

ADMINISTRATION CORNER



Happy Friday!

I trust that everyone has had a wonderful week, despite the significant rainfall we have experienced. On the bright side, we are looking forward to a lovely sunny weekend to enjoy.

Administration

I would like to once again address the issue of the reckless operation of mobility devices. Recently, there has been a concerning increase in instances of individuals driving at high speeds, colliding with walls and other residents, as well as operating these devices while intoxicated. Mobility devices can pose a risk, and if you are unable to operate them safely, you may be asked to refrain from using them in common areas.

In relation to the Comcast deal, I am pleased to announce that we have received sufficient sign-ups for the Comcast service to become official. We are currently awaiting a timeline from their team regarding when the necessary work will commence in the service center, enabling the Personal Care Center to have service. I will keep everyone updated as we receive more information. For those who have not yet signed up, you can still do so by obtaining a form at the front desk.

As we prepare for the warmer weather and pool days ahead, I would like to remind everyone that if you use umbrellas, please ensure they are put back down before leaving the pool area. Additionally, please refrain from putting them up on windy days to avoid accidents. I would also like to reiterate that pets are not permitted in the pool area, as it is intended for the enjoyment of all residents.

Activities

Looking ahead to June, we have our annual picnic and cornhole tournament scheduled for the 7th. Unfortunately, we are fully booked for this event. I have received inquiries regarding how we can reach capacity, considering it is an outdoor event. We define "sold out" based on the total seating arrangements under the tent, outside the dining room, and in the pool area. If you wish to participate in cornhole, please sign up with your partner on the clipboard located in the back lobby. If cornhole is not your preference, do not worry; there will be other games available at the picnic for you to enjoy.

I will also be hosting a pool party on the evening of June 11th, beginning at 6:30 PM. This event will feature a DJ, beverages, and a variety of ice cream bars.

ADMINISTRATION CORNER Cont.

Additionally, I would like to remind everyone that the annual ladies' tea luncheon will take place on the 21st, with a delightful theme of a Mad Hatter's Tea Party.

Maintenance

In light of the recent weather, the rain has caused delays in several maintenance-related projects, including the parking deck, pressure washing, and the painting of the pool deck. Weather permitting, we plan to proceed with painting the pool deck next week, so please keep an eye out for posted notices at the pool.

I am pleased to report that the trash rooms have shown significant improvement this week, so thank you for your continued efforts in maintaining good housekeeping 😊. Per the requests of some residents, this week's Tower Talk includes a recap of the dos and don'ts for garbage disposal that we posted earlier this year.

I hope everyone enjoys the pleasant weather this weekend and takes the opportunity to soak up some Vitamin C. As always, please feel free to reach out to me if you need anything.

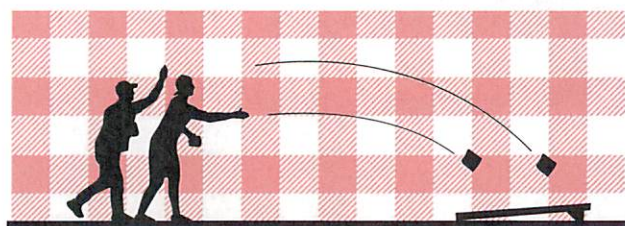
Rita Malone
Executive Director
423-470-3745



HIGH RISE LIVING SERIES

MVT News with Rita Malone
Monday, June 2
1:30 PM / Sun Porch

MVT Picnic and 5th Annual Cornhole Tournament



Saturday, June 7
12 PM



National Donut Day

You do'nut" want to miss this!!
Friday, June 6, at 10:30 am in the
Back Lobby

Water Aerobics

Every Tuesday and
Friday at 11 AM
starting June 3



Get your "dance" on Monday, June 2nd at
11 am in Hammond Hall



LIVE MUSIC



Thursday, June 5
Jeni Michelson at 7 PM
Friday, June 6 at 2:30PM
Class Act Band
Sun Porch

GARBAGE DISPOSAL DO'S & DON'T

Do These Things

- 1. Run your garbage disposal regularly, this prevents rust & corrosion.**
- 2. Always run a strong cold-water flow before you turn it on to grind food waste. Keep cold water running until grinding is finished.**
- 3. Cut large items into smaller pieces**

Don't Do These Things

- 1. Don't pour down grease, oil, or fat**
- 2. Don't use hot water when grinding food waste**
- 3. Don't grind any of the following: citrus peels, eggshells, banana peels, avocado peels, potato peels, corn husks, celery, onion skins, and artichokes. The list also includes expandable foods like pasta and rice.**
- 4. Don't try to grind up peanut butter. Peanut butter is so oily and sticky that the water and the grinder cannot expel it.**
- 5. Don't put coffee grounds down a garbage disposal**
- 6. Don't use bleach or drain cleaners**
- 7. Don't put in anything that is non-biodegradable. Don't ever (that means never) put anything in your disposal that is not biodegradable food.**
- 8. Don't use your hand to retrieve**

A good rule of thumb is that when in doubt, toss it out (in the garbage) and not down your sink's garbage disposal.

TOWERS TALK MAY 30TH 2025



	SATURDAY 5/31/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 6/1/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 6/2/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
11:00AM	DANCE GROOVEMENT: LATIN DANCE STYLE	HAMMOND HALL
1:30PM	HRLS: MOUNT VERNON TOWERS UPDATE W/ RITA MALONE	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 6/3/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	WATER AEROBICS	POOL SIDE
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 6/4/2025	
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	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 6/5/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	ATLANTA BOTANICAL GARDENS W/LUNCH AT LONGLEAF RESTAURANT [RESIDENT \$28.95]	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	MUSIC WITH JENI MICHELSON	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 6/6/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	NAT'L DONUT DAY SOCIAL [ALL ARE WELCOME]	BACK LOBBY
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:30PM	CLASS ACT BAND	SUN PORCH
3:00PM	COSTCO	DEPOT



Saturday, May 31

LUNCH

BEEF LIVER IN ONION GRAVY WITH
MASHED POTATOES

Sunday, June 1

BRUNCH

CHICKEN PICATTA, GUMBO - SHRIMP SAUSAGE
AND CHICKEN, OMELETS TO ORDER,
BACON/SAUSAGE, GRITS, BREAKFAST POTATO
O'BRIEN, GRILLED VEGETABLES, DANISH/FRUIT

Monday, June 2

LUNCH

TURKEY WRAP WITH SPINACH, CRANBERRY
DRESSING, PECANS AND MELTED CHEESE
SERVED WARM WITH YOUR CHOICE OF SIDE

DINNER

MOM'S MEATLOAF WITH RED MASHED
POTATOES GRAVY AND GREEN PEAS

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: TROUT

VEGETABLE OF THE WEEK: STEWED TOMATO WITH OKRA

SOUP OF THE WEEK: CORN CHOWDER

**SOUP OF THE DAY: SAT-MUSHROOM BISQUE M-POTATO T-BLACK BEAN
W-TOMATO TH-BROCCOLI CHEESE F-GREEN PEA WITH HAM**

Tuesday, June 3

LUNCH

BAKED ZITI WITH MEAT CHEESE AND
GARLIC BREAD

DINNER

CREAMY CHICKEN & SPINACH IN A
MUSHROOM PARMESAN SAUCE, PECAN
CRUSTED SWAI WITH HONEY SAGE,
BUTTER, ROASTED POTATOES, RICE PILAF,
GREEN BEAN CASSEROLE,
CAULIFLOWER WITH BROWN BUTTER AND
PARLSEY

TO GO DINNER:

CHICKEN OR FISH WITH RICE AND
CAULIFLOWER

Wednesday, June 4

LUNCH

GOURMET GRILLED CHEESE - BRIE
CHEESE, SLICED APPLES AND ALMOND
BUTTER ON WHEATBERRY BREAD WITH A
SIDE OF CUCUMBER TOMATO SALAD

DINNER

FRIED CHICKEN, HAM STEAK WITH
PINEAPPLE GLAZE, CORNBREAD, COLLARD
GREENS, FRIED OKRA, ROASTED SQUASH
MEDLEY

TO GO DINNER:

CHICKEN OR HAM WITH CORNBREAD
GREENS AND OKRA

Thursday, June 5

LUNCH

PHILLY CHEESESTEAK WRAP WITH
WAFFLE CUT SWEET POTATO FRIES

DINNER

ASIAN BBQ PORK LOIN WITH SESAME
RICE AND STIR FRY VEGETABLES

Friday, June 6

LUNCH

FRIED FISH SLIDERS, PULLED BBQ
CHICKEN, BAKED BEANS, ROASTED
CORN AND PEPPERS, PEAS AND
PEARLED ONIONS

DINNER

LINGUINE AND CLAM SAUCE TOPPED
WITH OREGANATA BREAD TOPPER

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