

March 2 - March 8

ADMINISTRATION CORNER



Happy Friday!

I hope this message finds everyone in good health and high spirits. I have a few important announcements and updates to share with you today.

First and foremost, I want to remind you that today, Friday,

March 1st, is Employee Appreciation Day. We are incredibly fortunate to have such a dedicated and excellent staff here at MVT, and I want to express my heartfelt gratitude to every one of them. Please take a moment to show your appreciation and let our staff members know how valued they are.

Next, I want to address an important matter regarding disclosing one's COVID status and adherence to quarantine protocols. We must maintain open and honest communication with the administration for the health and safety of our entire community. By doing so, we can effectively mitigate the spread of COVID and make informed decisions to protect everyone.

I am pleased to inform you that the measures we have taken this week, including refraining from gathering, have successfully mitigated further spreading. I sincerely appreciate everyone who has taken these measures seriously and contributed to our ability to move forward. As a result, we will be resuming regular activities on Monday. However, if you are feeling unwell or have been exposed to the virus, I urge you to prioritize your health and the well-being of others by refraining from participating in any activities until you have fully recovered or completed the necessary quarantine period.

Now, let's focus on the exciting events planned for March. On March 10th, we will spring forward to many exciting events. We have a St. Patrick's Day Party and Rita's Luck of the Irish happy hour lined up for you to enjoy. Additionally, there will be contests throughout the month, with lucky winners forming a group that will join me for a special lunch date! Keep an eye out for separate memos with more details about the contests.

Speaking of St. Patrick's Day, you can spread luck and joy by ordering a bag of luck to be delivered to your favorite friends for just \$2.00. Orders can be placed at the host stand in the dining room from March 1st to March 13th. All orders will be delivered before St. Patrick's Day on Friday, March 15th.

As the month progresses, we have even more exciting activities planned, including a delightful family Easter Egg hunt, the Cherry Blossom Festival, and another Elegant Dinner Night featuring a guest chef in the dining room.

Phew! That was quite a lot of information to cover but stay tuned for further details on all these exciting events.

I wish you all a fantastic weekend and a marvelous month of March!

Warm regards,

Rita Malone, Executive Director



BOARD MEMBER REPORTS

Scott Carriere Architectural Chair



The Architectural Decor Committee has reported on various ongoing and potential activities. A summary of these activities is provided below:

- Structural evaluation, enhanced lighting, and installation of a height restriction bar at the entry ramp are being considered for the parking deck.
- Assessment of price quotes for painting the dining room and enhancing lighting is in progress.
- Collaboration with the Beauty Parlor is underway to assess new flooring and sink installation.
- The replacement of the 'B' elevator has been rescheduled for mid-March.
- Scheduling of picture selection and hanging for floors 3 and 6, along with the evaluation of furniture from Kwalu, is planned.
- Installation of a new style louver grill on one condo for assessing stucco repair and installation procedures is on the agenda.
- Further quotations for roof anchors are set to be obtained.
- Advocacy for a traffic light at MVT with the city authorities is ongoing.
- A collaborative effort between the committee and the Finance committee will formulate a long-term project list.
- Development and pricing of improved lighting for the entrance ramp on the east side of building 'B' are in progress.



Jerry Bauer, Dining Committee



We are planning to introduce special themes and revamp menus for the upcoming year. The new Spring/Summer menu is scheduled to launch on March 4th. Keep an eye out for comment cards that will soon be available on dining room tables. Should you wish to leave feedback in the meantime, kindly obtain a card from the host stand.

Nancy Rogers Social Activities and Marketing/Communications, Co-Chair Nominating Committee Welcome Committee



If you missed the Social Activities Committee sign-up session, register your desire to volunteer or participate in an interest group on the sheets by the mailroom. We have regular requests for volunteers

The Welcome Committee identified new residents from the past year. Members host tables at lunch and dinner each Monday. Register the Thursday before by 2pm by the mailroom. For Monday, March 4, Register by 5pm Sunday, March 3.

The Welcome Committee High-Rise Living series to help ALL residents navigate life at MVT are held each Monday at 1:30pm on the Sun Porch. The March 4 program is MVT Basics & Where to Find the News. Mark your calendar! Future programs cover Maintenance, Dining Room Orders and more.

The Travel Group meets Monday, March 4, at 3:30pm in the Magnolia Room. We will discuss the destination ideas submitted.

Tricia Morris
Social Activities and
Marketing & Communications
Co-Chair



Please give a round of applause for Joan Walsh and her squad for rocking another Buy For Nothing Day event! Our Facebook page is thriving - join the fun at MountVernonTowers and hit that FOLLOW button. Psst... we've got an Instagram page too, perfect for the 30-and-over crowd scouting homes for their folks. Massive kudos to Dr. Deborah Koval for the amazing Fall Prevention Clinic. Dr. Deb is a wizard in Geriatric Physical Therapy - reach out at 404-236-0934. Exciting news - three photography bids are in for snazzy pics of MVT, coming soon to jazz up our FB, IG, website, and more.

*HAPPY
Birthday*

Happy Birthday shoutouts to Joseph Lynch, the A803 birthday star on March 1st! Also celebrating on March 1st is Johnny Reese of the P23 crew. Let's not forget Myra Sokol of B312 blowing out candles on March 3rd. Laine Parrott from A514 and Anne Wilson from B101-103 will be partying on March 4th. March 7th is the special day for Leigh Josey from B106. March 8th belongs to Mary Hughes from A307 and Jim Strong from A304!

**THANK
YOU**

A huge shoutout to the MVT squad for bringing their dedication and passion to the game!

Residents Corner



Marilyn Donnelly, a seasoned member of MVT for the past four dynamic years, holds the esteemed position of 4th-floor Floor Representative. Accompanied by her furball, Ellie,

she adds a touch of excitement to every endeavor. When not immersed in her duties, Marilyn finds solace in the strategic thrills of Rummikub. Her journey to MVT follows a diverse path, including a stint as a dedicated 5th-grade educator at Chestnut Elementary in Dunwoody and a role in the PE Department at Grady High School. Beyond her professional pursuits, Marilyn's zest for adventure shines through her passion for biking, having conquered three exhilarating European cycling escapades.



TOWERS TALK– MARCH 1, 2024



	SATURDAY 3/2/2024	
TIME	EVENT	LOCATION
	ALL ACTIVITIES / EVENT ROOMS ARE CLOSED UNTIL MONDAY MARCH 4TH, 2024	

	SUNDAY 3/3/2024	
TIME	EVENT	LOCATION
	ALL ACTIVITIES / EVENT ROOMS ARE CLOSED UNTIL MONDAY MARCH 4TH, 2024	

	MONDAY 3/4/2024	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO W/YOUNG MENS LEAGUE	PCC
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 3/5/2024	
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	ARTS & CRAFTS WITH PCC [ALL ARE WELCOME]	MAGNOLIA ROOM
6:30PM	VESPER	SUNPORCH

	WEDNESDAY 3/6/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	ZUMBA CLASS	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:00PM	BOOK-SHARE WITH PCC [ALL ARE WELCOME]	PCC
3:30PM	SHARP AFFAIR BAND	SUNPORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 3/7/2024	
TIME	EVENT	LOCATION
9:00AM	BIBLICAL HISTORIC CENTER W/LUNCH AT TASTE OF LEMON [RESIDENTS \$30.88]	BUS DEPOT
10:00AM	ST. PATRICK'S DAY DINNER PARTY RESERVATIONS	BACK LOBBY
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI WITH MARIE	HAMMOND ROOM
3:00PM	ARTS & CRAFTS WITH PCC [ALL ARE WELCOME]	PCC
3:30PM	8UP W/DIXIE BAND	SUNPORCH

	FRIDAY 3/8/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
12:00PM	WINE & CHEESE SOCIAL [ALL ARE WELCOME]	BACK LOBBY
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	TARGET	DEPOT
3:30PM	HOME BY TEN	SUNPORCH



SOUP OF THE WEEK

WHITE CHEDDAR AND ROASTED
CAULIFLOWER

VEGETABLE OF THE WEEK

CREAMED CORN

DAILY BREAKFAST 8 AM-9:30 AM

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

Saturday, March 2

LUNCH

Gyro served with 1 side

Sunday, March 3

BRUNCH

Dining Room Only

Omelet Station w/Grits and Bacon,
Scrambled Eggs, Breakfast Potatoes
Fresh Fruit, Desserts & Pastries

Self-Serve Waffle Station

Carved Pork Loin, Squash Casserole and
Rice Pilaf

DELIVERY

Buttermilk Pancakes, Sausage and Breakfast
Potatoes

Carved Pork Loin Served with
Squash Casserole and Rice Pilaf

Monday, March 4

LUNCH

Cuban Sandwich with 1 Side

DINNER

TABLE 1

Turkey Tetrazzini Served with Broccoli and
Bread Sticks

TABLE 2

Fried Flounder Served with Hopping John
and Sauteed Cabbage

Tuesday, March 5

LUNCH

Shrimp Caesar Wrap with 1 Side

DINNER

Baked Trout with Lemon Caper
Sauce with 2 Sides

Wednesday, March 6

LUNCH

Meatball Sub Served with 1 Side

DINNER

Fried Chicken with Rice Pilaf and
Roasted Beets

Brisket with Mashed Potatoes
and Green Peas

Thursday, March 7

LUNCH

Philly Cheesesteak Quesadilla
with 1 side

DINNER

Lemon Pepper Baked Chicken with
2 sides

Call 404-255-7246
by 9 AM for Lunch Delivery
2 PM for Dinner Delivery
Dining Room Closed 2-3 pm

Friday, March 8

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 Bar

with all the fixings (Sauerkraut,
Chili, Cheese, Lettuce, Tomato,
Onions). Served with Onion Rings

DINNER

Veal Marsala with 2 Sides

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