

## ADMINISTRATION CORNER



Happy National Chocolate Milkshake Day! Wishing everyone a sweet ending to the week.

### **ADMINISTRATION:**

Next week, contractors will begin mock-ups on two condos related to the building chases. For everyone's safety and to help the crew stay focused, please do not enter any work zones or stop contractors with questions. Management will share updates accordingly.

It was brought to my attention that some residents have been out and about while ill with COVID or Rhinovirus—both highly contagious. Our longstanding health and safety policy remains in place. If you test positive or have symptoms of a contagious illness, please quarantine in your condo and notify me directly so we can take appropriate steps to protect residents and staff. Due to the recent number of complaints about loud TVs and radios during the night, we are establishing "quiet hours," which will be in effect daily from 10:00 PM to 7:00 AM. Sound should not be audible outside your door or through walls and ceilings. Your neighbors will appreciate the courtesy.

### **ACTIVITIES & TRANSPORTATION:**

Reservations for the Speakeasy Dinner Party will begin on Tuesday, September 16, at 10:00 AM in the Front Lobby. Please see the menu in this edition of Tower Talk for details.

All bus runs are canceled on Friday, September 19; please plan accordingly. When riding on grocery runs, remember to take all belongings with you, as we are unable to identify owners of items left on the bus.

The team from Solidarity Food Pantry visited this week to share more about their work. Solidarity is located behind Trader Joe's, in the far-left corner of the shopping center. They serve Sandy Springs and allow those in need to shop three days a week, which equals up to 700 families per week. They also lead community projects throughout the year (including the recent back-to-school bash we supported). MVT will partner with them on several projects throughout the remainder of the year.



Solidarity  
SANDY SPRINGS

## ADMINISTRATION CORNER continued

Our first effort is Trunk-or-Treat Goody Bags for Lake Forest Elementary. We will be collecting individually wrapped, non-peanut, non-chocolate candies and small kid-safe items (such as stickers, pencils, erasers, and mini notepads). If you would like to contribute, please drop donations at the Front Desk by Tuesday, September 30. If you cannot shop, you may request us to do so for you. Once the candy and items are collected, we will post a sign-up sheet to gather on the Sunporch and stuff the treat bags (provided by the Sandy Springs Police Department). We are looking at the first week in October for this gathering and will announce and post the exact date as we get closer. If you're interested in bringing a decorated car to Lake Forest Elementary for the Trunk-or-Treat on Friday, October 24, please contact me directly for details, space is limited.

As always, please reach out to me if needed. Have a wonderful weekend—and here's my friendly challenge: do or say something kind to someone this week. It makes a bigger difference than you know.

**Rita Malone**  
Executive Director  
423-470-3745



Reservations will be taken Tuesday, September 16 at 10 am in the Front Lobby

## HAPPY BIRTHDAY

Sending the happiest birthday wishes to  
Rejane Mittelstadt 9/13 • Stanley Smits 9/15  
• Anita Herman 9/16 • Julie Rankin 9/17 •  
Johnny Fowler 9/18  
Cheers to laughter, cake, and wonderful  
celebrations all week long!

## HIGH RISE LIVING SERIES

### Art in Bloom



Sue Wislar, Ikebana Japanese Floral  
Arrangement Demo  
Monday, September 15  
1:30 PM / Sun Porch

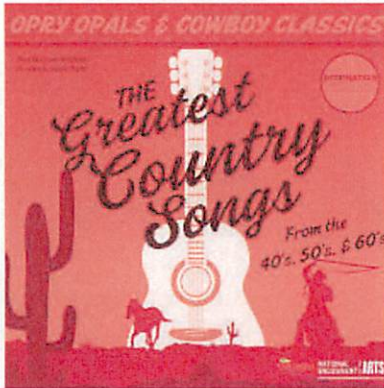
## LIVE MUSIC

Wednesday, September 17 at 3:30PM

Rhythm & Rouge

Sun Porch

## DESTINATION THEATRE



classic Country Cabaret

Friday,  
September 19

1 PM  
Sun Porch

## THANK YOU!

The Buy For Nothing day was a success. Thank you to all who donated their goods and THANK YOU to the volunteers (Kay Johnson, Linda Rakowski, Janice Adams, Sharron and Johnny Fowler, Tricia Morris, Karen Bedell, Linda Morneau, Nancy Krincek and Joan Walsh) who helped with set up and take down.



MONDAY, SEPTEMBER 15 / 7 PM / SUN PORCH

## SING-ALONG

WITH  
PAT, PAUL AND BILL

## MOVIE NIGHT



Join us **Monday September 22 at 7 pm** for a cozy evening in the **Sun porch**. We'll have warm cider and fresh popcorn waiting for you—just bring yourself and settle in for a surprise film (**movie TBD**). A perfect way to welcome fall with friends and fun!

## NEW RESIDENT DINNER

Wednesday, September 17

5 PM / Dining Room



Great news! The MVT Theater Group has two extra tickets for "The Producers," for tomorrow, Saturday, September 13 at 2:00 just across the way at City Springs Theater. .

These are highly discounted, in the middle orchestra section, with transportation available

For those of you already attending, the van will pick you up at the front entrance. Meet there at 1:00 pm.

For tickets, call Statia Carey 404-754-0800.

# TOWERS TALK SEPTEMBER 12TH 2025

## Activities

SATURDAY 9/13/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: HIGH LEVEL REVIEW OF BIBLE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 9/14/2025		
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 9/15/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
1:30PM	HRLS: ART IN BLOOM IKEBANA JAPANESE FLORAL ARRANGMENT DEMO- SUE WISLAR	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 9/16/2025		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	SPEAKEASY DINNER PARTY RESERVATIONS	FRONT LOBBY
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

**MVT Life Tip: Return carts to their natural habitat**

<b>WEDNESDAY 9/17/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
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	RHYTHM & ROUGE	SUN PORCH
5:00 PM	NEW RESIDENT DINNER	DINNING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 9/18/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	MERCIER ORCHARDS APPLE PICKING [ BLONDE AND SEPTEMBER WONDER APPLE] W/LUNCH AT CHESTERS BRUMMEMEYERS RESIDENTS \$12	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

<b>FRIDAY 9/19/2025</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
	BUS SERVICES CANCELLED	
10:00AM	CARDIO	HAMMOND HALL
11:00AM	CHAIR PILATES [ NEW CLASS ALERT!! ]	HAMMOND HALL
1:00PM	DESTINATION THEATER: GRAND OLE OPRY AND COWBOY CLASSICS	SUN PORCH

# SPEAK EASY DINNER

Thursday, September 25 4:30PM - 6:30PM

Reservations 10am on Tuesday, September 16 (Front Lobby)

Residents: 20.00

Guests: 22.00

WALDORF SALAD  
DEVILED EGGS  
CARVED PRIME RIB  
CHICKEN MARSALA WITH ROASTED MUSHROOMS  
SCALLOPED POTATOES  
GREEN BEANS WITH TOASTED ALMONDS  
ROASTED BABY CARROTS  
MUSHROOM & HERB RICE PILAF  
MINI ASSORTED DESSERTS

FULL BAR

Specialty Drinks – Old Fashion & Bees Knees

Music by Ryan & the Rendezvous





# TABLE 300

FISH OF THE WEEK: SWAI

VEGETABLE OF THE WEEK: STEWED MUSHROOMS

SOUP OF THE WEEK: VEGETABLE SOUP

SOUP OF THE DAY: MON-BEEF BARLEY TUES-CHICKEN NOODLE  
WED-PORK AND BEAN TH-SEAFOOD CHOWDER FRI-ITALIAN WEDDING

**Saturday, September 13**

## LUNCH

The Cleo - Fried Chicken Breast bathed in Honey Mustard Sauce with Thinly Sliced Cucumbers and Pickled Onions on a Toasted Brioche Bun with Sweet Potato Fries

**Sunday, September 14**

## BRUNCH

Omelets To Order, French Toast with Banana and Walnuts, Black Forest Ham, Parmesan Haddock with Grilled Lemons, Corn Pudding, Roasted Root Vegetables, Grits/Bacon/Sausage, Fruit/Bakery Delights

## TAKE OUT

Ham or Haddock with Corn Pudding and Root Vegetables

**Monday, September 15**

## LUNCH

Marinated and Grilled Chicken Caesar Salad - Chopped Romaine Lettuce Topped with Warm Diced Chicken Seasoned with Garlic and Herbs then Topped with Shredded Parmesan Cheese and Fresh Croutons. Choice of one side.

## DINNER

Hand Breaded Country Fried Steak with Sausage Cream Gravy, Roasted Potatoes & Green Beans

**Tuesday, September 16**

## LUNCH

B.L.T.E - Bacon Lettuce Tomato and Egg Salad on Toasted Wheatberry Bread Served with Cucumber Melon Salad

## DINNER

Baked Salmon with Smoked Paprika Butter Sauce, Maple Sausage and Potato & Cheese Pierogi, Pecan Rice, Vegetable Medley, Steamed Peas

## TAKE OUT/DELIVERY

Salmon with Rice and Veg Medley or Sausage/Pierogi with Cabbage and Peas

**Wednesday, September 17**

## LUNCH

Slaw Dogs: 2 All Beef Grilled Dogs with Slaw and Tater Tots

## DINNER

Mount Vernon Fried Chicken, Sweet & Sour Meatballs, Jasmine Rice, Roasted Squash Medley, Creamed Spinach, Buttered Carrots

## TAKE OUT/DELIVERY

Chicken or Meatballs with Rice and Carrots

**Thursday, September 18**

## LUNCH

Green Eggs and Ham - Two Fried Eggs with Grilled Ham, Havarti Cheese, Scallion Sauce on a Toasted Croissant with Green Grapes Salad

## DINNER

Beef Liver and Onions with Gravy, Mashed Potatoes and Green Peas

**Friday, September 19**

## LUNCH

Slider Sandwich Bar...Beef and Cheese, Carolina Chicken, Fried Eggplant with Pesto, Corn Fritters, Fresh Tomato Salad, Carrot and Raisin Salad

## TAKE OUT/DELIVERY

Two Sliders, Corn Fritters and Choice of 1 Salad

## DINNER

Fresh Chive & Potato Crusted Cod Served with Roasted Red Pepper Polenta and 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

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