

ADMINISTRATION CORNER



Happy Friday!

ADMINISTRATION

As we often say around here, we have entered the busy season.

With that in mind, I would like to remind everyone that those

interested in running for board positions have until Thursday, October 9th, at 5 PM to submit their resumes. Resumes can be submitted to the front desk, addressed to my attention, or sent directly to my email.

Additionally, I would like to reiterate that residents should not contact any employees, except for me, via personal cell phones at any time. This policy is particularly important during hours when staff members are not scheduled to work. I am the only staff member who should be contacted via cell phone, and I appreciate your adherence to this preference.

On Monday, during the High-Rise Series, I will discuss the new communication app we are rolling out and provide assistance with its installation. If you are unable to attend, we will announce a separate date for those who need information and support with the app installation.

ACTIVITIES

Next week, we will commence our Breast Cancer Awareness activities.

I am currently finalizing details to publish the list of events. Last year, we offered MVT breast cancer awareness shirts, and we still have some available for purchase at a cost of \$12 each. We have large, extra-large, and 2X options available in the three-quarter sleeve style, as well as a limited number of short sleeve shirts in medium, extra-large, and 2X. Shirts can be picked up at the front desk, and the \$12 will be applied to your bill. Please note that we only have 12 short sleeve shirts available.

MAINTENANCE

The maintenance staff will be changing filters on Tuesday, October 7th, on floors 1-4.

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

Rita Malone

Executive Director

423-470-3745

HIGH RISE LIVING SERIES

Rita Malone: MVT Update

Monday, October 6

1:30 PM Sun Porch

HAPPY BIRTHDAY

Happy Birthday to Paul Timmerman (A204) on 10/4, Janet Rutledge (B614) on 10/7, and Micheline Hicks (A703) on 10/10. Wishing each of you joy, laughter, and all the little moments that make your day truly special.

CITY COUNCIL CANDIDATES



Frank Roberts for
Sandy Springs City
Council District 4

Tuesday, October 7
2 PM
Sun Porch



Steven Hickey for
Sandy Springs
Council District 4

Wednesday,
October 8
2 PM
Sun Porch

LIVE MUSIC

Wednesday, October 8 at 3:30 pm

Laigh Langley Trio

Thursday, October 9 at 3:30 pm

Roswell New Horizon Band

Friday, October 10 at 2 pm

Music with Ricky Sims

PCC SENIORS ROCK



CHAIR PILATES
EVERY TUESDAY AND FRIDAY
11 AM
HAMMOND HALL



STANDING TAI CHI
EVERY TUESDAY
11:30 AM
SUN PORCH

TOWERS TALK OCTOBER 3RD 2025



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

	SUNDAY 10/5/2025	
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

	MONDAY 10/6/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
1:30PM	HRLS: EX. DIRECTOR RITA—COMMUNICATION APP	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 10/7/2025	
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
2:00PM	CANDIDATE: FRANK ROBERTS FOR SANDY SPRINGS CITY COUNCIL DISTRICT 4	SUN PORCH
6:30PM	VESPERS	SUN PORCH

MVT Life Tip: Return carts to their natural habitat

	WEDNESDAY 10/8/2025	
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
2:00PM	CANDIDATE: STEVEN HICKEY SANDY SPRINGS CITY COUNCIL DISTRICT 4	SUN PORCH
3:00PM	PUBLIX (4:00 PM RETURN PICK UP TIME)	DEPOT
3:30PM	LAIGH LANGLEY & TRIO	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/9/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:30AM	MILLENIUM GATE MUSEUM TOUR W/LUNCH AT BENIHANA	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	ROSWELL NEW HORIZON BAND	SUN PORCH

	FRIDAY 10/10/2025	
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	MUSIC W/RICKY SIMS	SUN PORCH
3:00PM	TARGET	BUS DEPOT

**“I was going to tell a leaf joke... but
I’m afraid it might *blow over*.”**



TABLE 300

FISH OF THE WEEK: FLOUNDER

VEGETABLE OF THE WEEK: BRAISED CABBAGE

SOUP OF THE WEEK: CHICKEN AND RICE

SOUP OF THE DAY: M-BEEF NOODLE T-CURRY CAULIFLOWER

W-CHEFS CHOICE TH-BROCCOLI & CHEESE F-CLAM CHOWDER

Saturday, October 4

LUNCH

Mediterranean Quesadilla - Grilled Chicken, Spinach, Tomato and Feta Cheese in a Flour Tortilla w/Tzatziki Sauce and Pita Chips

Sunday, October 5

BRUNCH

Pecan Crusted Swai, Ham Cheese Bacon Souffle, Smoke Salmon Bagel Bar, Buttered Peas and Carrots, Omelets Made-to-Order, Applewood Bacon/Sausage, Grits/Potato O'Brien, Pastries/Fruit

TAKE OUT

Pecan Swai with Potatoes & Peas (or) Smoked Salmon Bagel Platter with Sausage

Monday, October 6

LUNCH

Chicken Cordon Blue Sandwich Breaded Breast, Ham & Swiss with Grain Mustard Aioli on a Roll and 1 side

DINNER

Chinese Sweet & Sour Pork with Bell Peppers, Pineapple, Green Onion, and Crispy Chow Mein Noodles over Steamed Jasmine Rice and a Vegetable Egg Roll

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, October 7

LUNCH

Roadhouse Burger - Grilled Beef Patty topped with Cheddar Cheese, Bacon, a Crispy Onion ring and BBQ Drizzle. Your Choice of Side

DINNER

Chicken Schnitzel with Brown Butter, Parsley & Lemon, Beer Braised German Knockwurst Sausage, Apple Cider Red Cabbage, Warm German Potato Salad, Pretzel Bites with Beer Cheese Sauce, Roasted Carrots

TAKE OUT/DELIVERY

Chicken or Sausage with Cabbage and Potato Salad

Wednesday, October 8

LUNCH

Italian Stromboli - Salami, Pepperoni and Mozzarella Rolled in Dough and Topped with Parmesan Cheese.

Served with a Caesar Salad

DINNER

Fried Chicken, French Onion Meatballs, Baked Beans, Green Beans & Potatoes, Turnip Greens, Corn bread

TAKE OUT/DELIVERY

Chicken or Meatballs with Turnip Greens & Green Bean & Potatoes

Thursday, October 9

LUNCH

The Rachel- Sliced Turkey with Melted Swiss and Coleslaw on Toasted Wheatberry Bread and a side of Sweet Potato Fries

DINNER

Honey Mustard Glazed Salmon with Cauliflower Rice and Sauteed Chopped Spinach

Friday, October 10

LUNCH

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

TAKE OUT/DELIVERY

Beef Burrito loaded with Beans Rice and Cheese with a side of Chips and Salsa

DINNER

Veal Parmesan over Pasta with Olive Oil Roasted Eggplant, Zucchini, and Garlic

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