



MOUNT VERNON TOWERS  
ACTIVE 55+ COMMUNITY

# TOWERS TALK

DECEMBER 6 - DECEMBER 13

## ADMINISTRATION CORNER



Happy cold Friday! I hope everyone has had a great week; it has flown by. I have just a few important items this week.

### **Administration:**

This week has been busy as we have been meeting with Owner Residents on the floor to review the Annual Meeting documents that require voting and signatures. For those who missed their floor meeting, I will hold a makeup session on Tuesday, December 10th, at 2:00 PM in the Magnolia Room. It is crucial to review the three documents in your packet and submit them if you agree with the proposed changes. Even if you plan to attend the Annual Meeting on Monday, December 16th, I encourage you to submit your documents in advance to ensure your vote counts, especially if unforeseen circumstances arise.

Additionally, it has come to my attention that our three hotel carts and many grocery carts are missing. If you have either type of cart, please return it to the front desk immediately, as we will begin condo checks on Monday to locate these carts.

Please note that failing to return a cart will result in a fine: \$600.00 for hotel carts and \$175.00 for grocery carts. These carts are not personal property and should not be kept in your condo.

I am also attaching the Pet Rules to this memo due to a recurrence of pets not being on leashes and relieving themselves on hall floors. Please be reminded that fines will be imposed for violations, including charges for the professional cleaning of carpets and the associated staffing costs for cleanup.

### **Activities:**

The Holiday floor dinners are going well, with the final dinner scheduled for December 10th. Please note that the Sunporch will be closed on December 11th for professional floor cleaning and to restore the room. We will begin taking reservations for the Resident Christmas Dinner on Tuesday, December 10th, at 10 AM in the front lobby. Please refer to this week's Tower Talk for the menu.

Some exciting news, Santa is coming to visit on Friday, December 20th, look for information coming out soon, and be sure to let your family know if they have little ones.



### Dining Services:

I am pleased to announce that our new Executive Chef, Anthony Romero, has joined us this week. Chef Anthony brings over fifteen years of kitchen management experience, including fine dining, luxury country clubs, and fast casual operations. He is a graduate of the Art Institute of Atlanta with a BS in Restaurant Management and Culinary Arts, as well as Baking and Pastry. He enjoys karaoke, trivia, and playing the drums. I thoroughly enjoyed his taste during the interview and look forward to seeing him elevate our culinary team to new heights.

### Maintenance:

Work commenced on the parking deck this week, and we have a brief extension before needing to move cars parked in the West area of the undercover parking lot. I will provide a time frame for when the first phase of this process needs to begin as soon as the contractor lets me know.

As temperatures drop, many have



inquired about checking the heat settings in their condos. The current temperature setting can be found in the small number located in the bottom right corner of your thermostat.

On a personal note, I would like to express my gratitude to all who have contributed to the red box for the Employee Appreciation Fund. These funds are distributed to non-management staff during their annual Christmas Party, and they greatly look forward to this event.

If you have not yet had the chance to contribute, you may do so until December 18th.

Lastly, I am still accepting toys for the toy drive I am attending in North Carolina. I received a list yesterday featuring gender, age, and preferences for children. If you are interested in this list, please let me know, and I will be happy to share it with you. Thank you for your support in making this drive a success; I look forward to delivering the toys and meeting the children.

Wishing you all a wonderful weekend and be sure to bundle up if you're going outdoors. Please do not hesitate to reach out to me if you need anything.

Warm regards,

**Rita Malone**

**Executive Director**

**423-470-3745**



**Santa is  
coming!!**

**December  
20**

Details coming soon.



# HAPPY BIRTHDAY

Happy Birthday shoutouts to the fabulous MALINDA HOLMES B810 and SIBYL PLUMLY B212, both celebrating on 12/8! Let's not forget the amazing RITA SIMON A504 on 12/10, and the awesome FRED DENDY B214 and PATRICIA LEVY A503, both blowing out candles on 12/12! Last but not least, a big birthday cheer for TEREASA GAGNIER B309 and NANCY MARRIN B403-405, sharing their special day on 12/13! Let the party begin!

## Christmas Dinner



### Reservations

December 10

10 AM / Front Lobby



The DUMC Women's Choir will perform at 11 am in Hammond Hall on December 11 featuring several MVT residents....Anne Duncan, Pat Kapphahn, Barbara Olson, Cynthia Martin and Statia Carey.

On December Dunwoody Methodist Christmas Concert Sunday, Dec. 15 at 4:00 Transportation available leaving from the front entrance at 3:15. Sign up on the activities wall.



Get in the holiday spirit with a Lights of Life Christmas display at Life College preceded by dinner at Pappadeaux.

4 PM

Sign up in Back Lobby

## **General Rules**

1. Pets shall not be kept, bred, or used for any commercial purpose.
2. Pets must be confined to the pet owner's unit and must not be allowed to roam free or be tethered. Pets must not be left unattended on patios or balconies. Pets in transit are to be carried, restrained by a leash (no longer than a 3-foot leash), or placed in an animal carrier. Pets must always be on a leash except while in the dog park. The LEASH must be always held by the pet owner/caregiver.
3. Pets are allowed in the common areas except in the service center building, swimming pool areas, and the courtyard. The area defined as the service center building includes the Corridor Connector Building "A", to the front lobby, back lobby, dining room, mailroom, magnolia room, azalea room, and sunporch. The service center also consists of all halls to and from a particular area.
4. Pet owner/caregivers shall not use the washers and dryers located in the common areas laundry rooms to launder pets' bedding, toys, blankets, etc.
5. Pet owners are responsible for any damage caused by their pets, in any area. Including chewing furniture or soiling the carpet. The owner will be responsible for the costs of cleaning the area or repairing the damage.
6. No pet shall be allowed to become a nuisance or create any unreasonable disturbance. For each occurrence of the nuisance, the owner will be fined, and or will be charged the full amount of any cleaning needed.

Examples of nuisance behavior are:

- A. Pets whose unruly behavior causes personal injury or property damage.
- B. Pets in common areas who are not under the complete physical control of a responsible human companion and on a hand-held leash of no more than three feet in length or in a pet carrier.
- C. Pets who relieve themselves on walls or floors of common areas.
- D. Pets who exhibit aggressive or other dangerous or potentially dangerous behavior.
- E. Pets who are conspicuously unclean or parasite- infested.



# CHRISTMAS PARTY

THURSDAY, DECEMBER 19, 2024

RESERVATIONS BEGIN AT 10:00 AM ON WEDNESDAY, DECEMBER 10<sup>TH</sup>, IN THE FRONT LOBBY

\$22.00 Resident \$24.00 Guest

OPEN BAR WITH RITA'S CHRISTMAS COCKTAIL

## APPETIZER

SHRIMP COCKTAIL

## CHRISTMAS SALAD

POMEGRANATE & PEAR SALAD WITH FETA & WALNUTS

## MAIN COURSE & SIDE ITEMS

HERB-CRUSTED SIRLON

SALMON EN CROUTE "WRAPPED IN PUFF PASTRY WITH A SPINACH & CREAM CHEESE

DUCHESS POTATOES

ROASTED HEIRLOOM CARROTS

CHARRED FRENCH BEANS

SQUASH CASSEROLE

## DESSERT

RED VELVET CHEESECAKE

CHOCOLATE TORTE





## CHRISTMAS PARTY CHEF TABLE SEATING



**\$22.00 Resident \$24.00 Guest**

### NO MORE THAN PARTIES OF 7 WILL BE SAT TOGETHER

There will be (3) THREE seating times for the Christmas Dinner Party and each seating will allow for 1.5 hours of dining. Please be courteous and dine within the time allotted so that we can seat other tables.

#### **TIMES FOR RESERVATIONS:**

4:30pm until 6:00pm

5:00pm until 6:30pm

5:30pm until 7:00pm

No-shows and last-minute cancellations will be charged as advertised.  
Please be on-time and check in at the host stand when you arrive.

#### TO-GO & DELIVERY

CHOOSE ONE:

**HERB-CRUSTED SIRLOIN**

**SALMON EN CROUTE "WRAPPED IN PUFF PASTRY WITH A SPINACH & CREAM CHEESE**

CHOOSE TWO:

**DUCHESS POTATOES**

**ROASTED HEIRLOOM CARROTS**

**CHARRED FRENCH BEANS**

**SQUASH CASSEROLE**



# TOWERS TALK– DECEMBER 6, 2024

## Activities

SATURDAY 12/7/2024		
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: LUKE-ACTS	MAGNOLIA ROOM
4:00PM	VIGIL MASS	HAMMOND HALL
5:00PM	7TH FLOOR CHRISTMAS DINNER	SUN PORCH
7:00PM	POKER	GAME ROOM

SUNDAY 12/8/2024		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	HAMMOND HALL
5:00PM	8TH FLOOR CHRISTMAS DINNER	SUN PORCH

MONDAY 12/9/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
5:00PM	9TH FLOOR CHRISTMAS DINNER	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 12/10/2024		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	CHRISTMAS DINNER RESERVATIONS	FRONT DESK
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
5:00PM	10TH FLOOR CHRISTMAS DINNER	SUN PORCH
6:30PM	VESPERS	HAMMOND HALL

<b>WEDNESDAY 12/11/2024</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	DUMC WOMENS CHOIR	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 RETURN PICK UP TIME)	DEPOT
3:30PM	RYAN AND THE RENDEZVOUS	HAMMOND HALL
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 12/12/2024</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	JAZZ BY TWO	HAMMOND HALL
4:00PM	LIGHTS OF LIFE W/DINNER AT PAPPADEAUX	FRONT LOBBY
7:00PM	DOMINOES	GAME ROOM

<b>FRIDAY 12/13/2024</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	STOP N SHOP W/CHERYL SYKES	BACK LOBBY
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	SANTA CLAUS MOVIE W/REFRESHMENTS	HAMMOND HALL
3:00PM	TARGET	DEPOT





# TABLE 300

FISH OF THE WEEK: CATFISH

VEGGIE OF THE WEEK: BROCCOLI CHEESE

SOUP OF THE DAY-M- BAKED POTATO SOUP, T- CHICKEN NOODLE W-  
TOMATO BASIL BISQUE, TH-SPLIT PEA, F- CORN CHOWDER, SAT-  
VEGETABLE SOUP

## Saturday, December 7

### LUNCH

Slow cooked Brown Butter Garlic Chicken  
served over White Rice

## Sunday, December 8

### BRUNCH

Assorted Fresh Fruit, Assorted Bakery Items

### Build Your Own Omelet Bar

### French Toast Bar

**Hot Line** -Flank Steak, Chicken Pot Pie,  
Green Bean Casserole, Butter Broccoli, Honey  
Carrots, Corn Nuggets

### DELIVERY

Flank Steak, Chicken Pot Pie and your choice  
of two sides - Green Bean Casserole, Butter  
Broccoli, Honey Carrots, Corn Nuggets

## Monday, December 9

### LUNCH

Mississippi Sin Ham Sliders w/1 side

### DINNER

Chicken Schnitzel served with Lemon  
Cream Gravy and served with  
Creamed Spinach

## Tuesday, December 10

### LUNCH

Thai Chicken Salad

### DINNER

Roast Pork, Black Beans and Rice,  
Sweet Plantains, Green Beans  
Fried Catfish, Hushpuppies, Coleslaw

## Wednesday, December 11

### LUNCH

Meatball Sub with Fries

### DINNER

Fried Chicken served with Fried Okra  
and Candied Sweet Potatoes,  
Meatloaf, Mashed Potatoes, Fried  
Bacon Brussel Sprouts

## Thursday, December 12

### LUNCH

Croissant Chicken Bacon Melt w

### DINNER

Beef and Broccoli over Fried

## Friday, December 13

### LUNCH

### BUILD YOUR OWN SALAD

Montecristo Sandwich with Fr

### DINNER

Chicken Fajitas- 2 Flour Tort  
Chicken Strips Sauteed with C  
and Peppers served with Ric  
Beans

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  
Monday - Sunday Last seating at  
Dinner is Served from 4:30 pm - 7  
Monday - Friday Last seating at 6