



TOWERS TALK

OCTOBER 17 - OCTOBER 24

ADMINISTRATION CORNER



Happy Friday!

This week, I'll keep my note brief. I want to extend a heartfelt thank you to everyone who has participated in our breast cancer awareness fundraising events so

far. The funds raised will benefit Turning Point Breast Cancer Rehabilitation, a 501(c)(3) nonprofit organization with offices right here in Sandy Springs and the Atlanta area. Their work significantly improves the quality of life for individuals impacted by breast cancer.

We've once again faced the challenges of our maxed-out internet capacity this week. Rest assured, we are doing everything we can to address this issue. The good news is that Comcast was on-site this week and is currently working on the cabling installation from the towers all the way over to the server room in the service center. They are on track to begin their installation in the next couple of weeks.

A few reminders for activities this week:

- Halloween Dinner Party Reservations:

These will be taken on Monday, October 20th, at 10 AM in the front lobby. Please note that order number cards will not be distributed until 9:30 AM. Reservation time slots will be 4:30, 5:00, and 5:30.

- Pumpkin Carving Contest: If you plan to carve a pumpkin for the contest, with the winner announced at the Halloween party, please sign up on the activities board. This will help us know how many pumpkins to prepare for disbursement.

I'd also like to remind everyone that we schedule activities and events based on various formats such as vendor schedules, room availability, and staffing. While we strive to provide a range of activities, we cannot guarantee that events will not overlap with each other.

I hope everyone has a wonderful week, and as always, feel free to reach out to me if you have any questions.

Rita Malone

Executive Director

423-470-3745



October 13-31

Honor Wall

Hats & Scarves Drive

Breast Cancer Awareness Walk

October 24 at 11 am

PINK OUT DINING

October 27

PUMPKIN VOTING

October 27-29 Front Lobby

HAPPY BIRTHDAY

Let's celebrate these wonderful members of our Mount Vernon Towers family!

10/21 - JAN ROESNER (B909) and JAMES THACKSTON (A1011), 10/22 - YISHENG NI (A314), 10/23 - REID HORNE (A1005) and JANE SCHULTZ (A202), 10/24 - NANCY HOPE (A303) and JANET METCALF (A711)

Wishing each of you a day filled with joy, laughter, and wonderful memories.



RESERVATIONS

OCTOBER 20

9:30 AM

FRONT LOBBY

LIVE MUSIC

Tuesday, October 21 at 3:30 pm

Loose Shoes Band

Thursday, October 23 at 7 pm

Robert Rice



SING-ALONG

WITH PAT, PAUL AND BILL

MONDAY, OCTOBER 20

AT 7 PM IN THE SUN PORCH

HIGH RISE LIVING SERIES

Sandy Springs Paramedic Paul Long rolls out the M.E.D.S. (Medical Emergency Data Sheets) program. Putting your medical information on one sheet in advance will save critical time when EMTs arrive.

Monday, October 20

1:30 PM Sun Porch



BOARD MEETING

Wednesday, October 22

3 PM on the Sun Porch

November 4, 2025 General Election

ADVANCE VOTING PERIOD

OCTOBER 14 - 31, 2025



Early voting is now open at the Sandy Springs Library! Skip the Election Day lines and make your voice heard early. Be sure to bring your photo ID. Every vote counts—don't wait until the last minute!

HALLOWEEN PARTY

OCT 29



HALLOWEEN MENU:
OCTOBER 29TH. 4:30-6:30
RESIDENTS \$16.00
GUESTS 18.00

**RESERVATIONS IN FRONT LOBBY MONDAY, OCTOBER 20TH AT
10AM - ORDER NUMBERS FOR RESERVATIONS WILL NOT BE
GIVEN OUT UNTIL 9:30**



HALLOWEEN COSTUME CONTEST

**FULL BAR FEATURING SPECIAL THEMED DRINKS BY RITA
FULL BAND**



- SHREDDED MUMMY CAESAR SALAD
- PUKING HURL BAR: GUACAMOLE & CHIPS, PIMENTO CHEESE & CRACKERS
- SKELETON RIBS: ST. LOUIS STYLE PORK RIBS
- JACK O LANTERN STUFFED BELL PEPPERS
- SKELETAL HANDS AND FEET: BROCCOLI & CAULIFLOWER FLORETS
- TOMBSTONE POTATOES - SOUR CREAM MASHED POTATOES WITH CHIVES
- WORMS AND DIRT PASTA SALAD: SPIRAL PASTA SALAD WITH A MIX OF COLORFUL VEGGIES AND A SPRINKLE OF OLIVES ON TOP.



TRICKS OR SWEETS:
• BLOODY CHEESECAKE
• CEMETERY DIRT SUNDAE



TAKE OUT: RIBS OR STUFFED PEPPERS, WITH CHOICE OF 2 SIDES

TOWERS TALK OCTOBER 17TH 2025



	SATURDAY 10/18/2025	
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	HAM

	SUNDAY 10/19/2025	
TIME		LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

	MONDAY 10/20/2025	
TIME		LOCATION
10:00AM	HALLOWEEN PARTY RESERVATIONS	FRONT DESK
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
1:30PM	HRLS: S.S. PARAMEDIC PAUL LONG PROGRAM MEDS	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 10/21/2025	
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
3:30PM	LOOSE SHOES BAND	SUN PORCH
6:30PM	VESPERS	SUN PORCH

MVT Life Tip: Return carts to their natural habitat

	WEDNESDAY 10/22/2025	
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	BOARD MEETING	SUN PORCH
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/23/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	ALPHARETTA/OLD MILTON HISTORY MUSEUM W/LUNCH AT FLATLANDS BOURBON BAYOU RESIDENTS \$(FREE)	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
7:00PM	MUSIC WITH ROBERT RICE	SUN PORCH

	FRIDAY 10/24/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:00AM	STOP N SHOP W/SHERYL SYKES	BACK LOBBY
10:30AM	WALMART	BUS DEPOT
11:00AM	CHAIR PILATES	HAMMOND HALL
1:30PM	KROGER/DRY CLEANERS	BUS DEPOT
3:00PM	WHOLE FOODS/ DOLLAR TREE	BUS DEPOT

Cybersecurity Awareness Month

Every October, Cybersecurity Awareness Month teaches people simple ways to protect themselves online. Small actions can make a big difference. Four easy steps anyone can take to boost their online safety: Use strong passwords, turn on multifactor authentication, recognize and report scams, and update your software.





TABLE 300

FISH OF THE WEEK: SALMON

VEGETABLE OF THE WEEK: HONEY GLAZED CARROTS

SOUP OF THE WEEK: CREAM OF MUSHROOM

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

W-VEGETABLE BEEF TH-CHEF SPECIAL F-LOADED POTATO

Saturday, October 18

LUNCH

Fish & Chips Basket. Beer Battered Cod with Steak Fries and Tartar Sauce

Sunday, October 19

BRUNCH

Honey Garlic Baked Chicken Drumsticks, Pork and Sweet Potato Stew, Chorizo Sausage Egg & Cheese Burrito, Potato Au Gratin, Grilled Vegetables, Applewood Bacon Omelets Made-to-Order, Grits, Muffins/Fruit

TAKE OUT

Chicken Drumsticks (2) or Pork Stew with Potatoes and Grilled Vegetables

Monday, October 20

LUNCH

Chinese Chicken Salad with Napa and Red Cabbage, Carrots, Mandarin Oranges, Green Onions and Cashews. Topped with Crispy Noodles and Sesame Ginger Dressing

DINNER

Meatloaf with Mashed Potatoes and one side

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 21

LUNCH

Surimi Crab Salad Stuffed Tomato on a bed of Mixed Greens

DINNER

Pan Seared White Fish in a Tomato Basil Wine Sauce, Beef Lasagna, Peas & Mushrooms, Lemon Thyme Rice, Roasted Vegetables, Garlic Bread

TAKE OUT/DELIVERY

Choice of one entrée with two sides

Wednesday, October 22

LUNCH

Grilled Vegetable Flatbread - Grilled Peppers Onions and Mushrooms on top of Melted Provolone with a Sundried Tomato Aioli Drizzle

DINNER

Fried Chicken, BBQ Andoullie Bites, Mashed Potatoes, Roasted Mushrooms, Southern Style Lima Beans, Stewed Okra and Tomatoes

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Thursday, October 23

LUNCH

Grilled Turkey Burger Topped with Pimento Cheese and Bacon on a Toasted Bun plus one side

DINNER

Sesame Chicken and Vegetables over Rice with one side

Friday, October 24

LUNCH

Pasta Bar - Penne or Cheese Tortellini, Marinara Sauce, Creamy Pesto Alfredo Sauce, Grilled Chicken, Meatballs, Baked Zucchini and Squash, Garlic Bread

TAKE OUT/DELIVERY

Penne with Choice of Sauce and two sides

DINNER

Garlic Butter Beef Tips with Mashed Potatoes and one side

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