



MOUNT VERNON TOWERS  
ACTIVE 55+ COMMUNITY

# TOWERS TALK

MARCH 14 - MARCH 21

## ADMINISTRATION CORNER



Happy Friday, everyone. I hope you have all recovered from the fantastic St. Patrick's dinner party we had yesterday evening. Here are a few important updates or this week.

### Administration

Regarding the weather, the forecast models do not appear to be improving, and I am taking this situation seriously. I recommend downloading the Channel 2 app ([wsbtv.com/weather-app](http://wsbtv.com/weather-app)) to stay updated. Please do not wait until the last minute to remove items from your balconies and gather any flashlights and batteries you may need.

I have learned that some residents experiencing flu symptoms, or who have been exposed to COVID have continued to attend activities as well as enter common areas, including the dining room without regard for their neighbors. To mitigate the spread of illness, I once again ask that you refrain from partaking in such activities if you are unwell.

Our beloved Pat, who has worked the overnight shift at the front desk for 19 years, will be retiring at the end of March. Pat has been a tremendous asset to Mount Vernon Towers, and I sincerely appreciate her

dedication and work ethic. While I am saddened by her departure, I am thrilled for her as she embarks on this new journey. That being said, I would like to introduce Rosa, our newest staff member. Rosa recently moved from Virginia and holds both a bachelor's and a master's degree in psychology and criminology. Although she has been training at the front desk for the past two weeks, she will officially start the overnight shift next week alongside Pat. The overnight shift is crucial, and I am pleased to have Rosa join our team. I will be organizing a retirement reception for Pat in early April, with further details to follow next week.

We have recently discussed engaging Walker Consultants, the same firm currently working on the parking deck, to submit a proposal for consulting and engineering services for the chases. I am happy to announce that the board and I met last week and voted to sign the contract, taking the first step in initiating the Chase project. The Walker team was on-site yesterday to start their evaluation process. This step is significant as it will lead to the scope, design, drawings, and construction documents, ultimately aiming to start the project in August.

### Dining

There has been some confusion regarding to-go lunch orders. As stated on the menus, orders for to-go and delivery lunch needed to be placed by 9 AM. However, the dining room has allowed to-go orders to be placed during lunch service without issues, and we will officially continue this practice. The deadline for dinner to-go and delivery orders will remain the same, which is 1:30 PM. Additionally, while we have tried to accommodate salad orders from the salad bar for to-go and delivery, we will revert to allowing only salads from the menu to be ordered moving forward.

### Maintenance

I want to clarify the on-call maintenance procedure. In the event of an emergency work order between 6 PM and 7 AM, the staff member on call, along with myself, will be notified. Examples of emergencies include toilet overflow due to inappropriate items being flushed. Please note that most staff members live 35 minutes to over an hour away from Sandy Springs, so do not be alarmed if it takes up to an hour for assistance to arrive. Additionally, in cases like the one mentioned, any damage incurred will be billed to the owner.

Many residents have inquired why more vehicles were asked to be moved during the current phase of the parking deck repairs. This request was prompted by the discovery of at least two instances where PT tendon anchors were lacking the necessary steel wedges during isolated grout replacements.

While this may stem from original construction, we have approved further evaluation and investigation to ensure the structural integrity of the parking deck. I hope everyone has a great rest of the day and a wonderful weekend. I will be on-site, along with maintenance personnel this weekend in the event of severe weather. I will make announcements as necessary and monitor our weather radio, so please stay attentive.

As always, feel free to reach out to me with any questions.

**Rita Malone**  
**423-470-3745**



**HAPPY  
BIRTHDAY**

Happy Birthday to the fabulous crew! PAM BICKEL in B408 on 3/15, GEORGE BRUMFIELD in B902 on 3/17, and the dynamic duo GENEVIEVE SHIVER in B512 and SARAH SINK in A702, both celebrating on 3/21! Let the birthday shenanigans begin!



The MVT Resident Open House is rolling out the red carpet for two-bedroom, one-bedroom, and studio units across seven floors (1, 2, 4, 6, 7, and 9). Swing by from 2-4pm to scope out the latest listings, snag some upgrade inspo, and check out options for your friends and family!

Volunteers will be stationed on the open house floors to direct participants to the doors marked with balloons, and a list of open units will be available then.

Tuesday, March 18  
2 PM

Open to MVT RESidents



## DESTINATION THEATRE

The Sock Hop Swing will have you swaying in your seat and tapping your toes to the timeless sounds of rock 'n' roll, doo-wop, and swing. Watch as the performers take you on a musical journey through the 1950s, with synchronized dances, colorful costumes, and plenty of audience participation.

Friday, March 21 / 1 PM  
Sun Porch

## 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

Be Scam Savy Financial Safety Tips from Kathie Allgood, VP Sandy Springs Branch, Coastal States Bank

**Monday, March 17 / 1:30 PM / Sun Porch**

## NEW RESIDENTS

The new resident dinner for March has been moved to Wednesday, March 19, at 5pm. Sign-up is available through Sunday, March 16.

## LIVE MUSIC

Mark your calendars for some toe-tapping fun!

**Saturday, March 15 at 2 PM**

Music with pianist, Jim Coots

**Wednesday, March 19 at 3:30PM**

Welcome for the first time to MVT -  
Surround Sound Band

**Thursday, March 20 at 7 pm**

Sonya Shell

All shows are happening on the Sun Porch, so bring your dancing shoes!

# TOWERS TALK MARCH 14, 2025



SATURDAY 3/15/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:30PM	BIBLE STUDY: BOOK OF ACTS	MAGNOLIA ROOM
2:00PM	MUSIC WITH PIANIST JIM COOTS	SUN PORCH
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 3/16/2025		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 3/17/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
1:30PM	HRLS: BE SCAM SAVVY	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00 PM	HAPPY HOUR	BACK LOBBY
7:00PM	PHASE 10	GAME ROOM

TUESDAY 3/18/2025		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
2:00PM	OPEN HOUSE FOR MVT RESIDENTS	SUN PORCH
6:30PM	VESPERS	SUN PORCH

	<b>WEDNESDAY 3/19/2025</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	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	SURROUND SOUND BAND	SUN PORCH
5:00 PM	NEW RESIDENT DINNER	DINING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	<b>THURSDAY 3/20/2025</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	WORLD OF COCA-COLA W/LUNCH AT THE ATLANTA FISH MARKET RESIDENTS \$25.05	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	SONYA SHELL	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

	<b>FRIDAY 3/21/2025</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:00PM	DESTINATION THEATER: SOCK HOP SWING	SUN PORCH
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS AND DOLLAR TREE	DEPOT



# TABLE 300

**FISH OF THE WEEK: MAHI MAHI**

**VEGGIE OF THE WEEK: FRIED OKRA**

**SOUP OF THE WEEK: VEGETARIAN MINISTRONE**

**SOUP OF THE DAY: M-CHICKEN AND RICE T-CHEESEBURGER SOUP**

**W-BEEF AND LENTIL TH-MUSHROOM CREAM SOUP**

**F-MEATBALL VEGETABLE SAT-CHEFS CHOICE**

**Saturday, March 15**

**LUNCH**

Liver and Onions--Liver, Onion Gravy,  
Fried Potatoes

**Sunday, March 16**

**BRUNCH**

Rolled Lemon Whitefish, Broccolini, Herb  
Buttered Potatoes, Ratatouille, Garlic and  
Lemon Chicken, Scrambled Eggs, Bacon,  
Sausage, Buttered Grits

**DELIVERY**

Rolled Lemon Whitefish, Broccolini, Herb  
Buttered Potatoes, Ratatouille,  
Garlic and Lemon Chicken



**Monday, March 17**

**LUNCH**

Chicken Waldorf Salad Sandwich--Croissant,  
Grape, Walnut, Apple, Mayo, Celery w/1 side

**DINNER**

Broken Lasagna Pasta with Meat Sauce,  
Italian Sausage, Mozzarella, Red Sauce,  
Cream, Grilled Brocolini

**HAPPY  
ST. PATRICK'S  
DAY**



**Tuesday, March 18**

**LUNCH**

Thai BBQ Chicken Sandwich--  
Chicken Thigh, Thai BBQ, Tomato,  
Cucumber, Crispy Onions, Pickled  
Carrots, Sesame Bun w/1 side

**DINNER**

Pot Roast, Pot Roast Vegetables,  
Smashed Potatoes, Roasted  
Cauliflower  
Roasted Chicken, Navy Bean Ragu  
with Sausage and tomato, Roasted  
Vegetables, Rice

**Wednesday, March 19**

**LUNCH**

Mushroom Swiss Turkey Burger, LTO  
w/1 side

**DINNER**

Fried Chicken, Southern Style Green  
Beans, Rice Pilaf, Honey Butter Roll,  
Roasted Mojo Pork, Black Beans,  
Yellow Rice, Grilled Buttered Corn

Call 404-255-7248 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

**Thursday, March 20**

**LUNCH**

Fried Fish Sandwich, House Made  
Tarter Sauce, Lettuce and Tomato,  
Toasted Hoagie Roll w/1 side

**DINNER**

French Style Cottage Pie, Beef Braised  
with Red Wine and Demi Glace, Button  
Mushrooms, Pearled Onions and  
Carrots, Buttered Biscuit Topping

**Friday, March 21**

**LUNCH**

**Taco Bar**--Hard or Soft Shell Tacos,  
Seasoned Beef, Chicken Tinga,  
Street Corn, Mexican Rice, Pinto  
Beans, Toppings and  
Oat Horchata Drink

**DINNER**

Spanish Seafood Stew with  
Garbanzo Beans and Chorizo, served  
over Saffron Jasmine Rice,  
Crusty Baguette

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