



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

JULY 4 - JULY 11

ADMINISTRATION CORNER



Happy July 4th!

As we approach tomorrow, I want to take a moment to wish each of you a joyful and meaningful day. This holiday is a wonderful time to reflect on the

values of freedom that unite us. I appreciate each of you and the vibrant community we have.

Although I'm on vacation this week, I've been able to catch up on some much-needed office work. I believe I have responded to all emails, texts, and calls I've received, but if you sent me something and haven't heard back, please feel free to reach out. I had some sketchy service in the area.

The only urgent update to report for next week is that we will be revitalizing the pool fencing and the pool deck area. You will see the contractor starting to scrape the old paint off the fence tomorrow, with painting of the deck around the pool deck starting next week. At all times, at least one portion of the pool deck will be open for use and entry. During this time next week, please do not go on the deck area that is blocked off.

Enjoy the local festivities and stay safe! As always, please feel free to reach out to me with any concerns, suggestions, or questions.

Rita Malone
Executive Director
423-470-3745

HAPPY BIRTHDAY

Let's give a big birthday cheer to some of our fabulous neighbors! Nancy Droege in B206 – kickin' off the party on 7/5. Double the fun on 7/7 with Ann McCallum in B515 and Kathryn Brey in B301. A birthday trio on 7/8 – Sandra Pfohl (A1008), Ethel Porter (B306), and Jim Russ (B914). On 7/10, it's all about Denise Jordan in A209. And wrapping up the birthday week on 7/11 is the wonderful Celia Parks in A515!

Wishing you all cake, smiles, and celebration vibes!

HIGH RISE LIVING SERIES

No HRLS July 7

LIVE MUSIC

Wednesday, July 9 at 3:30 PM

Rhythm & Rouge

Thursday, July 10 at 7 PM

Brass Quintet

Saturday, July 12 at 2 PM

Ollie Boy the Violinist

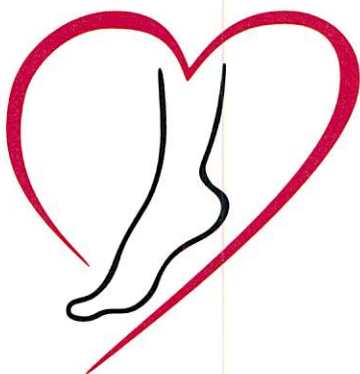
Sun Porch



Get your "dance" on Monday, July 7 at
11 am in Hammond Hall

PODIATRIST

Thursday, July 10
9:30 AM
Magnolia Room



WATER AEROBICS

EVERY TUESDAY AND FRIDAY
11 AM
POOL



THE CHOSEN

Season 5

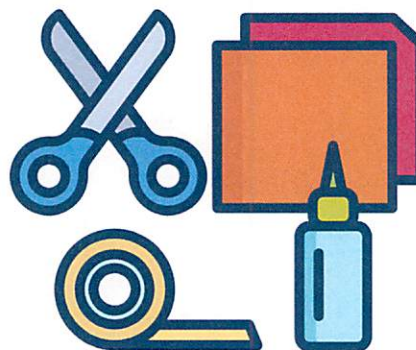
The first episode (eight episodes) will be
shown in the Magnolia Room on
Saturday, 7/5/25 with comments by
David Christian.

DEB THE JEWELER
JULY 9 AT 11 AM
BACK LOBBY



NATIONAL BLUEBERRY MUFFIN DAY SOCIAL
JULY 11 AT 10:30 AM
BACK LOBBY

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

TOWERS TALK JULY 4TH 2025

Activities

	SATURDAY 7/5/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: SEASON 5 THE CHOSEN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

	SUNDAY 7/6/2025	
TIME		LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

	MONDAY 7/7/2025	
TIME		LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
11:00AM	DANCE GROOVEMENT: LATIN BACHATA DANCE STYLE	HAMMOND HALL
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 7/8/2025	
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 4TH 5TH AND 6TH [SIGN UP IN LAUNDRY ROOM]	SUN PORCH
6:30PM	VESPER	SUN PORCH

	WEDNESDAY 7/9/2025	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	DEB THE JEWELER	BACK LOBBY
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	RHYTHM AND ROUGE BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 7/10/2025	
TIME	EVENT	LOCATION
9:30AM	PODIATRIST	MAGNOLIA ROOM
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	FERNBANK MUSEUM W/LUNCH AT MURPHY'S RESIDENTS \$24.95	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	BRASS QUINTET BAND	SUN PORCH

	FRIDAY 7/11/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	NAT'L BLUEBERRY MUFFIN DAY SOCIAL	BACK LOBBY
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	TARGET	DEPOT



Saturday, July 5

LUNCH

Crab Cake Basket--Two Crab Cakes over Fries with Tartar Sauce and Coleslaw

Sunday, July 6

BRUNCH

White Fish Milanese (Sauteed with Butter, Capers, Lemon), Carved Pork Loin with Cinnamon Apples, Belgium Waffles with Lemon Ricotta and Passion Fruit Syrup, Omelets to Order, Braised Cabbage and Carrots, Minted Peas, Vegetable Rice Pilaf, Bacon/Sausage, Grits, Fruit/Danish

DELIVERY

Fish with Rice and Peas or Pork with Rice and Cabbage

Monday, July 7

LUNCH

Sliced Turkey and Ham with Chopped Bacon, Shredded Lettuce, Tomatoes and Dijonnaise slightly warmed in a Garlic Herbed Wrap with a side Ranch Chips

DINNER

Salsbury Steak and Gravy with Mashed Red Skin Potatoes and Steamed Broccoli

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: SWAI

VEGETABLE OF THE WEEK: ROASTED ZUCCHINI WITH RED ONIONS

SOUP OF THE WEEK: MINESTRONE

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

T-GUMBO W-VEGETABLE ORZO TH-BROCCOLI CHEESE

F-GREEN PEA WITH HAM

Tuesday, July 8

LUNCH

Beef Gyro on a warm Pita with Lettuce, Tomato, Onions and Feta Cheese topped with Tzatziki Sauce

DINNER

Fried Cod Filet, Beef Barbacoa, Sauteed Zucchini, Okra in Stewed Tomatoes, Roasted Corn and Pepper Blend, Dirty Rice

DELIVERY

Cod or Beef with Okra and Rice

Wednesday, July 9

LUNCH

Black and Bleu Turkey Burger--Grilled Turkey Burger topped with Pickled Onions and Creamy Bleu Cheese Crumbles on a Toasted Brioche Bun served with Sweet Potato Fries

DINNER

Spring Herb Roasted Chicken with Pan Gravy, "Stuffed Cabbage"--Homemade Meatballs mixed with Sauteed Cabbage in a Sweet & Sour Sauce, Roasted Potatoes, Chopped Cream Spinach, Honey Glazed Baby Carrots, Buttered Peas

DELIVERY

Chicken or Cabbage with Potatoes and Carrots

Thursday, July 10

LUNCH

Open Faced Chicken Parmesan Sandwich on Garlic Toast with a Side Caesar Salad

DINNER

Grilled Steak Salad--Beef Tenderloin over Grilled Romaine Hearts, Blistered Tomatoes, Artichokes and Balsamic Dressing. Topped with fresh Garlic Croutons

Friday, July 11

LUNCH

Build your own Baked Potato Bar w/ Shredded Chicken, Beef Chili, Cheese Sauce, Bacon Bits, Diced Onions, Chopped Broccoli, Sour Cream and Butter, Caesar Salad

DELIVERY

Potato with Chicken or Chili, Diced Onions, Cheese Sauce and Sour Cream

DINNER

Roasted Turkey, Cornbread Stuffing and Green Bean Casserole

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