

TOWERS TALK

NOVEMBER 21 - 28

ADMINISTRATION CORNER



Happy National Cranberry Relish Day! And speaking of that delicious item, as we head into Thanksgiving week, I've been reflecting on what I'm most

grateful for, and at the top of that list are our incredible residents and our hardworking staff. Although my own family is small, I'm blessed every single day to be surrounded by one of the largest families anyone could ever hope for. Each of you brings something special to this community, and being a part of your lives is one of the greatest joys of my work.

I am thankful for our dedicated staff, who show up every day with heart, patience, and commitment. And I am equally thankful for all of you, our residents, who bring warmth, humor, wisdom and friendship into this building. You make Mount Vernon Towers the unique, welcoming, and lively community it is, and I am happy to share each day with you.

As we move into the coming week, here are a few important updates and reminders.

Administration

Comcast has successfully installed services for all residents who requested it. If you believe you should have service, or if you initially declined and have now changed your mind, please reach out to me.

I can process a work order with Comcast, but please note that the installation lead time could be up to seven days.

For those who have inquired about a larger, simplified Comcast remote, I have included an image of the remote on this page. If you would like to request one, please call the front desk to have your name added to the list. Please remember that this remote is not voice-activated.

I also want to remind everyone of our doormat policy at Mount Vernon Towers. As stated in our Resident Manual, and for safety reasons, doormats should not be placed in the hallways in front of your doors. Although we have been relaxed about this rule, we need to return to enforcing it to ensure our hallways remain clear and safe for everyone. If you have a doormat outside your door, please remove it immediately.

Activities & Dining

We had a successful Thanksgiving pre-dinner party last night! Kudos to our Culinary team for the outstanding food.

Please note that on Thanksgiving Day, we will only be open during Brunch hours, from 11:30am to 2:00pm, with the last seating at 1:15pm. We will not offer breakfast or dinner that day. Additionally, on Black Friday, November 28, there will be no breakfast served or bus services that day.

For dining services, we offer free self-serve coffee and water throughout the day in the dining room. However, please remember this does not include requests for sodas or tea during non-mealtimes, as we do not provide those beverages outside regular service hours.

In preparation for our floor parties on December 1, we have started the decorating process. If you have not yet received your reservation form and floor party menu, please let me know. As a reminder, please check the Tower Talk calendar for updates, as floor parties will begin on Monday, December 1, and many activities will be shifted to Hammond Hall.

For those who book private catered events throughout the year, including December, please be aware that we are now at capacity and cannot accept any more private catered events for the remainder of 2025.

As announced last week, the Dining Room will undergo work from Friday, December 5 through Monday, December 8, during which time it will be closed. During this period, we will offer meal service only through delivery. Menus and specific ordering instructions will be provided later this week.

Maintenance

As you prepare your Christmas decorations, please remember that storage carts cannot be kept in your condos. Return them to the designated area as soon as you finish using them. Please also refrain from hanging decorations from ceilings, walls, or windows outside of your condo.

I noticed a pole attached to a wall outside a resident's door this week, which is not permitted. If you have any questions about decorating your door or common areas, feel free to reach out to me.

Lastly, I'd like to remind everyone about the Redbox located at the front desk. This is a voluntary program where residents and owners can express appreciation for our non-management staff, as employees are not permitted to accept tips throughout the year. Although contributions to this fund can be made anytime, they are especially appreciated and impactful during the holiday season.

Thank you all for your continued support and engagement in our wonderful community. If you have any questions, comments, or concerns, please feel free to contact me.

Rita Malone
Executive Director
423-470-3745

*HAPPY
Thanks
Giving*



TOWERS TALK

NOVEMBER 21 - NOVEMBER 28

ADMINISTRATION CORNER



Rita's write up will be delivered this weekend.

HAPPY BIRTHDAY

Sending big birthday cheers to Janice Adams (B1001) and Joseph Amaral (A1002) on 11/23; Carlos Rennella (B207) and Thomas Hamlin (B407) on 11/24; Madeline Huppert (A701) and Gerard Robinson (A706) on 11/25; Kittie Marrone (A308) and Anthony Collotta (A906) on 11/26; Lee Baggett (A704) on 11/27; and Margie Cook (A604) and Ethel Rickey (A315) on 11/28. May your week be filled with smiles, cake, and plenty of celebration!



BOARD MEETING
Monday, November 24
3 PM on the Sun Porch

A Look Back: The Story Beneath Our Feet



Where Learning Once Stood

Long before Mount Vernon Towers, this very spot was home to a schoolhouse that shaped Sandy Springs.

The story begins in 1851, when the area's first school opened on Sandy Springs Methodist Church property. Children gathered in a small, one-room school across from the church. Sadly, in 1897, a fire reduced the building to ashes. But neighbors rolled up their sleeves, joined forces, and rebuilt a two-story wooden schoolhouse at what is now 300 Johnson Ferry Road.

That new school would eventually become known as Hammond School, a name remembered fondly by generations of local families.

Fun Fact: The original one-room school required parents to pay a small fee so their children could learn the basics of reading and writing—imagine paying to go to school today!



Let's Eat Cake

The Young Men's League is on a cake mission for National Cake Day. Swing by the back lobby on Wednesday, November 26, between 11:30 a.m. and 1:30 p.m. for a slice of sweetness. It's on the house!



Meet and Greet

Mayoral Candidate, Rusty Paul

and

Sandy Springs Council District 4,

Frank Roberts

Tuesday, November 25

2 pm in the Sun Porch

LIVE MUSIC

No live music this week



YOUNG MEN'S SERVICE LEAGUE

HELP TECH

EVERY SATURDAY AT 12 PM

MAGNOLIA ROOM



Happy Thanksgiving Week! We express gratitude to our community members.

Whether you're traveling, hosting, or relaxing, we hope your week is filled with comfort and joy. May your plates and hearts be full, and may you cherish meaningful moments. Wishing you a warm and happy Thanksgiving!



Saturday, November 22

10:15 AM

Back Lobby



Homemade mulled wine according to traditional

German recipe!

Food / Vendors / Giftshops

Pictures with Santa / Trees

Thursday, December 8

3:00pm-6:00pm

If interested, sign up on the activity sheet by the mail room.



TABLE 300

FISH OF THE WEEK: HADDOCK

VEGETABLE OF THE WEEK: LIMA BEANS

SOUP OF THE WEEK: BEEF VEGETABLE

SOUP OF THE DAY: M-CHICKEN NOODLE T-CHEF SPECIAL

W-CHEF SPECIAL TH-LENTIL F-CREAM OF TOMATO

Saturday, November 22

LUNCH

Pesto Chicken with Watercress, Melted Mozzarella and a Sun-Dried Tomato Aioli on a Toasted Brioche Bun plus one side

Sunday, November 23

BRUNCH

Chicken, Sausage & Shrimp Gumbo, Beef Lasagna, Collard Greens, Baby Carrots in Herbed Butter, Steamed Rice, Omelets, Bacon/Sausage/Grits, Fruit and Pastries

TAKE OUT

Gumbo with Collards and Rice or Beef Lasagna with Collards and Carrots

Monday, November 24

LUNCH

Tuna Melt – Grilled American Cheese on Wheatberry Bread with Tuna Salad plus one side

DINNER

Flounder Francaise, Fried Chicken, Green Bean Casserole, Ratatouille, Cauliflower Au Gratin, Roasted Red Potato Wedges

TAKE OUT

Flounder with Ratatouille and Roasted Potatoes or Fried Chicken with Green Bean Casserole and Roasted Potatoes

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, November 25

LUNCH

Turkey, Ham and Havarti Cheese on a Toasted Croissant with Fresh Sliced Tomato and an Herbed-infused Mayonnaise plus one side

DINNER

Harvest Pork Stew, Baked White Fish with Fresh Tomatoes and Zucchini, Roasted Carrots Cauliflower and Red Onions, Green Peas with Butter, Mashed Sweet Potatoes, Warm Dinner Roll

TAKE OUT/DELIVERY

Stew with Mashed Potatoes and Peas or Fish with Roasted Vegetables and a Dinner Roll

Wednesday, November 26

LUNCH

Eggplant Parmesan – Fried Eggplant with Mozzarella Cheese Marinara Sauce and toasted Garlic Bread plus one side

DINNER

Creamy Tuscan Salmon with Sundried Tomatoes and Spinach served over Angel Hair Pasta plus 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 8:15pm

Thursday, November 27

Open 11:30 am - 2 pm.

Last seating at 1:15 pm

Winter Salad with Romaine Hearts, Craisins, Feta Cheese and Smoky Maple Dressing, Butter Basted Roast Turkey w/ Cranberry Sauce, Black Forest Ham w/ Bourbon Glaze, Maple Roasted Sweet Potatoes, Cornbread Stuffing, Green Bean Casserole, Corn O'Brien, Warm Dinner Roll, Warm Apple Cobbler and Sweet Potato Pie

TAKE OUT/DELIVERY

Turkey or Ham with Stuffing Green Beans and a Dinner Roll

Friday, November 28

NO BREAKFAST SERVED

Dining Room opens at 11:30 AM

LUNCH

Swedish Meatballs, Carolina Shredded Pork, Broccoli Cheese Bake, Squash and Tomato, Buttered Noodles, Dinner Roll

TAKE OUT/DELIVERY

Meatballs with Buttered Noodles and Broccoli Bake or Pork with Squash and Tomato and Dinner Roll

DINNER

Chicken Marsala with Roasted Potatoes and plus one side

TOWERS TALK NOVEMBER 21ST 2025



	SATURDAY 11/22/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
12:00PM	HELP TECH W/YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:30PM	BIBLE STUDY: HIGH LEVEL REVIEW OF BIBLE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 11/23/2025		LOCATION
2:30PM	CHRISTIAN FELLOWSHIP		SUN PORCH

TIME	MONDAY 11/24/2025		LOCATION
10:00AM	CHAIR YOGA		HAMMOND HALL
2:30PM	BIBLE STUDY		MAGNOLIA ROOM
3:00PM	BOARD MEETING		SUN PORCH
7:00PM	PHASE 10		GAME ROOM

	TUESDAY 11/25/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	SUN PORCH
11:00AM	CHAIR PILATES	SUN PORCH
11:30AM	STANDING TAI CHI	MAGNOLIA ROOM
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
1:30PM	BIBLE STUDY: MAKE-UP SESSIONS	MAGNOLIA ROOM
2:00PM	MEET AND GREET WITH MAYORAL CANDIDATE RUSY PAUL AND SANDY SPRINGS COUNCIL DISTRICT 4 FRANK ROBERTS	SUN PORCH
6:30PM	VESPERS	SUN PORCH

MVT Life Tip: Return carts to their natural habitat

	WEDNESDAY 11/26/2025	
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
11:30AM	NAT'L CAKE DAY!! COME ENJOY CAKE ON US	BACK LOBBY
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
7:00PM	CANASTA HAND & FOOT	GAME ROOM



	THURSDAY 11/27/2025 NO BUS SERVICE DIINING ROOM HOURS 11:30AM-2:00PM LAST SEATING 1:15PM	
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	FRIDAY 11/28/2025	
TIME	EVENT	LOCATION
	NO BUS SERVICE NO BUS SERVICE	
10:00AM	CARDIO	HAMMOND HALL
11:00AM	CHAIR PILATES	HAMMOND HALL