



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

JUNE 27 - JULY 4

ADMINISTRATION CORNER



Happy Friday! It is so hard to believe that we are finishing up the third quarter of the year!

The lady's tea luncheon last Saturday was a fantastic event.

It was very rewarding hearing all the laughter and conversation among the residents, their families and friends.

This week, I have a few maintenance items to address. We are grateful that the weather has permitted our contractors to work effectively on the parking deck. As of now, all undercover assigned parking spots are usable, with the exception of spots 24, 25, 26, and 27. If none of these spots belong to you, please make sure you utilize your assigned covered spot, rather than three-hour parking.

While we often emphasize the importance of double-checking that all faucets are turned off, I would also like to stress the necessity of ensuring that your stove top and oven are completely turned off after use. It's crucial to avoid using your stove top as a table for placing items, as this poses a significant fire hazard.

With summer officially upon us, I want to remind everyone of a few key tips:

1. Thermostat Management: Please keep your thermostat set to "automatic" to maintain a comfortable temperature without overworking your air conditioning unit. Additionally, avoid leaving your balcony door open while the AC is running, as this can lead to the unit freezing up. Should this occur, you may be held responsible for any necessary repairs.

2. Watering plants and cleaning balconies: As previously mentioned, please refrain from watering or cleaning your balcony in a manner that causes water to drip onto the balcony below.

As we approach the Fourth of July, I want to remind everyone that the dining room will only be open for brunch hours, and we will not have bus service or exercise class on the 4th.

Wishing you all a fantastic week and a joyful Fourth of July with family and friends!

As always please reach out to me should you have any questions or concerns.

Rita Malone
Executive Director
423-470-3745

HAPPY BIRTHDAY

A big, festive "Happy Birthday" to JOAN ROWND B708 on 6/28, and a double shout-out to EDYTH HAMERNIK B712 and BOBBY BERLIN A410 on 6/29! Shout out to LORRAINE HORNER B709 on 7/4.



Get your "dance" on Monday, June 30 at 11 am in Hammond Hall

HIGH RISE LIVING SERIES

No HRLS June 30

LIVE MUSIC

Wednesday, July 2 at 3:30 PM
Music to My Ears
Sun Porch



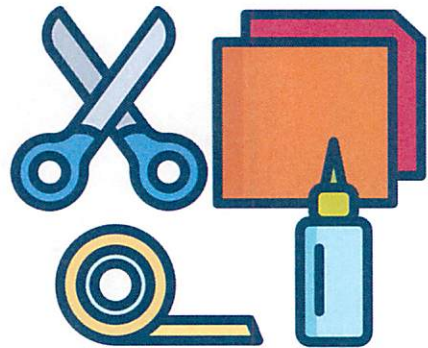
No bus services or activities



WITH RETRO JAZZ KATZ
3:30 PM ON THE SUN PORCH



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GET CRAFTY WITH BRIANNA!
FLOORS 1, 2, AND 3 ON JULY 1
FLOORS 4, 5 AND 6 ON JULY 8
FLOORS 7, 8, 9 AND 10 ON JULY 15
2 PM ON THE SUN PORCH



BRUNCH MENU

11:30 AM - 2:00 PM LAST SEATING AT 1:15 PM

MESQUITE GRILLED CHICKEN

BEEF HOTDOG WITH CHILI AND DICED ONIONS

BAKED BEANS

MAC & CHEESE

CORN ON THE COB

SQUASH MEDLEY

APPLE COBBLER AND WATERMELON ICE

TO-GO ORDERS WILL RECEIVE TWO HOT DOGS, BEANS AND CORN

TOWERS TALK JUNE 27TH 2025



	SATURDAY 6/28/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

	SUNDAY 6/29/2025	
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB	HAMMOND HALL

	MONDAY 6/30/2025	
TIME	EVENT	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 7/1/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:30AM	TRIVIA	PCC
11:00AM	WATER AEROBICS	POOL SIDE
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
2:00PM	CRAFT CORNER WITH BRIANNA 1ST 2ND 3RD FLOOR [SIGN UP IN LAUNDRY ROOM]	SUN PORCH
6:30PM	VESPERS	SUN PORCH

	WEDNESDAY 7/2/2025	
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	MUSIC TO MY EARS	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 7/3/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	WREN'S NEST GUIDED TOUR W/LUNCH AT PASCHAL'S RESTAURANT & BAR RESIDENTS \$12.00	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	4TH OF JULY MUSIC CELEBRATION W/RETRO JAZZ KATZ	SUN PORCH



FRIDAY 7/4/2025

NO BUS SERVICE
DINING ROOM HOURS
4TH OF JULY BRUNCH
11:30AM-2:00PM
LAST SEATING 1:15PM



TABLE 300

FISH OF THE WEEK: TROUT

VEGETABLE OF THE WEEK: SAUTEED MUSHROOMS

SOUP OF THE WEEK: CORN CHOWDER

SOUP OF THE DAY: SAT-CREAM OF TOMATO M-CHICKEN NOODLE

T-SAUSAGE & BEAN W-CHEF SPECIAL TH-BROCCOLI CHEESE F-POTATO

Saturday, June 28

LUNCH

Country Fried Steak on a Bun with Lettuce, Tomato, Pickles and Chipotle Mayo. Served with Steak Fries

Sunday, June 29

BRUNCH

Chicken Picatta, Creole Shrimp, Omelets to Order, Bacon/Sausage, Grits, Crispy Fried Hashbrowns, Grilled Vegetables, Danish/Fruit

Monday, June 30

LUNCH

Beer Battered Pollock with Tartar Sauce and Lettuce on a Toasted Brioche Bun with Homemade Chips

DINNER

Seared Chicken Breast in Creamy Garlic Butter served over Rice with a side of Grilled Squash

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, July 1

LUNCH

Baked Ziti Pasta (Ziti, Ricotta, Ground Italian Sausage, Mozzarella) and Garlic Bread

DINNER

Pork Marbella (Stewed Pork, Olives, Prunes), Pecan Crusted Swai with Honey Sage Butter, Creamy Polenta, Rice Pilaf, Green Beans with Pimento, Cauliflower with Brown Butter, Parsley, and Lemon

DELIVERY

Pork or Fish with Rice Pilaf and Green Beans

Wednesday, July 2

LUNCH

Ultimate Grilled Cheese: Havarti Cheese, Sliced Tomato, Basil Pesto on Wheatberry Bread with a side of Parmesan Fries

DINNER

Grilled Chicken, Black Forest Ham with Pineapple Glaze, Cinnamon Buttered Yams, Honey Cornbread, Collard Greens Fried Okra

DELIVERY

Chicken or Ham with Cheese Grits and Collard Greens

Thursday, July 3

LUNCH

Vegetable Quesadilla (Garlic Flour Wrap filled with Roasted Vegetables and Cheese) with a side of Chips & Salsa

DINNER

Asian BBQ Pork Tenderloin served over Steamed Jasmine Rice and a side of Baby Bok Choy Stir Fry

4th of July

Friday, July 4

Brunch Hours Only

LUNCH

Mesquite Grilled Chicken, Beef Hotdog with Chili and Diced Onions, Baked Beans, Mac & Cheese, Corn on the Cob, Squash Medley Apple Cobbler and Watermelon Ice

DELIVERY

Two Hot Dogs, Beans and Corn

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