



TOWERS TALK

May 4 - 10



ADMINISTRATION CORNER



I hope this memo finds you well. As another week ends, I will provide you with important updates and reminders for the upcoming days.

1. Upper Parking Deck:

We have recently completed the installation of a height restriction bar on the upper parking deck. This bar has a weight limit of 5,000 pounds. If you need something delivered in a larger vehicle, please contact our Director of Maintenance, Rick Weaver, for further instructions. Additionally, we will no longer allow contractors to place roll-off dumpsters on the upper deck. Please refer to the Contractors Manual for alternative options.

2. Courtyard Area and Pool:

The Annual Color Flower change has been completed, and we will now proceed with pressure washing the courtyard area, including the pool area, in the coming week. We anticipate that the pool will be ready for inspection in the next couple of weeks. Our dear friend of 11 years, "Robbie the Robot" has phased out, but we are excited about the arrival of "Robbie Junior," who will assist in keeping the pool clean and fresh.

3. Basement Area Update:

After receiving quotes from four companies, we selected a contractor to paint the basement area. The work is scheduled to begin on the week of May 20th. I will provide further updates as we approach the start date.

4. Flood Stop Sensors:

If you have a flood stop sensor attached to your toilet, please refrain from removing it from the floor area behind the toilet.

The purpose of the sensor being on the floor is to immediately shut off the water when a drop is detected, preventing potential water leaks.

5. Veterans Wall and Graduation Pictures:

Thank you to everyone who has submitted information for the Veterans Wall. If you still need to submit your information, you still have the weekend to do so.

Additionally, if a loved one is graduating this month, please submit a picture and a brief blurb about them. You can email me or drop it off at the front desk before Friday, May 10th. We will compile the data and create a booklet to be distributed to all residents on Friday, May 17th.

6. Kentucky Derby Party:

For those who have signed up to attend the Kentucky Derby Party tomorrow, kindly remember to bring cash to place your bets on your favorite horse. The betting process will be different this year, with a spreadsheet listing the horse names and odds. Each bet will cost \$5.00, and the jackpot will be divided among those who bet on the winning horse. Remember to wear your extravagant hat, as there will be a cash prize for the best hat!

7. Paint N Sip and Cinco De Mayo:

Unfortunately, the Paint N Sip event on Cinco De Mayo has been canceled due to not meeting the minimum required for the instructor. However, we will still have a special Cinco De Mayo Brunch on Sunday, along with my famous Rita Margaritas.

8. Mother's Day Brunch and Decades of Trivia:

Mother's Day is just around the corner, and we expect an excellent turnout for the Mother's Day Brunch.



ADMINISTRATION CORNER *continued*

Please remember to sign up with Susan in the back lobby on Monday, May 6th, at 10 am. Also, watch for the Decades of Trivia Information, as it promises to be a groovy event held on the Sunporch on May 14th.

I hope everyone has a fantastic weekend! May 4th be with you, and I wish you all the best of luck with your favorite horse at the Kentucky Derby. Let's have a fiesta time! As always, please do not hesitate to reach out with any questions, comments, or concerns.



Rita Malone
Executive Director

Scott Carriere, Chairman Architectural Chair



We are proud to report significant progress on the various projects undertaken this year. We have completed the installation of LED bulbs for the upper parking deck lighting and added a height restriction bar for the parking deck. In addition, we have finished the plumbing for the SPA showers in PCC, and are currently requesting tile quotes. While we regret to inform you that the "B" elevator has experienced yet another delay due to material shortages, we are actively working to resolve this issue.

We are pleased to share that a new style louver has been installed on one condo, and we are currently studying its effect on the chase. Additionally, we are actively pursuing the renovation of floors 3 and 6, with collaboration from several groups including the floors, architectural committee, and administration.

We are committed to continuously improving the MVT facilities and ensuring the comfort and satisfaction of our residents. With all these developments, there is much to be excited about and we look forward to even more progress in the future.



OLDER AMERICANS MONTH

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Decades of Trivia

May is Older Americans Month. We are celebrating with Decades of Trivia (1920-2024) on the Sun Porch from 2 – 4pm on Tuesday, May 14. Form a team with friends, family, by floor or just come and enjoy the fun. Register by the mail room, so we know the size of your team to prepare seating. There will be snacks.

Residents Corner



Introducing Father John Kieran, a warm and compassionate soul residing in B807. Hailing from just north of Dublin, Ireland, he is one of eight siblings who shaped his journey in profound ways. Father John's educational path led him to the Benedictine secondary school in Limerick, where he cultivated his passion for horticulture, ultimately becoming a skilled professional gardener and fruit grower.

Following the footsteps of his older brother, Father John felt a divine calling to the priesthood, leading him to All Hallows College Seminary in Dublin. His ordination took place in 1967, marking the beginning of a dedicated service to the community. Throughout the years, he spread his wisdom and kindness across eight parishes within the Archdiocese, from Dalton to LaGrange, taking on the role of pastor five times during his impactful career. In 2013, Father John officially embarked on his well-deserved retirement, settling into the comfort of Mount Vernon Towers.

RESIDENTS CORNER *continued*

He appreciates the convenience, security, delightful meals, and the cherished camaraderie found within the community. Despite retirement, his devotion to spirituality remains unwavering. He continues to lead masses in his cozy condo on Tuesdays and Thursdays, with a service held on the Sun Porch every Saturday.

Beyond his religious duties, Father John extends his caring nature by filling in for fellow priests, comforting the sick, and brightening the days of those in nursing homes. You may often catch a glimpse of him ardently tending to the MVT grounds, pruning shrubs, or meticulously picking up any stray trash. His love for hands-on work extends to his passion for woodworking, where his craftsmanship shines brightly.

Father John Kieran embodies a spirit of service, kindness, and dedication that uplifts those around him. His presence at Mount Vernon Towers is a blessing cherished by many, a beacon of light and comfort in the hearts of all who have the pleasure of knowing him.

Join us on the Sun Porch at 1:30pm on Monday, May 6 for a volunteer and interest group sign-up. We'll have updates on May and June calendars. If your group wants more participants or volunteers, we will add a sign-up sheet for you.

High Rise Living Series

If you want to know about local events, visit www.visitsandysprings.org and sign-up for the newsletter with activities, restaurants and more. Paper Sandy Springs maps are available at the front desk from last week's speaker.



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.



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.



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

Birthday cheers to the fabulous LUCY THUSS, A502 on May 4! Let's not forget the amazing JERRY BAUER, shining bright in B1004 on May 7, along with the legendary JOHN BECKHAM in A713 and the fantastic CAROLYN GRANT in A911, both celebrating on May 7. Last but not least, a big birthday bash for the wonderful ELEANOR GOODWIN in B615 on May 9, and MAE FARR in A201 on May 10th!



TOWERS TALK- MAY 3, 2024



TIME	SATURDAY 5/4/2024	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
4:00PM	VIGIL CATHOLIC MASS	HAMMOND HALL
5:00PM	KENTUCKY DERBY PARTY	SUN PORCH
7:00PM	POKER	GAME ROOM

TIME	SUNDAY 5/5/2024	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

TIME	MONDAY 5/6/2024	LOCATION
10:00AM	MOTHER'S DAY BRUNCH RESERVATIONS	BACK LOBBY
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:00PM	MOVIE MONDAY: MY BEST FRIEND ANNE FRANK WITH REFRESHMENTS	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

ACTIVITIES COMMITTEE:

MONDAY 5/6/2024

12:00PM NEWCOMERS LUNCHEON [SIG-UP ON ACTIVITY WALL]

1:30PM HIGH RISE LIVING SERIES VOLUNTEER AND INTEREST SIGN-UP
[SUN PORCH]

3:30PM TRAVEL GROUP [MAGNOLIA ROOM]

5:00PM NEWCOMERS DINNER [SIGN-UP ON ACTIVITY WALL]

TUESDAY 5/7/2024		
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 5/8/2024		
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 [CASH ONLY]	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM RETURN PICK UP TIME)	DEPOT
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 5/9/2024		
TIME	EVENT	LOCATION
10:00AM	JIM HOWE MARTA BELTLINE BUS TOUR W/ LUNCH AT BBQ KITCHEN [RESIDENTS \$15.00]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM
7:30PM	FOX THEATER: TO KILL A MOCKINGBIRD	FRONT LOBBY

FRIDAY 5/10/2024		
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



TABLE 300

FISH OF THE WEEK

CATFISH - BAKED, BLACKENED OR FRIED

Saturday, May 4

LUNCH

Garden Vegetable Pizza (Tomato, Mushroom, Artichokes) with 1 side

Sunday, May 5

Cinco De Mayo Brunch

LUNCH

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

Chips, Salsa, and Guacamole, Santa Fe Chicken Egg Rolls, Chicken OR Steak Fajitas Served with Spanish Rice and Refried Beans

Rita's Special Margaritas

DELIVERY

Chicken OR Steak Fajitas Served with Spanish Rice and Refried Beans

OR

Cinnamon Waffles with Sausage Patty and Grits

Monday, May 6

LUNCH

Veggie Burger with 1 side

DINNER

Table 1

Sweet Sour Pork Served with Fried Rice and Vegetable Eggroll

Table 2

Creamy Crab Linguine Bake Served with Spinach and Garlic Bread

Tuesday, May 7

LUNCH

Meatball Sub with 1 side

DINNER

Salisbury Steak with 2 sides

Wednesday, May 8

LUNCH

Cuban Sandwich with 1 side

DINNER

Table 1

Fried Chicken served with Red Beans and Rice and Sauteed Swiss Chard

Table 2

BBQ Beef Tips Served with Mashed Potatoes and Glazed Carrots

Thursday, May 9

LUNCH

Buffalo Chicken Sandwich (Breaded and Fried Chicken with Blue Cheese Crumbles on Buttered Bun)

with 1 side

DINNER

Chicken Cacciatore Served with 2 sides

Friday, May 10

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

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

Meatloaf 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

MOTHER'S DAY BRUNCH

Sunday, May 11th.

Reservation ARE required: 11:30 am – 2:00 pm (last seating at 1:15 pm)

\$18.00 Resident, \$20.00 Guest

Reservations Begin on Monday, May 6th @10am in the Back Lobby

Salad Bar

Chef Tables

Herb Roasted Salmon

Carved Strip Loin

Rice Pilaf

Asparagus

Mashed Potatoes

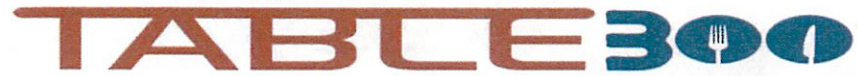
Green Beans

Omelet Station

Dessert

Strawberry Shortcake





TO-GO & DELIVERY MENU

Choose One Entrée

Side Salad

Herb Roasted Salmon

Rice Pilaf

Asparagus

Strawberry Shortcake

OR

Side Salad

Carved Strip Loin

Mashed Potatoes

Green Beans

Strawberry Shortcake

April 29, 2024

Happy Monday! I hope you all had a great weekend.

I am excited to announce that our annual Mother's Day Tea and Luncheon is just around the corner. Over the years, this event has become a cherished tradition in our community, bringing together women of all ages to celebrate and honor the incredible women in our lives.

This year, we have an exciting twist to make the event even more special. In addition to celebrating mothers, we want to extend our invitation to all the remarkable women in our community and their family and friends. We aim to capture the essence of the bonds between sisters, aunts, daughters, granddaughters, great-granddaughters, nieces, sisters-in-laws, and daughters-in-laws, creating a truly inclusive and memorable experience.

Just like in previous years, we have meticulously planned every detail to ensure a delightful and unforgettable experience for all attendees. Prepare to indulge in our fabulous selection of teas, delightful mimosas, and a delectable menu that will tantalize your taste buds. The event will be filled with fellowship, enchanting music, and plenty of opportunities to capture precious moments with your loved ones through our photo opportunities.

And of course, we can't forget the goodie bags! Each attendee will receive a special gift bag filled with delightful surprises to take home as a token of our appreciation for your presence.

Please mark your calendars for Saturday, May 18, 2024, at 12:00 pm and join us for this extraordinary Ladies Celebrating Ladies, Tea/Luncheon. We encourage you to invite the important women in your life and share this invitation with them. Let's make this a day filled with love, laughter, and celebration of the remarkable women who make our lives brighter.

Reservations for this event will begin on Monday, May 13th at 10:00 am in the back lobby.

If you have any questions or need further information, please don't hesitate to reach out to our event organizers. We look forward to seeing you there!

Warm Wishes,



Rita Malone

Executive Director

(see invitation on back)

*To all the Women in your life,
Sisters, Aunts, Daughters, Granddaughters,
Great granddaughters, Nieces, Daughter-in-laws,
Sister-in-laws, and Friends*

YOU ARE INVITED TO A TEA/LUNCHEON

SATURDAY, MAY 18, 2024 12:00 PM

\$12.50 PER PERSON

TABLE 300 DINING ROOM

**FEATURING:
VARIETY OF TEAS & MIMOSA'S**

**Chicken Salad Sandwiches
Egg Salad Sandwiches
Pimento Cheese Sandwiches
Mini Quiche
Charcuterie Board
Veggie Tray
Fruit Tray
Danishes & Scones
Cupcakes with Lavender & White icing
Music & Photo Opportunities**

