



TOWERS TALK

AUGUST 15 - AUGUST 22

ADMINISTRATION CORNER



Happy National Relaxation Day!

Administration:

As a condominium community, we all share the responsibility of caring for our property and maintaining the spaces we enjoy together—such as our common areas, laundry rooms, trash rooms, and outdoor grounds. These areas belong to all of us, and the way we maintain them directly impacts the comfort, safety, and beauty of our community. Because we live in close proximity, it's equally important to be mindful of our neighbors—above, below, and on all sides. Simple courtesies, such as managing noise levels, disposing of trash properly, cleaning up after using shared spaces, and reporting maintenance concerns promptly, go a long way toward creating a pleasant environment for everyone.

With that being said, I'd like to clarify a topic that has recently caused some confusion: our Smoke-Free Property policy and what it means for units that were grandfathered in. In December 2024, the owners passed a declaration amendment to become a smoke-free property, which includes the interior of condominium units.

However, any owner who was a smoker at the time the amendment was signed and filed on December 17, 2024, was grandfathered in.

It is important to understand that being grandfathered in does not grant unlimited rights to smoke in your unit without regard for others. If you are grandfathered in and choose to smoke in your unit, you are fully responsible for ensuring that no odors are present in any common areas or drift into other condos. Per our bylaws, if smoke odors become a nuisance, fines will be issued for each occurrence or complaint regarding the foul odor.

Our goal is not to penalize but to maintain a healthy, comfortable living environment for all residents. By respecting both the property and your neighbors, we can preserve the high standard of living that makes our community such a special place to call home.

Many have been asking for an update on Comcast, and they are to be on site Monday for a meeting. I am hoping to give a better update concerning the installation after that meeting.

Furthermore, we are making progress on the Chase project, and I will have more to update on that within the next 7-10 days.

Activities:

We had a fantastic time at the Luau last Saturday! If you weren't able to join us, be sure to check out photos and updates from events like this on our Facebook page. Tricia Morris does a wonderful job keeping our page updated with all of our events and activities.

I want to remind everyone that Rusty Paul, our current Mayor who is seeking re-election, will be joining us on Monday, August 18th, at 1:30 PM on the Sunporch. We will also welcome Jody Reichel, our current District Councilwoman and candidate for Mayor, on Tuesday, August 19th, at 2:00 PM on the Sunporch.

These events are an excellent opportunity to meet the candidates in person, hear their platforms, and ask questions about issues that matter to our community. Your participation helps ensure that our voices are heard and that we remain an informed and engaged part of the city we call home.

Maintenance:

On Thursday, August 21st, we will conduct our annual fire pump flow test inspection. This required procedure ensures that the building's fire pump is operating properly and can deliver the water flow and pressure needed for our fire protection systems, including sprinklers and standpipes. During the test, you will see hoses running out with large amounts of water flowing near three locations:

- The stairwell leading to the dog park
- The basement double elevator area
- The covered parking area

If you need to walk near these areas during testing, please use caution and be mindful of the water flow.

Last, but certainly not least, and admittedly my least favorite topic to share this week, is the upcoming departure of our team member, Clay. He began his time at Mount Vernon Towers in the IT department before transitioning to Maintenance, where he has continued to serve our community with dedication.

Clay, originally from North Carolina, recently attended a family reunion and decided that now is the right time to move back home to be closer to his parents, whose needs are increasingly growing. He shared that if he could take the entire Mount Vernon Towers community with him, he would.

I want to personally thank Clay for being such a valuable part of our team over the past four years, and I wish him the very best in his move and all his future endeavors. If you see Clay over the coming week, please take a moment to shake his hand, thank him for his contributions, and wish him good luck in this next chapter.

As always, should you have any questions, please feel free to reach out to me, and have a great weekend.

Rita Malone
Executive Director
423-470-3745

HAPPY BIRTHDAY

Double the fun, double the celebration!
A big Happy Birthday to Tricia Morris (A611)
on 8/17 and Martha Donnelly (A912) on
8/18! May your days be filled with laughter,
cake, and maybe just a tiny bit of mischief.
Here's to another year of fabulous
adventures!



Elected mayor in November 2013, Russell K. (Rusty) Paul brings more than 40 years of federal, state and local public policy and public administration experience to the job. He is currently serving his third term.

Monday, August 18 at 1:30 PM
Sun Porch



Jody is a dedicated public servant, successful entrepreneur and committed community leader with deep ties to Sandy Springs. She was elected to the Sandy Springs City Council in 2017 and has worked tirelessly since then to represent the community's civic and economic interests.

Tuesday, August 19 at 1:30 PM
Sun Porch

LIVE MUSIC

Wednesday, August 20 at 3:30 PM

Music with Nadia Vauss

Step Back in Time

Thursday, August 21 at 7 pm

Beth Moore

Friday, August 22 at 2 pm

Lost in Space Band

All shows on the Sun Porch

NEW RESIDENT DINNER

Wednesday, August 20 at 5 PM.

Please sign up on the sheet in the back lobby. Meal is credited to you monthly food allotment.



SING-ALONG
with Pat, Paul and Bill

Monday, August 18
7 pm / Sun Porch



Saturday,
August 23

10:15 AM in the
Back Lobby

TOWERS TALK AUGUST 15TH 2025



| | SATURDAY 8/16/2025 | |
|---------|----------------------------------|---------------|
| 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 |
| 2:00PM | TIE-DYE SHIRT MAKING | COURTYARD |
| 4:00PM | VIGIL MASS | SUN PORCH |

| | SUNDAY 8/17/2025 | |
|--------|----------------------|---------------|
| TIME | EVENT | LOCATION |
| 2:30PM | CHRISTIAN FELLOWSHIP | MAGNOLIA ROOM |

| | MONDAY 8/18/2025 | |
|---------|--------------------------------------|--------------|
| TIME | EVENT | LOCATION |
| 10:00AM | CHAIR YOGA | HAMMOND HALL |
| 10:30AM | BINGO | PCC |
| 1:30PM | HRLS: SANDY SPRINGS MAYOR RUSTY PAUL | SUN PORCH |
| 7:00PM | PHASE 10 | GAME ROOM |
| 7:00PM | SING-ALONG | SUN PORCH |

| | TUESDAY 8/19/2025 | |
|---------|--------------------------------|--------------|
| 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 |
| 2:00PM | MAYORAL CANDIDATE JODY REICHEL | SUN PORCH |
| 6:30PM | VESPER | SUN PORCH |

STAY HYDRATED! DRINK

| | WEDNESDAY 8/20/2025 | |
|---------|---|---------------|
| 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 W/NADIA VAUSS STEP BACK IN TIME | SUN PORCH |
| 5:00PM | NEW RESIDENT DINNER | DINING ROOM |
| 7:00PM | STANDARDS PROJECT | SUN PORCH |
| 7:00PM | CANASTA HAND & FOOT | GAME ROOM |

| | THURSDAY 8/21/2025 | |
|---------|--|--------------|
| TIME | EVENT | LOCATION |
| 10:00AM | CHAIR AEROBICS | HAMMOND HALL |
| 9:00AM | OLD GOVERNOR'S MANISON GUIDED TOUR W/LUNCH AT METROPOLIS CAFE | BUS DEPOT |
| 1:30PM | TAI CHI W/MARIE | HAMMOND HALL |
| 7:00PM | MUSIC W/BETH MOORE | SUN PORCH |

| | FRIDAY 8/22/2025 | |
|---------|--------------------------|--------------|
| 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 | LOST IN SPACE BAND | SUN PORCH |
| 3:00PM | WHOLE FOODS/ DOLLAR TREE | DEPOT |

EAT HYDRATING FOODS LIKE WATERMELON, CUCUMBERS, AND BERRIES TO SUPPLEMENT YOUR WATER



TABLE 300

FISH OF THE WEEK: TROUT

VEGETABLE OF THE WEEK: BLACK-EYED PEAS

SOUP OF THE WEEK: CORN CHOWDER

SOUP OF THE DAY: SAT-CREAM OF TOMATO M-VEGETABLE

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

Saturday, August 16

LUNCH

Ultimate Grilled Cheese: Havarti Cheese, Sliced Tomato, Basil Pesto on Wheatberry Bread with Parmesan Chips

Sunday, August 17

BRUNCH

Bourbon Glazed Chicken, Shrimp Creole, Buttermilk Pancakes with Blueberry Sauce, Grilled Vegetables, Crispy Fried Breakfast Potatoes. Omelets to Order, Bacon/Sausage, Grits, Danish/Fruit

Monday, August 18

LUNCH

Diced Turkey Salad with Craisins and Pecans, Sliced Cucumbers on a Toasted Croissant with Sweet Potato Fries

DINNER

Blue Cheese Wedge Salad with Warm Chopped Steak and Toasted Garlic Bread

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, August 19

LUNCH

Roasted Vegetable Wrap - Roasted Vegetables mixed with White Beans and Jack Cheese.

Served with a side of Chips & Salsa

DINNER

Dill Salmon Cannelloni, Chicken Cacciatore, Creamy Polenta, Charred Broccolini, Green Beans with Pimento Cauliflower and Peas with Brown Butter, Parsley, Lemon

TAKE OUT/DELIVERY

Cannelloni with Green Beans and Cauliflower or Chicken over Polenta with Green Beans

Wednesday, August 20

LUNCH

Shrimp BLT Salad with Balsamic Glaze Grated Parmesan and Homemade Croutons

DINNER

Fried Chicken, Black Forest Ham with Pineapple Glaze, Mashed Sweet Potatoes with Cinnamon Butter, Honey Cornbread, Collard Greens, Squash Casserole

TAKE OUT/DELIVERY

Chicken or Ham with Cornbread and Collard Greens

Thursday, August 21

LUNCH

Breakfast Burger with Bacon, Fried Egg, Lettuce, Tomato, Onion and a Smoky Maple Sauce on a Brioche Bun with Tater Tots

DINNER

Chicken Fajitas - Fajita Spiced Chicken and Vegetables with Warm Flour Tortilla, Lettuce, Tomato, Cheese, Salsa, Sour Cream, and Yellow Rice with Beans

Friday, August 22

LUNCH

HOT DOG BAR: All Beef Hot Dogs, Corn Dogs, Beef Chili, Baked Bean, Sauerkraut, Cheese Sauce, Diced Onions, Cole Slaw, Relish

TAKE OUT/DELIVERY

2 Beef Hot Dogs with a side of Beans and Coleslaw

DINNER

Yankee Dinner: Pot Roast and Vegetables with Mashed Potatoes and Gravy

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