

TOWERS TALK

MARCH 21 - MARCH 28

ADMINISTRATION CORNER



Happy Friday! I hope everyone has had a great week.

I have just a few items to discuss this week.

Administration

Some of you might have recently received text messages stating that you had unpaid toll violations. This is a SCAM. Toll road agencies do not send text messages, so DO NOT click on the link. These messages are from scammers attempting to steal your financial information.

For those of you who are active drivers, it is important to pay attention to your vehicle registration expiration. The patrol vehicles now have the capability to detect expired registrations simply by driving past your car, even if it is parked in a shopping center. They no longer need to run your vehicle tag number. Additionally, please remember that a valid vehicle registration, along with an active insurance policy, is required if you have a vehicle parked on Mount Vernon Towers property.

I have been receiving calls regarding lost earrings, bracelets, and other items.

Currently, I have only one piece of jewelry in my possession that has not been claimed, and it is a man's ring. If you believe this ring may belong to you, please call me and provide a description of the ring in order to claim it.

This week's open house went well. One lesson learned from it is that some realtors do not lock the condo doors they have listed. This poses a particular security risk on the first-floor A side due to the patio door being accessible from the side parking area. Therefore, I urge everyone to always lock your front door and patio door, but please pay closer attention if you live on the first floor. This is to ensure that no one can enter from the patio without our knowledge. If you are an owner with a condo for sale or lease or are considering placing your condo on the market, please inform your realtor that, in the new Owner/Realtor information coming out next week, fines will be imposed on owners whose realtors leave the condo or patio doors unlocked. This measure is for the safety and protection of all residents in our building.

Dining Services

When dining in the dining room, whether for regular service or a dinner party, DO NOT take items such as glasses, plates, and tablecloths/runners to your condo.

ADMINISTRATION CORNER cont.

I recently witnessed several glasses leaving the dining room in one night. This situation explains why we continually purchase items yet remain low on inventory. Such actions are a wasteful use of HOA dues. If you choose to take items, even with the intention of returning them, they often do not get returned, and you will be charged for their replacements.

Maintenance

Spring is officially here, and although the temps this week may not feel like it, you might feel inspired to do some spring cleaning. Please remember that you cannot wash your balcony during this process, as the water will flow down to your neighbor below and can create issues for their belongings.

As always, please let me know should you have any questions.

Rita Malone
423-470-3745

**HAPPY
BIRTHDAY**

Happy Birthday to the fabulous JENNIFER ATCHISON in A707 on 3/23, the wonderful NAN FRANZMAN in B613 on 3/25, the magnificent MARILYN PREUSS in A110 on 3/29, and the legendary ROBERT THUSS in A502 on 3/30! Let the birthday shenanigans begin!

BE SCAM SAVY

There are several scams to be aware of....

Grandparent Scam

Internet Dating Scam

Friends/Family stuck somewhere and can't get home

Fake Charities

Scare tactics with phishing emails and threatening calls and texts.

IF YOU FALL VICTIM TO A SCAM, REPORT IT TO THE AUTHORITIES.

If you lose money, call your local police and file a report. Anytime you feel your personal information or ATM/Debit card or credit care may be compromised, call your bank to block any further fraud. Ask for a Credit Freeze or Credit Alert from one (or all) of the three credit reporting companies....Trans Union, Equifax, Experian

GARDENING

In Atlanta, the average last frost date is around March 23 to April 5. After this date, the risk of a freeze significantly decreases, making it safe to plant most warm-season crops and flowers. However, it's always good to check the 10-day forecast before planting to avoid any unexpected cold snaps. If you're planting tender plants, waiting until mid-April adds an extra layer of safety.



LAUGHTER YOGA



Experience the uplifting power of laughter to boost mood and health through playful group activities, either seated or standing.

Developed by a medical doctor studying laughter's benefits, the session is led by Patricia Linderman, a certified health coach and Laughter Yoga leader.

Everyone welcome
Friday, March 28 / 11 am
Hammond Hall

BOARD MEETING



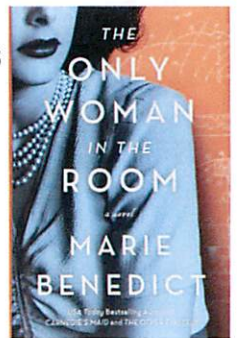
Wednesday, March 26 / 1:30 PM
Sun Porch

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.

MVT BOOK CLUB

The story of Hedy Lamarr, born Hedwig Kiesler, follows her journey from her teenage years in Austria to her Hollywood success. Raised by Jewish parents in a wealthy Vienna neighborhood, Hedy faces her mother's criticism while being motivated by her father's support to pursue both science and acting.



Sunday, March 30
4 PM / Hammond Hall

LIVE MUSIC

Mark your calendars for some toe-tapping fun!

Wednesday, March 26 at 3:30 pm

Loose Shoes Band

Thursday, March 27 at 7 pm

Bob's Broadway Chorus

Saturday, March 29 at 2 pm

Ollie Boy the Violinist

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

TOWERS TALK MARCH 21, 2025



	SATURDAY 3/22/2025	
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

TIME	SUNDAY 3/23/2025	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
5:00PM	PRESBYTERIAN VESPER SERVICE	SUN PORCH

TIME	MONDAY 3/24/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 3/25/2025	
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
6:30PM	VESPERS	SUN PORCH

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

	THURSDAY 3/27/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	JIM HOWE BUS TOUR OF NORCROSS, GA W/LUNCH AT REXALL DRUG CO. [RESIDENTS \$15.00]	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	BOB'S BROADWAY CHORUS	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 3/28/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	LAUGHTER YOGA	HAMMOND HALL
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	FIVE BELOW	DEPOT



TABLE 300

FISH OF THE WEEK: TILAPIA

VEGGIE OF THE WEEK: ROASTED CAULIFLOWER

SOUP OF THE WEEK: SWEET POTATO

**SOUP OF THE DAY: M-CHICKEN NOODLE T-BROCCOLI AND CHEESE
W-BRUNSWICK STEW TH-HAM AND GREENS F-MUSHROOM CREAM
SA-CHEFS CHOICE**

Saturday, March 22

LUNCH

Meatloaf Sandwich--Grilled White bread,
Tomato, Grilled Onions, Dressed Arugula,
Swiss Cheese, Tomato Aioli w/1 side

Sunday, March 23

BRUNCH

Frittatas: Ham and Cheddar, Roasted Root
Vegetables, Carnival Cauliflower, Marinated
Steak, Biscuits and Country Gravy, Blueberry
Pancake Loaf, Scrambled Eggs, Bacon,
Sausage, Buttered Grits

DELIVERY

Frittatas: Ham and Cheddar, Roasted Root
Vegetables, Carnival Cauliflower,
Marinated Steak

Monday, March 24

LUNCH

BBQ Sliders--Pulled Pork Sliders topped
with MVT-Style Coleslaw on a Buttered
Slider roll w/1 side

DINNER

Carved Striploin Steak and Frites
(Cowboy Butter Fries) with one
additional side

Tuesday, March 25

LUNCH

Fish Tacos--Seared White Fish, Fried
Flour Tortilla, Red Cabbage Slaw,
Fresh Mango Salsa

DINNER

Chicken Cacciatore, Jasmine Rice,
Crispy Fried Brussel's Sprouts w/
Pecan Honey Drizzle,
Steak and Peppers, Creamed Corn,
Mashed Potatoes

Wednesday, March 26

LUNCH

Hummus Wrap--Grilled Chicken,
Hummus, Roasted Vegetables, Lettuce
w/1 side

DINNER

Fried Chicken, Roasted Honey Glazed
Carrots, Creamy Garlic Potatoes
Paella: Spanish Rice Dish Loaded with
Seafood, Roasted Red Peppers, Lima
Beans, Snap Peas, and Heirloom
Tomatoes

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

Thursday, March 27

LUNCH

Tik Tok Style" Italian Grinder--
Chopped Cured Meats, Provolone,
Shredded Lettuce, Tomato, Oil
and Vinegar, House Baked Bread

DINNER

Stuffed Pork Loin with White Wine
Butter Sauce, Broccolini,
Sweet Potato Puree

Friday, March 28

LUNCH

It's a Lunch A-Fair! Funnel Cake Bar
with Toppings, Corn Dogs, Giant
Carrots, Fried Green Beans, Broccoli
on a Stick, Cheeseburger on a Stick,
Mini "Turkey" Legs (actually Chicken)

DINNER

Savory Vegetable Frittata--Roasted
Red Peppers, Feta, Spinach, Warm
Tomato and Arugula Salad,
White Bean Hummus, Chive Cream

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