

## ADMINISTRATION CORNER



Rita's write up will be delivered separately on Monday.

## HIGH RISE LIVING SERIES

High-Rise Living resumes on Monday, Feb. 3, with a MVT Overview. Come & Learn.

## PCC EVENTS

TRIVIA 10:30 AM on Monday, February 3.  
Everyone is welcome to attend.

**HAPPY  
BIRTHDAY**

Happy Birthday to the fabulous ROBERT MCCALLUM B515 on 2/1, the wonderful BARBARA OLSON B1015 on 2/3, and the spectacular birthday crew of JEAN BLISS A414, NANCY KRINCEK A609, and SANDRA BULLOCK A605 on Feb 6! Let the cake and confetti fly!

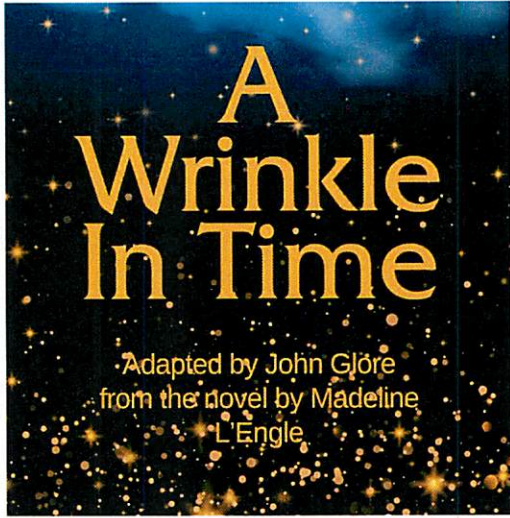
## NEW RESIDENTS

Welcome Committee Update & Survey  
Starting Wednesday, February 12, the Welcome Committee will hold dinners for new residents on the second Monday of each month. The meal will be deducted from the dining allowances and registration will be by the mail room.

Residents who moved within the past year were recently asked for feedback on their experiences adjusting to MVT. While the response rate was low, we learned that two-thirds had friends in the community before they came. All responding participated in orientation and more than half attended a new resident meal in the dining room. New residents mainly learn about MVT from Towers Talk and floor activities, plus board meetings and the High-Rise Living programs. Dining with others is the main source of meeting people along with activities, religious programs and the 4pm dog park gathering for those with pets.

Rolando and Maureen Rodriguez, happily settled in their seventh floor condo, offer this advice, "The orientation meeting with Susan was an excellent step in helping us become aware of all the rules, services, amenities and building floor plan. We encourage all new residents to go through the orientation process and to refer to the resident manual often during their first few weeks at MVT."





Georgia Ensemble Theatre Sunday,  
Feb. 23 at 2:30 pm  
Sign up sheet is posted on the activity wall.



Mark your calendars! The Podiatrist is strutting into the Magnolia Room on Thursday, February 6 at 9:30 AM.

### Live Music

<b>Wednesday/February 5</b>	<b>Thursday/February 6</b>
<b>3:30 PM</b>	<b>7 PM</b>
<b>Sharp Affair Band</b>	<b>The Standards Project</b>



<b>Friday/February 7</b>	<b>Saturday/February 8</b>
<b>2 PM</b>	<b>2 PM</b>
<b>Swing Band Jazz</b>	<b>Ollie Boy the Violinist</b>
<b>Vocalist Sybil Eberhart</b>	

**All shows on the Sun Porch.**



### Deb the Jeweler

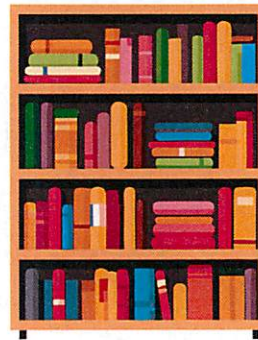
February 5 / 11 AM  
Back Lobby

### MVT TRAVEL CLUB

Mark your calendars for Monday, Feb 3 at 3:30 in the Magnolia Room! Daniel's Discovery Tours is rolling in to spill the beans on the exciting trips for 2025!



### LIBRARY NEWS



Volunteer sign up for the library, announcement readers, and other activities is Monday, Feb. 3.

### MVT BAKE SALE



Tuesday, February 4  
10 AM to 2 PM  
Back Lobby

There is space available if you would like to participate. Sign up on activity wall.





# TOWERS TALK JANUARY 31, 2025



SATURDAY 2/1/2025		
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: BOOK OF ACTS	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
SUNDAY 2/2/2025		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
MONDAY 2/3/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
1:30PM	HRLS: MVT OVERVIEW	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:30PM	TRAVEL GROUP	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM
TUESDAY 2/4/2025		
TIME	EVENT	LOCATION
10:00AM	VALENTINE'S DINNER PARTY RESERVATIONS [MENU COMING MONDAY]	FRONT DESK
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	BAKE SALE [ ALL ARE WELCOME ] IF YOU WANT SALE ANY BAKED GOODS PLEASE SIGN-UP ON ACTIVITY WALL NEAR THE MAILROOM	BACK LOBBY
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

## COMEDY CORNER

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

<b>WEDNESDAY 2/5/2025</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	DEB THE JEWELER	BACK LOBBY
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	SHARP AFFAIR BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 2/6/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:30AM	PODIATRIST [ APPOINTMENTS ONLY]	MAGNOLIA ROOM
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	BLACK HISTORY APEX MUSEUM W/LUNCH AT SOUTH CITY KITCHEN RESIDENTS [ \$8.00 ]	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	STANDARDS PROJECT BAND	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

<b>FRIDAY 2/7/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:00AM	DIY VALENTINE'S DAY CARDS	MAGNOLIA ROOM
10:30AM	WALMART	DEPOT
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	SWING BAND VOCALIST SYBIL EBERHART	SUN PORCH
3:00PM	COSTCO	DEPOT





# TABLE 300

**FISH OF THE WEEK: TROUT**

**VEGGIE OF THE WEEK: ROASTED BUTTERNUT SQUASH**

**SOUP OF THE WEEK: 3 BEAN SOUP**

**SOUP OF THE DAY: M-FRENCH ONION SOUP T-HAM AND POTATO SOUP**

**W-SAUSAGE AND GREENS SOUP TH-BEEF TORTELLINI**

**F-TOMATO BISQUE S-CHEFS CHOICE**

## **Saturday, February 1**

### **LUNCH**

"The Rachel Sandwich" Roasted Turkey, Creamy Mount Vernon Style Coleslaw, Swiss Cheese, Grilled Marble Rye Bread, 1,000 Island Dressing

## **Sunday, February 2**

### **BRUNCH**

Pork Loin Carving Station, Root Vegetable and Sausage Hash, Glazed Heirloom Carrots, Cinnamon Rolls, Biscuits and Gravy, Scrambled Eggs, Bacon, Sausage, Buttered Grits

### **DELIVERY**

Pork Loin Carving Station, Root Vegetable and Sausage Hash, Glazed Heirloom Carrots

## **Monday, February 3**

### **LUNCH**

Chili Cheese Bacon Burger w/1 side

### **DINNER**

Creamy Garlic Chicken, Smashed Potatoes, Cauliflower and two sides

## **Tuesday, February 4**

### **LUNCH**

Country Fried Steak w/1 side

### **DINNER**

!!Taco Tuesday!!, Carnitas, Chicken Tinga, Mexican Street Corn, Spanish Rice, Cilantro Lime Rice, Black Beans, Refried Beans, Hard and Soft Shell Tacos, "Taco Slaw" Mango

## **Wednesday, February 5**

### **LUNCH**

Buffalo Chicken Pinwheels w/1 side

### **DINNER**

Fried Chicken, Potato Salad, Fried Okra, Creamed Spinach, Cornbread Pot Roast, Pot Roast Vegetables (braised carrot/celery/onion) Baked Sweet Potato, Coleslaw

## **Thursday, February 6**

### **LUNCH**

Teriyaki Meatballs, White Rice, Hibachi style Zucchini w/1 side

### **DINNER**

Chicken Bacon Ranch Baked Penne, Caprese Focaccia w/2 sides

## **Friday, February 7**

### **LUNCH**

BBQ Buffet! Pulled Pork, BBQ Chicken, Braised Greens, Macaroni and Cheese, Chips, Asst Dips

### **DINNER**

White Fish Meunière, Lemon Brown Butter Sauce, Jumbo Asparagus, Cauliflower Puree, Bitter Greens

**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**