

ADMINISTRATION CORNER



Happy Friday!

ADMINISTRATION:
HOA Board of Directors
Elections:

*It's that time of year again! Mount Vernon Towers will be holding elections for the HOA Board of Directors. This year, there are **three open seats** for two-year terms:*

- **Two positions** for a resident owner
- **One position** for a non-resident individual (someone who does not live at MVT and is not required to be an owner)

If you are interested in running, please contact me for details about responsibilities, campaign guidelines, and the 2025 election calendar.

How to Apply:

- Submit a cover letter and resume beginning **Monday, September 29**.
- The deadline is **Thursday, October 9 at 5:00 PM**.
- You may deliver your submission in a sealed envelope to the front desk (addressed to me) or email it to rita@mountvernantowers.com

Election Timeline:

- The Nominating Committee will interview candidates in mid-October.
- The slate of approved candidates will be announced at the October Board Meeting.
- No campaigning is allowed until after the official announcement.
- Candidate information will be reviewed and distributed to owners in late October.
- Meet the Candidate events will take place in November.
- Ballots will be counted at the Annual Meeting on December 15.

Traffic Update:

I have received questions regarding left turns when leaving our main driveway after the completion of the road project. I have confirmed with the project staff that both Mt. Vernon Highway and Johnson Ferry Road will have eastbound and westbound lanes in each direction in front of our main entrance, along with a two-way left turn lane. I am attaching an enlarged image of the map to this edition of the Tower Talk.

ADMINISTRATION CORNER continued

Policy Reminder:

Effective immediately, children under the age of 16 are not allowed in the game room, library, recreational room (where the pool table and ping pong are located), or Hammond Hall without adult supervision. Additionally, children under the age of 13 cannot use the exercise room, even with adult supervision. These measures are in place for their safety and the liability of the HOA.

Halloween Treat Bag Donations:

I want to remind everyone of our partnership with Solidarity for Halloween treat bags. We are collecting individually wrapped, non-peanut, non-chocolate candy and small kid-safe items (such as stickers, pencils, erasers, and mini notepads) for their Trunk or Treat. Currently, we only have two bags of candy donated. If you wish to donate, please do so by the end of the day on Monday.

ACTIVITIES:

The Speakeasy Dinner Party last night was a wonderful success! From seeing so many of you dressed in themed attire, to enjoying the delicious food, and of course the lively music that had everyone ready to dance, it was a night to remember.

Our next dinner party will be for Halloween, and will be on Celebration on Wednesday, October 29th. Start planning your costumes now, and more information will come out later with details.

We will also be hosting special festivities throughout October in recognition of Breast Cancer Awareness Month. Just as we did last year, but with some new activities planned, there will be opportunities to participate, support, and honor loved ones. Please look for full details in a separate memo next week.

MAINTENANCE:

We have our mandatory sprinkler inspection next week on **Wednesday, October 1**. The maintenance team will escort the inspectors starting at **9:00 AM**, beginning on the 10th floor. Because this is mandatory, they will enter regardless of whether you are home or not. If they are unable to complete all inspections on Wednesday, they will resume at 9:00 AM on Thursday, October 2.

I hope everyone has a great weekend! As always, please reach out to me if you have any questions or concerns.

Rita Malone

Executive Director

423-470-3745

HAPPY BIRTHDAY

We've got a whole lineup of birthdays to celebrate! Sending big birthday cheers to Margery Costello and Anne Devore on 9/27, Edward Rutledge, Cynthia Martin, and Theresa McMahan on 9/29, Karen Walker on 9/30, Maria Bratko on 10/2, and Thomas Spencer on 10/3! Wishing each of you plenty of cake, laughter, and happy moments to last all year long.

MVT LIBRARY

The Mount Vernon Towers library volunteers (Nancy Westbrook, Meg Brinckman, Sharon Fowler, Kathy Harbin, Laura Hoppe, Sue Zlotnik, Joann Akers) have been working diligently to provide a warm and inviting place for all residents to enjoy. Reading is a pathway to continue growing and learning without needing to leave your favorite chair. We would like to thank Rita for acquiring the additional bookcases we needed and also want to thank our Maintenance team for assembling them. We hope you will all take an opportunity to visit our Library. We gratefully will continue to accept your generous book donations but ask that you kindly call Nancy Westbrook, our Library "go to" person at (646-552-0278) to see if there is room available in the Library at this time. We are especially in need of more Large Print books. We don't want to have residents drop off boxes of books without notifying us as it is a tripping hazard.

LIVE MUSIC

Wednesday, October 1 at 3:30 pm

O'Reilly's Pub Allstars

Thursday, October 2 at 3:30 pm

Sharp Affair band

Friday, October 3 at 2 pm

Ollie Boy the Violinist

HIGH RISE LIVING SERIES

Fulton County Voter Registration

Monday, September 29

1:30 PM Sun Porch

International Coffee Day

WITH MUFFINS

Wednesday, October 1

10 AM

Back Lobby



MVT BOOK CLUB

MVT Book Club will be meeting Sunday Sept. 28 at 4:00 in Hammond Hall. We will be discussing the book "What We Leave Behind" by Wanda Morris. All are welcome

OCTOBER OUTINGS

October 2

The Game Show

with lunch at Clunary Dropout

October 9

Millenium Gate Museum

with lunch at Benihana

October 16

Jim Howe Bus Tour of Canton /Cherokee

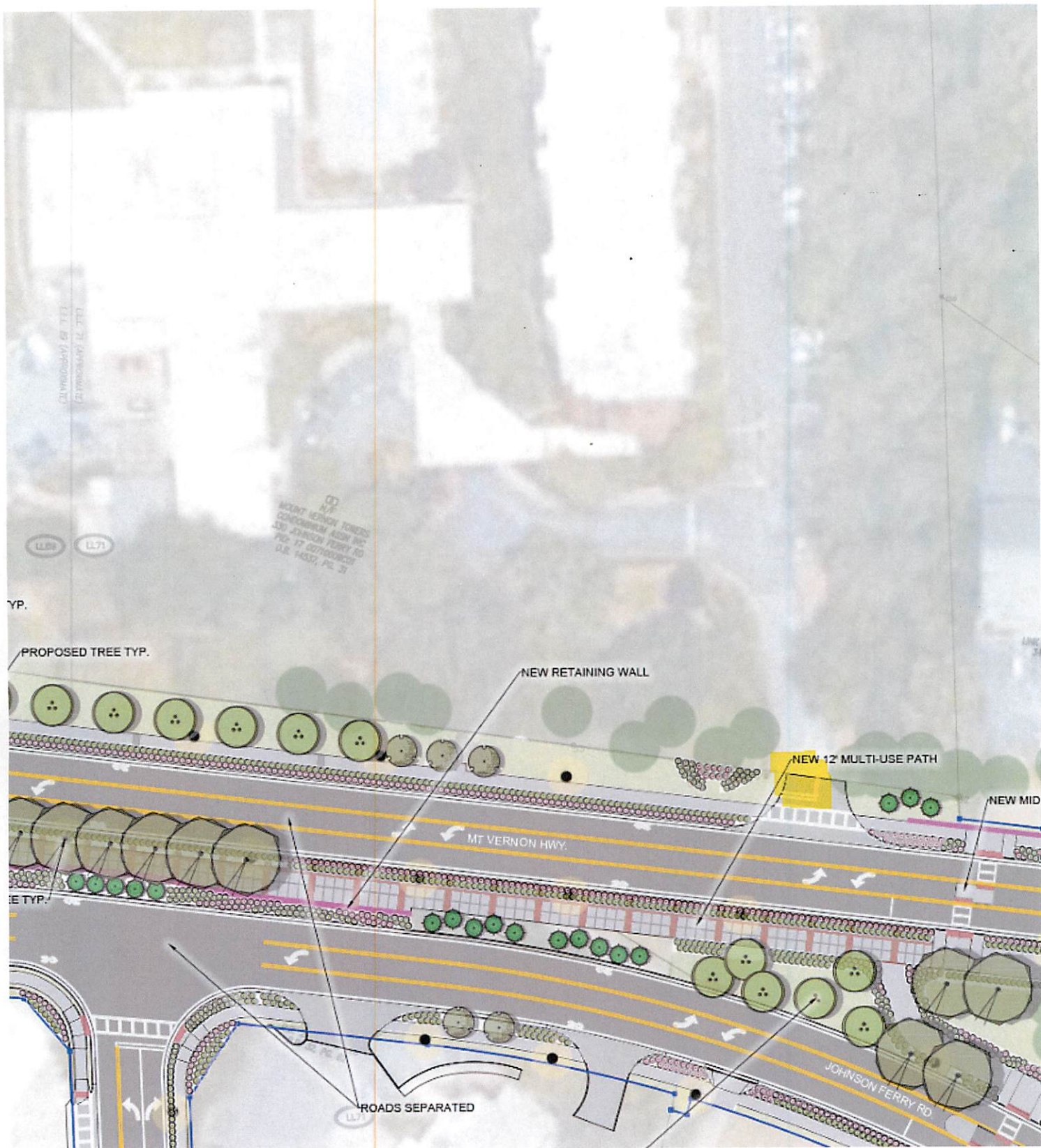
County History Museum

w/lunch at Rally Point (\$20)

October 23

Alpharetta/Old Milton History Museum

w/lunch at Flatlands Bourbon Bayou



TOWERS TALK SEPTEMBER 26TH 2025

Activities

	SATURDAY 9/27/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: HIGH LEVEL REVIEW OF BIBLE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 9/28/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB	HAMMOND HALL

TIME	MONDAY 9/29/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
1:30PM	HRLS: FULTON COUNTY VOTER REGISTRATION	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 9/30/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	CHAIR PILATES	HAMMOND HALL
11:30AM	STANDING TAI CHI	SUN PORCH
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

MVT Life Tip: Return carts to their natural habitat

	WEDNESDAY 10/1/2025	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	INTERNATIONAL COFFEE DAY WITH MUFFIN SOCIAL	BACK LOBBY
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	O'REILY PUB ALLSTARS BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/2/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:30AM	GAME SHOW BATTLE ROOM W/LUNCH AT CULINARY DROP-OUT	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	SHARP AFFAIR BAND	SUN PORCH

	FRIDAY 10/3/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	BUS DEPOT
11:00AM	CHAIR PILATES	HAMMOND HALL
1:30PM	KROGER/DRY CLEANERS	BUS DEPOT
2:00PM	NATIONAL COOKIE DAY W/OLLIEBOY THE VIOLINIST	SUN PORCH
3:00PM	COSTCO	BUS DEPOT



TABLE 300

FISH OF THE WEEK: TROUT

VEGETABLE OF THE WEEK: BLACK EYED PEAS

SOUP OF THE WEEK: CORN CHOWDER

**SOUP OF THE DAY: M-VEGETABLE T-WHITE BEAN W-CHEF SPECIAL
TH-BROCCOLI CHEESE F-POTATO**

Saturday, September 27

LUNCH

Egg Salad with Diced Ham on Toasted Sourdough Bread with Fresh Tomatoes and a side of Cucumber Salad

Sunday, September 28

BRUNCH

Flounder Oreganatto with Calabrian Chili Aioli, Penne with Beef Bolognese Ragu, Cinnamon Apple French Toast Casserole, Grilled Vegetables, Crispy Fried Breakfast Potatoes, Omelets to Order, Bacon/Sausage, Grits, Bakery Delights/Fruit

TAKE OUT

Flounder with Vegetables and Potatoes OR Penne with Vegetables

Monday, September 29

LUNCH

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

DINNER

Classic French Dip Sandwich with Fresh Rosemary Parmesan Potato Wedges and Balsamic Glazed Brussel Sprouts

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, September 30

LUNCH

The Drunken Sailor - Beer Battered Cod with Homemade Tartar Sauce and American Cheese on a toasted Roll with a side of Pickled Slaw

DINNER

Spinach and Cheese Cannelloni, Chicken Cacciatore, Herbed Rice, Italian Green Beans with Pimento, Cauliflower and Peppers in Garlic Butter, Garlic Bread

TAKE OUT/DELIVERY

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

Wednesday, October 1

LUNCH

Shrimp BLT Salad with Balsamic Dressing, Grated parmesan and House Made Croutons

DINNER

Fried Chicken, Shepherd's Pie, Honey Garlic Glazed Carrots, Cheddar Cornbread, Collard Greens, Fried Okra

TAKE OUT/DELIVERY

Chicken or Shepherds Pie with Cornbread and Collard Greens

Thursday, October 2

LUNCH

The California Club - Sliced Turkey with Applewood Bacon, Tomato, Baby Watercress and Guacamole on Toasted Wheatberry Bread with Fries

DINNER

Baked Boursin Salmon with Grilled Zucchini and Basil over Lemon Rice

Friday, October 3

LUNCH

HOT DOG BAR - All Beef Hot Dogs, Bratwurst, Beef Chili, Baked Beans, Sauerkraut, Cheese Sauce, Diced Onions, Cole Slaw, Relish

TAKE OUT/DELIVERY

2 Beef Hot Dogs with a side of Beans and Coleslaw

DINNER

Yankee Pot Roast Dinner with Vegetables, 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