

# TOWERS TALK

OCTOBER 25 - NOVEMBER 1

## ADMINISTRATION CORNER



Happy World Pasta Day! I hope this message finds you well and that you have been enjoying the beautiful weather we've had this week.

As I mentioned in the recent board meeting, it's hard to believe we are already approaching the final months of the year. MVT's busy season is right around the corner. In the coming weeks, owners will receive their "Meet the Candidate" packages along with the annual meeting packet. This year, the annual meeting will include two declaration amendments for voting: one regarding smoking policies and the other to limit the number of rental units in our building. To help navigate this information, we will be hosting floor meetings for each floor for a single week. I will coordinate the specific dates with each floor representative. Additionally, with the assistance of Walker Consultants, we have selected a contractor for the necessary repairs to the parking deck. We anticipate that work will commence within the next few weeks. This project will be executed in two phases: the first phase is expected to last approximately 15-20 weeks, while the second phase will not begin until later in 2025.

Funding for this project will be sourced from our reserves. In November, we will also meet with waterproofing consultants to advance the chase project. Their role will be to evaluate the current issues, develop the necessary drawings, and prepare a bid package. While we do not have definitive cost estimates for the chase repair at this time, preliminary assessments suggest that expenses could fall within the \$7,000 to \$9,000 range. Please note that these figures and the project start date remain tentative, with an anticipated start in spring.

We have also been discussing the installation of roof anchors, which the board approved last week. The addition of roof anchors is essential for routine maintenance and repairs, including sealing and re-caulking windows and brick repairs. Installation is expected to occur this year.

Regarding activities, this week's high-rise living series featured the Fire Lieutenant of Sandy Springs. He emphasized the importance of not having items such as candles and space heaters in our condos and provided guidance on safety procedures in the event of a fire.



## Administrator Corner cont.

As stated in our resident manual, in the event of a fire, residents should proceed to the nearest stairwell and make their way down to the courtyard or deck. If unable to descend, you may wait in the stairwell for assistance from the fire department. Alternatively, if reaching the stairwell is impossible, please unlock your door, turn on your balcony light, and wait on your balcony. Sandy Springs has five fire stations, ensuring a quick response. We are also coordinating with the fire department to schedule a fire drill, which they will assist with. Please be advised that failure to participate in fire drills may result in a fine of \$1,000 from the city.

Furthermore, if a sprinkler head in your unit fails inspection due to paint or residue, you will be responsible for its replacement.

Looking ahead, the high-rise series on Monday, October 28th, will feature Jody Reichel, who will discuss current city developments. I encourage everyone to attend.

Our Halloween Dinner Party this coming week is sold out! We will announce the winners of both the Costume Contest and the Pumpkin Decorating Contest at 5:45 PM during the event. Pumpkins entered in the contest will be displayed in the front lobby starting today, with voting open through monetary donations placed beside each pumpkin.



## Administrator Corner cont.

For those who utilize the fitness center, I am pleased to announce that we have acquired a new treadmill to address the long wait times for repairs on the existing one. Once the replacement parts arrive, we will have two treadmills available for use. I just love seeing many of you staying active!

Wishing everyone a wonderful weekend! As always, please feel free to reach out to me with any questions or concerns.

**Rita Malone**  
**Executive Director**



**HAPPY  
BIRTHDAY**

Happy Birthday to the fabulous JUDITH HARNSEBERGER, B706, who lights up the world on 10/31, and to the amazing BARBARA BROOKS, A1007, celebrating on 11/1! Party hats on, it's time to celebrate!



## MVT Travel Club

Get ready for some epic adventures! Biloxi/New Orleans from October 28 to November 1 and a cozy getaway to Gatlinburg & Pigeon Forge from December 10-12!

Contact Peggy Garnier 843-540-0569 for more information.



## High Rise Living Series

Q&A with Sandy Springs City Councilwoman,  
Jody Reichel  
October 28  
1:30 PM / Sun Porch



## New Resident Meal sign-ups

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

## Voting in the General Election

Tuesday, November 5th is Election Day. The Sandy Springs Library is an advance voting location until Friday, November 1st, and has a drop box inside during voting hours.

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.



## 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



WITH HOLY INNOCENTS EPISCOPAL SCHOOL STUDENTS  
OCTOBER 31 / 1 PM / SUN PORCH



# TOWERS TALK– OCTOBER 25 , 2024



	<b>SATURDAY 10/26/2024</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>STRENGTH AND BALANCE</b>	<b>HAMMOND HALL</b>
<b>10:15AM</b>	<b>HAPPY TAILS PET THERAPY</b>	<b>BACK LOBBY</b>
<b>12:00PM</b>	<b>HELP TECH W/ YOUNG MEN'S LEAGUE</b>	<b>MAGNOLIA ROOM</b>
<b>1:30PM</b>	<b>BIBLE STUDY: THE CHOSEN PREVEIW SEASON 5 VIA LUKE'S GOSPEL</b>	<b>MAGNOLIA ROOM</b>
<b>4:00PM</b>	<b>VIGIL MASS</b>	<b>SUN PORCH</b>
<b>7:00PM</b>	<b>POKER</b>	<b>GAME ROOM</b>

	<b>SUNDAY 10/27/2024</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>2:00PM</b>	<b>CHRISTIAN FELLOWSHIP</b>	<b>SUN PORCH</b>
<b>4:00PM</b>	<b>BOOK CLUB</b>	<b>SUN PORCH</b>

	<b>MONDAY 10/28/2024</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:30AM</b>	<b>BINGO</b>	<b>PCC</b>
<b>12:00PM</b>	<b>NEWCOMERS LUNCH</b>	<b>DINING ROOM</b>
<b>1:30PM</b>	<b>HRLS: Q &amp; A WITH CITY COUNCIL</b>	<b>SUN PORCH</b>
<b>2:00PM</b>	<b>BIBLE STUDY</b>	<b>MAGNOLIA ROOM</b>
<b>5:00PM</b>	<b>NEWCOMERS DINNER</b>	<b>DINING ROOM</b>
<b>7:00PM</b>	<b>PHASE 10</b>	<b>GAME ROOM</b>

	<b>TUESDAY 10/29/2024</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>STANDING AEROBICS</b>	<b>HAMMOND HALL</b>
<b>11:30AM</b>	<b>STANDING TAI CHI WITH MARIE</b>	<b>HAMMOND HALL</b>
<b>1:00PM</b>	<b>MANIPULATION</b>	<b>MAGNOLIA ROOM</b>
<b>1:30PM</b>	<b>RUMMIKUB</b>	<b>GAME ROOM</b>
<b>6:30PM</b>	<b>VESPERS</b>	<b>SUN PORCH</b>

	WEDNESDAY 10/30/2024	
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
4:30PM	HALLOWEEN DINNER PARTY W/ T-TONES BAND	DINING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/31/2024	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:00PM	HOLY INNOCENTS COOKING DECORATING AND SING-ALONG WITH THE STUDENTS	SUN PORCH
1:30PM	TAI CHI WITH MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 11/1/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART [ CHAMBLEE LOCATION ]	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	COSTCO	DEPOT





# TABLE 300

**FISH OF THE WEEK: SALMON**  
**VEGGIE OF THE WEEK: ZUCCHINI**  
**SOUP OF THE WEEK: BEEF & VEGETABLE**

## Saturday, October 26

### LUNCH

Slow Cooked Brown Butter Garlic Chicken  
served over White Rice

## Sunday, October 27

### Brunch

Assorted Fresh Fruit, Assorted Bakery Items

### Yogurt and Overnight Oats Bar -

Yogurt Bowl and Overnight Oats Bowl with  
Honey, Assorted Berries, Granola, Chocolate  
Chips, Toasted Coconut, Toasted Almonds,  
Walnuts and Caramel

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

**Hot Line** - Roasted Pork Loin,  
Roasted London Broil with Sherry Gravy,  
Scrambled Eggs, Crispy Bacon,  
Buttered Grits, Roasted Mustard Potatoes,  
Bacon Brussel Sprouts, Ginger Orange Glazed  
Carrots, Mushroom and Garlic Green Beans

### DELIVERY

Roasted Pork Loin or Roasted London Broil  
Pick two:

Roasted Mustard Potatoes,  
Bacon Brussel Sprouts, Ginger Orange Glazed  
Carrots, Mushroom and Garlic Green Beans

## Monday, October 28

### Lunch

Taco Salad

### DINNER

BBQ Pork, Fried Okra and  
Macaroni Salad

## Tuesday, October 29

### LUNCH

New Orleans Muffuletta Sandwich  
served with French Fries

### DINNER

Italian Sausage with Onions and  
Peppers, Sauteed Chicken with  
Mashed Potatoes, Cali Vegetables &  
Stewed Okra and Tomatoes

## Wednesday, October 30

### LUNCH

**CHILI Bar:** Chili served with Assorted  
Toppings: Cheddar Cheese, Fritos,  
Sour Cream, Fried Onions, Green/Red  
Onions, Bacon Bits, Jalapenos,  
Roasted Corn, Cilantro and Tomatoes  
and Cornbread

### DINNER

HALLOWEEN BUFFET



## Thursday, October 31

### LUNCH

Chicken Caesar Wrap with Fries

### DINNER

Roasted Flank Steak with Chimichurri  
Sauce and Baked Potato

## Friday, November 1

### LUNCH

### BUILD YOUR OWN SALAD BAR

Sliced Brisket, Coleslaw, Corn  
Nuggets, Stew Chicken, Steamed  
Rice, Cabbage

### DINNER

Chicken Pot Pie with one side

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 - 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