



TOWERS TALK

April 19 - April 26

ADMINISTRATION CORNER



Happy Friday, everyone! Before I dive into the updates in and around the building, I wanted to share a personal experience from my morning commute. Today, I encountered a fallen tree that caused a 30-minute delay in my usual schedule. Initially, I was worried about the traffic that would follow, but to my surprise, the commute turned out to be smooth. During this unexpected pause, I took the opportunity to drive in silence and reflect on the things in life that I am grateful for. It reminded me of the importance of acknowledging and appreciating the people we are surrounded by every day, especially all of you in our wonderful community.

On a different note, I recently had a meeting with Mayor Rusty Paul and the new City Manager to discuss the ongoing road project and traffic lights. They expressed their genuine concern for the safety of our residents and assured me that a thorough study would be conducted when the time is right. Additionally, I requested more frequent updates from the communications manager, and they have agreed to provide them. Regarding the Magnolia Trees, although we were initially informed that they would be removed, you may have noticed the "chopped up" job that was done a couple of weeks ago. I reached out to the project manager, who explained that it was a contractor error. An arborist will be assessing the damage and submitting a determination letter to mitigate it.

They also mentioned that in three years, additional magnolias will be planted in the right of way.

Now, let's talk about upcoming activities. As we approach the end of April, May is shaping up to be a busy month. While the Vegas night didn't work out as planned, we will revisit it later in the year with a better explanation of what it entails. In May, we have exciting events lined up, including the Derby Party, Mother's Day Tea & Mimosa, and the annual picnic & cornhole tournament.

In the realm of dining services, I have received positive feedback from many residents about the new menus. However, I want to remind everyone that our setup is like a restaurant. It's important to note that restaurants usually seat a limited number of people at a time, so please be patient if you are asked to take a buzzer and wait for a few minutes. We aim to seat one party in each section and then pause to allow our servers and kitchen staff enough time to process those dinners. On Tuesday, we sat 104 residents in just 29 minutes, that is not sustainable for the kitchen to be able to process that many orders at one time. We truly appreciate your understanding and patience during this process.

Lastly, I want to mention a couple of completed maintenance projects. The dining room painting and the replacement of lights on the upper deck are now finished. Our dedicated maintenance staff will be changing filters on floors 1 through 4 next Tuesday and Wednesday.



ADMINISTRATION CORNER *continued*

Here's a helpful tip: Did you know that pouring Drano down any drains in your condo is not recommended? Not only is it harmful to the cast iron pipes, but it can also cause burns if a staff member needs to take a pipe apart for repair. So, please refrain from using Drano in your drains.

Thank you all for your attention and have a fantastic weekend!

Rita Malone
Executive Director

Residents Corner



Meet Janet Suarez, a captivating resident residing on the 8th floor in B808. With a story that spans across continents and cultures, Janet's journey is nothing short of extraordinary. Hailing from Sweden, she lived in the vibrant landscapes of Italy, Paris, and England.

Driven by her insatiable curiosity, Janet's path led her to the heart of Guatemala, where she delved deep into the captivating mysteries of the ancient Maya Incans and Aztecs. She honed her archaeological prowess at the prestigious Sorbonne. Her linguistic repertoire to include English, French, Swedish, Spanish, and German.

Yet, Janet's life is marked not only by her thirst for knowledge but by the poignant tragedies etched on her journey. Her mother, a young Jewish girl, tragically lost her life at the hands of the Gustapo, leaving an indelible mark on Janet's soul.

Residents Corner

continued

In 1958, she embarked on a poignant voyage aboard the S.S. America, accompanied by the illustrious Kennedy family, shaping her perspective on humanity and instilling a resilience that would carry her through life. Adapting to new environments became second nature to Janet, as she drew strength from the diverse places she called home. Immersed in the rich tapestry of different cultures, she absorbed the history and stories of the people she encountered. Amidst it all, faith remained an unwavering pillar in her life, guiding her through both joyous and challenging times.

Janet's journey took yet another turn when she married at the tender age of 18. Before joining the vibrant community at MVT, she and her husband settled in Florida, where they nurtured their four children who have flourished into successful individuals with their own careers.

Now, Janet relishes her time at MVT, a place that feels like home. In the corner by the A elevator, you can find her basking in the warm embrace of the sun, appreciating the serene beauty of the grounds. As she gazes out onto the world she has traversed, Janet often reflects, "God has guided me through life."

HAPPY BIRTHDAY

April Birthdays are in full swing!
Celebrating Carol Hanner and Marti Smith on April 21, Gay Horne, Bill Hackaday and Era Weeks-Smith on April 26! Let the party begin!



TRAVEL

Travel Group on the Road to Charleston & Beyond

The Travel Group heads to Charleston September 16-20, 2024 on a trial group trip. Other destinations to reserve include Biloxi/New Orleans with Just Peachy Tours (pay by check) and Shenandoah Fall Foliage, Kentucky Bourbon Trail and Christmas at Graceland with Daniel's Discover Tours (accepts credit cards). The next meeting is Monday, May 6, at 3:30 pm in the Magnolia Room. If you are interested in learning about travel with other residents, contact co-chair Peggy Garnier at peggy.garnier@gmail.com or door box A904.

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.

High Rise Living Series



PHYSICAL ACTIVITY AND MOBILITY WITH SENIORS

Presented By: PartnerMD, Dr. Jennifer Tutt, Family Medicine Physician & Dr. Francisco Carreno, Health Coach

Senior physical activity and mobility are crucial for maintaining optimal health and well-being in older adults. Regular exercise improves cardiovascular fitness, strength, flexibility, and balance, reducing the risk of falls, injuries, and chronic diseases. By staying physically active, seniors enhance their independence, improve cognitive function, boost mood, and enjoy an overall higher quality of life.

Monday, April 22
2:00 PM
Sun Porch



Knitting, Crochet & Needlepoint Enthusiasts



Calling all stitching superstars and curious crafters! Unleash your inner sewing sensation or dive into the world of needlepoint alongside fellow lovers of all things stitched. Join us on Thursdays, starting April 25th, at 2pm in the Azalea Room.

MAY 5th

PAINT & SIP

Come hang out with Aleigha of the DoodleArt Studio for a Paint & Sip afternoon! It's \$35 per person, covering all the essentials—canvas, paints, and expert guidance. Unwind with a glass of wine or your favorite drink in hand. Let the creativity flow!

Sign up in back lobby by April 25th so we can get an accurate headcount.

MAY 5
2-4 PM



Mount Vernon Towers Presents:

Senior Wellness with PartnerMD

Join us for our first wellness presentation!

Topic: Physical Activity & Mobility for Seniors

Time: 2:00 PM

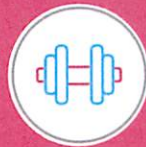
Date: Monday, April 22, 2024

Location: The Sun Porch

Topics will include:



The pill that heals every ailment



What exercise is best as we age



Not every physical activity is exercise



Exercise and cognitive health



How to start no matter your current level

Presented by:

Jennifer Tutt, MD

Francisco Carreño Galvez, PhD

Light refreshments will be served.





HAPPY TAILS PET THERAPY

SATURDAY APRIL 27TH

10:15AM BACK LOBBY



TOWERS TALK– APRIL 19, 2024



TIME	SATURDAY 4/20/2024	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	TECH HELP W/ YOUNG MEN'S LEAGUE	GAME ROOM
12:00PM	BIBLE STUDY: THE CHOSEN SEASON 4 EPISODE 2 AT 12:00PM AND EPISODE 3 AT 1:30PM	MAGNOLIA ROOM
4:00PM	VIGIL CATHOLIC MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

TIME	SUNDAY 4/21/2024	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

TIME	MONDAY 4/22/2024	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:00PM	PHYSICAL ACTIVITY AND MOBILITY WITH JENNIFER TUTT,MD & FRANCISCO CARRENO GALVEZ PhD [SEE FLYER IN TOWERS TALK] REFRESHMENTS WILL BE SERVED	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	CURRENT EVENTS	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

MONDAY APRIL 22: ACTIVITY COMMITTEE

- 12:00PM- NEWCOMERS LUNCHEON [DINING ROOM]
- NO TRAVEL GROUP MEETING MONDAY 4/22
- 5:00PM NEWCOMERS DINNER [DINING ROOM]

TUESDAY 4/23/2024		
TIME	EVENT	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 4/24/2024		
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

THURSDAY 4/25/2024		
TIME	EVENT	LOCATION
10:00AM	ROAD TO TARA MUSEUM W/LUNCH AT LEWIS'S LITTLE THIS AND LITTLE THAT [\$6.00]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL

FRIDAY 4/26/2024		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:00AM	DEB THE JEWELER	BACK LOBBY
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	WINE & CHEESE SOCIAL W/ADMIN STAFF	BACK LOBBY
3:00PM	WHOLE FOODS & DOLLAR TREE	DEPOT



TABLE 300

VEGETABLE OF THE WEEK

ASK YOUR SERVER

Saturday, April 20

LUNCH

Mediterranean Chicken Sandwich
with 1 side

Sunday, April 21

LUNCH

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

Build your own Salad Bar

Fried Shrimp served with Yellow Rice and
Broccoli

DELIVERY

Fried Shrimp served with Yellow Rice and
Broccoli

OR

Spinach and Mushroom Frittata Served
with Pastries and Fruit

Monday, April 22

LUNCH

Taco Salad with 1 side

DINNER

Table 1

Beef Stroganoff Served with Egg Noodle
and Green Peas

Table 2

Chicken Parmesan Served with Pasta, Lemon Butter,
Spinach and Honey Glazed Carrots

Tuesday, April 23

LUNCH

Sausage and Peppers on a hoagie
with 1 side

DINNER

Trout Almondine with 2 sides

Wednesday, April 24

LUNCH

Blackened Shrimp Bowl
(Sautee Shrimp on top of Brown Rice
with Corn Salsa, Avocado, and Cilantro
with a Lime Wedge) w/1 side

DINNER

Table 1

Fried Chicken Served with
Mac & Cheese and Grilled Zucchini

Table 2

Shepherd's Pie Served with Spinach

Thursday, April 25

LUNCH

Baja Fish Tacos with 1 side

DINNER

Turkey Potpie Served with 2 sides

Friday, April 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

Fried Chicken Wings with your
choice of sauce (Sweet Chili,
Buffalo, or Lemon Pepper)

With Fries

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 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