

ADMINISTRATION CORNER



Administration

In last week's article, I addressed the management of our trash rooms and outlined several key rules. Since then, I have received a few inquiries that merit

clarification.

Firstly, regarding the disposal of discarded food: Yes, you may place such items in a trash bag and dispose of them down the trash chute. However, I remind everyone to refrain from leaving the bag on the floor, as this can create unnecessary mess and inconvenience for others.

Secondly, concerning the conduct of residents and their hired help, such as house cleaners and caregivers, inappropriately using the trash rooms, can they be fined? Yes, if it is determined that these individuals are improperly disposing of items, the resident may be subject to fines. Thanks to residents reporting issues promptly, we can accurately identify those responsible and issue appropriate warnings and fines as necessary. Moving on to parking arrangements: If you have a designated-covered parking space and are not currently displaced due to the ongoing parking deck repairs, you are expected to park your vehicle in your assigned space.

Beginning next week, if you are found parking in the front circle or the ramp parking area without proper justification, a warning notice will be placed on your vehicle. A second violation may result in the revocation of your assigned parking space. We have noticed that many residents with assigned parking are opting to use the front circle or ramp parking instead of their designated spots. Please keep in mind that there is a waiting list for assigned covered parking, and it is not appropriate to occupy a covered space while also using side parking for your convenience.

Speaking of the parking deck, we had anticipated concluding the structural repair phase and transitioning to the next phase by the end of this week. However, additional inspections have revealed six more tendons requiring repair and three anchor pockets missing tendons from the original construction. We have approved this necessary work, which will ensure the structural integrity of the deck is fully restored upon completion.

Activities

As announced on Channel 6 and during the recent board meeting, the Kentucky Derby party has regrettably been canceled due to low participation. This event has always been a super fun occasion, and I can personally attest to the enjoyment it has brought to our community over the years. We look forward to possibly reviving it next year.

ADMINISTRATION CORNER continued

In celebration of Cinco de Mayo this coming Monday, I will be hosting a social event in the back lobby, where I am excited to announce that a prize will be awarded for the most creative sombrero hat!

Looking ahead, we have several fantastic parties planned for the remainder of May, including a special Mother's Day Brunch, a Memorial Day Brunch, and on Saturday, May 31st, our annual MVT picnic and cornhole tournament. Gather your partner and see if you have what it takes to become this year's champions!

Additionally, our annual Ladies Tea Luncheon is scheduled for Saturday, June 7th. This event is open to all the wonderful ladies in our community, as well as their female guests. More details will be forthcoming, but I can share that this year's theme will be the Mad Hatter's Tea Party.

Maintenance

I have received inquiries regarding the pressure washing of our outdoor areas now that pollen levels have decreased. This task is scheduled for the week of May 19th. Furthermore, the pool will be open for use beginning Memorial Day weekend!

As always, I encourage you to reach out to me with any comments, questions, suggestions, or concerns. I firmly believe in addressing issues promptly rather than delaying, so please know that it is never a bother to contact me.

Wishing you all a wonderful weekend filled with sunshine!

Rita Malone
Executive Director
423-470-3745

HIGH RISE LIVING SERIES

PLEASE NOTE___THERE WILL BE NO
HRLS ON MAY 5



Demo Dance Class Monday,
May 5th 11:00am Hammond
Hall Dance styles: Line dance
routines Ballroom dancing
[Salsa, Waltz, rumba, and
more] Hip-hop Jazz Wear
comfortable shoes and
clothes. There will be a lot of
movement!

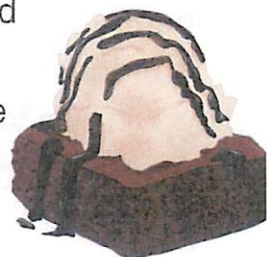
National Cupcake Day



Get ready for a cupcake
extravaganza in the
back lobby this Thursday,
May 8, at 1 pm!
Let the sweet times roll!

National Brownie Day

Dive into a choco-licious good
time at the Brownie and Ice
Cream Social! Join us by the
pool Friday, May 9, at 2 PM
for a sweet splash of fun!



HAPPY BIRTHDAY

🎉 Birthday bonanza alert! 🎉

Cheers to EVELYN BARKEN B607, ANNE DUNCAN A411-413, and JOANN AKERS B504 who are partying on 5/3! Shoutout to JANIS LIVELY A1012 and LUCY THUSS A502, lighting up 5/4! High-fives to JERRY BAUER B1004 and JOHN BECKHAM A713, rocking 5/7! And a big hooray for ELEANOR GOODWIN B615, celebrating on 5/9!

National Cosmopolitan Day

Alcohol
&
Non-Alcoholic
Drinks

Wednesday, May 7
2 pm / back lobby



 **DUNWOODY**
UNITED METHODIST CHURCH

MUSIC MINISTRY

Women's Choir



PRESENTS

CELEBRATE SPRING
WITH MUSIC

Wednesday, May 14
11 AM
Sun Porch

BAKE SALE



Swing by for a scrumptious snack-stravaganza whipped up by our culinary resident whizzes! Tuesday, May 6, 10 AM, Back Lobby!



Rita's bringing the "rita" to Margarita!

Swing by for a Margarita social with her on Monday, May 5 at 3 pm in the back lobby.



MOTHER'S DAY BRUNCH
RESERVATIONS
TUESDAY, MAY 6
10 AM
FRONT LOBBY

LIVE MUSIC

Mark your calendar for some toe-tapping fun!

Wednesday, May 7 at 3:30 PM

Music to My Ears

Thursday, May 8 at 3:30 PM

Music with Sonya Shell

Saturday, May 10 at 2 PM

Music with Robert rice

All Shows on the Sun Porch

TOWERS TALK MAY 2ND 2025



	SATURDAY 5/3/2025	
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 5/4/2025	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 5/5/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	RUMMIKUB [ALL ARE WELCOME]	PCC
11:00AM	DANCE GROOVEMENT: LINE DANCE CLASS	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	RITA'S MARGARITA SOCIAL	BACK LOBBY
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 5/6/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	MOTHER'S DAY BRUNCH RESERVATIONS	FRONT DESK
10:00AM	BAKE SALE [ALL ARE WELCOME TO SALE BAKED GOODS]	BACK LOBBY
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 5/7/2025	
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
2:00PM	NAT'L COSMOPOLITAN DAY W/MOCKTAILS AND COCKTAILS	SUN PORCH
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	MUSIC TO MY EARS BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 5/8/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
12:00PM	LUNCH WITH RITA: BARONDA	FRONT ENTRANCE
1:00PM	NAT'L CUPCAKE DAY	BACK LOBBY
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	MUSIC W/SONYA SHELL	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 5/9/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	ICE CREAM SOCIAL W/BROWNIES FOR NAT'L BROWNIE DAY	POOLSIDE
3:00PM	TARGET	DEPOT



TABLE 300

FISH OF THE WEEK: COD

VEGGIE OF THE WEEK: YELLOW SQUASH & ONIONS

SOUP OF THE WEEK: TURKEY RICE

SOUP OF THE DAY: M-BEEF NOODLE T-VEGETABLE ORZO

W-ITALIAN WEDDING SOUP TH-LENTIL

F-CREAM OF TOMATO SAT-BROCCOLI CHEESE

Saturday, May 3

LUNCH

Veal Liver & Onions with Roasted Potatoes
and Gravy

Sunday, May 4

BRUNCH

Pasta Salad with Grilled Veggies & Pesto,
Omelets To Order, Carved Roast Turkey
Breast with Lemon Thyme Gravy, Assorted
Quiche, Creamed Spinach,
Bacon/Sausage/Grits/Breakfast Potato
Fruit/Danish

CINCO de Mayo **Monday, May 5** **CINCO de Mayo**

LUNCH

Cajun Chicken Quesadilla with Peppers &
Onions, Fresh Pico de Gallo, Sour Cream
w/1 Side

DINNER

Fried Fish Tacos, Avocado Crema, and Cilantro
Lime Slaw on Soft, Warm Flour Tortillas with
Beans & Mexican Rice

Tuesday, May 6

LUNCH

New England Soup & Sandwich--Clam
Roll of Fried Clam Strips on a Buttered
and Toasted Split Top Bun with
Homemade Tartar Sauce and a Cup of
Clam Chowder

DINNER

Pot Roast with Gravy, Parmesan
Crusted Swai with Tomato Basil Sauce,
Parsley Potatoes, Garlic Butter Penne
Pasta, Braised Carrot, Celery, Onion,
Grilled Zucchini

Wednesday, May 7

LUNCH

Vegetarian Chili with Cheese and
Cornbread

DINNER

Mount Vernon's Fried Chicken, Sweet &
Sour Meatballs, Scallion Garlic Rice,
Mashed Sweet Potatoes, Baby Lima Beans,
Turnip Greens

Thursday, May 8

LUNCH

Ground Turkey Burger Topped with
Brie Cheese, Lettuce, Tomato, and
Sweet Onion and Tarragon Mayo on a
Toasted Brioche Bun

DINNER

Andouille Sausage with Sauteed
Cabbage & Buttered Potatoes

Friday, May 9

LUNCH

Fish Fry--Butterflied Fried Shrimp,
Grilled Garlic Parmesan Chicken,
Hush Puppies, Fried Okra, Tater Tots

DINNER

Chicken Marsala with Roasted
Potatoes & Grilled 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

MOTHER'S DAY BRUNCH

Sunday, May 11th

Reservation ARE required: 11:30am – 2:00pm (last seating at 1:15)
RESERVATIONS BEGIN ON TUESDAY, May 6th AT 10 AM IN THE FRONT LOBBY
MAX PER TABLE IS 7

\$20.00 Resident, \$22.00 Guest

BREAKFAST ITEMS

SUMMER FRITATTA

with sundried tomatoes, feta cheese & zucchini

OMELET STATION

CRISP BACON & SAUSAGE LINKS

SALADS & SIDE ITEMS

ORANGE WALNUT & BLEU SALAD

mixed greens & arugula with orange segments, walnuts and crumbled bleu cheese in an orange dijon vinaigrette dressing

CREAM CHEESE MASHED POTATOES

skin on mashed red potatoes with cream, cheese, butter & parsley

CARAMELIZED CARROTS & SHALLOTS

roasted carrots & shallots coated caramelized brown sugar

MAIN ITEMS

CHARLESTON STYLE SHRIMP & GRITS

creamy grits with andouille sausage, large shrimp with peppers, onions & cheddar cheese

CHEF CARVED TENDERLOIN

served with bearnaise sauce, a sauce made from clarified butter, egg yolks & white wine vinegar

DESSERT

ASSORTED DESSERTS



MOTHER'S DAY BRUNCH
TO-GO & DELIVERY MENU
ORDERS MUST BE PLACED BY 9AM

SALAD

ORANGE WALNUT & BLEU SALAD

CHOOSE ONE:

CHARLESTON STYLE SHRIMP & GRITS

creamy grits with andouille sausage, large shrimp with peppers, onions & cheddar cheese

OR

CHEF CARVED TENDERLOIN

served with bearnaise sauce, a sauce made from clarified butter, egg yolks & white wine vinegar

SIDES

CREAM CHEESE MASHED POTATOES

*skin on mashed red potatoes with cream, cheese,
butter & parsley*

CARAMELIZED CARROTS & SHALLOTS

roasted carrots & shallots coated caramelized brown sugar

