



MOUNT VERNON TOWERS  
ACTIVE 55+ COMMUNITY

# TOWERS TALK

## JANUARY 2 - JANUARY 9

### ADMINISTRATION CORNER



Happy New Year everyone!

I look forward to a very prosperous and productive year ahead. Let's make the most of 2026 together as a community!

As always, please reach out to me if needed.

Rita Malone  
Executive Director  
423-470-3745

### HAPPY BIRTHDAY

Wishing a very happy birthday to the following residents! May your special day be filled with joy, good health, and wonderful moments surrounded by friends and loved ones. Scott Goins (B1001) – January 4, Cis Imbornone (B610) – January 5, David Wurtenberg (B305) – January 5, Judy Galt (A810) – January 7, Lillian Glasser (A910) – January 7, Richard Stillwagon (A212) – January 8, Barbara Spearman (A501) – January 9. We hope the year ahead brings you happiness, laughter, and many reasons to celebrate!

### LIVE MUSIC

Wednesday, January 7 3:30 PM

Loose Shoes Band

Thursday, January 8 3:30 PM

Music to My Ears

Sun Porch

### HIGH RISE LIVING SERIES

#### MVT 101

Rules & Info Overview –  
PCC, Rules, Maintenance, Activities, Dining  
Room, etc. Volunteer Registration.

Monday, January 12 at 1:30 PM

Sun Porch

### January Outings

JAN 8 Atlanta History Museum w/lunch at  
Swan Coach House  
\$23 per person

JAN 15 Sandy Springs Cinema w/lunch at  
Hearth \$13 per person

JAN 22 High Museum Viktor & Rolf Fashion  
Exhibit w/lunch at Marlow's  
\$23.50 per person

JAN 29 Lunch at Brookwood Grill

# TOWERS TALK JANUARY 2ND, 2025



SATURDAY 1/3/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH WITH YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:30PM	BIBLE STUDY	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 1/4/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 1/5/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: FLOOR TIC TAC TOE	PCC
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 1/6/2025		
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	BIBLE MAKE UP SESSION DAVID CHRISTIAN	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 1/7/2025		
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 PICK UP TIME</i> )	DEPOT
3:30PM	LOOSE SHOES BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 1/8/2025		
TIME	EVENT	LOCATION
9:15AM	ATLANTS HISTORY CENTER W/LUNCH AT LE BON NASH \$23.00 PER RESIDENT	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	MUSIC TO MY EARS	SUN PORCH

FRIDAY 1/9/2026		
NATIONAL LAW ENFORCEMENT DAY		
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	TARGET	BUS DEPOT

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-CHEFS CHOICE W-TURKEY RICE  
TH-BROCCOLI CHEESE F-CHEFS CHOICE**

## **Saturday, January 3**

### **LUNCH**

French Onion Dip - A Bowl of French Onion Soup with Half of a Warm Roast Beef Sub with Sautéed Onions

## **Sunday, January 4**

### **BRUNCH**

Flounder with Herbed Butter and Roasted Peppers, Bratwurst & Potato Skillet, Stewed Cabbage and Tomato, French Toast Casserole with Banana Foster Topping, Omelets to Order, Bacon/Sausage, Grits, Potatoes O'brien, Fruit/Pastries

### **TAKE OUT/DELIVERY**

Flounder with Stewed Cabbage and Potatoes OR Bratwurst Skillet with Stewed Cabbage

## **Monday, January 5**

### **LUNCH**

Bacon and Caramelized Onion Grilled Cheese - Caramelized Onions Blended with Bacon and Balsamic Glaze Tucked Between Melted Havarti Cheese on Toasted Wheatberry Bread

### **DINNER**

Fried Chicken, Pulled Pork Casserole, Macaroni & Cheese, Roasted Root Vegetables, Turnip Greens, Buttered Peas

### **TAKE OUT/DELIVERY**

Fried Chicken OR Pork Casserole with Macaroni and Cheese and Root Vegetables

## **Tuesday, January 6**

### **LUNCH**

Tuscan Shrimp on a Warm Pita Bread with Classic Bruschetta, Spinach and Parmesan Cheese and A Balsamic Drizzle on top w/one side

### **DINNER**

Haddock Loin Florentine, Beef Lasagna, Sautéed Zucchini, Rosemary Roasted, Baby Carrots, Rice Pilaf, Garlic Bread

### **TAKE OUT/DELIVERY**

Haddock with Zucchini and Rice OR Lasagna with Carrots and Garlic Bread

## **Wednesday, January 7**

### **LUNCH**

Smoked Turkey Breast and Ham with Chopped Bacon Shredded Lettuce, Tomatoes and Dijoinasse Slightly Warmed in Tortilla w/one side

### **DINNER**

Salsbury Steak and Gravy with Roasted Marbled Potatoes w/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, January 8**

### **LUNCH**

Meat Lovers Pizza - Sausage, Salami and Pepperoni on a Toasted Flatbread with Sauce and Melted Provolone

### **DINNER**

Roasted Turkey, Cornbread Stuffing and Green Bean Casserole

## **Friday, January 9**

### **LUNCH**

PASTA BAR--Penne OR Cheese Tortellini, Marinara or Pesto Alfredo, Italian Sausage and Peppers, Diced Chicken, Grilled Vegetables, Green Peas

### **TAKE OUT/DELIVERY**

Penne with Marinara OR Tortellini with Alfredo then your choice of Meat or Vegetable

### **DINNER**

Key West Crab Cakes - 2 Crab Cakes served over a Bed of Mixed Greens and topped with a Key Lime & Avocado Aioli and a Side of Coleslaw

Breakfast is Served from 8:00am-9:30pm

Lunch is Served from 11:30 am - 2:00pm,

Monday - Sunday Last seating at 1:15pm

Dinner is Served from 4:30pm - 7:00pm,

Monday - Friday Last seating at 6:15pm