

ADMINISTRATION CORNER



Happy snowy Friday!
It seems the meteorologist was accurate in their forecast, and while the snowfall is indeed beautiful, I am ready for it to subside.

ADMINISTRATION

The pastry and coffee social this morning in the Personal Care Center was a success! For those who did not attend, we will be hosting another event soon.

We continue to experience issues with misdelivered mail. If you receive mail that does not belong to you, please bring it to the front desk so we can ensure it reaches the correct recipient, as it may contain important information.

While our shopping carts are a convenient way to transport items to your condo, we have noticed some individuals leaving large shopping carts from Aldi's in our parking lot. If you have been bringing these carts back to the Towers, please refrain from doing so moving forward.

With more freezing rain expected, I urge everyone to locate a flashlight in your condo, check the batteries, and place it in an easily accessible spot in case of a power outage.

Although I hope this will not be necessary, it is prudent to be prepared.

I also want to inform you that snow accumulation on the satellite dishes located on the roof caused the service disruption earlier today. While I managed to clear some of the snow earlier, I will not be able to access the roof in the evening for safety reasons. Please be patient as we work through any potential service interruptions.

DINING

Tomorrow's weather isn't expected to improve much, as the slush will turn into ice, so we will continue to operate with a skeleton crew. We will be closed for dine-in service again but will offer lunch and a special dinner for pickup and delivery; please see the attached menu.

We welcomed Amy Ponzoli as our new Director of Dining this week. Amy has over 30 years of experience in hospitality, having worked at reputable establishments such as the Plaza Hotel in NYC and The Piedmont at Buckhead Senior Living. She is a graduate of Johnson and Wales and Le Cordon Bleu, and alongside Executive Chef Anthony, she looks forward to improving our food service program.

ADMINISTRATION CORNER cont.

MAINTENANCE

Staff will be changing filters on floors 5 through 8 on Tuesday, January 14th. If you are not home during this time, they will return in the following weeks to complete the task.

I hope everyone stays warm, and please be cautious of ice if you leave your condo, especially black ice.

I am onsite and will make further announcements as needed, as this is the quickest way to communicate any urgent matters.

Rita Malone
Executive Director
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rita@mountvernontowers.com



HAPPY BIRTHDAY

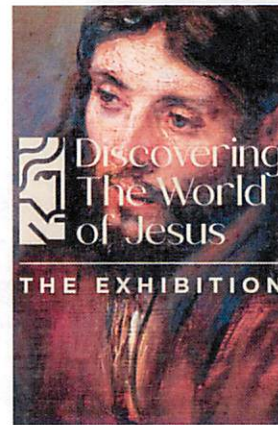
Happy Birthday to the fabulous BARBARA BORDERS A513 on 1/12 and the sensational NANCY RUIZ A913 on 1/14! Let the cake and confetti fly!

PCC Social Events

Our pals at PCC are cooking up some exciting events, and guess what? Everyone's invited to jump into the fun!



January 14
10:30 AM



Relive the moments that shaped history now with hundreds of priceless artifacts from the Holy Land, used by those who walked alongside Jesus and witnessed His miracles. Don't miss this once-in-a-lifetime opportunity!

\$22 per person with lunch at Olive Garden
Thursday, January 16



Snow Day Jan 10

We spotted Don Reser frolicking in the snow! Take a peek at his adorable snow creation—it's a snowman, or should we say snow-woman?

BAD WEATHER MENU

DATE: SATURDAY, 01/11/2025

Due to inclement weather in the forecast, we will be running the kitchen & dining room with a skeleton crew. To provide food service to our residents in the most efficient manner possible, we will be offering a limited menu for **delivery or pickup only**.

Orders can be placed by calling the front desk or emailing your orders online to mvt@mountvermontowers.com

TO-GO AND DELIVERY LUNCH ORDERS ARE DUE BY 9:00 AM

TO-GO AND DELIVERY DINNER ORDERS ARE DUE BY 2:00 PM

SATURDAY 1/11/25

LUNCH DELIVERY & TO-GO MENU

Burritos: Choice of 1= Beef, Pork, Or Chicken

**Rolled with Cheddar Cheese, Tomato and Shredded Lettuce
Comes with Side of Sour Cream, Tomato Salsa, Spanish Rice and Black Beans
Dessert: Strawberry Shortcake "parfait"**

DINNER DELIVERY & TO-GO MENU

Choice of one of the following:

Chicken Pot Pie w/ Puff Pastry Top

or

Veggie Lasagna w Dinner Roll

BOTH ENTRÉE'S SERVED WITH BUTTERED BEANS, ROASTED VEGGIES & A SIDE SALAD

TOWERS TALK JANUARY 10, 2025



SATURDAY 1/11/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	CANCELLED
12:00PM	HELP TECH W/ YOUNG MEN'S LEAGUE	CANCELLED
1:30PM	BIBLE STUDY: WEATHER PERMITTED	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

SUNDAY 1/12/2025		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP—WEATHER PERMITTED	MAGNOLIA ROOM

MONDAY 1/13/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 1/14/2025		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:30AM	BINGO [ALL ARE WELCOME]	PCC
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

I finally did it!

Bought a new pair of shoes with memory foam insoles.
No more forgetting why I walked into the kitchen.

WEDNESDAY 1/15/2025		
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
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	RHYTHM & ROUGE	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 1/16/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
11:00AM	DISCOVERING THE WORLD OF JESUS EXHIBIT W/BRUNCH AT J.CHRISTOPHER'S RESIDENTS [\$22.00]	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

FRIDAY 1/17/2025		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS/ DOLLAR TREE	DEPOT
3:30PM	ROSWELL NEW HORIZON BAND	SUN PORCH



TABLE 300

FISH OF THE WEEK: SWAI

VEGGIE OF THE WEEK: BABY KALE

SOUP OF THE WEEK: CHICKEN SOUP W/ ROOT VEGETABLES

SOUP OF THE DAY - M- PORTUGUESE FISH STEW T- ROASTED ONION & MUSHROOM W- LENTIL SOUP TH- WHITE BEAN, AND SAUSAGE SOUP F- CORN CHOWDER SA- CHEFS CHOICE

Saturday, January 11

LUNCH

To be announced

Sunday, January 12

BRUNCH

Smoked Salmon Bar

Build your own Omelet Bar

Hot Line: Potatoes O'Brien, Biscuits and Sausage Gravy, Vegetable Frittata, Chicken Picatta, Asparagus, Mini Dutch Baby Station, Scrambled Eggs, Bacon, Sausage, Buttered Grits

DELIVERY

Potatoes O'Brien, Biscuits and Sausage Gravy, Vegetable Frittata, Chicken Picatta, Asparagus, Mini Dutch Baby Station

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

Monday, January 13

LUNCH

French Dip Sandwich w/one side

DINNER

Creamy Chicken Pot Pie w/Puff Pastry
and two sides

Tuesday, January 14

LUNCH

Garden Vegetable Frittata, Chive
Crème Fraiche w/one side

DINNER

Roasted Pork Loin, Root Vegetable
Hash, Fried Brussels Sprouts w/
Pecan Honey, Italian Pot Roast,
Braised Cabbage, Squash and
Zucchini Casserole, Crispy Herbed
Potatoes

Wednesday, January 15

LUNCH

Sausage, Onions and Peppers in
Tomato Sauce, served with Garlic
Crostini and one side

DINNER

Fried Chicken, Red Beans and Rice,
Buttered Biscuits, Macaroni and
Cheese, Meatloaf, Mashed Potatoes
and Gravy, Southern Style Green Beans
and Corn

Thursday, January 16

LUNCH

Pulled Pork Sandwich w/one side

DINNER

Lasagna Roll Up, Caramelized Onion
and Parmesan Focaccia with sides

Friday, January 17

LUNCH

BUILD YOUR OWN SALAD BAR

Buffet- Nacho Bar- Corn Chips,
Nacho Cheese Sauce, Shredded
Lettuce, Seasoned Beef, Pork
Carnitas, Chicken, Black Beans,
Tomatoes, Pico de Gallo, Salsa, Sour
Cream, Mexican Rice, Corn,
Jalapenos

DINNER

Lemon and Herb Baked Fish,
Ratatouille, Creamy Roasted Garlic
Hummus and Crusty Bread

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