

ADMINISTRATION CORNER



Happy Friday. I hope everyone has had a great week and is staying warm.

Below are a few important items to discuss this week:

Administration

Motorized Mobility Devices-

The board voted unanimously in November 2024 that all motorized mobility devices are required to use the double elevators located in the center of the building. Any usage of the single A & B elevators will be considered a violation and will be subject to fines.

Bird Feeders/Seed-

As outlined in the resident manual, it is clearly stated that no banners, clothing, laundry, rugs, mops, or bird feeders shall be displayed or hung from any window, balcony, or exterior portion of a unit, nor upon any common element. The presence of bird feeders and seeds can attract rodents, such as rats, which are drawn to the fat and protein found in bird seeds. Residents who choose not to abide by this rule will face substantial fines.

Additionally, if you have an assigned undercover parking space and are not displaced for the deck repairs, please ensure that you utilize your designated space rather than using the 30-minute or 3-hour parking in the front circle or side parking areas.

Maintenance

The maintenance staff will be changing filters on floors 9 and 10 on Tuesday, February 25th. It is essential to allow them access, as this is part of the ongoing maintenance for the heating and cooling units in your condos.

The contractors are preparing to move into the final step of the first phase regarding the structural repairs of the parking deck. They will begin with the investigation openings and expect to have the engineers on site next week for inspection. The crew will be working this weekend to make up for the days missed due to inclement weather.

As always, please let me know if you have any questions or concerns and thank you for your continued support.

*If you are missing a cell phone, please call me to describe the phone and it's case for identification

Rita Malone
Executive Director
423-470-3745

HAPPY BIRTHDAY

Happy Birthday shoutouts to the sensational MARY LAURENCE A804 and the terrific TRICIA VAN SCIVER A812 on 2/21! Big cheers for PATRICIA KAPPAHN B910 on 2/22, ANDREW SMITH A607 on 2/24, and the legendary FRANK STOVALL A1013 on 2/25! Let the cake and confetti fly!



Speaking of birthdays, hold onto your party hats—Frank Stovall is hitting the big 1-0-4!

Come on down to the back lobby on February 25 from 1-3 for a celebration!!

BOARD MEETING

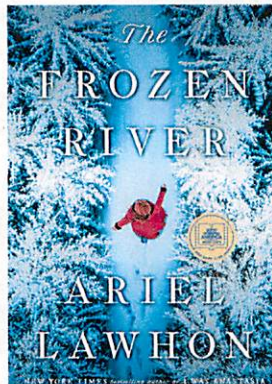
Wednesday
February 26
1:30 PM
Sun Porch



Buy for Nothing

Feb 28 / 9 AM - 1 PM / Sun Porch
Items may be delivered on Thursday evening between 5:00 PM and 8:00 PM.
No previewing allowed.

MVT BOOK CLUB



Join us on Sunday, February 23, at 4:00 PM in Hammond Hall for a discussion on the New York Times bestseller, "The Frozen River" by Ariel Lawhon. Everyone is welcome, regardless of whether you have read the book or not.

THE CHOSEN SERIES

Season 5 of The Chosen will be available after April 13, 2025, during the Saturday Bible Study. Prior to that, a summary of seasons 1-4 will be presented starting March 1, suitable for both viewers and those new to the series. These sessions will provide an overview of key parts of the series in preparation for season 5. The Bible Study meets at 1:30 PM on Saturdays in the Magnolia Room.

HIGH RISE LIVING SERIES

Maintenance Update

Monday, February 24

1:30 PM

Sun Porch

NEW RESIDENTS

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.

PCC EVENTS

TRIVIA TIME! Join us at 10:30 AM on Monday, February 24, where everyone's invited for some brain-busting fun! Don't miss it!

LIVE MUSIC

Wednesday, February 26

Loose Shoes Band

3:30PM

Sun Porch



DINING ROOM UPDATE



Chef Anthony Romero



Dining Director, Amy Ponzoli

The February 27 High Rise Living program featured Chef Anthony Romero, and Dining Director Amy Ponzoli with Morrison's. The meeting introduced them and their plans for the dining room over the coming months. Please continue to post compliments and concerns on the dining room kiosk.

DINING ROOM UPDATE continued

Both professionals have extensive industry experience and strong culinary credentials. Chef Anthony has worked in both fast casual and fine dining with Kevin Gillespie restaurants, White Oak Kitchen, Apache XLR and Café Sunflower. He has lived in Atlanta for the past 16 years and has a BS in Restaurant management and culinary arts, baking and pastry.

Amy has worked in Hospitality for 30 plus years. Amy began working as a waitress at 15; She has worked at reputable places such as Plaza Hotel in NYC, Hyatt Regency, The Piedmont at Buckhead Senior Living where she held dual roles of chef and dining manager at a retirement community to name a few.

As MVT dining director, she works with Chef Anthony to ensure the front of house and kitchen run smoothly. Problems in the dining room should be reported to the manager on duty right away.

A new menu will be introduced in April. In the meantime, the culinary teams have addressed service and kitchen glitches while continuing to train and review resident feedback. Dining room plans include paring down to a core set of menu items that are well-received, and bringing variety through specials and featured items. Soups are now made in-house, and the selection of vegetable options is expanded.

Questions were raised about hot food and indicators for allergens and dairy ingredients on the next menu. Receiving hot food is moving in a better direction, and will remain a priority. There are many reasons food may not arrive hot such as side dishes cannot be heated like serving plates; multiple requests at the table add to the time between when the food is plated and it is delivered; foods hold heat at different rates; buffet containers do not have lids; pots and convection servers do not always sync.



Wine Pairing Event

SPANISH PAPAS CHORIZO

CRISPY POTATOES WITH CHORIZO FOAM

PAIRED WITH VINA BUJANDA TEMPRANILLO, SPAIN

WARM SALAD OF GIGANTE BEANS, SERANO HAM, MANCHEGO,
KALE

PAIRED WITH LA CANA ALBARINO, RIAS BAIXAS, SPAIN

POLLO AJILLO

WHITE WINE & GARLIC BRAISED CHICKEN WITH POTATO PUREE
AND PAQUILLO PEPPER

**PAIRED WITH CELEISTIA VIOGNIER BLEND, COSTERS DEL SIO,
SPAIN**

CINNAMON SUGARED CHURROS WITH POTTED CHOCOLATE
DIPPING SAUCE

PAIRED WITH CARRO TEMPRANILLO, SPAIN

WEDNESDAY, MARCH 5TH

5:30 PM / SUNPORCH

\$40.00 PER PERSON / 4 COURSES

(CANNOT USE MEAL ALLOWANCE)

RESERVATIONS 10AM

TUESDAY, FEBRUARY 25TH

IN THE FRONT LOBBY



TOWERS TALK FEBRUARY 21, 2025



SATURDAY 2/22/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
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 2/23/2025		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB	HAMMOND HALL

MONDAY 2/24/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	TRIVIA	PCC
1:30PM	HRLS: Q&A WITH MAINTENANCE DEPT.	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 2/25/2025		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	WINE PARING EVENT RESERVATIONS	FRONT DESK
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 2/26/2025		
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	BOARD MEETING	SUN PORCH
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	LOOSE SHOES	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 2/27/2025		
TIME	EVENT	LOCATION
10:30AM	ALLIANCE THEATER PLAY " BUST"	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

FRIDAY 2/28/2025		
TIME	EVENT	LOCATION
9:00A-12:00P	BUY FOR NOTHING DAY	SUN PORCH
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	ELVIS IMPERSONATOR W/ MOCKTAIL HAPPY HOUR	SUN PORCH
3:00PM	FIVE BELOW	DEPOT



TABLE 300

FISH OF THE WEEK: TILAPIA

VEGGIE OF THE WEEK: CAULIFLOWER

SOUP OF THE WEEK: 3 BEAN SOUP

SOUP OF THE DAY: M - FRENCH ONION T- BROCCOLI AND CHEESE W- HAM & VEGGIE TH- BLACK BEAN CHILI F- GUMBO SAT- CHEFS CHOICE

Saturday, February 22

LUNCH

Come Getchu Some! Liver and Onions-
Liver, Onion Gravy and Fried Potatoes

Sunday, February 23

BRUNCH

Breakfast Scramble, Flour Tortillas, Salsa,
Tomatoes, Cheese, Roasted Vegetables,
Crispy Fried Potatoes, Lime Buttered Chicken
w/Heirloom Tomatoes, Sliced Beef in Red
Pepper and Tomato Sauce, French Toast
Casserole w/Powdered Sugar and Fresh
Berries, Scrambled Eggs, Bacon, Sausage,
Buttered Grits

DELIVERY

Choose either Chicken or Beef. Includes
Roasted Vegetables and Crispy Fried
Potatoes

Monday, February 24

LUNCH

Cowboy Burger-BBQ Sauce, Fried Onion Ring,
Cheese, Bacon and House Made Chips

DINNER

Beef Stroganoff, Peas, Mushrooms,
Carmelized Onion, Sliced Beef over Creamy
Polenta

Tuesday, February 25

LUNCH

Deviled Egg Salad Sandwich on White
Bread w/1 side

DINNER

Roasted Turkey Breast, Turkey Gravy,
Cornbread, Southern Style Green
Beans, Garlic Ham, Glazed Carrots,
White Rice and Black Beans

Wednesday, February 26

LUNCH

Pesto Chicken Pinwheels-Mozzarella
Cheese, Basil, Pesto and Chicken.
Baked with Cheese and Herbs.

DINNER

Fried Chicken, Mashed Potatoes and
Gravy, Buttered Corn, Honey Butter
Rolls, Glazed Pork Chops, Baked Sweet
Potatoes, Apple Sauce, Roasted
Vegetables

Thursday, February 27

LUNCH

Blackened Tilapia Po Boy-Toasted Roll,
Shredded Lettuce, Tomato Remoulade

DINNER

Mardi Gras Hen, Etouffee and
Celebration Rice

Friday, February 28

LUNCH

Breakfast Bar w/Scrambled Eggs,
Bacon, Sausage, Breakfast Potatoes
and Biscuits & Gravy

DINNER

Monterrey Jack Chicken, Roasted
Potatoes, Choice of 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