Onion Rings

DINNER

Chicken Piccata w/ 2 sides

Lunch is Served from 11:30 am - 2:00 pm,
Monday - Friday Last seating at 1:15 pm
Dinner is Served from 4:30 pm - 7:00 pm,
Monday - Friday Last seating at 6:15 pm

TOWERS TALK– JANUARY 26, 2024

ACTIVITIES

	SATURDAY 1/27/2024	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
4:00PM	VIGIL CATHOLIC MASS	SUNPORCH
7:00PM	POKER	GAME ROOM
	SUNDAY 1/28/2024	
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUNPORCH
4:00PM	BOOK CLUB: "DEMON COPPERHEAD	HAMMOND HALL
	MONDAY 1/29/2024	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM
	TUESDAY 1/30/2024	
TIME	EVENT	LOCATION
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 WITH MARIE	MAGNOLIA ROOM
6:30PM	VESPERS	SUNPORCH

	WEDNESDAY 1/31/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	KAREN'S CONCIERGE VISIT [see info on flyers]	BACK LOBBY
11:00AM	ACTIVE DANCE CARDIO	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	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
3:30PM	LOOSE SHOES BAND	SUNPORCH
4:30PM	ELEGANT DINING RESERVATIONS ONLY	DINING ROOM

	THURSDAY 2/1/2024	
TIME	EVENT	LOCATION
10:00AM	APEX MUSEUM W/LUNCH AT HATTIE B'S HOT CHICKEN [RESIDENTS \$8.00]	BUS DEPOT
1:30PM	BIBLE STUDY VIEWING OF THE CHOSEN SERIES	MAGNOLIA ROOM
1:30PM	TAI CHI WITH MARIE	HAMMOND ROOM
7:00PM	MUSIC W/ ROBERT RICE	SUNPORCH

	FRIDAY 2/2/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	SCAVENGER HUNT	DINING ROOM
3:00PM	COSTCO	DEPOT
3:30PM	CLASS ACT DUO BAND	SUNPORCH

BASEMENT CLOSED FROM B-ELEVATOR TO GAME ROOM FOR FLOOR FINISHING

SATURDAY 1/27 FROM 7:00PM-7:00AM UNTIL SUNDAY MORNING 1/28

BOOKCLUB CORNER

The MVT Book club will be meeting Sunday, January 28 at 4:00PM in Hammond Hall. It will be an organizational meeting to discuss options for choosing our books. All are welcome.

