



TOWERS TALK

JUNE 6 - JUNE 13

ADMINISTRATION CORNER



Happy Friday! Just a few items to discuss this week:

Administration

Our Front Desk staff genuinely enjoys engaging with all of you and values the conversations you share. However, I would like to remind everyone that the team has important responsibilities, including answering phones, monitoring security cameras, logging packages, and completing various tasks throughout the day.

To ensure they can perform these duties effectively, I kindly ask that when you visit the Front Desk, please keep conversations brief and focused. This consideration helps our staff attend to their responsibilities while still being available for your needs.

Additionally, while we appreciate the expertise many of you have in repairs and maintenance, please refrain from attempting any repairs on the property. If you notice something that requires attention, we ask that you submit a work order. This policy is in place for the safety and integrity of the building and all residents.

Activities

As a reminder, tomorrow is our annual picnic and cornhole tournament!

The event will kick off at 12:00 PM, with check-in and wristband distribution for those who signed up starting at 11:30 AM in the courtyard. I am not a meteorologist, but it looks like we might enjoy some favorable weather! ☺

Looking ahead, we have a busy week coming up. On Monday, June 9th, we will deliver the menu for the Ladies' Tea Luncheon as well as the menu for Father's Day Brunch. Reservations for the Ladies' Luncheon will begin in the front lobby at 10 am on Tuesday, June 10th. Please note that reservations will not be required for the Father's Day Brunch.

I am excited to announce the addition of a small putting green inside the pool area. You may check out golf balls and a putter from the Front Desk. Please remember to return the items to the desk once you're finished playing.

Maintenance

We have noticed that carts are being left throughout the building again. When using a cart, please make sure to return it to the designated cart area in the basement rather than leaving it in hallways or laundry rooms. Furthermore, I want to reiterate that dumping unwanted items in the basement hall will result in a fine billed to you for the removal and disposal of those items.

ADMINISTRATION CORNER Cont.

This has been a long-standing rule, and we are seeing an increase in items being dumped overnight.

Lastly, please note that on Wednesday, June 11th, the maintenance staff will be replacing filters on floors 9 and 10.

I hope everyone has a wonderful weekend! Please do not hesitate to reach out to me if you have any questions or concerns.

Rita Malone

Executive Director

423-470-3745

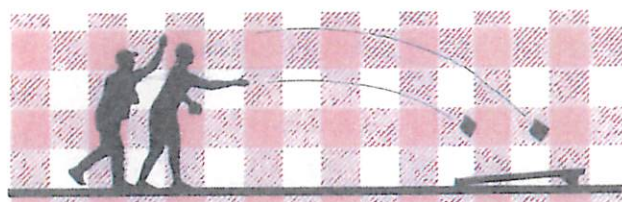
We have a new putting green on the pool deck. Clubs and balls are located at the front desk



 **LIVE MUSIC** 

Wednesday, June 11
Rhythm & Rouge at 3:30 PM
Friday, June 13
Laigh Langley Trio at 2 PM
Sun Porch

MVT Picnic and 5th Annual Cornhole Tournament



Saturday, June 7 at 12 PM



FATHER'S DAY BRUNCH

Sunday, June 15
11:30 AM

No reservations required.

HIGH RISE LIVING SERIES

Due to a speaker cancellation, there will be

NO HRLS TODAY

Monday, June 9
1:30 PM / Sun Porch

NEW RESIDENT DINNER

Wednesday, June 18 at 5 pm. Please sign up on the sign up sheets in the back lobby. Cost is deducted from your meal allowance. Repeat participation is allowed



Get your "dance" on Monday, June 9 at
11 am in Hammond Hall

HAPPY BIRTHDAY

Big birthday cheers to BARBARA HAYS

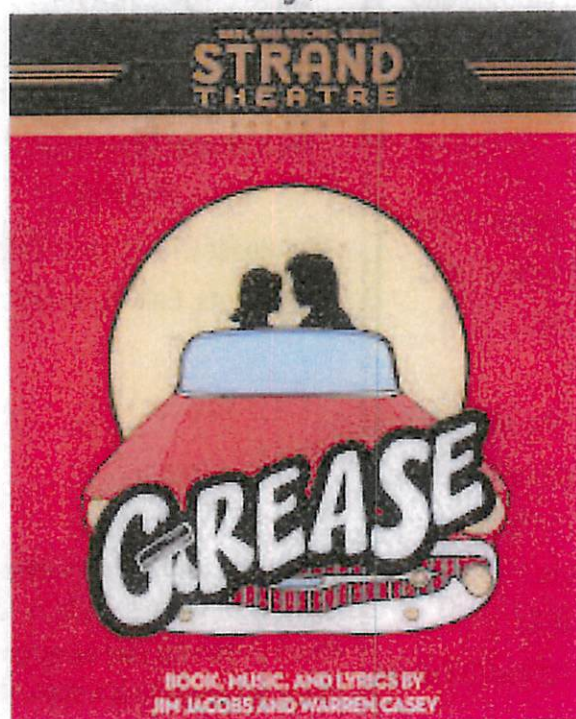
A601 on 6/8! And a double dose of celebration for WALT PTASKIEWICZ A312 and CAROL KELLEHER A208 on 6/9! Let's not forget the fantastic duo, LINDA DRAKOS A512 and ANNA ARNDT B414, partying it up on 6/12!

RITA'S POOL PARTY

Mark your calendars for Wednesday, June 11, at 6:30 PM! Get ready to groove to the DJ beats, sip on some cool beverages, and indulge in a smorgasbord of ice cream bars (before they vanish like magic)!



Saturday, June 14



2 PM in Front Lobby



KAIROS CHURCH

BINGO

PLAY BINGO WITH THE CHILDREN FROM KAIROS CHURCH

TWO ROUNDS NO FEE TO PLAY

WEDNESDAY, JUNE 11 AT 1 PM

PLEASE NOTE...this will not conflict with BING in the Game Room at 1:30 pm.



TABLE 300

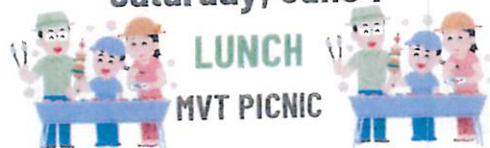
FISH OF THE WEEK: FLOUNDER

VEGETABLE OF THE WEEK: BLACK-EYED PEAS

SOUP OF THE WEEK: CHICKEN NOODLE

SOUP OF THE DAY: SAT-CLOSED M-GARDEN VEGETABLE T-MUSHROOM
W-CHEF SPECIAL TH-CREAM OF TOMATO F-CLAM CHOWDER

Saturday, June 7



LUNCH

MVT PICNIC

Sunday, June 8

BRUNCH

Bagel Bar: Smoked Salmon, Sliced Meats, Tomato, Cucumbers, Onions, Capers, and Cream Cheese. Sliced Roasted Lamb Leg with Mint Jelly, Lemon Butter Poached Fish, Spanish Rice, Grits, Bacon, Sausage, Roasted Vegetables, Danish/Fruit, Omelet Bar

Monday, June 9

LUNCH

Chicken Cordon Blue Sandwich (Breaded Breast, Ham & Swiss) with Dijonaise and one side

DINNER

Chinese Sweet & Sour Meatballs with Bell Peppers, Pineapple, Green Onion, and Crispy Chow Mein Noodles over Steamed Jasmine Rice

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, June 10

LUNCH

Rueben on Rye with Sauerkraut and Thousand Island Dressing and one side

DINNER

Pulled Mojo Pork, Carved Turkey Breast with Sage Gravy & Cranberry Sauce, Cornbread Stuffing, Mashed Sweet Potato, Green Beans, Chopped Spinach

TO GO DINNER:

Pulled BBQ Pork with Mash Sweet Potato & Green Beans or Turkey Breast with Gravy and Cornbread Stuffing and Chopped Spinach

Wednesday, June 11

LUNCH

Texas Burger with BBQ Sauce, Smoked Gouda Cheese, and Crispy Onions and one side

DINNER

Garlic Parmesan Chicken Thighs, Brunswick Stew with Cheddar Cornbread Potato Wedges, Peas & Mushrooms Pinto Beans

TO GO DINNER:

Chicken or Brunswick Stew with Potato Wedges & Peas

Thursday, June 12

LUNCH

Soup & Sandwich: Traditional Grilled Cheese with Cream of Tomato Soup

DINNER

White Lasagna with Salmon and a side of Roasted Zucchini

Friday, June 13

LUNCH

CREATE YOUR OWN NACHO BAR: Ground Beef, Chicken, Beans, Cheese, Lettuce, Tomato, Onion, Olives, Guacamole, Sour Cream, Salsa

DINNER

Pot Roast with Mashed Potatoes, Carrots, Celery and Onions

Breakfast is Served from 8:00am-9:30pm

Lunch is Served from 11:30 m - 2:00pm,

Monday - Sunday Last seating at 1:15pm

Dinner is Served from 4:30pm - 7:00pm,

Monday - Friday Last seating at 6:15pm

TOWERS TALK JUNE 6TH 2025



	SATURDAY 6/7/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	MVT ANNUAL PICNIC W/ N2U BAND	COURTYARD
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 6/8/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 6/9/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
11:00AM	DANCE GROOVEMENT: LATIN DANCE STYLE	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 6/10/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	LADIES TEA PARTY RESERVATIONS	FRONT DESK
10:30AM	CRAFT CORNER	PCC
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
2:30PM	SHOW & TELL	HAMMOND HALL
6:30PM	VESPERS	SUN PORCH

	WEDNESDAY 6/11/2025	
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
1:00PM	KIRON FIRST BAPTIST CHILDREN'S CHURCH BINGO TIME!	SUN PORCH
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	RHYTHM & ROUGE BAND	SUN PORCH
6:30PM	RITA'S POOL PARTY	POOLSIDE
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 6/12/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	MERCIER ORCHARDS BLUEBERIES AND BLACKBERRIES W/LUNCH AT HARVEST ON MAIN [RESIDENT \$12-\$20]	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 6/13/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	LAIGH LAGLEY & TRIO	SUN PORCH
3:00PM	TARGET	DEPOT



MAD HATTER THEMED LADIES' TEA PARTY

COME DRESSED TO IMPRESS!

To all the Women in your life--Sisters, Aunts, Daughters,
Granddaughters, Great granddaughters, Nieces,
Daughter-in-laws, Sister-in-laws, and Friends

Saturday, June 21
12:00pm-2:00pm

Variety of Teas & Mimosa's / Music / Photo Opportunities

FINGER SANDWICH'S:

Smoke Salmon Cream Cheese Dill on Wheatberry Bread
Ham & Pimento Cheese on Rye
Egg Salad Watercress on White
Cucumber, Roasted Red Pepper, Hummus on pita
Chicken Salad on mini-Croissants
Fruit Board
Veggie Board

SALAD SHOOTERS:

Watermelon Feta Watercress
Tomato Mozzarella Basil

SWEETS:

Lemon Basil Shortbread
French Macaroons

Reservations 10am on Tuesday, June 10

Residents: \$14.00

Guests: \$16.00

Menu for Delivery

PHILLY CHEESE STEAK, BBQ CHIPS, FRUIT CUP AND COOKIES



Father's Day Brunch

11:30am – 2:00pm (last seating at 1:15)
\$18.00 Resident, \$20.00 Guest

Salad

Citrus Salad – Salad mix with Mandarin Orange toasted Almonds and Cranberry and Feta

Entrée

Fried Chicken and Waffles
Herb Roasted Tenderloin Carving Station

Sides

Grilled Asparagus
Garlic and Rosemary Roasted Red Potato
Mac and Cheese
Turnip Greens
Fruit Board

Dessert

Chef Choice

To-go and delivery:
Choice of one Entrée, 2 sides & Chef Dessert