



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

OCTOBER 11 - OCTOBER 18

ADMINISTRATION CORNER



Happy National Sausage Pizza Day! To celebrate, Mellow Mushroom has graciously partnered with us to provide delicious Sausage Pizza as a dinner option tonight. For those opting for this meal, you will

receive 3 pieces as your entrée, with the salad bar and dessert available as usual. Just to clear up any possible confusion, the regular dinner menu will also be available.

Maintenance Updates:

As many of you are aware, this week has presented challenges with the ongoing traffic shift and construction work outside. Utility relocations are currently in progress. **Please note that this Sunday night, October 13th, the City of Atlanta will be shutting off the water supply from 10:00 PM to 5:00 AM. The outage is expected to last only one night. PLEASE refrain from turning on the water in your condo during this time to avoid any leaks upon restoration of service! I will make announcements pertaining to this throughout the day on Sunday, so be prepared for that. The last announcement will come at 9:30 pm as a reminder.**



Looking ahead, on Thursday, October 17th, we will be replacing the large HVAC rooftop unit servicing the main corridor. This will involve the use of a crane, which will occupy the front circle beginning at 9:00 AM. Please be advised that access to the front circle (main entrance) will be completely closed during this time until lunchtime. If you have any visitors arriving, please inform them to use the ramp door for access.

Holiday Decoration Reminder:

With the holidays approaching, starting with Halloween, I would like to remind everyone that decorations on the windows, including lights and window clings, are prohibited in the common areas. If you have displayed such decorations, please remove them promptly.

Upcoming Activities:

Next week, our High-Rise Living series will feature Rick and myself discussing Facilities & Maintenance topics on Monday. We encourage your questions and look forward to an engaging discussion. Additionally, if you have not yet ordered your MVT breast cancer awareness shirt, you can still do so at the front desk.

Administrator Corner cont.

For those inquiring about the dates for our major dinner parties for the remainder of the year, please take note of the following:

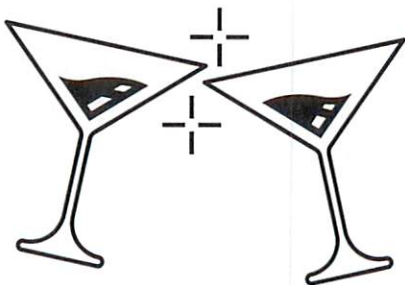
- Halloween Dinner Party/Costume Contest: October 30th
 - Family Thanksgiving Dinner Party: November 21st
 - Christmas Dinner Party: December 18th
- Individual floor Holiday Parties will be held on the Sunporch during the first ten days of December, as is tradition.

As temperatures begin to drop next week, with lows of 40 degrees and highs of 65 degrees, it's the perfect time to pull out your winter coats. To welcome the season, I am excited to announce our first annual coat drive during the week of the 21st. More details will be shared next week, but I truly believe that by coming together as a community, we can make a significant difference in the lives of those in need.

As always, feel free to reach out with any questions.

Wishing you all a wonderful weekend!

Rita Malone
Executive Director



Appreciate ♦ YOU ♦

You may have heard that many individuals are contributing to the relief efforts for Helene, but did you know that our very own Executive Director, Rita Malone, played a pivotal role? She organized, purchased, and delivered shelf-stable food along with 23,000 bottles of water to support those in need. Together with her daughter Taylor and some generous donations, Rita acquired the supplies from various locations, loaded them into two 26-foot rental box trucks, and navigated through damaged and debris-laden roads to bring these essentials back to her hometown in East Tennessee, serving Greene County, Erwin, and Newport. I thought you might find this information interesting.

Scott Carriere
Board Chairman



Lets crank up the birthday fun for JANET SUAREZ B808 on 10/15! Next up, we've got ED NUGENT A310 on 10/16, followed by WRIGHT HARDY A508, TOMMY HIGGINBOTHAM A405 and JAMES JARRELL B1002 celebrating on 10/17! Let the cake and confetti fly!



Mark October 14 at 7PM for our next Sing-Along. Thanks to Andrew Smith, we now have a fresh crop of favorite songs of Cole Porter and Richard Rodgers et al, along with some golden oldies like "There is a Tavern in the Town." Please bring your joyful voices and hear the strains of "Begin the Beguine." We hope to see you there and then (and "who knows Where or When?").



High Rise Living Series

Facilities & Maintenance with Rick & Rita
October 14/ 1:30 Sun Porch



New Resident Meal sign-ups

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

Voting in the General Election

Early voting begins Tuesday, October 15th, and Tuesday, November 5th is Election Day. The Sandy Springs Library is an advance voting location from Tuesday October 15th, to Friday, November 1st, and has a drop box inside during voting hours. MVT will offer shuttle service to advance voting. Dates and times will be announced closer to the date. Early voting hours and sites will be available at the front desk by Friday, October 11th.

The poll location for MVT on election day is Lake Forest Elementary School at 5920 Sandy Springs Circle, Sandy Springs, 30328. Georgia law requires voters to show a valid photo ID. A driver's license is accepted, even if expired.

The Benson Center will be a site for Advanced Voting on the following dates: October 17-18, 2024



Book Club

Join the members of the MVT Book Club to meet DR. BEVERLY ARMENTO Educator, Speaker, Advocate and author of Seeing Eye Girl A memoir of Madness, Resilience and Hope Hear her brilliant and insightful story of growing up in an abusive, dysfunctional and chaotic home at the hands of her blind, artistic and mentally ill mother. Her resilience and sense of hope are an example for all. SUNDAY, OCTOBER 27th 4:00pm Sun Porch. To read ahead of time, books are available from Carol Hanner, 770-315-8522 or Statia Carey 404-754-0800

TOWERS TALK- OCTOBER 11 , 2024



SATURDAY 10/12/2024		
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 10/13/2024		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

MONDAY 10/14/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCH	DINING ROOM
1:30PM	FACILITY AND MAINTENANCE W/RICK AND RITA	SUN PORCH
5:00PM	NEWCOMERS DINNER	DINING ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 10/15/2024		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 10/16/2024		
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
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
7:00PM	STANDARDS PROJECT	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 10/17/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	SOUTHERN MUSEUM OF THE CIVIL WAR AND LOCOMOTIVE HISTORY W/LUNCH AT MARLOW'S TAVERN	BUS DEPOT
7:00PM	DOMINOES	GAME ROOM

FRIDAY 10/18/2024		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	CIDER AND DONUT SOCIAL	BACK LOBBY
10:30AM	WALMART [CHAMBLEE LOCATION]	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS/DOLLOAR TREE	DEPOT



TABLE 300

FISH OF THE WEEK: SALMON

VEGGIE OF THE WEEK: GRILLED EGG PLANT

SOUP OF THE WEEK: SQUASH

Saturday, October 12

LUNCH

Chicken Marsala with 1 side

Sunday, October 13

Brunch

Assorted Fresh Fruit, Assorted Bakery Items,
Mini Bagels

Waffle Bar - Waffles, Chicken Tenders
Bourbon Syrup, Honey Butter, Whipped
Topping and Assorted Berries

Omelet Bar - Bacon, Sausage, Ham, Spinach,
Tomatoes, Onions, Peppers, Mushrooms
Cheese: Cheddar and Feta

Smoked Salmon Bar Diced Boiled Egg, Dill
Springs, Chopped Capers, Small Diced Red
Onions

Hot Line - Pitt Ham, Chicken Fried Steak
Buttered Grits, Scrambled Eggs, Sweet Potato
Casserole, Pan Fried Cabbage, Green Beans,
Squash Casserole

DELIVERY

Pitt Ham or Chicken Fried Steak
with two sides - Sweet Potato Casserole,
Pan Fried Cabbage, Green Beans,
Squash Casserole

Monday, October 14

Lunch

Beef and Broccoli with Fried Rice

DINNER

Shrimp Scampi with
Stewed Tomatoes and Spinach

Tuesday, October 15

LUNCH

Jambalaya with Chicken, Andouille
Sausage, Rice and Cajun Seasonings

DINNER

Macaroni and Cheese Bar: Macaroni
and Cheese topped with Bacon Bits,
Grilled Chicken, Pulled Pork, Broccoli,
Carrots, Mushrooms, Peas, Tomatoes
Chives, Scallions and Carved Ham

Wednesday, October 16

LUNCH

Chicken Parmesan Hoagie w/Fries

DINNER

Fried Chicken, Parmesan Mashed
Potatoes, Carrot Souffle, Turnip
Greens, Pork Snitzel, Sweet Corn

Thursday, October 17

LUNCH

Honey Garlic Pork Chops, Roasted
Potatoes, Parmesan Zucchini

DINNER

Fish and Grits with a Creole Sauce,
Onions and Peppers

Friday, October 18

LUNCH

BUILD YOUR OWN SALAD BAR

BBQ Pork, Baked Beans,
Corn Nuggets

DINNER

Cheese Lasagna, Broccoli Rabe,
Honey Glazed Carrots

**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**

**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**