

TOWERS TALK

MAY 9 - MAY 16

ADMINISTRATION CORNER



Happy National Brownie Day!
Just a few updates this week.

Administration:

We have recently observed an increase in the number of items going missing from the common areas. This situation requires significant time and resources as we review camera footage to track down the individuals responsible for these incidents. I would like to remind everyone that all items located in the common areas are property of Mount Vernon Towers, unless an individual has a written agreement on file with administration. Therefore, these items should not be moved to other areas or taken to your condo. In the future, any time spent researching and addressing missing items will be billed to the condo responsible for the incident.

As you enter through the main door at the front circle, you may notice a large picture screen now hanging on the wall. This screen will be utilized as part of a welcome sign, as well as for various informational postings relevant to our community.

Activities:

Occasionally, there will be Thursday outings that will solely consist of dining at a particular restaurant.

It is important to note that the cost of your meal at these establishments does not deduct from your meal allowance, and this policy has always been in place. If you are unable to pay for what you consume at the restaurant, please refrain from signing up for these outings.

I would also like to emphasize the importance of your behavior while participating in any bus trips, especially during visits to restaurants or venues. Your conduct reflects on the Mount Vernon Towers community. In recent months, we have been asked not to return to a few locations due to unacceptable behavior, which I have now witnessed firsthand. To maintain the integrity of the community, if any resident exhibits poor behavior during outings, they will not be allowed to participate in future outings.

Looking ahead, don't forget to secure your cornhole partners for the 5th Annual Cornhole Tournament and Picnic! During the week leading to the picnic, we will celebrate Spirit Week. Please stay tuned for further details about this exciting week of activities.

Dining:

Historically, the dining room dress code during dinner hours has prohibited hats, shorts, cutoff sleeved shirts, athletic clothing, swimsuits, and flip-flops. However, last year, the board voted to allow Bermuda shorts—casual knee-length shorts—to be worn in the dining room during dinner service. All other items mentioned previously remain prohibited.

ADMINISTRATION CORNER continued

While there has been a relaxation of adherence to these rules, please ensure compliance so that all diners may have a more pleasant dining experience.

Many residents find it challenging to sit with only their desired dining party upon entering the dining room, as other residents are often seated at their tables during service times. I have addressed this concern with the dining team, and we have implemented a solution. When you arrive at the host stand, please inform the hostess if you wish to dine solely with your party or if you are comfortable with others joining your table throughout your meal. The staff will respect your preferences.

With the introduction of our new menus, there has been some confusion regarding side dishes. All dinner entrées come with two sides. If an entrée specifies a particular side item, you may substitute it with another option, provided you do not exceed a total of two side items. The only exception to this is if the entrée specifies no substitutions.

Maintenance:

We have been receiving complaints regarding insects in the condos. Please keep in mind that leaving food, including pet food, out in your units is a major contributor to attracting insects. If you encounter any issues in your condo and fail to report them, these problems can spread to other units and common areas. To address any issues promptly and prevent escalation, please contact the front desk to be placed on the pest control schedule, which occurs every other Wednesday. The next visit is scheduled for May 21st.

Staff members will be changing filters on floors 5 through 8 on Tuesday, May 13th, at 9 AM. If the task is not completed, it will be carried over to Wednesday, May 14th.

To facilitate necessary repairs on the sidewalks in the courtyard, we will block off the sidewalk area with yellow caution tape on Tuesday, May 13th, weather permitting. This area will extend along the "A" building, starting at the pool and continuing around the front desk. The blocked area will remain closed through Friday morning. Please exercise caution and refrain from entering the taped-off sections.

Lastly, due to recent weather delays, the structural repair completion on the parking deck has been pushed back a week. Furthermore, weather permitting they will also begin the waterproofing work next week. For the waterproofing repairs, there will be no need to close any spaces in the undercover parking area; however, half of the spaces on the upper deck will be closed while the work is in progress. The plan is to work on one half of the deck before switching to the other half in order to maintain parking availability.

I believe these are all the updates for this week. Wishing everyone a wonderful weekend, and Happy Mother's Day to all the incredible mothers within our Mount Vernon Towers family!

Rita Malone

Executive Director

423-470-3745

MUSIC FRIDAY, MAY 16, 2025 **BINGO**
SUNPORCH AT 2:00 PM

WHAT IS MUSIC BINGO? P!!aying Music Bingo is simple. It works just like regular Bingo, except instead of numbers, we will play clips of popular songs, with each round being a different genre (50, 60, 70's) and you cross the songs off on your cards.

SIGN UP ON THE ACTIVITIES WALL
BEGINNING MAY 7TH . \$2.00 BUY IN PER
CARD.

HAPPY BIRTHDAY

🎉 Happy Birthday to JO ANN FONTS A902 and JOAN DELISE B908 on 5/11, and to MARCIA SCHWEFLER B811 on 5/15! 🎈

NEW RESIDENT DINNER

Wednesday, May 21

5 PM

Dinner is taken out of food allowance.

Sign up in back lobby.

MOVIE NIGHT



THURSDAY, MAY 15
HAMMOD HALL at 7:15 PM

The movie is ARTHUR'S WHISKY. After discovering her late husband Arthur's secret whisky can reverse aging, Joan and her two best friends relive the exhilaration of youth. But as the whisky begins to run out, they must confront whether fleeting youth can lead to lasting happiness.

LIVE MUSIC

Mark your calendar for some toe-tapping fun!

Wednesday, May 14 at 3:30 PM

Beth Moore

Thursday, May 15 at 3:30PM

Rhythm & Rouge

All Shows on the Sun Porch



Concert with Robert Rice

Saturday, May 10 / 2PM

Sun Porch

HIGH RISE LIVING SERIES

What the Sandy Springs Library offers with

Michael Kim, Branch Manager

Monday, May 12

1:30 PM

Sun Porch

SING-ALONG



Songs from the
Sound of Music and
the Music Man

May 12 at 7 pm

Sun Porch



Let's get "fruity" in the back
lobby for a delicious fruit
cocktail.

Tuesday, May 13

2:30 PM

Back Lobby



MUSIC MINISTRY

Women's Choir



PRESENTS

CELEBRATE SPRING
WITH MUSIC

Wednesday, May 14

11 AM

Sun Porch



INTERESTED IN SINGING AT VARIOUS CHURCH
EVENTS, SUCH AS VESPERS? IF SO, CALL
BARBARA BROOKS (A1007) AT 404-422-5175
(INDEPENDENT ACTIVITY)

TOWERS TALK MAY 9TH 2025



SATURDAY 5/10/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
2:00PM	MOTHER'S DAY SPECIAL W/ROBERT RICE	SUN PORCH
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 5/11/2025		
TIME	EVENT	LOCATION
11:30AM	MOTHER'S DAY BRUNCH RESERVATIONS ONLY	DINING ROOM
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 5/12/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO [ALL ARE WELCOME]	PCC
11:00AM	YOGA CLASS WITH ALLISON MILLS	CANCELLED
11:00AM	DANCE GROOVEMENT: INTRO TO LATIN DANCE/ PARTNER BALLROOM DANCE	HAMMOND HALL
1:30PM	HRLS: WHAT THE SANDY SPRINGS LIBRARY OFFERS	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 5/13/2025		
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
2:30PM	NAT'L FRUIT CUP DAY SOCIAL	BACK LOBBY
6:30PM	VESPER	SUN PORCH

	WEDNESDAY 5/14/2025	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	UNITED METHODIST WOMEN'S CHOIR	SUN PORCH
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	MUSIC WITH BETH MOORE	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 5/15/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	GEORGIA AQUARIUM W/LUNCH AT BIG KAHUNA ATL RESIDENTS \$45.99	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 5/16/2025	
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 BINGO [SIGN UP ON ACTIVITY WALL]	SUN PORCH
3:00PM	GOODWILL	DEPOT



TABLE 300

FISH OF THE WEEK: SALMON

VEGGIE OF THE WEEK: STEWED EGGPLANT & TOMATO

SOUP OF THE WEEK: CREAM OF MUSHROOM

SOUP OF THE DAY: M-CHEF'S CHOICE T-CHICKEN NOODLE

W-VEGETABLE BEEF TH-CLAM CHOWDER

F-LOADED POTATO SAT-CREAM OF TOMATO

Saturday, May 10

LUNCH

Ultimate Grilled Cheese: Havarti Cheese,
Sliced Tomato, Basil Pesto on Multi Grain
Bread with choice of 1 side

Sunday, May 11

BRUNCH

MOTHER'S DAY MENU



Monday, May 12

LUNCH

Chicken Cutlet Sandwich with Smoked
Gouda Cheese and Chipotle Mayo on a
Toasted Brioche Bun

DINNER

Swedish Meatballs on Buttered Egg Noodles
with Cranberry Sauce and
Choice of 1 Side

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

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

Tuesday, May 13

LUNCH

Shrimp Quesadilla with Peppers, Onions,
Chipotle Sauce and Served with Mango
Salsa and Mexican Corn Salad

DINNER

Meat & Cheese Lasagna, Tuscan Roast
Pork Loin with Garlic and Fresh Herb
Sauce, Rosemary Roasted Potatoes,
Sicilian Spinach with Garlic, Olive Oil,
Raisins and Olives, Green Beans with
Roasted Red Peppers

To Go Dinner:

Lasagna with Spinach & Green Beans
Pork Loin with Potatoes & Green Beans

Wednesday, May 14

LUNCH

Cuban Sandwich of Pork, Ham, Swiss,
Pickles, Mustard on Cuban Bread,
Pressed and Toasted Served with Chips

DINNER

Mount Vernon Fried Chicken, Beef Tips
with Onion Gravy, Mashed Potatoes,
Macaroni & Cheese, Southern Green
Beans & Potato, Stewed Okra

To Go Dinner:

Fried Chicken with Mac n Chs & Green Beans
Beef Tips with Mash Potato & Okra

Thursday, May 15

LUNCH

Shredded Beef, Peppers & Onions on
Toasted Sub Roll with Melted
Provolone Cheese

DINNER

Chinese Sesame Chicken (boneless
crispy fried chicken bites) in Sweet
and Sour Sesame Sauce, Served over
Steamed Rice with Asian vegetables

Friday, May 16

LUNCH

Italian Mini Subs--Classic Deli Meats
& Cheeses with Lettuce, Tomato,
Onion, Roasted Pepper & Olives
Tossed in Vinegar, Olive Oil, Garlic,
Oregano, Sausage & Peppers,
Meatball & Cheese, Chicken
Parmesan, Tomato, Fresh Mozzarella,
Basil Pesto

TAKEOUT: Choice of 3 Mini Subs with
Soup or Salad & Dessert

DINNER

Fish & Chips: Beer Battered Cod Loin
& Shoestring Old Bay French Fries
Served with Malt Vinegar Aioli Dipping
Sauce and Tartar Sauce