



# TOWERS TALK

January 20-26

## ADMINISTRATION CORNER



Hello, MVT Community! Happy Friday! I hope you're all well and staying warm during this bitterly cold week. I wanted to remind everyone that, especially during winter weather, it's essential to check your door box in the mornings for any updates or

changes to our regular routine.

I wanted to bring to your attention an article in the Rough Draft Atlanta regarding the proposal by the Sandy Springs Fire Department to charge businesses for non-emergency services. This would include calls requesting assistance in picking up a fallen resident. However, I am pleased to inform you that Mount Vernon Towers has been granted an exemption from this rule. We are grateful for this consideration and want to express our appreciation to our local Police Department and Fire Department for their support. Please take the opportunity to thank them whenever you can.

Now, let's move on to some exciting news! SAVE the date for an Elegant Dinner on January 31st. This classy event will bring the holiday party atmosphere from the Sun Porch to our Dining Room. The best part is that you can enjoy the special meal by dining in, getting takeout, or even having it delivered. And for those who prefer a regular meal, we will also have that option available for delivery or takeout, ensuring that everyone gets to enjoy a spectacular meal.

### (Administrative Corner Continued)

To ensure you get this unique culinary experience, check out the menu and reserve your spot with Susan in the Back Lobby on Wednesday, January 24th, at 10 am.

I also want to thank everyone who has updated and returned their communication/emergency forms. So far, I have received 210 forms! The demand for receiving communication updates via text message has significantly increased. I am thrilled to announce that I will launch a program in February that will allow me to quickly send updates to all of you who have indicated a preference for communication via text. This digital communication method (text and email) will ensure faster updates for everyone in the building. Don't worry, though. Even with this new program, communication updates will still be delivered to the door pockets for those who don't have mobile phones or email. Stay tuned for further details about this exciting launch in the upcoming weeks.

Remember to bundle up if you're heading outside and have a fantastic weekend!

**Rita Malone, Executive Director**

## KNOW YOUR NEIGHBOR



Introducing Barbara Hughes from B610 who has lived here for over a year and half. What's the secret sauce to her happiness here? According to Barbara, it's all about the people who care and surround you all the time. Her fondness extends to her wonderful neighbors, making each day a delightful adventure.

Barbara is not just a resident; she's a globetrotter and a photography enthusiast! What truly sets Barbara apart is her heart of gold, dedicated to over 20 years of mission work in Zambia and 8 years with the Alliance for Children Everywhere.

Happy Birthday, Jeff Young of A401! Wishing you a day filled with joy, laughter, and wonderful surprises.





# MVT

## BUY FOR NOTHING DAY

**Tuesday, February 6**

**10 am - 2 pm  
Sun Porch**




**Unearth the thrill of  
sharing and giving old  
things a new lease on  
life! Because guess  
what? Your 'blah'  
might be someone  
else's 'ta-da'!**



**If you have a sofa, chair or other piece of furniture to part with, snap a pic with your name and number on it, and we'll display it at the event. Anyone who fancies your furniture can call you for more details.**

**Residents can bring their items to the Sun Porch after 5 pm on  
February 5 or the morning of February 6**





# AN ELEGANT NIGHT TO REMEMBER

WEDNESDAY, JANUARY 31ST

4:30 - 7:00 PM

RESERVATIONS BEGIN WEDNESDAY, JANUARY 24TH  
@ 10 AM IN THE BACK LOBBY!

RESIDENTS: \$27.00    GUESTS: \$29.00

## **COURSE ONE**

LOBSTER BISQUE SOUP

## **COURSE TWO**

PEAR AND GORGONZOLA SALAD WITH  
CIDERVINAIGRETTE DRESSING

## **COURSE THREE**

GRILLED 5 OZ FILET WITH CRAB STUFFED SHRIMP  
SERVED WITH HERB ROASTED FINGERLING POTATOES  
AND ASPARAGUS

## **COURSE FOUR**

KEY LIME PIE

FULL BAR AVAILABLE







# ALTERNATIVE TAKE OUT & DELIVERY MENU

CITRUS MARINATED CHICKEN  
BREAST, SERVED WITH  
MASHED POTATOES AND  
BROCCOLI





## SOUP OF THE WEEK

LOADED BAKED POTATO

## VEGETABLE OF THE WEEK

BRUSSEL SPROUTS

### DAILY BREAKFAST 8 AM-9:30 AM

BREAKFAST QUESADILLAS- EGGS, CHEESE & SAUSAGE WITH SOUR CREAM & SALSA  
2 EGGS YOUR WAY, CHEESE GRITS, TOASTS & BACON  
OMELETS MADE TO ORDER WITH YOUR CHOICE OF HAM, SAUSAGE, VEGETABLES,  
ANOCHEESE. SERVED WITH FRUIT AND TOAST

Saturday, January 20

#### LUNCH

Garden Vegetable Pizza  
[tomatoes, mushrooms, artichokes]  
with 1 side

Sunday, January 21

#### BRUNCH

Dining Room Only

Omelet Station with Grits, Bacon,  
Fresh Fruit, Dessert & Pastries,  
Scrambled Eggs, Breakfast Potatoes,  
Cinnamon Waffles,  
Baked Ziti with Broccoli and Garlic Bread

#### DELIVERY

Country Fried Steak w/Rice and Broccoli OR  
Egg Frittata with Italian Sausage,  
Roasted Tomatoes and Breadstick

Monday, January 22

#### LUNCH

Veggie Burger with 1 side

#### DINNER

Chef Table 1

Roasted Turkey Breast with Dressing and  
Greens

Chef Table 2

Creamy Crab Linguine Bake with Spinach and Garlic Bread

Tuesday, January 23

#### LUNCH

Portobello mushroom burger  
with 1 side

#### DINNER

Salisbury Steak with 2 sides

Wednesday, January 24

#### LUNCH

Grilled Tomato Pimento Cheese  
Sandwich with 1 side

#### DINNER

Chef Table Special

- Fried Chicken with Red Beans and  
Rice and Sautéed Swiss Chard
- BBQ Beef Tips with Mashed  
Potatoes and Glazed Carrots

Thursday, January 25

#### LUNCH

Buffalo Chicken Sandwich  
[Breaded Chicken Sandwich with  
Blue Cheese Crumbles on  
Buttered Bun] and with 1 side

#### DINNER

Sweet and Sour Pork with 2 sides

Friday, January 26

#### 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

Taco and Nacho Bar:

Your choice of chicken or beef tacos  
with all the fixings [cheese, sour  
cream, salsa, guacamole, cilantro]  
with Rice and Beans

#### DINNER

Chicken and Dumplings with 2 side

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

Call 404-255-7246 by:  
9 am for lunch  
1:30 pm dinner  
2pm-3pm dining room closed



# TOWERS TALK– JANUARY 19, 2024

## ACTIVITIES

	SATURDAY 1/20/2024	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
4:00PM	VIGIL CATHOLIC MASS	SUNPORCH
7:00PM	POKER	GAME ROOM

	SUNDAY 1/21/2024	
TIME	EVENT	LOCATION
2:00PM	NATIONAL CHARITY LEAGUE BINGO W/ REFRESHMENTS	GAME ROOM
2:00PM	CHRISTIAN FELLOWSHIP	SUNPORCH

	MONDAY 1/22/2024	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	CURRENT EVENTS	SUNPORCH
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 1/23/2024	
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
6:30PM	VESPERS	SUNPORCH

	WEDNESDAY 1/24/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	ELEGANT DINING RESVERATIONS W/SUSAN	BACK LOBBY
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	ACTIVE DANCE CARDIO	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BOARD MEETING	SUNPORCH
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	T-TONES CONCERT	SUNPORCH

	THURSDAY 1/25/2024	
TIME	EVENT	LOCATION
10:00AM	JIM HOWE ARCHITECTURAL BUS TOUR OF ATLANTA W/LUNCH AT OLIVE GARDEN [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 ROOM
7:00PM	STANDARDS PROJECT CONCERT	SUNPORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 1/26/2024	
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	PERIMETER MALL OR ROSS	DEPOT