



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

NOVEMBER 28 - DECEMBER 5

ADMINISTRATION CORNER



Rita's write up will be delivered on Monday.

HAPPY BIRTHDAY

Celebrating our fabulous residents this week: Barbara Williams (B114, 11/30), Karin Schulz (B1003, 12/2), Robert Jones (B102, 12/3), Jane Hill (B313, 12/4)

May your days be filled with smiles, surprises, and maybe a little extra cake—because birthdays deserve all the sweetness!

LIVE MUSIC

Thursday, December 4

3:30 PM

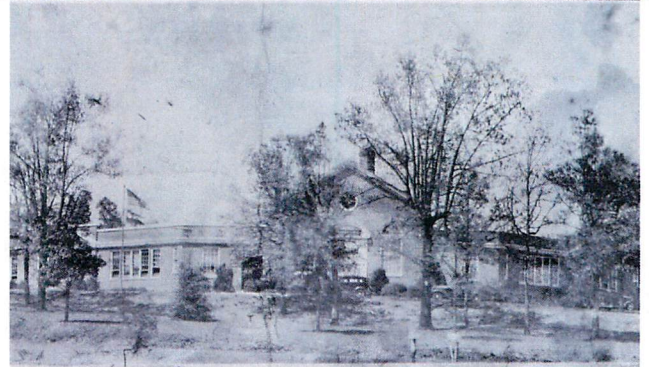
Jazz By Two

Hammond Hall

MVT BOOK CLUB

The MVT Book Club will meet Sunday, November 30 at 4 pm in Hammond Hall. "Be Ready When the Luck Happens," a memoir by Ina Garten

A Look Back: The Story Beneath Our Feet



A Community Named Hammond

Ever wonder where "Hammond Drive" got its name? It comes from Nathaniel J. Hammond, a respected Fulton County lawyer, educator, and Congressman who valued education and community. The school proudly carried his name—Hammond School.

In 1904, the first official record of the school listed teachers Susan Hines, W. M. Suttles, and Hattie March. At that time, the teachers wore many hats—educators, mentors, and even janitors—and older students could take high school classes right here until 1915.

Eventually, students traveled to schools in Atlanta, including Fulton High School and North Fulton High, until Sandy Springs High School opened in 1958. Hammond was more than a school—it was the heart of the neighborhood.

TOWERS TALK NOVEMBER 28TH 2025



	SATURDAY 11/29/2025	
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 11/30/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 12/1/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
5:00PM	1ST FLOOR CHRISTMAS DINNER	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 12/2/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	CHAIR PILATES	HAMMOND HALL
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
5:00PM	2ND FLOOR CHRISTMAS DINNER	SUN PORCH
6:30PM	VESPERS	HAMMOND HALL

	WEDNESDAY 12/3/2025	
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
5:00PM	3RD FLOOR CHRISTMAS DINNER	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 12/4/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
2:15PM	ROSWELL CHRISTKINDL MARKET FREE ADMISSION	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	JAZZ BY TWO BAND	HAMMOND HALL
5:00PM	4TH FLOOR CHRISTMAS DINNER	SUN PORCH

	FRIDAY 12/5/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
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	COSTCO	BUS DEPOT
5:00PM	5TH FLOOR CHRISTMAS DINNER	SUN PORCH

MVT Life Tip: Return carts to their natural habitat



TABLE 300

FISH OF THE WEEK: SALMON

VEGETABLE OF THE WEEK: HONEY GLAZED CARROTS

SOUP OF THE WEEK: CORN CHOWDER

**SOUP OF THE DAY: M-PUMPKIN GINGER T-CHICKEN NOODLE
W-VEGETABLE ORZO TH-CHEF SPECIAL**

Saturday, November 29

LUNCH

Grilled Ham with Melted Cheese and
Sautéed Onions on Toasted Wheatberry
Bread plus one side

Sunday, November 30

BRUNCH

French Toast with Cinnamon Honey Butter,
Baked Swai in White Wine Sauce, John
Wayne Casserole with Ground Beef, Cheese
and Biscuits, Omelets Made to Order,
Applewood Bacon/Sausage Links, Grits,
Roasted Potatoes, Grilled Vegetables,
Pastries/Fruit

TAKE OUT

Fish or Casserole with Potatoes and Vegetables

Monday, December 1

LUNCH

Santa Fe Flatbread. Roasted Corn, Black
Beans, Grilled Peppers and Onions on top of
Melted Cheese and Enchilada Sauce
plus one side

DINNER

Fried Chicken, Autumn Beef Stew with
Pumpkin, Mashed Potatoes, Macaroni &
Cheese, Southern Green Beans & Potato,
Stewed Okra and Tomatoes

TAKE OUT

Chicken or Stew with Mac & Cheese
and Green Beans

Tuesday, December 2

LUNCH

Cheddar Cheese Hamburger with Fried
Onions and Thousand Island Dressing
plus one side

DINNER

Garlic Parmesan Baked Flounder,
Smothered Pork Chops in Onion Gravy,
Rosemary Roasted Potatoes, Peas &
Mushrooms, Roasted Vegetables,
Warm Dinner Roll

TAKE OUT/DELIVERY

Flounder with Potatoes and Roasted
Vegetables or Pork Chops with
Potatoes and Peas

Wednesday, December 3

LUNCH

Chicken Club Sandwich-Fried Chicken
Breast with Bacon, Smoked Gouda
Cheese, and BBQ Sauce on a Toasted
Brioche Bun plus one side

DINNER

Shrimp Scampi over Pasta with 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

Thursday, December 4

LUNCH

Italian Wrap - Ham, Salami,
Pepperoni and Mozzarella in a Warm
Tortilla with Sliced Onions and Italian
Seasoning plus one side

DINNER

Sesame Chicken and Vegetables over
Rice with a Fried Eggroll

Friday, December 5

DELIVERY ONLY

LUNCH

Turkey Salad made with Dijonnaise,
Craisins and Pecans on a Toasted
Croissant OR Chicken Tenders with
Honey Mustard Sauce. Includes a
Bag of Chips and Cookies

DELIVERY ONLY

DINNER

Choose one - Salisbury Steak with
Mushroom Onion Gravy or Honey
Garlic Chicken Thighs
Choose one - Baked Russett or
Baked Sweet
Included - Roasted Vegetables

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