

## ADMINISTRATION CORNER



Happy Friday! I have just a few items to discuss this week.

### Activities

As many of you know, the Kentucky Derby Party has consistently been a highlight of our calendar, and we've always enjoyed a great turnout in previous years. However, this year, we currently have a limited number of signups for attendance. If we do not receive additional signups by Monday, we will regrettably have to consider canceling the event. Therefore, if you plan to attend, please reach out to either me or Susan at your earliest convenience.

Additionally, I would like to inform you that on Tuesday, May 20th, the shredding company will be returning to our facility. If you have any documents that need to be shredded, please bring them to the employee parking lot between 2 PM and 3 PM. A staff member will be stationed in the employee parking lot to receive the items for shredding. The shredding company is scheduled to arrive at 3 PM, and it is important to note that they will not wait for items to be brought down once they have commenced their service.

### Dining

I am pleased to announce that our new menu was launched yesterday, and I have received numerous compliments regarding the meals served thus far. I would like to clarify a few points regarding the menu. For those interested in ordering an entrée salad to-go, you will be provided with a to-go box to assemble your own salad. We trust that everyone will be honest in this process and refrain from bringing personal containers to avoid taking more than one salad. Also, while grilled cheese sandwiches and BLT sandwiches are not included on the menu, they will always be available during non-chef table meal periods.

### Maintenance

It has come to my attention that some of the trash rooms on the floors have been left in a disorganized state recently, with issues such as old food items, which unfortunately attract insects, and boxes that are not broken down in the recycling bins. This situation is unacceptable, and it is essential to recognize that maintaining cleanliness in the trash rooms is the responsibility of each resident on the floor, not solely the floor representatives or maintenance staff.





## ADMINISTRATION CORNER continued

For your reference, please adhere to the following trash room rules:

- Trash must be placed in bags that are small enough to fit down the trash chute.
- ABSOLUTELY NO glass should ever be disposed of down the trash chute.
- A plastic bin is available for recycling clean, washed-out bottles (lids/caps, lightbulbs, and broken glass are not acceptable).
- Glass that cannot be recycled should be left on the floor of the trash room.
- A separate plastic bin is designated for newspapers, mail, magazines, and cardboard that has NOT had direct contact with food.
- Please do not include pizza boxes in the recycling.
- All cardboard boxes must be broken down; otherwise, maintenance staff will leave them in the trash room.
- Used cat litter must be double-bagged and placed in the appropriate plastic bin.

As we transition into warmer weather, I would like to remind everyone to keep their thermostat set too automatic and to avoid leaving your balcony door open while running your AC unit. Neglecting this could lead to the unit freezing up, and you may be held responsible for any necessary repairs.

I hope everyone enjoys a wonderful weekend! Please do not hesitate to reach out to me at any time with questions or concerns.

**Rita Malone**  
423-470-3745



**SATURDAY, MAY 3 / 5 PM**

**SUN PORCH**

### HIGH RISE LIVING SERIES

What's happening at the Benson Center

Monday, April 28

1:30 PM / Sun Porch

PLEASE NOTE\_\_\_THERE WILL BE NO  
HRLS ON MAY 5

### UPCOMING EVENTS

Mother's Day Brunch - May 11

MVT Annual Picnic - May 31



# HAPPY BIRTHDAY

Sending a mountain of birthday cheer to GAY HORNE A1005, LYN EMERY A511, BILL HACKADAY B514, and ERA WEEKS SMITH A607 on 4/26. And a confetti-filled shoutout to SHIRLEY BURNETT A712 and LAURA HOPPE B307 on 4/30!

## PET THERAPY



Saturday, April 26  
10:15 AM  
Back Lobby

## BOARD MEETING



Wednesday, April 30  
**3:30 PM**  
Sun Porch



MUSIC MINISTRY

## Women's Choir



PRESENTS  
CELEBRATE SPRING  
WITH MUSIC

Wednesday, May 14  
11 AM  
Sun Porch

## BAKE SALE

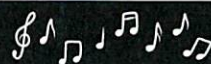


Tuesday, May 6  
10 AM Back Lobby

## Upcoming Outings

MAY <b>1</b>	Martha Berry College Museum w/lunch at Ana's by River Residents \$6.00
MAY <b>15</b>	Georgia Aquarium w/lunch at Big Kahuna ATL (Residents) \$45.99
MAY <b>22</b>	Southern Bell Farm Strawberry season w/lunch at Southern Roots (Residents \$7-\$20 depending on crate size)
MAY <b>29</b>	Booth Western Museum of Art w/lunch at City Cellar & Loft (Residents \$14.00)

Sign-up sheet in the Back Lobby!



## LIVE MUSIC



Mark your calendar for some toe-tapping fun!

Friday, May 2  
Ricky Sims  
Sun Porch

# TOWERS TALK APRIL 25TH, 2025



	SATURDAY 4/26/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERPAY	BACK LOBBY
	HELP TECH W/ YOUNG MEN'S LEAGUE	CANCELLED
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 4/27/2025		LOCATION
2:00PM	CHRISTIAN FELLOWSHIP		MAGNOLIA ROOM
4:00PM	BOOK CLUB		HAMMOND HALL

TIME	MONDAY 4/28/2025		LOCATION
10:00AM	CHAIR YOGA		HAMMOND HALL
10:30AM	TRIVIA [ALL ARE WELCOME]		PCC
1:30PM	HRLS: WHAT'S ON AT THE BENSON CENTER		SUN PORCH
2:00PM	BIBLE STUDY		MAGNOLIA ROOM
7:00PM	PHASE 10		GAME ROOM

	TUESDAY 4/29/2025		
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 4/30/2025	
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
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 5/1/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	MARTHA BERRY COLLEGE MUSEUM TOUR W/ LUNCH AT ANAS BY THE RIVER	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 5/2/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	MUSIC WITH RICKY SIMS	SUN PORCH
3:00PM	COSTCO	DEPOT



**Saturday, April 26**

**LUNCH**

Monte Cristo-Egg Battered and Griddled Sandwich with Ham, Swiss, and Grain Mustard Sprinkled with Powder Sugar and Served with Apricot Jam and Fruit Salad

**Sunday, April 27**

**BRUNCH**

Omelets to Order, White Fish Milanese (Sauteed with Butter, Capers, Lemon), Fried Chicken Biscuits with Cream Gravy, Asparagus & Orange Segment Salad with Spring Greens, Bacon, Sausage, Grits, Breakfast Potatoes and Fruit/Danish

**Monday, April 28**

**LUNCH**

The Day After Sandwich-Roasted Turkey Breast, Iceberg Lettuce, and Cranberry Mayo on Sliced Bread with Cinnamon Sweet Potato Fries

**DINNER**

Salsbury Steak and Gravy with Loaded (Bacon, Cheese, Green Onion, Sour Cream) Hasselback Potatoes and Broccoli

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

# TABLE 300

**FISH OF THE WEEK: POLLACK**

**VEGGIE OF THE WEEK: ROASTED CARROTS**

**SOUP OF THE WEEK: MINISTRONE**

**SOUP OF THE DAY: M-CHICKEN NOODLE T-SPANISH FISH STEW  
W-TURKEY RICE TH-BROCCOLI CHEESE F-SPLIT PEA,  
SAT-CREAM OF TOMATO**

**Tuesday, April 29**

**LUNCH**

Gyro Plate-Sliced Gyro (Seasoned Lamb) Meat on a Greek Salad of Lettuce, Tomato, Onion, Olives, and Feta Served with Homemade Taziki Sauce and Warm Sliced Pita Bread

**DINNER**

Scillian Pork and Peppers with Calabrian Chili, Dried Fruit, Tomato and Garlic, Chicken Fricassee-Chicken Stewed in a French White Wine Cream Sauce with Celery, Mushrooms, and Herbs, Creamy Marscapone Polenta, Almond Rice Pilaf, Green Beans with Garlic and Olive Oil, Balsamic Glazed Roasted Squash

**Wednesday, April 30**

**LUNCH**

Salmon Nicoise Salad-A Classic Chilled French Salad with Cold Poached Salmon, Steamed Potato, Olives, Green Beans, and Boiled Egg with Homemade Lemon Caper Dressing

**DINNER**

Spring Herb Roasted Chicken with Pan Gravy, Turkey Tetrazzini (Casserole of Spaghetti, Turkey, and Vegetables in a Sherry Cream Sauce with Parmesan Breadcrumbs), Mashed Potatoes, Chopped Cream Spinach, Baked Stuffed Tomatoes, Buttered Peas

**Thursday, May 1**

**LUNCH**

Open Faced Chicken Parmesan Sandwich on Garlic Toast with a Side Caesar Salad

**DINNER**

Spanish Spiced Marinated and Grilled London Broil Sliced to Order and Served with Romesco (Red Pepper, Garlic, Sherry & Walnut Pureed Sauce), Smoked Paprika Potatoes, and Fried Artichoke Hearts with Olives

**Friday, May 2**

**LUNCH**

Lunch Buffet:

Veggie Lovers Pizza by the Slice, Meat Lovers Pizza by the Slice, Cheese Pizza by the Slice, Antipasti Salad

**DINNER**

Crab Stuffed Flounder with Mornay Sauce, Lyonnaise Potatoes and Fresh 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