



TOWERS TALK

February 9–February 16

ADMINISTRATION CORNER



It has been a beautiful week, and I hope everyone has been enjoying the warmer weather. Here are a few updates and reminders for our community.

TV Channel Survey:

The TV channel survey was sent out on Wednesday of this week. However, we had to revise the survey due to some channels that needed to be included. The new deadline for submitting the surveys to the front desk is February 19th. I understand that changes can be challenging, and I have received calls from residents expressing dissatisfaction. However, please understand that due to our outdated internet infrastructure, it is in our best interest to seek a provider to offer internet and TV packages together. I encourage everyone to fill out the survey and turn it in. Your input is crucial in shaping our future TV channel offerings.

Maintenance Updates:

In the maintenance department, we have been addressing the age-related concerns of our upper parking deck. We have contracted a structural engineering consulting firm to analyze, investigate, and report on the condition and load capacity of the upper deck. Today, the engineering firm conducted further testing to provide the necessary recommendations.

Additionally, we have been gathering quotes from various contractors to perform maintenance tasks such as painting the basement walls, repairing areas around the doors, and painting the dining room. This week, we also approved a bid to replace all the lighting on the upper deck and to install a height restriction bar at the entrance to the

upper deck to manage oversized/weight vehicles entering the deck. We will keep you informed about the start date of this project.

We will continue refinishing the basement floor this Saturday, February 10th, starting at 7:30 PM and ending on Sunday, February 11th, at 7:30 AM. The areas impacted will be from the double fire doors by the double elevator all the way to a door labeled number one. To ensure safety and uninterrupted work, the fitness room, game room, and Hammond Hall will only be accessible via the "B" elevator.

Dining News:

Remember to order a special Valentine Graham for your loved one as Valentine's Day approaches next week. You can place your order at the host stand in the dining room.

Valentine's Day Dinner:

We are thrilled to announce that we are almost sold out for the Valentine's Day Dinner next Wednesday. If you still need to make a reservation, please do so as soon as possible to secure your spot.

Mardi Gras Dinner Party:

Mark your calendars for the Mardi Gras Dinner Party on February 21st; the menu will be delivered on February 12th. Reservations will be taken at 10 AM in the back lobby on the 14th.

Finally, I hope everyone has a fantastic Super Bowl weekend!

Go Chiefs,
Rita Malone
Executive Director



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HAPPY BIRTHDAY!

February babies! Let's put our hands together for these gems:

MARILYN KODESH on 2/11
 BETTY GRANT on 2/13
 SARAH MILLS on 2/13
 BARBARA THOMAS on 2/14
 ROSALYN GOLDBERG on 2/15
 PEGGY VOLLMAR on 2/15
 LUCILLE NORRELL on 2/16



You rock! Here's a virtual high-five and a pat on the back for being beyond awesome!

Residents Corner



Say hello to the fabulous Shirley Burnett! Shirley has been a resident of MVT for the past nine months, bringing a burst of Floridian sunshine with her after moving to Georgia many years ago. She's a proud graduate of the University of Florida and a loving mom to two daughters who just happen to live in the area. Shirley never misses Wednesday BINGO and adores Vespers. When she's not winning games or soaking in the spiritual vibes, you can find her nose-deep in a book or chatting up a storm with new friends. She's all about the good vibes, and you can feel it too. Additionally, Shirley adores candy and is ever eager to share its sweetness.

≡Welcome≡

The Welcome Committee meets on Monday, February 12, at 1:30pm on the Sun Porch. If you did not sign-up, feel free to attend.

New residents (January 2023 - present) Save the Date – Monday February 19. Sign up for lunch or dinner by Thursday, February 15, by the mailroom. Details will be placed in new resident door boxes next week.



A massive shoutout to all who joined forces for the Buy For Nothing Day! You guys are awesome and made it a smashing success! Mark your calendars for June because we're doing it again!

AIN'T NO PARTY LIKE MARDI GRAS

Mark your calendars for the Mardi Gras Dinner Party on February 21st; the menu will be delivered on February 12th. Reservations will be taken at 10 AM in the back lobby on the 14th.

TOWERS TALK- FEBRUARY 9, 2024



	SATURDAY 2/10/2024	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:00PM	GAME DAY W/ NATL CHARITY LEAGUE	GAME ROOM
4:00PM	VIGIL CATHOLIC MASS	SUNPORCH
7:00PM	POKER	GAME ROOM
	SUNDAY 2/11/2024	
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUNPORCH
	MONDAY 2/12/2024	
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 2/13/2024	
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
2:30PM	SHOW & TELL	HAMMOND HALL
3:00PM	TRIVIA	MAGNOLIA ROOM
6:30PM	VESPER	SUNPORCH

	WEDNESDAY 2/14/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	HOLY INNOCENTS STUDENTS VALENTINE DAY	SUNPORCH
10:45AM	ALDI	DEPOT
11:00AM	ZUMBA *NEW CLASS ALERT*	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
4:30PM	VALENTINE'S DAY DINNER PARTY WITH DEB LIEB ON PIANO [RESERVATION ONLY]	SUNPORCH

	THURSDAY 2/15/2024	
TIME	EVENT	LOCATION
9:30AM	ALLIANCE THEATER 'FURLOUGH'S PARADISE" W/ LUNCH AT SOUTH CITY KITCHEN [RESIDENTS \$12.50]	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
3:30PM	BRADY & TRISH CONCERT	SUNPORCH

	FRIDAY 2/16/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS & DOLLAR TREE	DEPOT
3:30PM	CRAIG GLEASON CONCERT	SUNPORCH



SOUP OF THE WEEK

MINESTRONE

VEGETABLE OF THE WEEK

CARROTS

DAILY BREAKFAST 8 AM-9:30 AM

BREAKFAST SANDWICH-SPINACH, EGG & CHEESE ON A CROISSANT
OMELETS MADE TO ORDER WITH CHOICE OF HAM, SAUSAGE, VEGETABLES &
CHEESE. SERVED WITH TOAST & FRUIT

Saturday, February 10

LUNCH

Chicken Teriyaki Bowl with 1 Side

Sunday, February 11

BRUNCH

Dining Room Only

Omelet station w/Bacon and Buttered Grits
Scrambled Eggs, Breakfast Potatoes,
Desserts and Muffins, Fresh Fruit
Build Your Own Salad Bar
Fried Shrimp w/Yellow Rice and Broccoli

DELIVERY

Fried Shrimp w/Yellow Rice and Broccoli
OR
Spinach and Mushroom Frittata with Pastries
and Fruit

Monday, February 12

LUNCH

Trio Salad, Crackers with 1 Side

DINNER

Chef Table 1
Fried Chicken w/Mac & Cheese and Grilled
Zucchini
Chef Table 2
Shepherd's Pie with Spinach

Tuesday, February 13

LUNCH

Crab Cakes with 1 side

DINNER

Trout Almondine with 2 Sides

Wednesday, February 14

LUNCH

Turkey Bacon Ranch Spinach Wrap
with 1 side

DINNER

VALENTINE'S DAY DINNER
RESERVATIONS ONLY!!

Thursday, February 15

LUNCH

Baja Fish Tacos with 1 side

DINNER

Turkey Pot Pie with 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

Friday, February 16

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

DELI BAR

Bread Choice - Sub Rolls, Wheat,
White, or Rye. Meat Choice - Deli
Turkey, Ham, Tuna and/or Chicken
Salad with all the fixings

DINNER

Smothered Pork Chops with 2 sides

Call 404-255-7246

by 9 AM for Lunch Delivery
1:30 PM for Dinner Delivery
Dining Room Closed 2-3 pm