



TOWERS TALK

AUGUST 29 - SEPTEMBER 5

ADMINISTRATION CORNER



Happy Friday!

I would like to express my sincere gratitude for the numerous calls, texts, cards, flowers, and well wishes I received for my birthday and

work anniversary. I truly feel blessed and am deeply appreciative of each and every one of you.

Administration

During the recent board meeting, I had the opportunity to share an accomplishment that I take great pride in. Since stepping into the Executive Director role in late 2021, I have had the privilege of collaborating closely with the board. In discussing our financial status, I highlighted our significant growth and stability, noting that we currently maintain over \$3,000,000 in reserves. Furthermore, we have successfully allocated \$953,000 of operating funds this year for essential projects, such as the parking deck and roof anchors, all without touching our reserves. This achievement is certainly noteworthy.

Regarding the Chase Project, we have engaged ERI Contractors—the same firm responsible for our parking deck project—to conduct the upcoming mock-up.

This will take place on two condos, commencing the week of September 15th. For those interested in understanding the purpose of the mock-up, it serves as a full-scale model designed to demonstrate and evaluate design concepts, materials, and construction techniques prior to final implementation, allowing us to assess both aesthetics and functionality. This marks a significant step forward, especially given the time and effort invested in this project.

Dining

I would like to clarify our policy regarding taking food out of the dining room. As previously established, taking food out on buffet days is prohibited. On other days, when ordering from the menu, you may take your leftovers if you provide your own to-go containers, as we do not supply them. This policy is in place to help us manage costs effectively.

Maintenance

I am pleased to announce that our maintenance staff will be wearing new uniforms featuring our updated logo. They look exceptional, and I encourage you to compliment them when you see them.

As we conclude August and transition into September next week, we enter a busier time of the year. I look forward to the opportunities and experiences that await us in the coming months.

I hope everyone has a wonderful Labor Day weekend. Please note that the dining room will only be open from 11:30 AM to 2:15 PM, with the last seating at 1:15 PM on Monday. Additionally, all activities, including bus runs, are canceled for Monday.

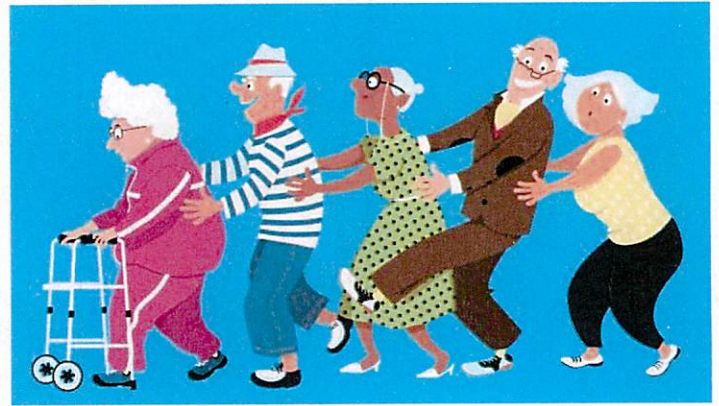
As always, please feel free to reach out to me if you have any questions or concerns. Thank you all for being a wonderful community.

Rita Malone
Executive Director
423-470-3745

★ LABOR ★ ★ ★ ★ DAY ★ ★ ★

Monday, September 1

Please note that the dining room will only be open from 11:30 AM to 2:15 PM, with the last seating at 1:15 PM. Additionally, all activities, including bus runs, are canceled for Monday.



MVT FIELD DAY

September 5

1 PM / Courtyard

(Sun Porch inclement weather)

Games include: Shake It Off, Face the Cookie, That's a Wrap, This Sucks, Cup Stack, Balloon Pop

All the teams will be playing at the same time. Each game will be set up around the courtyard. The first team to finish all 6 games wins Field Day bragging rights!

HAPPY BIRTHDAY

Wishing the happiest of birthdays to our wonderful residents!

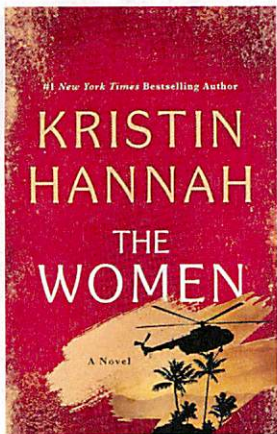
August 30 – Mary Corbitt (A107), Evelyn Hendry (B115), Alice Plunkett (A802),

August 31 – Joanne Smith (B707), September 1 – Ehrlich Da Victoria Lobo (A814), September 2 – Melissa Rowe (B703), September 3 – Nancy Kennedy (B1014), Richard Anderson (A402),

September 5 – Margaret Cloer (B806), Gail Kolpack (B401)

We're so grateful to celebrate each of you—may your year ahead be filled with love, laughter, and all the joy you bring to those around you

MVT BOOK CLUB



The Women by Kristin Hannah

**Sunday, August 31
4 PM
Hammond Hall**

All are welcome

BIBLE STUDY



**"A high-Level Review
of The Bible"
discussion with David
Christian
Every Saturday in the
Magnolia Room at 1 pm**

LIVE MUSIC

Wednesday, September 3 at 3:30

Music to My Ears

Thursday, September 4 at 3:30 pm

Beth Moore

All shows on the Sun Porch

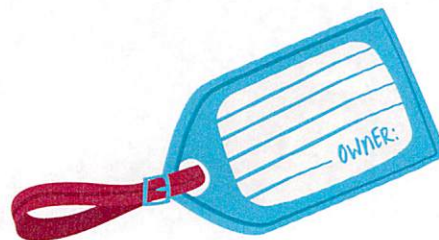
HIGH RISE LIVING SERIES

Labor Day

No High Rise Living Series

Monday, September 1

1:30 PM SUN PORCH



MONDAY, SEPTEMBER 8

3:30 PM

MAGNOILA ROOM

**SHARE YOUR RECENT
TRAVELS AND LEARN
ABOUT UPCOMING TRIPS**

UPCOMING OUTINGS

Cheesecake Factory Lunch

Lewis Grizzard Museum

Mercier Orchards

Georgia Ensemble "Ring of Fire"

Details on each outing coming soon.

TOWERS TALK AUGUST 29TH 2025

Activities

	SATURDAY 8/30/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	YOUNG MEN'S LEAGUE HELP TECH	MAGNOLIA ROOM
1:00PM	MANIPULATION	AZALEA ROOM
1:00PM	BIBLE STUDY: HIGH LEVEL REVIEW OF BIBLE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
TIME	SUNDAY 8/31/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB: KRISTIN HANNAH THE WOMEN	HAMMOND HALL



NO BUS SERVICE

DIINING ROOM HOURS

11:30AM-2:00PM

LAST SEATING 1:15PM



	TUESDAY 9/2/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:30AM	RUMMIKUB [ALL ARE WELCOME]	PCC
11:00AM	WATER AEROBICS	POOL SIDE
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

“Laughter is like sunshine for the soul — don’t forget to soak some up this week!”

	WEDNESDAY 9/3/2025	
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 TO MY EARS: 60'S MUSIC	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 9/4/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
11:15AM	LUNCH OUTING: CHEESECAKE FACTORY PERIMETER MALL LOCATION	FRONT ENTRANCE
3:30PM	MUSIC W/BETH MOORE	SUN PORCH

	FRIDAY 9/5/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:00PM	MVT FIELD DAY	COURTYARD
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	COSTCO	DEPOT

Q: Why don't eggs tell jokes?

A: Because they'd crack each other



Saturday, August 30

LUNCH

Warm Pesto Chicken with Melted Provolone Cheese, Sliced Roma Tomatoes and a Roasted Pepper Aioli on toasted Wheatberry Bread. Served with Rosemary Garlic Chips

Sunday, August 31

BRUNCH

Spinach & Cheese Quiche, Chicken Divan, Green Beans and Carrots in Herbed Butter, Steamed Rice, Smoked Salmon Bagel Bar, Omelets, Bacon/Sausage/Grits, Fruit/Pastries

TAKE OUT/DELIVERY

Divan w/Green Beans & Rice or Smoked Salmon Bagel Platter with Condiments and Sausage

Monday, September 1

LABOR DAY **NO BREAKFAST** **LABOR DAY**

Hours 11:30am - 2:15pm (last seating at 1:15)

\$12.00 Residents & \$14.00 Guests

Bone In Beer Can Chicken with Homemade Carolina Gold Bbq Sauce, Buttermilk Fried Catfish Nuggets with Cajun Remoulade Sauce, Burger Sliders with Pepper Jelly, Pickled Vidalia Onions, and Smoked Cheddar, Cinnamon Sweet Potato Fries, Corn on the Cob, Stewed Okra, Macaroni Salad, Cole Slaw, Strawberry Shortcake

TAKE OUT/DELIVERY

Beer Can Chicken, with your choice of two sides and Strawberry Shortcake or Two Sliders, served with your choice of two sides and Strawberry Shortcake

TABLE 300

FISH OF THE WEEK: HADDOCK

VEGETABLE OF THE WEEK: FRIED OKRA

SOUP OF THE WEEK: BROCCOLI CHEESE

SOUP OF THE DAY: SAT-CHICKEN NOODLE M-BEEF BARLEY

T-GARDEN VEGETABLE W-LENTIL TH-CHEF SPECIAL F-CREAM OF TOMATO

Tuesday, September 2

LUNCH

Grilled Goodness Sandwich - Smoked Ham, Havarti Cheese, Sliced Apples and Dijon Mustard on Griddled Cinnamon Raisin Bread with Sweet Potato Fries

DINNER

Beef Meatballs in Onion Gravy, Chicken Marsala, Stuffed Shells, Roasted Parmesan Vegetables, Green Peas with Butter, Warm Dinner Roll

TAKE OUT/DELIVERY

Choice of Entrée with Roasted Vegetables and a Dinner Roll

Wednesday, September 3

LUNCH

Philly Cheese Steak Wrap - Shredded Beef with Peppers, Onions and Cheese in a Flour Tortilla with a Side of Coleslaw

DINNER

Flounder in Brown Butter and Lemon, Fried Chicken, Green Bean Almondine, Ratatouille, Creamy Cauliflower, Roasted Red Potato Wedges

TAKE OUT/DELIVERY

Choice of Entrée with Potatoes and Green Beans

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

Thursday, September 4

LUNCH

Personal Garden Pizza - a 7-inch dough topped with Ricotta Cheese, Diced Peppers, Spinach, Sweet Onions and Balsamic Glaze

DINNER

Beef Stew - Tender Beef Slowly Cooked in Gravy with Fresh Carrots Celery and Onions Served over Buttery Egg Noodles and a Dinner Roll

Friday, September 5

LUNCH

Lunch Buffet: Asian Rice Bowl Sesame Ginger Chicken, Teriyaki Pork, Fried Rice, Cauliflower Rice, Edamame, Sliced Cucumbers, Red Cabbage, Diced Mango, Tofu, Marinated Mushrooms and Honey Ginger Dressing

TAKE OUT/DELIVERY

Choice of Meat with Rice and 2 Sides

DINNER

Smoky Grilled Shrimp Skewer Smothered with Peppers and Onions on a Fried Cheddar Grit Cake and Roasted Zucchini

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