

TOWERS TALK

SEPTEMBER 14-20



ADMINISTRATION CORNER



Happy rainy Friday!
I want to take a moment to express my gratitude for the tremendous turnout at the 9/11 service held Wednesday evening. It was truly heartwarming to see so many of you come together to honor the bravery displayed on that fateful day.

As we move forward, I encourage everyone to regularly check the upcoming activities listed in the Tower Talk. Please note that events on the calendar are subject to change. I would like to highlight a few important upcoming events:

1. High-Rise Living Series: On Monday, September 16th, we will be featuring a presentation of the new dining menu. If you are interested in attending, please ensure you sign up on the activity sheet located on the clipboard in the back lobby.

2. Luau Rescheduling: The Luau has been rescheduled to September 28th. A new sign-up will take place in the front lobby on Wednesday, September 18th at 10am. Even if you previously signed up, it is necessary to sign-up again.

In terms of administration, as many of you are aware, we currently have a vacancy on the Board of Directors following a recent resignation. This past week, the Board members voted to appoint Scott Goins as the new Owner Resident member to fulfill the remaining year term. We welcome Mr. Goins and look forward to his contributions.

I would also like to address some of the recent discussions within the community regarding committees. Many have asked what the purpose of the Architectural Committee is. The purpose of the Architectural Committee is to gather information and assess various issues related to the building's infrastructure and aesthetics. This committee should conduct thorough research to identify potential problems and opportunities for improvement. By analyzing these factors, the committee should then formulate informed recommendations and solutions to then be presented to the Board of Directors. The goal is to ensure that the building remains well-maintained, visually appealing, and aligned with the community's needs and standards.

Administrator Corner cont.

The Architectural Committee has been actively discussing projects that range from immediate repairs and updates to long-term initiatives. This year, they have compiled a spreadsheet categorizing various repairs and projects they believe are needed around our building. One of the topics discussed was the carpeting on the floors. A few years ago, we installed carpet manufactured by Foss Flooring. However, Foss Flooring was sold and was unable to produce the same carpet during the last renovations. This discussion arose because a vendor has now resumed manufacturing that line of products.

Unfortunately, this discussion has quickly stirred speculation within the building, leading to numerous questions about which floors are being replaced and why. I want to clarify that the Architectural Committee has not made any recommendations to the Board of Directors regarding the replacement of carpeting. Even if they had, the Board would be required to vote on such a project. There has been no discussion on this topic within the Board of Directors.

Additionally, there have been inquiries regarding the potential assessment for replacing the Chases. A lingering question is whether, if the assessment is not passed, the work will still need to be completed, and if so, how it will be funded.

Administrator Corner cont.

The Association has an obligation to proceed with the repair or replacement, as it is essential for maintaining the building's integrity. If the assessment does not pass at a special meeting, the necessary repair costs would be included in the yearly budget, which would result in an increase in monthly HOA dues beyond the normal percentage increase.

Lastly, I would like to address the temperature settings for the PTAC units in our common areas. They should be set to 75 degrees. We will place labels on each unit for your convenience. Please remember that setting the temperature lower increases the risk of leaks, which can cause significant damage.

Should you have any specific questions regarding these topics or any others that I may not have addressed, please do not hesitate to reach out to me.

Wishing you all a wonderful weekend.

Rita Malone
Executive Director



Happy birthday to the awesome crew of MVT residents celebrating another trip around the sun! Let's raise the roof for Stanley Smits in B606 on 9/15, Anita Herman in B801-803 on 9/16, Julie Rankin in B508 on 9/17, Johnny Fowler in B913 on 9/18, and Robert Tobin in A509 on 9/20!



High Rise Living Series

Dining update with new menu presentation. Sign up on the activity clip board by the mail room.



New Resident Meal sign-ups

Lunch and Dinner each Monday. Register Sunday by NOON by the mailroom.



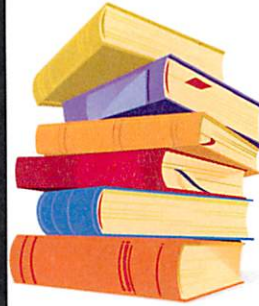
Classic Love Songs
with Sonya Shell
Thursday, September 19
7 PM Sun Porch



Please note that events on the monthly calendar are subject to change. Check the weekly Towers Talk for upcoming activities.

Sandy Springs EDUCATION FORCE

Educate - Inspire - Prepare



The Sandy Springs Education Force Reading Program pairs volunteers with students to enhance their reading skills and confidence through weekly reading sessions. Residents from MVT will participate on Wednesdays at Lake Forest Elementary School. Transportation will be provided. To learn more, attend the September 23rd program at 10:30 AM on the Sun Porch. A sign up sheet for volunteers is on the activity wall in the back lobby.



Join us for the MVT Luau on September 28 from 12-2 PM in the courtyard! It's the perfect opportunity to chow down on some delicious eats and refreshing drinks while enjoying live music by the Retro Jazz Katz. Don't miss out on this fantastic event! Reservations will be taken starting September 18 at 10 AM at the Front Desk. Be sure to mark your calendars and secure your spot for a fun-filled afternoon!





Luau

SEPTEMBER 28, 2024, 12-2PM

COURTYARD

Get ready to hula at our epic MVT Luau! We've got a Roasted Pig, sizzling Hawaiian Garlic Shrimp Kabobs, mouthwatering Huli Huli Chicken, and a tropical feast of sides: Hawaiian Potato Salad and Coleslaw, Baked Beans, Luau Pineapple Fried Rice, and Grilled Veggies! And for a sweet finale, we're serving up Pineapple Fluff, Cookies, and Passion Fruit Bars. Wash it down with our featured drink - the Luau Punch.

Live music provided
by Retro Jazz Katz

Reservations will be taken September 18 at 10 am
at the Front Desk.

TOWERS TALK– SEPTEMBER 13 , 2024



SATURDAY 9/14/2024		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH W/ YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:30PM	BIBLE STUDY: THE CHOSEN SEASON 4	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

SUNDAY 9/15/2024		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH
5:00PM	PRESBYTERIAN VESPER SERVICE	SUN PORCH

MONDAY 9/16/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCH	DINING ROOM
1:30PM	HRLS: DINING UPDATE WITH NEW MENU PRESENTATION: SIGN-UP ON ACTIVITY WALL	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
5:00PM	NEWCOMERS DINNER	DINING ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 9/17/2024		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	WATER AEROBICS	POOL SIDE
11:30AM	STANDING TAI CHI W/MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 9/18/2024		
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	LUAU RESERVATIONS W/SUSAN	FRONT LOBBY
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	ZUMBA CLASS	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO [DOLLAR BILLS OR QUARTERS ONLY]	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	BETH WALLER CONCERT	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 9/19/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	DRIVING MISS DAISY BUS TOUR W/LUNCH AT SOUTHERN GENTLEMAN [RESIDENTS \$15.00]	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
7:00PM	LOVE CLASSICS TRIBUTE W/SONYA SHELL	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

FRIDAY 9/20/2024		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS/ DOLLAR TREE	DEPOT



TABLE 300

FISH OF THE WEEK CATFISH

Saturday, September 14

LUNCH

Grilled Chicken Caesar Wrap with 1 side

Sunday, September 15

Brunch

Bacon, Scrambled Eggs and Hash Browns, Assorted Fresh Fruit, Assorted Bakery Items

French Toast Bar - Whipped Topping, Honey Butter, Blueberries and Strawberries, Powder Sugar, Syrup

Omelet Bar - Bacon, Sausage, Diced Ham Spinach, Tomato, Mushrooms Diced Peppers, Onions and Cheese- Cheddar, Feta

Hot Line - Rosemary Chicken and Veal Scallopini, Scalloped Potatoes, Butter Beans or Black Eyed Peas, Wild Rice Pilaf and Grilled Asparagus

DELIVERY

Rosemary Chicken, Scalloped Potatoes and Butter Beans

OR

Veal Scallopini, Wild Rice Pilaf and Grilled Asparagus

Lunch is Served from 11:30 am - 2:00 pm,

Monday - Sunday Last seating at 1:15 pm

Dinner is Served from 4:30 pm - 7:00 pm, Monday - Friday

Last seating at 6:15 pm

Monday, September 16

Lunch

Fried Chicken Sandwich w/ Buffalo Sauce with 1 side

DINNER

Crab Stuffed Flounder w/ Lemon Sauce, Green Pea Risotto and Roasted Vegetables

Marinated Flank Steak with Demi Glaze, Mashed Potatoes and Roasted Broccoli

Tuesday, September 17

LUNCH

Meat loaf Sandwich w/ Swiss Cheese on a hoagie with 1 side

DINNER

Blackened Salmon w/ Remoulade Sauce with 2 sides

Wednesday, September 18

LUNCH

Chicken Fried Steak w/ Sawmill Gravy with 1 side

DINNER

Hamburger Steak w/ Onion Gravy, Corn and Peas

Fried Chicken, Horseradish Mashed Potatoes and Spring Root Vegetables

Thursday, September 19

LUNCH

Chicken Alfredo with 1 side

DINNER

Roasted Pork Loin w/ Apple Demi Glaze with 2 sides

Friday, September 20

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

Pasta Station - Penne or Spaghetti, with Meat Sauce or Alfredo.

Toppings include Grilled Chicken, Shrimp, Broccoli, Mixed Vegetables and Cheese

DINNER

Grilled Catfish 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