

TOWERS TALK

OCTOBER 24 - OCTOBER 31

ADMINISTRATION CORNER



Happy Friday! I hope everyone is adjusting well to the chilly temperatures.

Administration

As I mentioned in this week's board meeting, we now have a firm schedule for the Comcast TV and Internet installation. If you signed up or are already using Comcast through a personal account, you will receive a memo from me today. If you do not receive it by 5 PM, this means you are not on my list for installation, and you need to reach out to me via email or text. The installation is scheduled to begin on Monday, November 3rd, with more details included in the memo. Please be aware that DIRECTV will still be in service, and the free Internet will continue to function until the Comcast installation is complete for the entire building.

For homeowners, you will also receive a detailed memo today regarding our Chase project. This will be sent VIA email, unless you do not have an email listed with me.

Activities

For those who signed up for the pumpkin decorating contest, you should have picked up your pumpkin from the front desk this morning.

-Pumpkins are due back by 9 AM on Monday, October 24th. Please do not bring them over the weekend. If you missed the signup and still want to decorate a pumpkin for the contest, we have extras available for pickup at the front desk. All pumpkins will be displayed in the front lobby on Monday morning, and voting will begin. To vote for your favorite pumpkin, simply drop your monetary donations in the container placed next to your favorite pumpkin. The winner will be announced at our Halloween dinner party this coming Wednesday, and the funds raised will support the Turning Point Breast Cancer Rehabilitation Center.

If you haven't signed up for the Halloween dinner party this Wednesday, there's still some room available. Please contact Susan to make reservation.

On Monday, we will have a "Pink Out" theme in the dining room for lunch and dinner. I challenge you to wear your pink attire when you come to dine with us—you never know what treats and goodies you might find in celebration!



ADMINISTRATION CORNER continued

Dining

We are seeing an increase in residents visiting the dining room while feeling under the weather. As we enter flu season, please be mindful of any symptoms you may have.

If you are not feeling well, we kindly ask that you avoid communal dining until you're feeling better to help protect the health of your fellow residents and our staff. Delivery is always an option if needed.

We have also noticed a trend of residents "borrowing" dining room items such as salt and pepper shakers, plates, linen napkins, and silverware. Please remember that these items are for dining room use only and should not be removed. Replacing them is costly, and these supplies are not intended for individual condo use.

The new Fall dining menu will be distributed next week and will take effect on Wednesday, November 5th. To prepare for the launch, the dining room will be closed on Saturday, November 1st for staff training. On that day, we will offer personal pizzas for delivery to residents. Details and ordering instructions will be provided next week.

Beginning Monday, November 3rd, the Chef's Table days will move to Mondays and Tuesdays each week. This change allows for better flow in the kitchen with prepping, cooking, and overall coordination among the staff ensuring smoother operation.

Maintenance

As the temperatures drop, please set your thermostat to "Auto" in your condo. This will ensure it runs on heat when it's chilly and switches to air when it warms up.

I hope you all have a great day! If you have any questions, please feel free to reach out to me.

Rita Malone
Executive Director
423-470-3745



October 13-31

Honor Wall

Hats & Scarves Drive

October 24 at 11 am

PINK OUT DINING

October 27

PUMPKIN VOTING

October 27-29 Front Lobby

HAPPY BIRTHDAY

Wishing Paul Kapphahn (B910) a fantastic birthday on October 25 and Judith Harnsberger (B706) a wonderful birthday on October 31! May your days be filled with joy, laughter, and special moments with those you love.



HIGH RISE LIVING SERIES

Scott Goins, Protecting your assets.
Scams/Fraud and how to avoid them.

Monday, October 27

1:30 PM Sun Porch

*PLEASE NOTE...this will be the last HRLS
until January 2026*



OCTOBER 29

Celebrate the season with an evening of spooky elegance! Enjoy craft cocktails by Rita and live music that sets the perfect haunted mood.

☒ Halloween Menu: Mummy Caesar, Puking Hurl Bar (guac & pimento cheese), Skeleton Ribs, Jack O' Lantern Stuffed Peppers, Tombstone Potatoes, Broccoli & Cauliflower Worms & Dirt Pasta Salad ☒ Tricks & Sweets: Bloody Cheesecake, Cemetery Dirt Sundae

Dress to impress for our Halloween Costume Contest — chills, charm, and treats await!

LIVE MUSIC

Wednesday, October 29

N2U Band for the Halloween Party



Fall into Wellness!

As the crisp air settles in and the leaves turn golden, it's a great time to give your health a little extra care. Cooler weather can tempt us to stay indoors, but even a short daily walk outside helps boost circulation, mood, and vitamin D levels. Enjoy the bounty of fall—apples, sweet potatoes, and pumpkins are packed with nutrients and flavor. And don't forget to stay hydrated—dry air can sneak up on you! Here's to a healthy, cozy season ahead.

Here's to health,
happiness, and
pumpkin-spice
everything.



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!

TOWERS TALK OCTOBER 24TH 2025



	SATURDAY 10/25/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
12:00PM	HELP TECH W/YOUNG MENS' LEAGUE	MAGNOLIA ROOM
1:30PM	BIBLE STUDY: HIGH LEVEL REVIEW OF BIBLE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	HAM

	SUNDAY 10/26/2025	
TIME		LOCATION
11:30AM	ALEX THE JEWELER	MAGNOLIA ROOM
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB	HAMMOND HALL

	MONDAY 10/27/2025	
TIME		LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
1:30PM	HRLS: SCOTT GOINS, PROTECTING YOUR ASSETS, SCAMS/FRAUD AND HOW TO AVOID	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 10/28/2025	
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 10/29/2025	
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
4:30PM	HALLOWEEN DINNER PARTY WITH N2U BAND (RESERVATIONS ONLY)	DINING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/30/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
11:00AM	LUNCH OUTING: BROOKWOOD GRILL	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

	FRIDAY 10/31/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
10:00AM	AMAZON OUTING RESERVATIONS	ACTIVITY WALL
10:00AM	CARDIO	HAMMOND HALL
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.





Saturday, October 25

LUNCH

Philly Cheese Wrap – Shredded Beef with Peppers, Onions and Cheese in a Flour Tortilla with one side

Sunday, October 26

BRUNCH

Omelets To Order, Buttermilk Pancakes with Traditional Syrup or Banana Walnut Praline Topping, Tuscan Chicken in Pesto Tomato Sauce, Parmesan Crusted Haddock with Grilled Lemons, Rosemary Buttered Rice, Roasted Root Vegetables, Grits/Bacon/Sausage, Fruit/Bakery Delights

TAKE OUT

Chicken or Haddock with Rice and Root Vegetables

Monday, October 27

LUNCH

Warm 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 with choice of one side

DINNER

Country Fried Steak with Mashed Potatoes, White Sausage Gravy and one side

TABLE 300

FISH OF THE WEEK: SWAI

VEGETABLE OF THE WEEK: ROASTED MUSHROOMS SOUP OF THE WEEK:

VEGETABLE SOUP SOUP OF THE DAY: M-LOBSTER BISQUE T-ITALIAN CHICKEN AND RICE W-PORK AND BEAN TH-SEAFOOD CHOWDER F-BUTTERNUT SQUASH

Tuesday, October 28

LUNCH

B.L.T.E – Bacon Lettuce Tomato and Egg Salad on Toasted Wheatberry Bread with one side

DINNER

Baked Flounder with Tomato, Olives and Peppers, Fried Chicken, Rice Pilaf, Creamed Spinach, Vegetable Medley, Steamed Peas

TAKE OUT/DELIVERY

Flounder or Chicken with Rice and Creamed Spinach

Wednesday, October 29

LUNCH

Two Grilled Beef Hot Dogs on a Bun Topped with Chopped Coleslaw with one side

DINNER

**HALLOWEEN PARTY
TAKE OUT/DELIVERY**

Ribs with two sides

Thursday, October 30

LUNCH

Green Eggs and Ham – two Fried Eggs with Grilled Ham and Havarti Cheese topped with Green Scallion Sauce on a Toasted croissant with one side

DINNER

Beef Liver with Brown Gravy Mashed Potatoes and one side

Friday, October 31

LUNCH

Nacho / Taco Bar – Ground Beef, Diced Chicken, Beans, Melted Cheese, Lettuce, Tomato, Onion, Sour Cream, Salsa

TAKE OUT/DELIVERY

Two Chicken Burritos Filled with Cheese, Rice and Salsa with a side of Fresh Nachos

DINNER

Potato and Chive Crusted Cod Served on top of Roasted Red Pepper Polenta 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

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