



TOWERS TALK

MAY 16 - MAY 23

ADMINISTRATION CORNER



Happy National Mimosa Day. In the realm of administration, you will find a notice in your door pocket today regarding the final commitment to enroll in Comcast services. Completed forms are due back at the front desk by 5:00 PM on Tuesday, May 20th. The total cost of \$110.00 includes both the television package and internet services, with each condominium receiving its own modem. Please note that once this transition is finalized, complimentary Wi-Fi throughout the building will no longer be available. Attached is the channel lineup directly provided by Comcast; the highlighted channels are included in the package, while all other channels may be purchased separately through Comcast. If you have any questions, please do not hesitate to reach out.

Turning to activities, the menu for the 5th Annual Cornhole Tournament and Picnic is attached to this edition of the Tower Talk. Reservations will begin at 10:00 AM on Monday in the front lobby. Given the exceptional menu and live band, alongside the opportunity for fellowship, I anticipate that this event will sell out quickly.

Additionally, the annual pool inspection is scheduled for Monday, May 19th. We will make an announcement regarding the pool opening once the inspection has been successfully completed. Water aerobics classes are set to begin in June, contingent upon the weather warming up.

Regarding maintenance, the contractors have commenced the waterproofing phase of the parking deck this week. As previously noted, this activity will not affect undercover parking. Residents with assigned undercover parking spaces are reminded to utilize those spaces and refrain from parking in front of or on the sides of the building.

Furthermore, the same contractors have repaired the sidewalk areas in the courtyard that presented raised sections, which could have posed a trip hazard. The sidewalks are now open for use as usual.

If you have noticed that the fountain in the courtyard is not operational, please be advised that we have temporarily turned off the water supply to investigate a leak in that area. The fountain will be restored to service as soon as the repair work is completed.

I hope you all enjoy the remainder of your day and have a wonderful weekend. If the sun makes an appearance, may you take the opportunity to enjoy it! ☀️

As always, please feel free to reach out if you need assistance.

Rita Malone
Executive Director
423-470-3745



HAPPY BIRTHDAY

Big birthday shout-outs to the fabulous KATHLEEN SEELEY from B304 on 5/19, the wonderful CAROL EDWARDS in B412 on 5/20, and the amazing HELEN BIGHAM of B310 on 5/22!



If you are interested in singing at various church events, such as vespers, call Barbara Olson B1015 at 770-394-1645

MVT PICNIC RESERVATIONS

MONDAY, MAY 19
10 AM
FRONT LOBBY



NEW RESIDENT DINNER

Wednesday, May 21 at 5 PM
Dinner is taken out of food allowance.
Sign up in back lobby.

LIVE MUSIC

Wednesday, May 21 at 3:30 PM
Atlanta New Horizon Band
Sun Porch

Saturday,
May 24

10:15 AM
Back Lobby



The MVT group that holds tickets for the season over at City Springs Theater has some available. If you are interested, please call Statia Carey 404-754-0800



SHREDDING EVENT

Got some ancient scrolls cluttering up the place? Fear not! The mighty shredding truck rolls in on Tuesday, May 20 at 2 pm, ready to munch paper in the Employee Parking Lot.

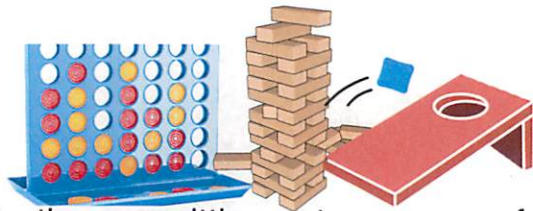


HIGH RISE LIVING SERIES

Living Well with Congestive Heart Failure – Paul Long with the Sandy Springs Community Paramedic Team.

Sign-up for BP & Vitals by the Mail Room
Monday, May 19 at 1:30 PM / Sun Porch

MVT GAME DAY



Weather permitting get your game face on for Corn hole, connect four and other games in the Courtyard (weather permitting) or sun porch on Friday, May 23 at 2 pm

GROOVEMENT DANCE COMPANY



Groovement Dance Company is back for another dance lesson, featuring 20 minutes of spicy latin moves and 20 minutes of swanky ballroom dancing.

MONDAY, MAY 19 in HAMMOND HALL
11:00 AM

TOWERS TALK MAY 16TH 2025



SATURDAY 5/17/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 5/18/2025		
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 5/19/2025		
TIME	EVENT	LOCATION
10:00AM	MVT PICNIC RESERVATIONS	FRONT DESK
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	TRIVIA [ALL ARE WELCOME]	PCC
11:00AM	DANCE GROOVEMENT: LATIN DANCE/ BALLROOM PARTNER DANCE	HAMMOND HALL
1:30PM	HRLS: LIVING WELL WITH CONGESTIVE HEART FAILURE. PLEASE SIGN UP FOR BP&VITALS ON ACTIVITY WALL NEAR THE MAILROOM	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 5/20/2025		
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
2:00PM	SHREDDING EVENT: BRING OLD DOCUMENTS TO BE SHREDDED	EMPLOYEE PARKING LOT
6:30PM	VESPER	SUN PORCH

	WEDNESDAY 5/21/2025	
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
3:30PM	ATLANTA NEW HORIZON BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 5/22/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
9:30AM	SOUTHERN BELL FARM STRAWBERRY SEASON W/LUNCH AT SOUTHERN ROOTS RESIDENTS: \$7-\$20 CRATE SIZE	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 5/23/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	RESIDENT GAME DAY & NAT'L TAFFY DAY	SUN PORCH
3:00PM	WHOLE FOODS/DOLLAR TREE	DEPOT



TABLE 300

FISH OF THE WEEK: SWAI

VEGETABLE OF THE WEEK: ROASTED MUSHROOMS

SOUP OF THE WEEK: VEGETABLE SOUP

SOUP OF THE DAY: M-CHEF CHOICE T-CHICKEN NOODLE

W-SEAFOOD CHOWDER TH-BEEF BARLEY

F-ITALIAN WEDDING SAT-CREAM OF TOMATO

Saturday, May 17

LUNCH

Black Forrest Ham with Macaroni & Cheese,
Collard Greens

Sunday, May 18

BRUNCH

Omelet To Order, Assorted Quiche,
Roast Lamb Leg with Jus & Mint Jelly,
Scalloped Potatoes, Grits/Bacon/Sausage,
Braised Vegetables, Green Salad with
Buttermilk Herb Dressing, Fruit/Danish

Monday, May 19

LUNCH

Personal Pizza (Cheese or Pepperoni) and
Cucumber Tomato Salad

DINNER

Country Fried Steak with Mashed Potatoes
& Green Bean Casserole

Tuesday, May 20

LUNCH

Shrimp & Egg Salad Croissant Sandwich
with Fresh Fruit

DINNER

Beef & Rice Stuffed Peppers with
Tomato Sauce, Lemon Thyme Roasted
Chicken Quarters, Creamy Polenta,
Parmesan Potato Wedges,
Vegetable Medley, Buttered Peas

TO GO DINNER:

Stuffed Pepper, Potato, Vegetable Medley
or Chicken, Polenta, Vegetable Medley

Wednesday, May 21

LUNCH

Mashed Potato Bowl with Ground Beef,
Peas/Carrots, Gravy and Melted Cheddar

DINNER

Mount Vernon Fried Chicken, Shrimp
Ettoufee, Red Beans & Rice,
Corn Pudding, Green Beans,
Honey Glazed Carrots

TO GO DINNER:

Fried Chicken, Corn Pudding,
Green Beans OR Shrimp Ettoufee,
Red Beans & Rice, Carrots

Thursday, May 22

LUNCH

Beef & Ricotta Calzone with Marinara
and Caesar Salad

DINNER

Garlicky Cuban Roast Pork Shoulder
with Mojo Sauce Steamed Rice and
Sweet Fried Plantains

Friday, May 23

LUNCH

Baked Potato Bar--Beef Chili,
Vegetarian Chili, Pulled Bbq Chicken,
Broccoli, Spinach, Cheese Sauce,
Fried Onions, Sour Cream, Bacon Bits

DINNER

Thai Lemongrass Ginger Roasted Cod
Loin with Coconut Rice, Carrots, and
Pickled Cucumber & Onion

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