



TOWERS TALK

JULY 25 - AUGUST 1

ADMINISTRATION CORNER



Happy Friday. I trust everyone has had a great week.

Few discussions this week:

ADMINISTRATIVE:

I am once again filled with pride in our community and residents!

As mentioned previously, we collaborated with the local Solidarity Organization to fulfill their request for backpacks for this year's back-to-school bash benefiting local schools. They needed 75 backpacks to cover all 150 children in need, and we exceeded expectations by donating 77! In total, around 150-ish backpacks were filled with supplies this week. The children will receive these backpacks this weekend during the back-to-school bash, where we are also sponsoring ice cream for the event. Be sure to check out our banner in this week's Tower Talk, which will be on display at the event in recognition of our sponsorship.

The pavement work at the main entrance will be completed and reopened tomorrow. By the middle of next week, we expect to have a walkable sidewalk (though not yet paved) from our entrance to the red light at Roswell Road, with paving scheduled to begin on August 4th. It's encouraging to see progress being made.

The contractors have successfully completed the top deck of the "Deck" project and will have the area tidied up by the end of the day on Monday. One last repair on the underside is pending; however, the project has proceeded smoothly and is nearing completion overall.

While our common areas are intended for the enjoyment of all residents, I would like to remind everyone that they are not suitable for sleeping. Recently, we have noticed residents sleeping in and around the service center. If you feel tired, please return to your condo instead of sleeping in the common area.

Tipping staff members is not permitted. This policy is in place to protect both our staff and residents. In November, we initiate the "Little Red Box", which is placed at the front counter. Contributions made to the box are allocated to the Employee Appreciation Fund and distributed to our non-management staff during our year-end Christmas party. Some residents have inquired about making donations throughout the year, rather than all at once in November and December. If you wish to contribute periodically, you may do so by placing a check in the regular HOA black box located at the front desk.

ADMINISTRATION CORNER continued

Be sure to write "Redbox" in the memo section of the check.

Regarding laundry, if you notice that your load did not spin out completely, please contact the front desk immediately. We will have maintenance come to the laundry room to investigate the issue. If the problem arises from overfilling the washer, we will not be able to provide reimbursement. Additionally, if you have items that are too large for the washers, our housekeeping department offers laundry services. Laundry services are available on Tuesdays, Wednesdays, and Thursdays only. To arrange for service, please call the front desk the day before pick-up. Please leave your laundry outside your condo, and it will be collected at 8:00 AM. Please ensure all items are out by 8:00 AM, as late orders will not be picked up. Your laundry will be washed, dried, folded, and returned to your condo by 4:30 PM that same day. The service fee is \$4.00, with an additional charge of \$1.25 per pound.

ACTIVITIES:

The pool party held yesterday evening was a great success, and I have mastered the art of keeping ice cream cones frozen in 90-degree weather! As we approach August, I want to remind everyone about our annual Luau (Pig Roast) on Saturday, August 9th. Reservations for this event will begin on Monday, July 28th, at 10 AM in the front lobby.

MAINTENANCE:

In the Maintenance Department, we have two new staff members joining us next week, and we will provide a little Bio about them in the next Tower Talk.

The maintenance staff will be by to change the filters on floors 1-4 on Tuesday, July 29th.

Finally, I want to remind everyone that we are a smoke-free property, with the only exception being the owners who owned their units prior to December 17, 2024. Although those owners are grandfathered in, they must ensure that the smell of smoke does not enter any common area or other condos. In the past few weeks, this has become a large issue, and not only is there a fine per complaint, but legal action can be taken if the rule is not adhered to.

I hope everyone has a great weekend, as the weather looks like it will be nice and sunny. Remember, when outdoors, be sure to drink plenty of water.

As always, feel free to reach out to me via phone, text, or email if you need anything.

Rita Malone
Executive Director
423-470-3745





**MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY**

**ICE CREAM
TRUCK
SPONSOR**

Thank you!

HAPPY BIRTHDAY

Let's send big birthday wishes to these wonderful residents!

JEANNETTE AUSTIN (A1014) and
SHERRY DOCKRELL (B202) on July 28,
ALAN BURGESS (A1003) and SYBIL
BURGETT (A311) on July 30,
ROBERT CALDER (B506), DOLORES
WATERS (A709), and EVA WILSON (B704)
on July 31.

We hope your special day is filled with joy,
laughter, and all your favorite things!

LIVE MUSIC

Tuesday, July 29 at 3:30 PM

Loose Shoes Band

Thursday, July 31 at 3:30 PM

A special duet with Beth Moore and her father
Rett Waller from 8Up with Dixie!

Thursday, July 31 at 7 PM

Sonya Shell

Sun Porch



Wednesday, July 30

3 PM

Sun Porch

HIGH RISE LIVING SERIES

Emory Healthcare Dr. Yousuf Khalifa,
Cataracts & Lens Options
1:30 PM on July 28 on the Sun Porch



WATER AEROBICS

EVERY TUESDAY AND FRIDAY AT 11 AM
POOL



MVT Field Day

Games & Activities:

- shake it off
- this sucks
- face the cookie
- cup stack
- noodle pick up
- challenge
- that's a wrap
- balloon pop relay

Friday, September 5 at 1:00 PM

Courtyard (weather permitting) or Sun
Porch (backup)

Residents will be paired with partners,
choose a team color, and create their
own team's name

Registration will end August 22. sign up
on the
sign-up sheet in the back lobby



**Saturday, August 9
12 - 2 PM in the Courtyard**

Whole Roasted Pig
 Hawaiian Garlic Shrimp Kabobs
 Hawaiian Huli-Huli Chicken
 Hawaiian Coleslaw
 Hawaiian Potato Salad
 Baked Beans
 Luau Pineapple Fried Rice
 Soy Marinated Grilled Veggies
 Ambrosia Salad
 Luau Cupcakes

FULL BAR

**RITA'S COCONUT MARGARTIA &
A SURPRISE COCKTAIL**

Music with Retro Jazz Katz

RESERVATIONS: 07/28/25

@10AM IN FRONT LOBBY

RESIDENTS: \$19.00 / GUESTS: \$21.00



**Saturday, July 26
10:15 AM
Back Lobby**

TOWERS TALK JULY 25TH 2025

Activities

	SATURDAY 7/26/2025	
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: SEASON 5 THE CHOSEN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

	SUNDAY 7/27/2025	
TIME		LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB	HAMMOND HALL

	MONDAY 7/28/2025	
TIME		LOCATION
10:00AM	LUAU PARTY RESERVATIONS	FRONT DESK
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
1:30PM	HRLS: EMORY HEALTHCARE VISION	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 7/29/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:30AM	RUMMIKUB	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
3:30PM	LOOSE SHOES BAND	SUN PORCH
6:30PM	VESPERS	SUN PORCH

STAY HYDRATED! DRINK

	WEDNESDAY 7/30/2025	
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	BOARD MEETING	SUN PORCH
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 7/31/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
11:00AM	AVALON SHOPPING MALL: ALPHARETTA,GA	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	MUSIC W/BETH MOORE AND WITH 8UP W/DIXIE RETT WALLER DUET SHOW	SUN PORCH
7:00PM	MUSIC W/SONYA SHELL	SUN PORCH

	FRIDAY 8/1/2025	
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
3:00PM	COSTCO	DEPOT

EAT HYDRATING FOODS LIKE WATER-MELON, CUCUMBERS, AND BERRIES TO SUPPLEMENT YOUR WATER INTAKE.



Saturday, July 26

LUNCH

Gourmet Patty Melt – Beef Patty with melted Provolone and Roasted Peppers and Onions on Toasted Garlic Sourdough Bread with Fried Zucchini Strips – can sub Veg Patty in place of beef.

Sunday, July 27

BRUNCH

Ham Egg and Cheese Croissant Hot Brown, Beef with Braised Cabbage and Tomato, Baked White Fish in a Buttery Herbed Wine Sauce, Creamed Lima Beans with Carrots, Sweet Rolls, Omelets Made To Order, Applewood Bacon/Sausage Links, Grits, Pastries/Fruit

Monday, July 28

LUNCH

Sliced Turkey with Smoked Gouda, Caramelized Onions and Spinach in a Wrap with Bacon Aioli. Served with Fries

DINNER

Meatloaf with Mashed Potatoes and Green Bean Almondine

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

TABLE 300

FISH OF THE WEEK: TILAPIA

VEGETABLE OF THE WEEK: HERBED BUTTERED CARROTS

SOUP OF THE WEEK: CREAM OF MUSHROOM

SOUP OF THE DAY: SAT-CHICKEN NOODLE M-CLAM CHOWDER

T-CHICKEN DUMPLING W-BEEF LENTIL TH-CHEF SPECIAL

F-LOADED POTATO

Tuesday, July 29

LUNCH

Greek Chicken Gyro Wrap – Chopped Roasted Chicken with Diced Cucumbers, Onions, Tomatoes and Feta Cheese tossed in Tzatziki Sauce with a side of Crunchy Pita Chips

DINNER

Shepherd's Pie, Smothered Pork Chops in Brown Gravy, Rosemary Roasted Potatoes, Peas & Mushrooms, Roasted Vegetables, Warm Dinner Roll

Wednesday, July 30

LUNCH

Italian Style Flatbread – Pepperoni, Salami and Ham with Melted Provolone, Pesto Sauce and a Sundried Tomato Aioli drizzle on top

DINNER

Fried Chicken, French Onion Meatballs, Roasted Potatoes, Wild Rice, Southern Green Beans & Pimento Peppers, Stewed Okra and Tomatoes

Thursday, July 31

LUNCH

The Alabama Slammer – Pulled Pork with Pimento Cheese and Pickled Onions served with a side of Wweet Potato Fries

DINNER

Asian Sesame Chicken and Vegetables over Rice with a Fried Eggroll

Friday, August 1

LUNCH

Deli Sandwiches made to your liking. Assorted Meats and Cheeses with fresh toppings and condiments. Served with Fresh Chips.

DINNER

Garlic Butter Beef Bites with Mashed Potatoes and Creamed Spinach

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