



TOWERS TALK

April 26 - May 3

ADMINISTRATION CORNER



I hope this message finds you well and that you've had an amazing week so far.

It's hard to believe that we're already at the end of April. Time seems to be flying by quickly this year! I wanted to share some important updates and reminders

with you:

Admin News:

The auditors have completed the review for 2023, and I'm pleased to inform you that the financial packets will be distributed to Owners next week. If you are an Owner Resident, you can expect to find the packet in your door pocket. For Non-Owner Residents, the packet will be mailed to your designated address. Additionally, all Owners on my communication list will receive the packet via email.

Maintenance Reminders:

I kindly request that you ensure there are no items on your balcony that extend beyond its boundaries. This includes refraining from hooking plants onto the balcony railing and refraining from using birdfeeders. It's also crucial that you do not dispose of cigarette butts over your balcony, or in potted plants on your balcony. This action poses a significant fire hazard and could potentially result in fires in potted plants or nearby bushes.

Activities:

As we bid farewell to April, the month of May promises to bring an exciting array of activities. We'll be observing **Older Americans Month**, with the theme "Powered by Connections."

You can look forward to several engaging events throughout May. One event that I'm particularly thrilled about is our tribute to our Veterans. We previously had a small wall of remembrance for Veterans Day, and it was heartwarming to witness everyone coming together to honor those who have served or are currently serving our country. During the first week of May, we will transform the hallway from the front desk to the back lobby, which we fondly refer to as the artist alley, into a **Veterans Walk**. This display will remain in place until after Memorial Day. I kindly request that if you have served or have a loved one who has served or is currently serving, please bring a picture along with the Veteran's name, rank, branch of service, date of service, and a brief description to the front desk no later than Tuesday, April 30th.

Alternatively, you may also email me the picture and information. I strongly encourage all our Veterans to participate in this meaningful tribute.

In other activity news, we have sign-ups on Monday for our annual **Kentucky Derby Party**. Additionally, we have an exciting **Paint n Sip** event coming up next weekend as well, which will be led by an instructor and will include all necessary supplies, snacks, and Rita's Margaritas. The cost for this event is \$35 and it is open to all residents, families, and friends. Trust me when I say that even if you have no prior experience, you'll be amazed at what you can create in one of these classes. Sign up on the activity clipboard in the back lobby!



ADMINISTRATION CORNER continued

Furthermore, on Monday, we have the pleasure of hosting a speaker from the Sandy Springs Tourism Department as part of our **High-Rise Living Series**. The session will take place at 2 PM on the Sunporch. I'm confident that this will be an informative and engaging session, so I highly recommend attending.

As we head into the weekend, I wish each of you a fantastic time ahead. Remember, I'm always here to listen to your comments, suggestions, questions, or concerns. Please don't hesitate to reach out to me.

Rita Malone
Executive Director

Residents Corner



Kathleen Harbin, A1009, graces the community with her effervescent spirit and a treasure trove of life experiences. Having made the move to our community a couple of years ago, she holds a unique story that seamlessly intertwines wanderlust, cultural immersion, and a passion for curating historical artifacts.

The decision to relocate to Mount Vernon Towers was no happenstance for Kathleen. Upon her arrival, she expressed a desire for a place to settle down, eschewing the conventional notion of a standalone residence. The allure of the location, coupled with the welcoming ambiance of the community, led her to find solace within its walls.

RESIDENTS CORNER continued

It also didn't hurt that she was no stranger to this area, being a frequent visitor due to the gracious invitations of friends from her church.

Hailing from Atlanta, Kathleen's roots run deep within the city's vibrant tapestry. A proud graduate of the University of Georgia, she charted an unconventional course following her college years. Seamlessly transitioning from the realms of academic pursuit to the boundless skies, Kathleen embarked on a remarkable 30-year career as a flight attendant. Her journey among the clouds took her from domestic escapades to the allure of international flights, allowing her to savor the magnificence of diverse cultures and landscapes.

Amid her global sojourns, one destination stood out as a cherished sanctuary for Kathleen - Paris, France. The City of Light whispered to her soul, and she reciprocated by delving into the nuances of its language, mastering both French and German. Her linguistic prowess became a gateway to intertwine with the local culture, forging connections that transcended mere tourist experiences.

Fueling her innate passion for exploration, Kathleen meticulously amassed a collection of artifacts from her global escapades. Following her retirement from the stratosphere, Kathleen unveiled a new chapter in her adventurous saga. Leveraging her accumulated treasures, she ventured into the realm of antiques, opening a booth to share her finds with avid collectors and fellow enthusiasts.



TRAVEL

If you are interested in traveling with other residents, contact co-chair Peggy Garnier at peggy.garnier@gmail.com or door box A904. The next meeting is Monday, May 6.



High Rise Living Series

Learn more about things to do in our MVT neighborhood. Myriam Hysa with the Sandy Springs Tourism office gives an update on what's happening. This week the program begins at 2pm on the Sun Porch. Paper maps are available. Open to All Residents

Welcome

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.

HAPPY BIRTHDAY

Happy Birthday shoutouts to the fabulous Shirley Burnett (A712) and Laura Hoppe (B307) on April 30, as well as Evelyn Barken (B607), Anne Duncan (A411-413), and Joann Akers (B504) on May 3! Let the birthday celebrations begin!

150th Kentucky Derby



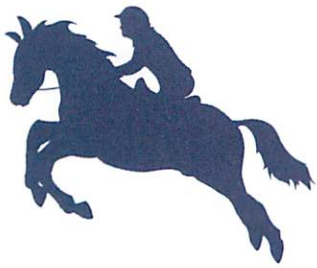
Put on your fanciest floral hat and get ready to sip Mint Juleps and indulge in delicious treats at our yearly derby extravaganza!

May 4th / 5 PM-7:30 PM / Sun Porch

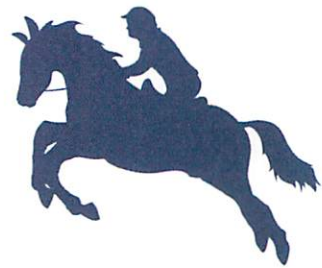
RESURDENT

In the next week or so, the Marketing Communications Committee will be distributing a survey to collect data on attitudes toward MVT amenities and daily life. It will include opportunities to share information to help celebrate our residents during Older Americans month and show how MVT volunteers support area charities and organizations. Please respond.





THE 150TH RUNNING OF THE KENTUCKY DERBY



SATURDAY, MAY 4th on the SUNPORCH

Reservations Taken April 29th @ 10:00 am in the Back Lobby
Residents - \$14.00 All Inclusive

Happy Hour Opens @ 5:00 pm

Pimiento Cheese Dip, Assorted Crackers, Vegetable Tray & Deviled
Eggs

Mint Juleps Personalized By Joe & Rita

Full bar

Buffet @ 5:45 pm

Entrees

Ham sliders

Fried Chicken Tenders with BBQ Sauce & Honey Mustard

Mini Kentucky Hot Browns

Southern Mac N Cheese Bake

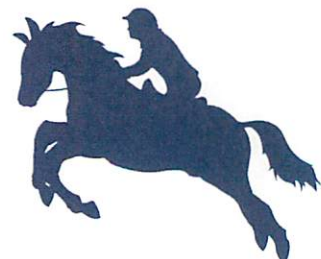
Potato Salad

Fresh Garden Salad

Kentucky Bourbon Pecan Pie

A prize for the most fashionable Kentucky Derby Hat!

Betting Pool (\$1 per square)



TOWERS TALK– APRIL 26, 2024



TIME	SATURDAY 4/27/2024	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
1:30PM	BIBLE STUDY: THE CHOSEN SEASON 4 EPISODE 4	MAGNOLIA ROOM
4:00PM	VIGIL CATHOLIC MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

TIME	SUNDAY 4/28/2024	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH
4:00PM	BOOK CLUB : "HORSE" BY GERALDINE BROOKS	HAMMOND HALL

TIME	MONDAY 4/29/2024	LOCATION
10:00AM	KENTUCKY DERBY REGISTRATION W/SUSAN	BACK LOBBY
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCHEON [SIGN-UP ON ACTIVITY WALL]	DINING ROOM
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
5:00PM	NEWCOMERS DINNER [SIGN-UP ON ACTIVITY WALL]	DINING ROOM
7:00PM	PHASE 10	GAME ROOM

TIME	TUESDAY 4/30/2024	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	STANDING TAI CHI	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
4:00PM	ARTS & CRAFTS [ALL ARE WELCOME]	PCC
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 5/1/2024		
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	BOARD MEETING	SUN PORCH
1:30PM	BINGO [CASH ONLY]	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	RHYTHM AND ROUGE CONCERT	SUN PORCH
7:00PM	CANAST HAND & FOOT	GAME ROOM

THURSDAY 5/2/2024		
TIME	EVENT	LOCATION
10:00AM	GEORGIA AQUARIUM W/LUNCH AT SWEET GEORGIA'S JUKE JOINT [RESIDENTS \$38.99]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	8UP W/DIXIE CONCERT	SUNPORCH
7:00PM	DOMINOES	GAME ROOM

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



TABLE 300

FISH OF THE WEEK

FLOUNDER - FRIED, GRILLED OR BROILED

Saturday, April 27

LUNCH

Hawaiian Pizza with 1 side

Sunday, April 28

LUNCH

Omelet Station w/Grits, Bacon, Fresh Fruit, Desserts & Muffins, Scrambled Eggs, Waffle

Station, Breakfast Potatoes

Build your own Salad Bar

Lox and Bagel

Country Fried Steak with Mashed Potatoes and Broccoli

DELIVERY

Country Fried Steak with Mashed Potatoes and Broccoli

OR

Spinach and Mushroom Frittata Served with Italian Sausage, Roasted Tomatoes, Breadstick

Monday, April 29

LUNCH

Salmon Burger with 1 side

DINNER

Table 1

Chicken And Dumpling Served with Peas and Carrots

Table 2

Baked Fish with Yellow Rice and Squash

Tuesday, April 30

LUNCH

Grilled Pimento Cheese and Tomato Sandwich with 1 side

DINNER

Eggplant Parmesan with 2 sides

Wednesday, May 1

LUNCH

Gyro w/1 side

DINNER

Table 1

Fried Chicken served with Green Bean Casserole and Roasted Potatoes

Table 2

Beef Enchiladas Served with Rice and Refried Beans

Thursday, May 2

LUNCH

Fried Fish Sandwich with 1 side

DINNER

Orange Chicken Served with 2 sides

Friday, May 3

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

Chicken or Shrimp Teriyaki With your Choice of Rice Or Lo Mein Noodle and Stir Fry Veggies

DINNER

Roasted Turkey Breast 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 M-F.

Call by 9AM for Brunch Delivery

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