



TOWERS TALK

March 29 - April 6



ADMINISTRATION CORNER



Happy Friday! I hope you all have been enjoying the weather this week, despite the pesky pollen. As we approach the end of the first quarter of the year, I wanted to provide you with some updates and

important announcements.

Administration Updates:

It has been a busy week in administration as we wrapped up various annual audits, including the 401K, Workmans Comp, and the External Mount Vernon Towers Review. Time seems to be flying by, and I just sent out the quarterly tax return.

New Team Member:

I am delighted to announce that Altazia will be joining our team as the new Accounting & Administrative Assistant staff member. Altazia brings several years of administrative experience in senior living, and we believe she will be a valuable addition to our team. Please join me in welcoming Altazia later next week.

Express Pay Online System:

I am thrilled to inform you that after weeks of development, we have successfully implemented a convenient and efficient payment method for all residents.

This change will provide a significant advantage to all of us, as it eliminates the delays and uncertainties caused by the bill pay process.

To make the payment process even more accessible, a "Pay Now" button will be added to our website this week. Additionally, we will include a printed link on the monthly invoices, along with a QR code, which will lead you directly to the payment portal. When using the express pay online system, you will have two options for payment: credit card or Echeck. Please note that if you choose to pay by credit card, you will be responsible for the associated fees. However, we are excited to announce that paying by **Echeck is now absolutely free.**

To ensure a smooth transition and to answer any questions you may have, I will be setting up a demonstration and tutorial on the sunporch next week (date announced in Towers Talk) Please join us to learn more about this new payment system.

Maintenance Announcements:

I have a couple of reminders and an important announcement. Today, the electricians are working on replacing all the lights that are faulty on the upper deck. To ensure their safety and efficiency, please refrain from parking near the crew working.

Residents Corner



Introducing Nancy Kennedy, B1014, a long-time resident of MVT for nine years. Originally from a small town in North Carolina, Nancy grew up on a farm. Despite having four grown children, she doesn't consider herself very domesticated. Since becoming a widow, Nancy has embraced independence. Her condo on the 10th floor is her designated "entertainment center." Nancy enjoys hosting game nights featuring Bridge, Rummikub, and other card games, along with movie nights on Mondays. She describes herself as more of a homebody, finding joy in entertaining friends and having guests over. Nancy holds a strong faith and feels very grateful and blessed for her current situation. An interesting fact about her is that she is self-taught in the stock market. Recently, she and her children went on a cruise to the Caribbean and are planning another one.



High Rise Living Series

There is **NO** High Rise Living Series at 1:30 pm on Monday, April 1 in the Sun Porch. The topic for Monday, April 8 is HOA Fees & Payments.

HAPPY BIRTHDAY

Happy birthday to all the fabulous April folks!

ROBERT THUSS A502 - March 30

DORIS WILLIAMS B1011 - March 31

NANCY ROGERS A705 - April 1

JEANNE GILLILAND B1010 - April 2

JIM NORRELL A308 - April 2

MAGHAN JOHNS B805 - April 2

LOUISE AUSBAND A210 - April 4

ELNA SHEETZ A1001 - April 4

JEAN MORRIS A714 - April 5



Administration Corner Continued

Furthermore, we will be changing a major water valve on **Wednesday, April 3, 2024**. This means that there will be a major water shutdown starting at **9:00 am until 1:00 pm for ALL of the "A" building, as well as for the condos in the "B" building that end in 9, 11, 12, 13, 14, and 15(e.g., B109, B111, B112, B113, B114, B115)**. We understand that this may cause inconvenience, but it is a necessary step for the maintenance of the building. If you require further clarification, please do not hesitate to contact me.

Finally, I hope each of you enjoys the beautiful weekend ahead, and may your Easter be a truly special and joyous occasion.

Rita Malone
Executive Director



The Welcome Committee hosts New Resident tables in the dining room for lunch at noon, and dinner at 5pm each Monday. Reservations are required by the previous Friday. Sign up by the mail room.



The next Travel Group meeting is Monday, April 8, at 3:30pm in the Magnolia Room.

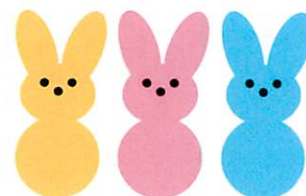
Scott Carriere Architectural Chair



The recent MVT Board meeting highlighted various new and ongoing activities for our residents. Key points from the Architectural Committee report include:

- Installation of a height restriction bar for the parking deck
- Painting of the dining room set for April 13 and 14
- Scheduled replacement of the 'B' elevator in mid-April
- Pending replacement and testing of the chase grill awaiting the delivery of the new louver
- Discussions with the city regarding the retention of the traffic light

Moreover, a new team has been approved to develop a long-range reserve study. The team comprises members from the Finance Committee and Architectural Committee, including Tricia Morris, Scott Goins, Jeff Daniels, Jim Russ, Baian Greenburg, Rita Malone, and Scott Carriere. The meeting also addressed the need to remove floor mats and decorations at condo entrances to ease cleaning and reduce tripping hazards.






**PICTURE RE-TAKE WILL
BE HELD MONDAY APRIL
1ST ON THE SUNPORCH
AT 2:15PM.**

**NO NEED TO MAKE
APPOINTMENT FOR
PICTURES**

TOWERS TALK– MARCH 29, 2024

Activities

TIME	SATURDAY 3/30/2024	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:30PM	BIBLE STUDY: REVIEW OF SEASON 3: "THE CHOSEN"	MAGNOLIA ROOM
4:00PM	VIGIL CATHOLIC MASS	HAMMOND HALL
TIME	SUNDAY 3/31/2024	LOCATION
	 <p>BRUNCH DINING HOURS 11:30AM-1:30PM LAST SEATING AT 1:15PM</p>	
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH



*Welcome
April*



TIME	MONDAY 4/1/2024	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCHEON	DINING ROOM
2:00PM	BIBLE STUDY	CANCELLED
5:00PM	NEWCOMERS DINNER	DINING ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 4/2/2024	
TIME	EVENT	LOCATION
10:00AM	STANDING AEORBICS	HAMMOND HALL
11:00AM	STANDING TAI CHI	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH



	WEDNESDAY 4/3/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
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 RETURN PICK UP TIME)	DEPOT
3:30PM	MUSIC TO MY EARS	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 4/4/2024	
TIME	EVENT	LOCATION
10:00AM	GIBBS GARDENS W/LUNCH AT BALLGROUND BUS RESTAURANT [RESIDENT \$18.00]	BUS DEPOT
2:00PM	MOUNT VERNON TOWERS ONLINE PAYMENT SEMINAR WITH DIRECTOR: RITA MALONE	SUNPORCH
7:00PM	MUSIC W/ROBERT RICE	SUN PORCH

	FRIDAY 4/5/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	TARGET	DEPOT





SOUP OF THE WEEK

LOADED BAKED POTATO

VEGETABLE OF THE WEEK

ROASTED BEETS

DAILY BREAKFAST 8AM-9:30 AM

BREAKFAST QUESADILLAS WITH EGGS, CHEESE & SAUSAGE.

SERVED WITH SOUR CREAM AND SALSA

2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON

OMELETS MADE TO ORDER WITH YOUR CHOICE OF HAM, SAUSAGE, VEGETABLES AND CHEESE. SERVED WITH FRUIT AND TOAST

SATURDAY, MARCH 30

LUNCH

**GARDEN VEGETABLE PIZZA
WITH 1 SIDE**

SUNDAY, MARCH 31

**EASTER BRUNCH MENU
RESERVATIONS ONLY!!**

HAPPY
EASTER

MONDAY, APRIL 1

LUNCH

SALMON BURGER WITH 1 SIDE

DINNER

TABLE 1

**ROASTED TURKEY BREAST WITH
DRESSING AND GREENS**

TABLE 2

**CREAMY CRAB LINGUINE BAKE WITH
SPINACH AND GARLIC BREAD**

TUESDAY, APRIL 2

LUNCH

**CHICKEN SALAD ON CROISSANT
WITH 1 SIDE**

DINNER

**SALISBURY STEAK
WITH 2 SIDES**

WEDNESDAY, APRIL 3

LUNCH

**TURKEY CLUB SANDWICH
WITH 1 SIDE**

DINNER SPECIAL

TABLE 1

**FRIED CHICKEN WITH RED BEANS
AND RICE WITH
SAUTEED SWISS CHARD**

TABLE 2

**BBQ BEEF TIPS WITH
MASHED POTATOES AND
GLAZED CARROTS**

THURSDAY, APRIL 4

LUNCH

**FRIED FISH SANDWICH
WITH 1 SIDE**

DINNER

**CHICKEN CACCIATORE
WITH 2 SIDES**

FRIDAY, APRIL 5

LUNCH

BUILD YOUR OWN SALAD BAR:

**YOUR CHOICE OF MIXED
GREENS, ROMAINE, OR ICEBERG
WITH TOPPINGS**

**SHREDDED CHEESE, CROUTONS,
DRIED CRANBERRIES, RED
ONIONS, BOILED EGGS, BACON
BITS, GRILLED CHICKEN, SALAD
SHRIMP, TOMATOES,
CUCUMBERS, WITH YOUR
CHOICE OF 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 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
Sunday-11:30 am - 2:00 pm
Last seating at 1:15 pm

Call 404-255-7246

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