

TOWERS TALK

Mount Vernon
Towers
May 10 - 17

ADMINISTRATION CORNER



Happy Friday! I hope everyone had a wonderful week. Here are a few updates and announcements for the community:

Administration:

If you plan to be away from the building, please inform your floor representative. If your absence exceeds 7 days, you can save your meal allocation to use later. To do this, you will need to complete paperwork at the front desk. Please note that all meal accrual balances must be used within 3 months.

Activities:

There are a few spots left for the Mother's Day Brunch this Sunday. If you haven't signed up yet, please contact Susan today or book with Michelle at the host stand this weekend. Additionally, reservations will begin for the ladies' day tea & luncheon on Monday, May 13th at 10am in the back lobby.

Don't forget to gather teammates and sign up for the decade's trivia on Tuesday, May 14th at 2pm in the sunporch. It's going to be a groovy time with Root Beer, Coke, and Sherbet floats!

Also coming this week, we will be installing lights on the ramp walkway to enhance safety for those who use the area at night.

Lastly, the elevator company has started delivering parts for the "b" elevator replacement. We will notify everyone before the installation begins, but please be aware that this elevator will be out of service for approximately 8 weeks starting around June 1st.

I hope everyone has a fantastic weekend, and I wish all the mothers in our community a Happy Mother's Day!

Best regards,

Rita Malone

Executive Director



20s 30s 40s 50s
DECADES OF TRIVIA
60s
1920s - 2020s
70s
MAY 14 - 2 PM
SUN PORCH
80s
90s
GATHER YOUR FRIENDS, FAMILY, OR FLOORMATES AND COME JOIN US FOR A FUN-FILLED EVENT! EVERYONE IS WELCOME. REGISTER AT THE MAIL ROOM SO WE CAN RESERVE THE RIGHT AMOUNT OF SEATING. DON'T WORRY, WE'VE GOT SNACKS COVERED - THEY WILL BE SERVED DURING THE EVENT. GET READY FOR A GREAT TIME!
2000s
OLDER AMERICANS MONTH
FOUNDED BY CONGRESSMAN BOB CLAY

Residents Corner



Introducing Statia Carey! She resides on the 8th floor in A809 and serves as a Floor Rep alongside Kay Johnson. Originally from Florida but raised in California,

Statia has had quite the adventurous life. As a child, her father believed in exploring the United States, leading her to travel through 49 states. Not stopping there, she has also ventured to over 30 countries across 5 different continents.

Statia proudly holds a degree from Florida State University, making her a third-generation graduate. Her second husband served in the Air Force before becoming a pilot for PanAm, which allowed her to embark on extensive travels. Later, in her second marriage, her husband's involvement in the hotel industry prompted her to switch careers from finance to hotel marketing. She dedicated over 20 years to the hospitality business, even "retiring" to Alamos, Mexico. During that time, she and her husband owned and operated a large B&B and a small hotel.

After approximately 7 years, Statia found herself working for Candlewood Hotels, assigned to underperforming hotels and restoring them to company standards across 15 cities in 17 different hotels. She continued this work until tragically losing her husband in 2003.

In different chapters of her life, Statia has worked in various roles, including being a Jammer at Glacier National Park and spending several seasons as concierge at the Ritz Carlton in Beaver Creek, Colorado. Eventually, she relocated to Atlanta to be closer to her family. She spent 6 years on staff at Dunwoody Baptist Church and has been a member of the Chancel Choir for an impressive 16 years. Currently, she still sings in the Women's Choir, which coincidentally will be performing at MVT on May 15.

Statia has grown to love MVT, its residents, and staff. Her remarkable life journey and unwavering dedication have undoubtedly left a positive impact on those around her.



Stan Smits Egyptian Adventures

Stan Smits Show and Tell Egyptian Adventures will be on May 14th at 2:30 in Hammond Hall. Amongst the myriad of fascinating tales and treasures, his adventures promise to transport attendees to the mystical land of Egypt.

HAPPY BIRTHDAY

Happy Birthday shoutout to our fabulous residents Joann Fonts (A902) and Joan Delise (B908) on May 11, and to Helen Johnson (B614) on May 13! 🎉

High Rise Living Series

Join us on the Sun Porch at 1:30pm on Monday, May 13, for an update with Q&A on channel listings, premium channels, and Comcast pricing options from Rita Malone. David Bauder and Clay Seibel will be available to address questions about IT service.



Next week, the Marketing Communications Committee will be distributing a survey to see what you value about MVT. It will also include a request for stories to celebrate our residents during Older Americans month and beyond. Please respond.

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.



PLEASE REFRAIN FROM BRINGING FURNITURE. IN CASE YOU HAVE FURNITURE TO DISPLAY, KINDLY PRINT A PICTURE, INCLUDE YOUR NAME, PHONE NUMBER, AND CONDO NUMBER. THEN, TAKE IT TO THE SUN PORCH FOR SHOWCASING.


HAPPY MOTHER'S DAY!



TOWERS TALK– MAY 10, 2024

Activities

SATURDAY 5/11/2024		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:30PM	BIBLE STUDY	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

TIME	SUNDAY 5/12/2024	LOCATION
		
11:30AM	MOTHER'S DAY BRUNCH RESERVATIONS ONLY	DINING ROOM
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

TIME	MONDAY 5/13/2024	LOCATION
10:00AM	WOMEN'S TEA LUNCHEON RESERVATIONS	BACK LOBBY
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCHEON [SIGN-UP ON ACTIVITY WALL]	DINING ROOM
1:30PM	HIGH RISE LIVING SERIES CABLE AND INTERNET	SUN PORCH
2:00PM	MOVIE MONDAY: FORGOTTEN LOVE WITH REFRESHMENTS	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	CURRENT EVENTS	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 5/14/2024		
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
2:00PM	DECADES TRIVIA EVENT [ALL ARE WELCOME]	SUN PORCH
2:30PM	SHOW & TELL	HAMMOND HALL
4:00PM	ARTS & CRAFTS [ALL ARE WELCOME]	PCC
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 5/15/2024		
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:45AM	ALDI	DEPOT
11:00AM	DUNWOODY METHODIST WOMEN'S CHOIR	SUN PORCH
11:00AM	ZUMBA CLASS	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO [CASH ONLY]	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM RETURN PICK UP TIME)	DEPOT
7:00PM	MUSIC W/BETH WALLER	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 5/16/2024		
TIME	EVENT	LOCATION
10:00AM	SOUTHERN BELL FARM [STRAWBERRY PATCH] W/LUNCH AT BABY JANE HOME COOKING [RESIDENTS \$18.00]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	PATSY CLINE TRIBUTE SHOW	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

FRIDAY 5/17/2024		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
11:00AM	STOP N SHOP W/CHERYL SYKES	BACK LOBBY
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	ICE CREAM SOCIAL [OUTDOORS] WITH RAFFLE PRIZES TO WIN!!	POOLSIDE
3:00PM	TARGET	DEPOT



TABLE 300

FISH OF THE WEEK

FLOUNDER

Saturday, May 11

LUNCH

Monte Cristo with 1 side

Sunday, May 12

Mother's Day Brunch



Monday, May 13

LUNCH

Taco Salad with 1 side

DINNER

Table 1

Turkey Tetrazzini Served with Broccoli and Bread Sticks

Table 2

Fried Flounder Served with Hoppin' John and Sauteed Cabbage

Tuesday, May 14

LUNCH

Roast Beef Sandwich on Croissant with 1 side

DINNER

Baked Trout with Lemon Caper Sauce with 2 sides

Wednesday, May 15

LUNCH

Greek Salmon Salad (Spring Mix with Kalamata Olives, Red Onions, Cherry Tomatoes and Feta Cheese)

DINNER

Table 1

Fried Chicken Served with Rice Pilaf and Roasted Beets

Table 2

Brisket with Mashed Potato and Green Peas

Thursday, May 16

LUNCH

Philly Cheesesteak Quesadilla with 1 side

DINNER

Chicken Piccata Served with 2 sides

Friday, May 17

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

Loaded Baked Potato Bar with all the fixings. Toppings include (Shredded Cheese, Nacho Cheese, Steamed Broccoli, Grilled Chicken, Shrimp, Sour Cream, Green Onion, Bacon Bits, Butter, Spinach)

DINNER

Veal Marsala 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