



TOWERS TALK

NOVEMBER 14- NOVEMBER 21

ADMINISTRATION CORNER



Happy Friday!

I hope everyone has had a fantastic week.

ADMINISTRATION

Comcast has successfully completed all scheduled installations for individual condos. There are, however, a couple strange issues they are still troubleshooting. If you are experiencing problems with your cable or Internet service, do not call Comcast, please call the front desk to place a work order. When you call, please describe the issue as clearly as possible. We will respond as quickly as we can.

Many of the work orders we have received involve issues such as televisions being switched to the wrong HDMI input or the Wi-Fi username and password for your new Comcast service not being set up on all your devices.

As previously mentioned, your new Comcast billing will begin on **December 1**. If you previously had Comcast service, please remember to return your old equipment. For those who did not sign up for Comcast but still wish to, you may do so; however, please note there may be a seven-day lead time while we await more equipment.

Our DIRECTV service will remain active, and the free Internet service will continue until the middle of December to ensure everyone has enough time to set up their new Wi-Fi on all devices, including Apple Watches, Alexas, iPads, and other electronics. We are still awaiting a schedule for work in the common areas, which will be handled by a different group of technicians, and we do not yet have a timeline for restoring the in-house channels.

Overall, the two-week installation process went well, especially considering the number of residents we have.

I was recently asked about the upcoming runoff election. Early voting for the December 2 municipal runoff election (which includes the Sandy Springs mayoral race and City Council District 4) will take place Saturday, November 22 through Wednesday, November 26.

This week, I met with the floor representatives to review the upcoming holiday dinners and distribute their packets. They have all the materials, including RSVP forms with the menu details, which they will distribute to residents. Please follow the instructions on the RSVP form.

ADMINISTRATION CORNER continued

Since the first holiday dinner begins on the Sun Porch on Monday, December 1, we will begin Christmas decorating earlier than usual. You will see us decorating the front lobby, the hallway leading to the Sun Porch, and the Sun Porch itself during Thanksgiving week.

Please also remember that **December 1–17, the Sun Porch will not be available** for any use other than the holiday floor dinners and the annual meeting. Please check your December calendar for any events, meetings, or entertainment normally held in the Sun Porch, as they will be redirected to other rooms such as Hammond Hall.

DINING AND ACTIVITIES

Our Thanksgiving pre-dinner party is scheduled for Friday, November 21, and we are currently at full capacity. If you would like to be added to the waitlist, please call Susan directly. The front desk cannot assist with waitlist requests or reservations.

Because we will be setting up additional tables for this dinner party, **breakfast will not be offered on Friday, November 21.**

However, coffee and muffins will be available in the back lobby for you to enjoy. Lunch that day will take place on the Sun Porch, and the buffet will feature a sandwich bar with assorted sandwiches, bagged chips, and cookies. The menu will be posted on the specials page of this week's Tower Talk.

We will not offer pickup service, but delivery will be available. To place a delivery order, please call the front desk by 9 AM on Friday, November 21.

The delivery fee will be waived, and I appreciate your understanding as this will greatly help with the setup process.

As you know, our new dining room tables have been onsite for a couple of months, and we have been eagerly awaiting the arrival of the new chairs. The great news is that they are now en route to us!

This project will involve removing the old tables and chairs (with the goal of selling the old chairs), replacing the flooring, and then installing the new tables, bases, and chairs. To complete this work, the dining room will be **closed for services from Friday, December 5 through Monday, December 8.**

During these four days, we will offer delivery meals using the same process we use for pizza orders. One week before the closure, you will receive a menu outlining the entrée options for lunch and dinner each day, along with instructions. For example, on Friday, December 5, your menu will list two lunch entrées and two dinner entrées. You will need to call the front desk no later than 9 AM for lunch and 2 PM for dinner. Pickups will not be available, but delivery will be provided, and the fee will be waived. Full menus will be distributed next week.

MAINTENANCE

I want to reiterate the importance of proper disposal in our trash and recycling rooms. Please remember that we do not recycle any type of plastic, including laundry detergent pod containers and urinal cups.

ADMINISTRATION CORNER continued

Gloves should also never be placed in the paper recycling bin. Your mindfulness helps keep our building running smoothly.

EMPLOYEE APPRECIATION

Lastly, I want to acknowledge the backbone of Mount Vernon Towers: our exceptional employees who make it possible for each resident to enjoy living here. Long ago, MVT established the Little Red Box program due to our no-tipping policy, giving residents a way to express gratitude to our non-management staff for their hard work and dedication.

Our maintenance and housekeeping teams work behind the scenes to ensure our community stays clean and safe. Our personal care staff provides outstanding support in the Personal Care Center. Our servers and kitchen staff create enjoyable dining experiences. The front desk team consistently provides exceptional service, and our activities and transportation staff work hard to keep everyone active and engaged.

The Little Red Box is located at the front desk, and contributions will support the employee appreciation fund, which is distributed to our non-management staff based on their years of service and hours worked.

Donations may be made via e-check, a physical check placed in the red box, or, if necessary, cash in a sealed envelope (checks are preferred). If donating by e-check or physical check, please write "Redbox" in the memo.

All funds raised will be distributed at our private employee appreciation party in December, where employees enjoy team-building activities, contests, prizes, and a catered meal. The Little Red Box will be available at the front desk starting today, Friday, November 14, through Thursday, December 18.

Wishing everyone a wonderful week ahead. If you need anything, please don't hesitate to reach out.

Rita Malone

Executive Director

423-470-3745

HAPPY BIRTHDAY

 Happy Birthday Shout-Outs! 

JOANNE BURGESS (A1003) on 11/16, KAY JOHNSON (B804) and VARION SPEAR (A407) on 11/17, BETSY BYRD (A214) on 11/18, RENE BUTTON (B109) on 11/19, BRAD BAUER (A412) on 11/20, BILL THACKSTON (A915) on 11/21. Hope your birthdays are filled with cake, laughter, and a sprinkle of magic! 

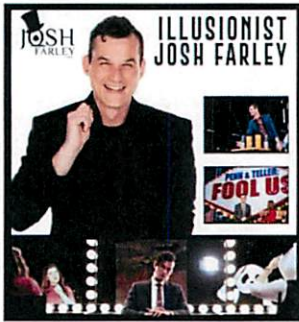
LIVE MUSIC

Wednesday, November 19
at 3:30 pm on the Sun Porch

Loose Shoes band

Friday, November 21
at 4:30 PM

Retro Jazz Katz during the
Thanksgiving dinner party in the Dining
Room.



**MONDAY,
NOVEMBER 17**
7 PM / SUN PORCH



AS SEEN ON:



Dunwoody United Methodist Children's Choir



DUNWOODY
UNITED METHODIST CHURCH

Sunday, November 16
3:30 pm on the Sun Porch

NATIONAL BUTTER DAY



Butter late than never!

Monday, November 17, the dining room is spreading the love with a tasty duo — flavored butters and bread available at dinner.



*The Podiatrist will be here on
Thursday, November 20 at 10
am in the Magnolia Room*

A Look Back: The Story Beneath Our Feet



Did you know that long before Mount Vernon Towers became home to so many of us, this very land was once filled with the laughter of schoolchildren? For more than a century, the corner of Johnson Ferry and Mount Vernon Roads was the site of Hammond School, a beloved neighborhood landmark that educated generations of Sandy Springs families.

Over the next four weeks, we'll take a step back in time to explore the fascinating story of the school that once stood right where we live today—a story of fires and rebuilds, teachers and townsfolk, and a community that never stopped believing in the power of learning.

Community Paramedic Paul Long

Community Paramedic Paul Long with the Sandy Springs Fire Department will be in the back lobby by the dining room on Monday, November 17, from 1pm to 2:30 pm to answer questions about M.E.D.S. (Medical Emergency Data Sheet) and take vitals—sign up by the mailroom. MVT STAFF DOES NOT HAVE ADDITIONAL INFORMATION about the program. Please do not ask the Front Desk to help with the forms.



TABLE 300

FISH OF THE WEEK: FLOUNDER

VEGETABLE OF THE WEEK: SUCCOTASH

SOUP OF THE WEEK: CHICKEN BARLEY

SOUP OF THE DAY: M-BEEF NOODLE T-SEAFOOD CHOWDER

W-CHEFS CHOICE TH-BROCCOLI & CHEESE F-CHEF SPECIAL

Saturday, November 15

LUNCH

Roast Beef Wrap – Sliced Beef with Swiss Cheese, Grilled Onions and Mushrooms in a Warm Flour Tortilla with One Side

Sunday, November 16

BRUNCH

Baked Swai Topped with Grilled Vegetables in Garlic Butter, Scalloped Potatoes with Ham and Corn, Raisin Bread French Toast with Honey Cinnamon Butter, Omelets Made To Order, Applewood Bacon, Grits, Roasted Potatoes, Pastries/Fruit

TAKE OUT

Baked Swai Topped with Grilled Vegetables in Garlic Butter and Roasted Potatoes

Monday, November 17

LUNCH

Fried Green Tomato Sandwich – Fried Green Tomatoes on White Toast with Pimento Cheese and Bacon

DINNER

Fried Chicken, Beef Cabbage Roll Skillet, Baked Beans, Fried Okra, Turnip Greens, Corn Bread

TAKE OUT

Chicken or Cabbage with Turnip Greens and Corn Bread

Tuesday, November 18

LUNCH

Warm Grilled Chicken Greek Salad – Romaine Lettuce, Red Onions, Cucumbers, Feta Cheese and Kalamata Olives Topped with Warm Chicken and a Zesty Lemon Vinaigrette

DINNER

Tuscan White Fish with Roasted Vegetables in a Savory Wine Sauce, Baked Ziti with Meat Sauce, Rice Pilaf, Garlic Bread, Peas and Carrots, Grilled Vegetables

TAKE OUT/DELIVERY

Fish or Chicken with Rice and Grilled Vegetables

Wednesday, November 19

LUNCH

Sloppy Joe on a Toasted Brioche Bun with One Side

DINNER

Open Faced Chicken Pot Pie – Extra Large Southern Biscuit Split Open and Topped with Creamy Chicken and Vegetables 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

Thursday, November 20

LUNCH

Chicken Salad with Craisins and Pecans on a Croissant with Sliced Cucumbers with One Side

DINNER

Pork Schnitzel Smothered in Apples and Red Cabbage with Roasted Baby Red Potatoes with One Side

Friday, November 21

LUNCH

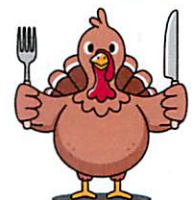
Sandwich Bar---Chicken Salad on Rye Bread, Tuna Salad on Wheat Bread, Pimento Cheese on White Bread, Assorted Bagged Chips and Cookies

TAKE OUT/DELIVERY

Choose 2 Half Sandwiches with a Bag of Chips and Cookies

DINNER

THANKSGIVING DINNER PARTY



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

TOWERS TALK NOVEMBER 14TH 2025



	SATURDAY 11/15/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
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 11/16/2025		LOCATION
2:30PM	CHRISTIAN FELLOWSHIP		MAGNOLIA ROOM
3:30PM	DUMC CHILDREN'S CHOIR		SUN PORCH

TIME	MONDAY 11/17/2025		LOCATION
10:00AM	CHAIR YOGA		HAMMOND HALL
2:30PM	BIBLE STUDY		MAGNOLIA ROOM
7:00PM	MAGICIAN JOSH FARLEY SHOW		SUN PORCH
7:00PM	PHASE 10		GAME ROOM

	TUESDAY 11/18/2025	
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

	WEDNESDAY 11/19/2025	
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
3:30PM	LOOSE SHOES BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 11/20/2025	
TIME	EVENT	LOCATION
10:00AM	JIM HOWE BUS TOUR OF TOCCOA, GA & CURRAHEE MILITARY MUSEUM W/LUNCH IN TOCCOA, GA	BUS DEPOT
10:00AM	PODIATRIST	MAGNOLIA ROOM
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

	FRIDAY 11/21/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:00AM	STOP N SHOP WITH CHERYL SYKES	BACK LOBBY
10:30AM	WALMART	BUS DEPOT
11:00AM	CHAIR PILATES	HAMMOND HALL
1:30PM	KROGER/DRY CLEANERS	BUS DEPOT
3:00PM	TARGET	BUS DEPOT
4:30PM	THANKSGIVING DINNER PARTY WITH THE RETRO JAZZ KATZ	DINING ROOM