

TOWERS TALK

APRIL 18 - APRIL 25

ADMINISTRATION CORNER



Happy Good Friday!

I hope everyone has had a great week and is getting ready for a wonderful Easter weekend.

Administration

I have an important announcement regarding the upcoming road work. From Monday, April 21, through Friday, April 25, weather permitting, contractors will be installing storm pipes across our driveway. During working hours, only one half of the driveway will be accessible. Traffic control measures, including flaggers to direct traffic, will be in place. Please be aware that there will be delays in entering and leaving the building during this time, so plan accordingly for your appointments. At the end of each workday, the driveway will be fully open; however, please exercise caution as there will be gravel and/or metal plates across the driveway.

Regarding the parking deck, Walker has granted ERI (the contractor) approval for final repairs, excluding three missing PT cables that are still under evaluation. There is a possibility that a few parking spaces may need to be vacated for these final structural repairs. If this occurs, those affected will be notified by me as soon as I have more information.

As we approach the conclusion of the first phase, I will provide a summary overview of the entire phase once it is complete. Phase 2, which includes waterproofing and other related tasks, is scheduled to begin towards the end of next week.

Activities

Congratulations to MVT's first field day winners, Barbara Olsen and Bill Thackston! I anticipate that this will become a cherished tradition.

Next week, on Tuesday, April 22, we will begin taking reservations in the front lobby at 10 AM for the Kentucky Derby Dinner Party, which will be held on the Sun Porch on May 3. Additionally, we will celebrate Earth Day on Tuesday, April 22, by decorating flowerpots and planting flowers at 2 PM on the Sun Porch. Everyone is welcome to join in this activity.

Dining

As mentioned last week, the dining room will be closed on Saturday, April 19, for breakfast and lunch to facilitate adequate training on the new lunch and dinner menus, which will be launched on Thursday, April 24. A copy of the new menu is included with your Tower Talk today; however, no additional copies will be printed for distribution.

On Saturday, we will be delivering personal pizzas from Papa John's to your condos, with no delivery charge. If you wish to order a pizza, please call the front desk by 5 PM today, Friday, April 18.

Maintenance/IT

Several years ago, we began installing Flood Stops, also known as water stoppers, on the toilets prior to COVID. We successfully completed floors ten, nine, eight, and some of six, and there are additional installations sporadically throughout floors one through five in no particular order. However, the item has become increasingly difficult to procure, with prices more than double. We are currently exploring another device that is similar to the ones already installed, which is more readily available and more in line with our previous pricing.

Please be mindful that many of our water intrusion issues have been solely caused by leaving bathtubs and sinks running. I strongly advise that if you feel this may be an issue for you, consider installing touchless faucets. As I have stated previously, our maintenance department can assist with this installation for a charge.

In the IT department, we are pleased to welcome Frank as our new assistant. Frank joins us in the healthcare sector and has a strong passion for IT and cybersecurity. He enjoys the outdoors and is a novice brunch enthusiast. Frank is already getting acquainted with the work order system, so you may see him knocking on your doors should you have any IT needs.

As Easter weekend approaches, let us take a moment to reflect on the reason for the Holiday, and I wish you all a joyful and meaningful weekend!

Rita Malone

423-470-3745



ARTIST ALLEY

New Art on Display in Artist Alley!

The vibrant, large-scale artwork by resident artist Denise Athanas that has brightened our Artist Alley has been replaced this week with a bold and striking new exhibit featuring the work of Mary Corbitt. Come by and take a look!

Are you an artist living in MVT? We'd love to showcase your talent in an upcoming show! If you're interested in exhibiting your work, please reach out to Mary or Denise at the numbers below — we want to see your unique style!

Our goal is to feature local residents who paint or create throughout the year. Most artwork is available for purchase directly through the artist.

Denise: 843-714-1399

Mary: 678-472-3256

HAPPY BIRTHDAY

Birthday Bash Alert! ROSALIE NORTH in A108 is celebrating on 4/19, and CAROL HANNER in B1006 is partying on 4/21!



Saturday, April 26
10:15 AM
Back Lobby

Sing-Along

with Pat, Paul and Bill

Monday, April 21 / 7 PM
Sun Porch

PODIATRIST



Thursday, April 24
10 AM
Magnolia Room

ARTS & CRAFTS



Get your creative juices flowing for Earth Day with our flower pot decorating party!

Join us on the Sun Porch,
Tuesday, 4/22 at 2:00 PM!

HIGH RISE LIVING SERIES

Paul Long with the Sandy Springs Community Paramedic team covers Staying Healthy with COPD: A Practical Guide for Seniors. The program will be followed by health checks for those interested.

Monday, April 21

1:30 PM / Sun Porch

MVT FIELD DAY WINNERS



Congratulations to
Barbara Olson and Bill Thackston
on coming in first for the MVT Field Day

LIVE MUSIC

Mark your calendar for some toe-tapping fun!

Wednesday, April 23 at 7:00PM

Elderly Brothers

Thursday, April 24 at 3:30PM

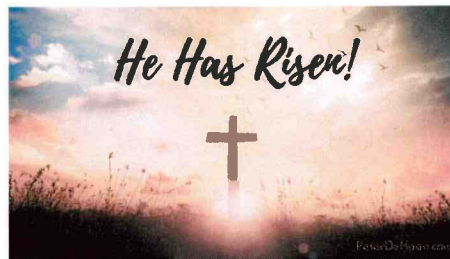
Jazz By Two

Sun Porch

TOWERS TALK APRIL 18TH, 2025

Activities

	SATURDAY 4/19/2025	
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



TIME	SUNDAY 4/20/2025	LOCATION
11:30AM	EASTER BRUNCH RESERVATIONS ONLY	DINING ROOM
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 4/21/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO [ALL ARE WELCOME]	PCC
1:30PM	HRLS: STAYING HEALTHY WITH COPD	SUN PORCH
	BIBLE STUDY	CANCELLED
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 4/22/2025	
TIME	EVENT	LOCATION
10:00AM	KENTUCKY DERBY RESERVATIONS	FRONT LOBBY
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	EARTH DAY ACTIVITY: DECORATING FLOWER POTS AND PLANTING	SUN PORCH
6:30PM	VESPERS	SUN PORCH

	WEDNESDAY 4/23/2025	
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
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	ELDERLY BROS	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 4/24/2025	
TIME	EVENT	LOCATION
10:00AM	PODIATRIST	MAGNOLIA ROOM
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	GIBBS GARDEN WITH LUNCH AT BALLGROUND TAVERN \$18.00	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	JAZZ BY TWO	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 4/25/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	FIVE BELOW	DEPOT



TABLE 300

FISH OF THE WEEK: FLOUNDER

VEGGIE OF THE WEEK: BLACK-EYED PEAS

SOUP OF THE WEEK: CHICKEN TORTILLA

SOUP OF THE DAY: M-BEEF NOODLE T-CURRY CAULIFLOWER

W-BROCCOLI CHEESE TH-CREAM OF TOMATO

F-CLAM CHOWDER SAT-CLOSED

Saturday, April 19

LUNCH

CLOSED

Sunday, April 20

EASTER BRUNCH



Monday, April 21

LUNCH

Chicken Cordon Blue Sandwich (Breaded Chicken Breast, Ham & Swiss) with Grain Mustard, Mayo and 1 side

DINNER

Chinese Sweet & Sour Pork with Bell Peppers, Pineapple, Green Onion, and Crispy Chow Mein Noodles over Steamed Jasmine Rice

Tuesday, April 22

LUNCH

Smoked Salmon & Cream Cheese Quiche with Fresh Dill and Fruit Salad

DINNER

Scalloped Ham & Potatoes, Carved Turkey Breast with Sage Gravy & Cranberry Sauce, Cornbread Stuffing, Mashed Sweet Potatoes, Green Beans and Chopped Spinach

Wednesday, April 23

LUNCH

Texas Burger with BBQ Sauce, Smoked Gouda Cheese, and Crispy Onions served with 1 side

DINNER

BBQ Chicken, Brunswick Stew with Cheddar Cornbread Crust, Baked Beans, Turnip Greens, Potato Salad and Texas Toast

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

NEW MENU LAUNCH

Thursday, April 24

LUNCH

Soup & Sandwich: Classic Grilled Cheese Sandwich with Cream of Tomato Soup

DINNER

Blackened Boneless Chicken Thigh with Cajun Remoulade Sauce and Red Beans & Rice

Friday, April 25

LUNCH

CREATE YOUR OWN NACHO BAR:
Ground Beef, Chicken, Beans, Cheese, Lettuce, Tomato, Onion, Olives, Guacamole, Sour Cream, Salsa

DINNER

Salmon Cakes with Caper, Lemon Dill Aioli and Asparagus

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

151st RUNNING OF THE KENTUCKY DERBY

DATE: SATURDAY, MAY 3RD

TIME: 5:00 pm

WHERE: SUNPORCH

COST: Residents - \$19.00 All Inclusive

RESERVATIONS BEGIN TUESDAY, APRIL 22ND AT 10 am IN THE FRONT LOBBY

The 2025 theme is "Happy Derby: Pink Out Party!"

Prizes for best dressed and best hat!

Happy Hour Opens @ 5:00 pm

Serving: Charcuterie Board, Shrimp Cocktail, Pimiento Cheese Dip,

Vegetable Tray & Deviled Eggs

Mint Juleps Personalized

Full bar

Buffet @ 5:45 pm

Entrees

Ham sliders

Fried Chicken Tenders with BBQ Sauce & Honey Mustard

Mini Kentucky Hot Browns

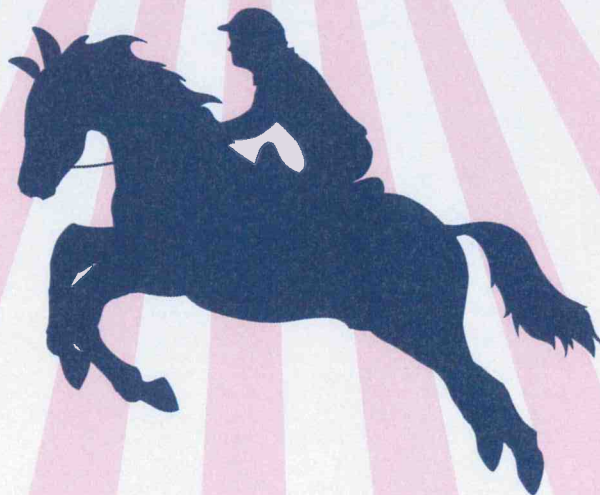
Southern Mac N Cheese Bake

Potato Salad

Fresh Garden Salad

Kentucky Bourbon Pecan Pie

Betting Pool (\$2 per square)





*Where friends and
neighbors come together*

Served from 11:30 am-2:00 pm,
Monday-Saturday
Last seating taken at 1:15pm

Delivery and Carry out
orders must be placed by 9:00 am for
11:15 am pick up and 11:30 am delivery



STARTERS

SOUPS

Please ask your server for the soup of the day and the week

SALAD BAR

Variety of fresh greens, crisp vegetables and protein options

***Entrée Salads are considered a main course. Once seated, if you choose an entrée salad, your server will give you a Dinner Salad plate to visit the salad bar**

SANDWICHES/WRAPS **CHOICE OF ONE SIDE**

Classic Patty Melt

Signature Hamburger, Caramelized Onions, and Melted Swiss Cheese on Buttered and Grilled Marble Rye Bread

Signature Hamburger

With or Without Cheese and/or Bacon (American, Swiss, Provolone), Lettuce, Tomato, Onion, Pickle Slice, and Toasted Brioche Bun

Garden Veggie Burger

With or Without Cheese and/or Bacon (American, Swiss, Provolone), Lettuce, Tomato, Onion, Pickle Slice, and Toasted Brioche Bun

SANDWICHES/WRAPS

CHOICE OF ONE SIDE

Sliced Roast Beef Sandwich

**Balsamic Glazed Spinach Leaves, Crispy Onions,
and Horseradish Mayo on a Toasted Brioche Bun**

Fried Green Tomato Sandwich

**Pimento Cheese, Pepper Jelly, and Bacon on
Griddled Bread**

Spring Chicken Wrap

**Diced Grilled Chicken Breast, Shredded Lettuce,
Spinach Leaves, Tomato, Cucumber, Celery, and
Onion Tossed in Green Goddess Dressing and
Wrapped in a Spinach Tortilla**

Chicken Caprese Sandwich

**Warm Grilled Chicken Breast with Sliced Tomatoes,
Fresh Basil Leaves, Fresh Mozzarella, Extra Virgin
Olive Oil, and Roasted Garlic Aioli on a Toasted
Brioche Bun**

Middle Eastern Vegetable Wrap

**Homemade Hummus, Olive Tapenade, Red
Peppers, Cucumber, Shredded Carrot, Spinach
Leaves, Celery, Tomato, and Feta Cheese**

Popcorn Shrimp Po'boy

**Shredded Lettuce, Tomato, and Cajun Remoulade
on a Toasted Hoagie Roll**

ENTREES

CHOICE OF ONE SIDE

Boneless Chicken Wings

Tossed in Buffalo, Sweet Chili, Garlic Parmesan Butter, or BBQ Sauce, Served with Celery/Carrot Sticks and Blue Cheese or Ranch Dressing

Chicken Tenders

Southern Style Chicken Tenderloins

Margherita Flatbread

Sliced Tomatoes, Fresh Basil Leaves, Fresh Mozzarella, Garlic, and Extra Virgin Olive Oil

Vegetable Plate (v)

Your Choice of any 3 Vegetables

Special of the Day: Ask your server for details

SIDES

Spinach

Coleslaw

Broccoli

Fresh Fruit

Onion Rings

French Fries

Potato Chips

Spring Peas

Baked Beans

Applesauce

Buttered Noodles

Cottage Cheese with Mandarin Oranges

Special Vegetable of the Week: Ask your server for details

BEVERAGES

❖ COFFEE

❖ HOT TEA

❖ ICED TEA
(SWEET OR UNSWEET)

❖ JUICE

❖ LEMONADE

❖ MILK

❖ SODAS
(COKE, DIET COKE, SPRITE)

DESSERTS

❖ COOKIES – 2 PER ORDER

❖ HERSHEY ICE CREAM – 2 SCOOPS



*Where friends and
neighbors come together*

Served from 4:30 pm - 7:00 pm,
Monday-Friday
Last seating taken at 6:15 pm

Delivery and Carryout
orders must be placed by 2:00 pm for
4:15 pm pick up and 4:30 pm delivery



STARTERS

SOUPS

Please ask your server for the soup of the day and the week

SALAD BAR

Variety of fresh greens, crisp vegetables and protein options

***Entrée Salads are considered a main course. Once seated, if you choose an entrée salad, your server will give you a Dinner Salad plate to visit the salad bar**

SANDWICHES/WRAPS **CHOICE OF TWO SIDES**

Signature Hamburger

With or Without Cheese and/or Bacon (American, Swiss, Provolone), Lettuce, Tomato, Onion, Pickle Slice, and Toasted Brioche Bun

Garden Veggie Burger

With or Without Cheese and/or Bacon (American, Swiss, Provolone), Lettuce, Tomato, Onion, Pickle Slice, and Toasted Brioche Bun

Chicken Caprese Sandwich

Warm Grilled Chicken Breast with Sliced Tomatoes, Fresh Basil Leaves, Fresh Mozzarella, Extra Virgin Olive Oil, and Roasted Garlic Aioli on a Toasted Brioche Bun

ENTREES

CHOICE OF TWO SIDES

Bourbon Glazed Salmon

Tender Salmon Fillet Glazed with a Sweet Bourbon Sauce, Served with Seasonal Vegetables

Broiled Shrimp Scampi over Pasta

Juicy Shrimp Broiled in Garlic Butter, Served over Pasta with a Light Lemon Sauce

Grilled Chicken Breast

Marinated Grilled Chicken Breast Drizzled with Garlic Butter Sauce and Accompanied by Seasonal Vegetables

Steakhouse Chopped Sirloin

Juicy Chopped Sirloin Topped with Caramelized Onions and Mushroom Demi-Glace, Finished with Blue Cheese Crumbles

Teriyaki Beef Skewers

Marinated Beef Skewers Grilled to Perfection, Served with Grilled Pineapple and Scallion Butter over Peanut Sesame Noodles

Popcorn Shrimp Basket

Crispy Popcorn Shrimp Served with French Fries and Creamy Cole Slaw. No Substitutions

ENTREES

CHOICE OF TWO SIDES

Cornmeal Crusted Catfish

Fried Cornmeal-Crusted Catfish Fillets Served with French Fries and Creamy Cole Slaw. No Substitutions

Spaghetti with Ground Beef

Classic Spaghetti Tossed with Ground Beef, Sausage Crumbles, Marinara Sauce, and Topped with Parmesan Cheese

Pasta Primavera

Seasonal Spring Vegetables and Pasta Tossed in Homemade Fresh Basil and Walnut Pesto with a Hint of Lemon Zest

Vegetable Plate

Choice of Four Sides from Our Selection

Special/ Vegetable of the Day: Ask your server for details

SIDES

Spinach

Broccoli

Onion Rings

Potato Chips

Baked Beans

Buttered Noodles

Cottage Cheese w/Mandarin Oranges

Coleslaw

Fresh Fruit

French Fries

Spring Peas

Applesauce

Baked Potato

Sweet Potato

BEVERAGES

❖ COFFEE

❖ HOT TEA

❖ ICED TEA
(SWEET OR UNSWEET)

❖ JUICE

❖ LEMONADE

❖ MILK

❖ SODAS
(COKE, DIET COKE, SPRITE)

DESSERTS

❖ COOKIES – 2 PER ORDER

❖ HERSHEY ICE CREAM – 2 SCOOPS

Specialty Desserts:

Ask your server for available Desserts