



**MOUNT VERNON TOWERS**  
ACTIVE 55+ COMMUNITY

# TOWERS TALK

**MARCH 7 - MARCH 14**

## ADMINISTRATION CORNER



Rita's column will come out on Monday.

## HAPPY BIRTHDAY

Happy Birthday shout-out to the fabulous MARY HUGHES A307 and the mighty JIM STRONG A304 on March 8! Let's sprinkle some birthday confetti for MICHELE NICHOLL B809 on March 10 and the wonderful PATRICIA DAVIS B710 on March 13!

## PCC EVENTS

Arts & Crafts

10:30 AM / Monday, March 10

Coffee & Muffins Social

10 AM / Friday, March 14

## MVT RESIDENT SPOTLIGHT



Karen Joiner made the move from Loganville last summer and quickly found a warm welcome on MVT's second floor and throughout the community.

Originally from Arlington, Virginia, she's called Georgia home for over 50 years.

With a passion for music, Karen works part-time at Dunwoody Methodist Church, teaching little ones in the preschool program. She also stays busy providing pet-sitting services across metro Atlanta. A member of First Baptist Church, she enjoys being closer to her sons, both of whom live in Cumming—making her low-maintenance lifestyle at MVT all the more convenient.

An avid cook and wine enthusiast, Karen also loves bowling and getting to know the stories of her new neighbors. She's particularly fond of MVT's lively social scene, from special dinners to music programs. Looking ahead, she hopes to dive into Rummikub, puzzles, and volunteer opportunities.

Karen credits MVT's friendly residents and prime location for making her transition from a traditional ranch home smooth and enjoyable.



## HIGH RISE LIVING SERIES

Emory Healthcare

You May Be Having a Stroke – Learn the Symptoms and What to Do.

A stroke is a medical emergency that requires immediate attention. Knowing the warning signs can save a life—maybe even your own.

**Monday, March 10 / 1:30 PM / Sun Porch**

## SHOW & TELL

Learn the secrets to joyful aging with Licensed Psychotherapists Pat and Paul Kappahn

Tuesday, March 11  
2:30 PM / Hammond Hall

## VOLUNTEERS NEEDED



Volunteers for the Resident Open House will meet Friday, March 14 at 2:30 pm in the Magnolia Room

Get ready for Team Trivia!

Mark your calendars:

Wednesday, March 12!

Join us on the Sun Porch for a brain-busting good time!

Grab your squad and scribble your names on the signup sheet by the mail room!



## 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.

## NEW RESIDENTS

The Welcome Committee will hold dinners for new residents on the second Wednesday of each month. The meal will be deducted from the dining allowances and registration will be by the mail room.

## LIVE MUSIC

Mark your calendars for some toe-tapping fun!

**Wednesday, March 12 at 7 PM**

MVT favorite Robert Rice

**Friday, March 14 at 2:00 PM**

Welcome to MVT for the first time --  
the Lost in Space Band

**Saturday, March 15 at 2 PM**

Music with Jim Coats

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

# TOWERS TALK FEBRUARY 28, 2025

## Activities



SATURDAY 3/8/2025		
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 3/9/2025		
TIME	EVENT	LOCATION
11:30AM	ALEX THE JEWELER	BACK LOBBY
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 3/10/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	TRIVIA	PCC
1:30PM	HRLS: EMORY HEALTHCARE	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 3/11/2025		
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
2:30PM	SHOW & TELL	HAMMOND HALL
6:30PM	VESPERS	SUN PORCH



<b>WEDNESDAY 3/12/2025</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
2:00PM	MVT TRIVIA EVENT	SUN PORCH
3:00PM	PUBLIX (4:00 PM RETURN PICK UP TIME)	DEPOT
7:00PM	MUSIC W/ROBERT RICE	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 3/13/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
4:30PM	ST. PATRICK'S DAY DINNER PARTY W/ RETRO JAZZ KATZ RESERVATIONS ONLY	DINING ROOM
7:00PM	DOMINOES	GAME ROOM

<b>FRIDAY 3/14/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	PUBLIX	DEPOT
10:00AM	COFFEE & MUFFINS SOCIAL [ EVERYONE WEAR GREEN]	PCC
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	LOST IN SPACE BAND	SUN PORCH
3:00PM	TARGET	DEPOT



# TABLE 300

**FISH OF THE WEEK: SALMON**

**VEGGIE OF THE WEEK: ASPARAGUS**

**SOUP OF THE WEEK: VEGETABLE AND ORZO**

**SOUP OF THE DAY: M-CHICKEN SOUP T-BEEF AND VEGETABLE**

**W-CHICKEN AND SPINACH SOUP TH-SHOTGUN WEDDING**

**F-FRENCH ONION SA-CHEFS CHOICE**

## **Saturday, March 8**

### **LUNCH**

Tuna Melt--Tuna Salad, Cheddar and American Cheese, Sliced Tomato, White Bread w/1 side

## **Sunday, March 9**

### **BRUNCH**

Shrimp Cocktail Station, Ham/Feta/Tomato Quiche, Potatoes O' Brien, Grilled Marinated Steak, Garlic and Lemon Chicken, Mini Dutch Babies w/Powdered Sugar and Fruit, Scrambled Eggs, Bacon, Sausage, Buttered Grits

### **DELIVERY**

Steak or Garlic and Lemon Chicken with Potatoes O' Brien and Roasted Broccoli

## **Monday, March 10**

### **LUNCH**

Caesar Chicken Wrap (Grilled Chicken, Romaine Lettuce, Parmesan Cheese) w/1 side

### **DINNER**

Pasta Bake--Beef/Italian Sausage/Marinara/Mozzarella/Tomato/Spinach, Grilled Caesar Side Salad and Garlic Toast

## **Tuesday, March 11**

### **LUNCH**

Country Fried Steak Sandwich--Lettuce, Tomato, Mayo, Sesame Seed Bun w/1 side

### **DINNER**

Meat Lasagna, Roasted Squash, Garlic Bread and Caesar Salad Station Tuscan Chicken, Creamy Orzo with Parmesan, Spinach and Blistered Cherry Tomatoes, Sauteed Green Beans

## **Wednesday, March 12**

### **LUNCH**

Cali Grilled Chicken Sandwich with Avocado Puree, Swiss, Bacon, Lettuce, Tomato w/1 side

### **DINNER**

Fried Chicken, Mac and Cheese, Buttered Corn, Honey Butter Rolls, Pork Loin with Mustard Velouté, Navy Beans with Tomato and Kale and Lemon Broccoli

## **Thursday, March 13**

### **LUNCH**

Chipped Ham Sandwich--Shredded Lettuce, Shaved Ham, Candy Sauce w/1 side

### **DINNER**

Schnitzel, Lemon Cream Sauce, Red Cabbage with Apple, Mashed Potatoes

## **Friday, March 14**

### **LUNCH**

**Cold Buffet** - Potato Salad, Coleslaw, Tuna Salad, Egg Salad, Chicken Salad, House Made Chips, and Dips, White Bread, Croissant, Wheat Bread

### **DINNER**

Baked Whitefish, Parmesan Crust, Lyonnaise Potatoes, Grilled Jumbo Asparagus

**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**