



TOWERS TALK

JULY 11 - JULY 18

ADMINISTRATION CORNER



Happy National Blueberry Muffin Day! I hope everyone enjoyed the muffins this morning.

First and foremost, I would like to extend my heartfelt thanks to all our residents and community friends who contributed on such short notice for the supply run to assist the flooded areas. Since my original notice a couple of days ago, the trip has evolved, and I have been given the opportunity to provide further assistance. By the time you read this, I will be in Chapel Hill, North Carolina, where I have been approved to volunteer for the remainder of the weekend. I will be working with a group dedicated to reaching areas that are less accessible and likely to receive help more slowly. I feel truly honored to participate in this effort. While delivering supplies is essential, working directly in the communities is incredibly rewarding.

I also inventoried every item that was loaded in the 20-foot truck. I will put out a spreadsheet next week so everyone can see the items and the amount per item that was collected.

Once again, the way our community rallies together highlight why this is such a wonderful place to live and work.

Weekly Updates

Administrative:

If you haven't had a chance to see the parking deck, I encourage you to take a look; it is looking fantastic! They are nearing completion, and it is now time to begin waterproofing the ramp leading to the deck. This coming week, one side of the ramp will be blocked off, so please be mindful of this when entering or exiting the parking deck. Remember to always drive slowly in both the covered and uncovered parking areas.

Additionally, the city has closed the employee parking area from today through Sunday to pave the entrance to the Employee Lot. The same team will be working on tying everything together from Trader Joe's down to our main entrance, once that part is completed, they will pave our main entrance. During this work, one side will remain open for entry and exit.

As many of you may know, we offer housekeeping services for a fee, including condo cleaning, window washing, and a la carte cleaning services. Effective August 1, we will no longer provide any cleaning services inside your condo by our housekeepers.

ADMINISTRATION CORNER continued

This decision is due to several reasons, including staffing shortages, liability concerns related to misplaced items, and the increasing time demands on both the housekeeping and administrative departments. I hope you understand this decision, and if you would like to discuss it further, please feel free to reach out to me personally.

Activities:

This week, we have Music Bingo scheduled for Friday! Our debut of this event was a great success, and while it ran a bit long, we have taken notes and will be improving it to fit within an hour. If you plan to attend, please sign up on the Activities clipboard. Bingo cards will be available for two dollars each, and the theme for this round will be golden oldies and show tunes. Don't miss out on this fun event!

Dining:

I want to remind everyone that entry into the kitchen is prohibited for all residents. We have recently noticed residents using mobility devices to access the dining room through the kitchen. This can be dangerous for both residents and kitchen staff, so please adhere to this guideline.

Lastly, we have some exciting partnerships coming up for a back-to-school bash, including backpacks and school supplies. More information will be shared at the beginning of next week.

As always, please don't hesitate to reach out to me with any questions or concerns. I appreciate each and every one of you.

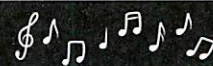
Rita Malone
Executive Director
423-470-3745

HAPPY BIRTHDAY

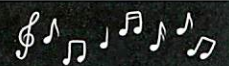
Let's give a big birthday cheer to these fabulous residents! SALLY WILLIAMS B814 is celebrating on 7/12, followed by SHARRON FOWLER B913 on 7/13! BOBBIE WRIGHT A408 keeps the party going on 7/14, then it's a double celebration on 7/15 for BARBARA TIMMERMAN A204 and ROWENA STILLWAGON A212! And wrapping up the birthday bash is LYNNE WIKLE A712 on 7/16! Wishing you all sweet treats, big smiles, and lots of love!

HIGH RISE LIVING SERIES

Dave Bauder, MVT IT Director, will talk about what Tech Support provides to residents and what it does to keep MVT operating.
1:30 PM on July 7 in the Sun Porch



LIVE MUSIC



Thursday, July 17 at 3:30 PM
Jazz By Two
Sun Porch

NEW RESIDENT DINNER

Wednesday, July 16, 2025 at 5 PM
(Taken from meal allowance.)
Sign up by Sunday, July 13



WATER AEROBICS
EVERY TUESDAY AND FRIDAY AT 11 AM
POOL



Get your "dance" on Monday, July 14 at
11 am in Hammond Hall



**BACK BY POPULAR DEMAND
MUSIC BINGO**

**WE HAD SUCH A BLAST LAST TIME,
WE HAD TO DO IT AGAIN!
JOIN US FRIDAY, JULY 18 AT 2 PM ON THE SUN
PORCH FOR ROUND TWO OF TOE-TAPPIN', SONG-
GUESSIN' FUN!
TELL ALL YOU FRIENDS AND LET'S MAKE SOME
NOISE!**



BLUE RIDGE SCENIC RAILWAY

THURSDAY, AUGUST 28
8:30 AM - BUS DEPOT

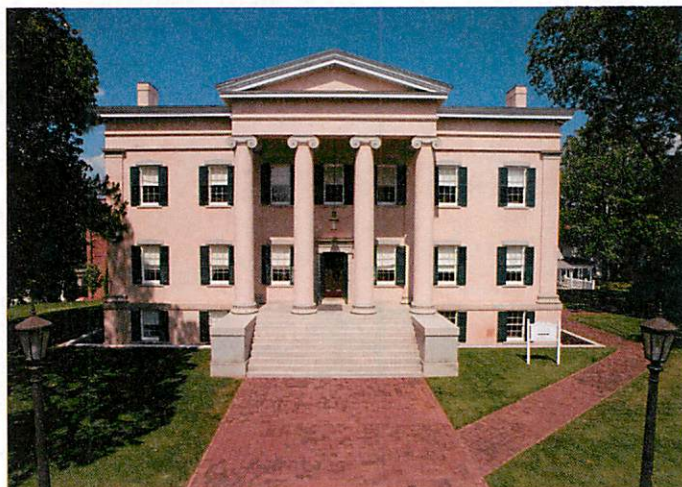
4 HOURS-26 MILES ALONG THE TOCCOA RIVER WITH STOPS IN
MCCAYSVILLE AND COPPERHILL TN. LUNCH DURING LAYOVER.

SIGN UP BEFORE THURSDAY, JULY 18
TICKETS GOING FAST!!!

BAKE SALE



GOT A SWEET TOOTH? OR JUST LOVE A GOOD EXCUSE TO BUY A
YUMMY TREAT. SWING BY THE MVT BAKE SALE ON TUESDAY, **JULY 15**
AT 10 AM IN THE BACK LOBBY AND TREAT YOURSELF TO SOME
HOMEMADE GOODNESS! WHETHER YOU'RE INTO COOKIES,
SCRUMPTIOUS CAKES THAT TASTE LIKE HEAVEN OR BAKLAVA
THERE'S SOMETHING FOR EVERYONE. COME FOR THE SUGAR, STAY
FOR THE NEIGHBORLY CHARM.



Join us on Thursday, August 21 for a visit to
the Old Governor's Mansion in Milledgeville,
GA, followed by a delicious lunch at
Metropolis Café!

We'll depart at 9:00 AM (meet at the Bus
Depot by 8:45 AM)

Enjoy a guided tour of this historic gem.

Cost: Just \$7 for residents

Sign up by Wednesday, July 16



JOIN PAT, PAUL AND BILL
FOR THE MONTHLY SING-ALONG
MONDAY, JULY 14
7 PM
SUN PORCH

TOWERS TALK JULY 11TH 2025



	SATURDAY 7/12/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH W/YOUNG MEN'S LEAGUE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: SEASON 5 THE CHOSEN	MAGNOLIA ROOM
2:00PM	OLLIEBOY THE VIOLINIST	SUN PORCH
4:00PM	VIGIL MASS	SUN PORCH
	SUNDAY 7/13/2025	
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
	MONDAY 7/14/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
11:00AM	DANCE GROOVEMENT: LATIN BACHATA	HAMMOND HALL
1:30PM	HRLS: TECH TALK WITH DAVID BAUDER	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 7/15/2025	
TIME	EVENT	LOCATION
10:00AM	BAKE SALE	BACK LOBBY
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 7TH 8TH 9TH AND 10TH FLOOR [SIGN UP IN LAUNDRY ROOM]	SUN PORCH
6:30PM	VESPERS	SUN PORCH

	WEDNESDAY 7/16/2025	
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
5:00PM	NEW RESIDENT DINNER	DINING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 7/17/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
9:15AM	TOUR OF HELEN,GA JIM HOWE: 2 HOURS TO EXPLORE AND FOR LUNCH RESIDENTS \$15.00	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	JAZZ BY TWO	SUN PORCH

	FRIDAY 7/18/2025	
TIME	EVENT	LOCATION
	NATIONAL SOUR CANDY DAY ALL DAY	FRONT DESK
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	MUSIC BINGO	SUN PORCH
3:00PM	TARGET	DEPOT



Saturday, July 12

LUNCH

BBQ Chicken Wrap – Fried Chicken tossed in BBQ Sauce with Shredded Cheddar and Diced Onion wrapped in a warm Flour Tortilla. Served with Sweet Potato Fries

Sunday, July 13

BRUNCH

Creamy Dijon Chicken, Scalloped Potatoes with Ham and Corn, French Toast with Honey Cinnamon Butter or Banana Fosters Topping, Omelets Made to Order, Applewood Bacon, Grits, Roasted Potatoes with Peppers, Green Bean Casserole, Pastries/Fruit

Monday, July 14

LUNCH

Chicken Cordon Blue Sandwich (Breaded Breast, Ham & Swiss) with Grain Mustard, Mayo and 1 side

DINNER

Stuffed Peppers with Cauliflower in Brown Butter and Parsley

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: FLOUNDER

VEGETABLE OF THE WEEK: BLACK-EYED PEAS

SOUP OF THE WEEK: CHICKEN TORTILLA

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

T-CURRY CAULIFLOWER W-CHEFS CHOICE TH-BROCCOLI & CHEESE

F-CLAM CHOWDER

Tuesday, July 15

LUNCH

Mushroom Swiss Burger--All Beef Patty with Sauteed Mushrooms and Onions smothered with melted Swiss on a Toasted Bun and a Steak Sauce Aioli.
Served with Fresh Chips

DINNER

Mediterranean White Fish with Rasted Vegetables in a savory wine sauce, Slow Cooked Pork Tips, Rice Pilaf, Peas and Carrots, Grilled Vegetables, Chopped Spinach with Garlic Butter

DELIVERY

Fish or Pork with Rice and Spinach

Wednesday, July 16

LUNCH

Spinach and Broccoli Calzone--a blend of Chopped Spinach and Broccoli mixed with Cheese and a side of Cucumber Tomato Salad

DINNER

Fried Chicken, Vegetarian Chili, Baked Beans, Warm Potato Salad, Turnip Greens, Corn bread

DELIVERY

Chicken or Chili with Turnip Greens & Potato Salad

Thursday, July 17

LUNCH

Chicken Salad with Craisins and Pecans on a Croissant with sliced Cucumbers and a side of Sweet Potato Fries

DINNER

Blackened Boneless Chicken Thigh with Cajun Remoulade Sauce and Red Beans & Rice

Friday, July 18

LUNCH

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

DINNER

Slow Cooked Pepper Steak over Jasmine Rice with roasted Asparagus and a warm Dinner Roll

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