



TOWERS TALK

OCTOBER 31 - NOVEMBER 7

ADMINISTRATION CORNER



Happy Halloween!

Administration

We had a fantastic Halloween Dinner Party this week, where many residents came dressed to impress! The event featured an array of creative costumes, including the Wizard of Oz crew, Snow White, Prince Charming, and all the dwarfs. We even had Queen Elizabeth herself in attendance! Our Halloween costume winner was Sharon Fowler, who dazzled us all as a butterfly, gracefully fluttering around the dining room. Our next dinner party will be for Thanksgiving, so keep an eye on the calendar for those details.

I don't have a lot to update today but remember that this weekend we "fall back" in time, so be sure to reset any clocks that do not automatically adjust. With that in mind, we are already under a frost warning, which means the cold weather is here to stay!

The Comcast installation is scheduled to begin on Monday. Please refrain from calling the front desk to inquire about when they will get to your condo.

The process will start slowly, and I will make an announcement before we begin on the first floor to let everyone know we are officially starting, along with more details. Patience will be required as we kick off this process.

I want to remind everyone not to dump water on the balconies for cleaning or watering plants. Anything poured on your balcony can affect the unit below and create an unpleasant situation for your neighbors.

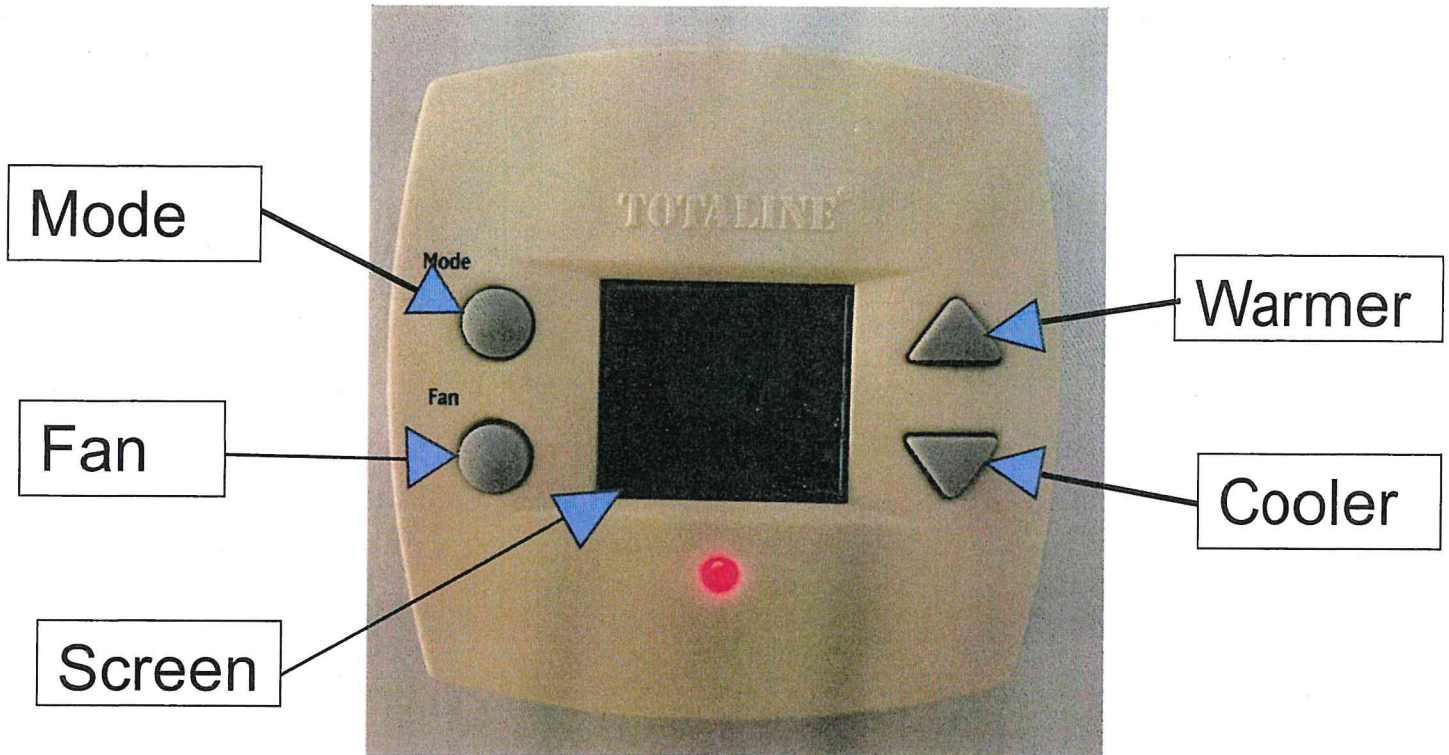
We have noticed some residents allowing individuals without door cards into the building through the front door. If someone does not have a door card, they must press the button for the front desk so we can assess their needs, and they must sign in. This rule is crucial for everyone's safety, especially with the holidays approaching. So please remember: DO NOT open the door for someone who is buzzing—let the staff handle it!

DINING

The Dining Room will be closed tomorrow for breakfast and lunch. The window for ordering pizza for lunch is also closed.



MVT Thermostat



Mode settings will display on the screen. The information on the screen is small and may be hard to see.

Push the corresponding button to change the desired setting.

Mode Settings:

- Off
- Heat
- Cool
- Auto Cool and Heat – One temperature setting works for both.

Fan Settings:

- On
- Off

TOWERS TALK OCTOBER 31ST 2025



	SATURDAY 11/1/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
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	SUN PORCH

TIME	SUNDAY 11/2/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 11/3/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 11/4/2025	
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
1:30PM	BIBLE STUDY: MAKE-UP SESSIONS	MAGNOLIA ROOM
6:30PM	VESPERS	SUN PORCH

MVT Life Tip: Return carts to their natural habitat



TABLE 300

FISH OF THE WEEK: SWAI

VEGETABLE OF THE WEEK: ROASTED ZUCCHINI WITH RED ONIONS

SOUP OF THE WEEK: MINESTRONE

**SOUP OF THE DAY: M-CHICKEN NOODLE T-CHEF CHOICE W-TURKEY RICE
TH-BROCCOLI CHEESE F-CHEF CHOICE**

Saturday, November 1

LUNCH

CLOSED FOR NEW MENU TRAINING

Sunday, November 2

BRUNCH

Pumpkin French Toast with Syrup, Kielbasa
Cabbage and Pierogi Bake, Fried Catfish
Nuggets, Cajun Rice, Omelets to Order,
Bacon/Sausage, Grits/Breakfast Potatoes,
Fruit/Danish

TAKE OUT

Chicken or Had

Monday, November 3

LUNCH

Sliced turkey and Ham with Chopped Bacon,
Shredded Lettuce, Tomatoes and Dijonaise
slightly warmed in a Garlic Herbed Wrap
with a side of choice

DINNER

Fried Chicken, Swedish Meatballs, Mashed
Potatoes, Fried Okra, Rosemary Buttered
Carrots, Peas and Onions

TAKE OUT

Chicken or Meatballs with Mashed Potatoes
and Carrots

Tuesday, November 4

LUNCH

Beef Gyro on a warm Pita with Lettuce,
Tomato, Onions and Feta Cheese topped
with Tzatziki Sauce

DINNER

Baked Haddock in Coconut Lemon Cream
Sauce, Cilantro Lime Pulled Pork,
Sauteed Zucchini, Roasted Corn and
Pepper Blend, Steamed Rice with
Peppers and Onions, Roasted Sweet
Potato Medley

TAKE OUT/DELIVERY

Haddock or Pork with Rice and Zucchini

Wednesday, November 5

LUNCH

Apple and Sage Turkey Burger on a
Brioche Bun with Muenster Cheese and
Fresh Spinach with one side

DINNER

Salsbury Steak and Gravy with Mashed
Red Skin Potatoes with 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

**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, November 6

LUNCH

Chicken Parmesan Wrap - Breaded
Chicken Strips with Melted Mozzarella
Cheese and Marinara Sauce in a
Toasted Flour Wrap Plus One Side

DINNER

Black Forest Ham Over Sweet Mashed
Potatoes with a Cinnamon Maple
Glaze with one side

Friday, November 7

LUNCH

TAILGATE PARTY - BBQ Pork Sliders,
Crunchy Fritos Topped with Beef
Chili, Mini Chicken Corn Dogs,
Macaroni & Cheese, Spinach &
Artichoke Dip with Pita Bread,
Vegetable Dumplings in Sweet Chili
Sauce

TAKE OUT/DELIVERY

Two Chicke

DINNER

Crab Stuffed Flounder with a Creamy
Lemon Butter Sauce Served over
Parmesan Polenta with one side