



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

JANUARY 16 - JANUARY 23

ADMINISTRATION CORNER



Happy chilly Friday, everyone! By now, I am sure many of you have heard that snow is a possibility. The latest weather models continue to show some uncertainty with snow predictions, and it appears we may receive only about 24 hours' notice should severe weather develop. Please know that I am monitoring the situation closely and will adjust staffing and operations as needed in preparation for Sunday.

Many of you walk outdoors for exercise or to Trader Joe's. Please be mindful of the temperatures, as well as sidewalks and streets, which may become slick or icy with incoming weather.

Administration Updates

As I have mentioned, mail service continues to be inconsistent. This week alone, mail was delivered only two times. On multiple occasions, packages were delivered; however, regular mail was not delivered, and outgoing mail was not picked up.

If you feel that you are being impacted by these ongoing service issues, I encourage you to contact the Postmaster directly at 404-255-7624. Continued feedback helps document the problem and brings greater attention to the matter.

In this week's High-Rise Living Series, we discussed items such as the new fees for 2026, along with other related matters, including reminders of existing rules. A summary of that meeting will be sent out on Monday; however, I would like to highlight a couple of quick reminders.

As stated in the Residents' Manual, doormats outside of condo doors are prohibited for safety reasons. If you currently have a doormat outside your door, please remove it.

We also discussed common areas. Common areas include all lobbies (including elevator lobbies), hallways, and parlor/sitting areas. Residents should not remove or add items to any common area without prior approval from Administration. In community living, allowing individual changes in shared spaces by anyone who wishes can quickly lead to confusion and conflict. This policy helps ensure that common areas remain safe, orderly, and enjoyable for everyone.

The 2026 Resident Survey is being delivered today, and I encourage you to take the time to complete it. Your feedback is important and helps guide discussions, planning, and future decision-making for our community.

ADMINISTRATION CORNER continued

Please return completed surveys to the Front Desk by Wednesday, January 21, at 5:00 PM. Survey results will be reviewed and discussed during the High-Rise Living Series meeting scheduled for February 16.

In today's Tower Talk, you will find a flyer regarding the new senior homestead exemptions available through Fulton County, effective for the 2026 tax year. It is important to note that even if you already receive other homestead exemptions, you must apply for this new property tax relief by April 1, 2026.

I have reached out to the attorney who came on site a couple of years ago and volunteered to assist residents with completing and submitting these forms. I will update you next week on the possibility of offering another volunteer assistance opportunity.

Since the Atlanta Journal-Constitution is no longer being distributed, several residents have shared that they miss having a physical newspaper to read. I have reached out to The Fulton County Neighbor regarding delivery, and they are willing to add us to their distribution list. This paper is distributed every Wednesday.

If you would like to receive this paper each Wednesday, please call the Front Desk to have your name added to the list. We will need a sufficient number of residents to sign up in order to move forward. The estimated cost would be \$1–\$2 per month, depending on participation, and would be applied to your monthly bill.

I will announce participation levels and the final monthly cost in next week's Tower Talk. I have placed a few copies of this past Wednesday's edition at the Front Desk for anyone who would like to review it.

Maintenance & Safety Reminders

For safety reasons, electric heaters are not permitted in the building. The heating and cooling system in your condo is designed to adequately heat your unit. Portable electric heaters pose a fire risk and should not be used.

Additionally, I would like to share a reminder regarding maintenance repairs. Our Maintenance Department stocks standard parts for common repairs, such as appliances, shower valves, and similar components. However, if your condo has been renovated, it is very possible that we will not have the specific parts required for your unit on hand. In these situations, the appropriate parts must be identified and ordered before repairs can be completed, which may result in additional time before the repair can be scheduled or finished.

I hope everyone has a wonderful weekend. As always, please feel free to reach out if you need anything. Please stay warm and safe.

Warm regards,

Rita Malone
Executive Director



Why Exercise Matters for Seniors, Even When It Feels Hard

As we age, exercise can feel harder, but it's one of the best ways for seniors to stay healthy and independent. Regular movement helps improve strength, balance, and flexibility, which lowers the risk of falls and makes everyday activities easier.

Exercise also helps manage chronic conditions like arthritis, heart disease, and high blood pressure. While getting started may feel uncomfortable, staying active often reduces stiffness and pain over time.

Beyond physical health, exercise boosts mood, reduces stress, and encourages social connection. The good news is that exercise doesn't have to be intense. Simple activities like walking, stretching, chair exercises, or water aerobics can make a big difference.

Even when it's challenging, staying active supports better health, confidence, and quality of life at any age.

MVT CLASSES

Saturday - Strength & Balance 10 AM HH

Monday - Chair Yoga 10 AM HH

Tuesday - Standing Aerobics 10 AM HH

Chair Pilates 11 AM HH

Standing Tai Chi 11:30 AM SP

Wednesday - Chair Yoga 10 AM HH

Thursday - Chair Aerobics 10 AM HH

Friday - Cardio 10 AM HH

Pilates 11 AM HH

HAPPY BIRTHDAY

Wishing a very happy birthday to
ROBERT ADAMS A505 on 1/20

May your birthday be filled with joy, good
health, and wonderful moments.

NEW RESIDENT DINNER

Wednesday, January 21

5 PM / Dining Room

Dinner will come out of your monthly food
allotment

HIGH RISE LIVING SERIES

Palliative Care – Agape Hospice

Emily Hensley

Monday, January 19 at 1:30 PM

Sun Porch

LIVE MUSIC

Wednesday, January 21

3:30 PM

Music with Deb Lieb

Thursday, January 22

3:30 PM

Sharp Affair Band

Sun Porch

SING-ALONG

WITH PAT, PAUL AND BILL



MONDAY, JANUARY 19

7 PM

SUN PORCH

TOWERS TALK JANUARY 16TH, 2025



SATURDAY 1/17/2025		
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 1/18/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA

TIME	MONDAY 1/19/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BALLOON VOLLEY	PCC
1:30PM	HRLS: PALLATIVE CARE EMILY HENSLEY W/AGAPE HOSPICE	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA
7:00PM	PHASE 10	GAME ROOM

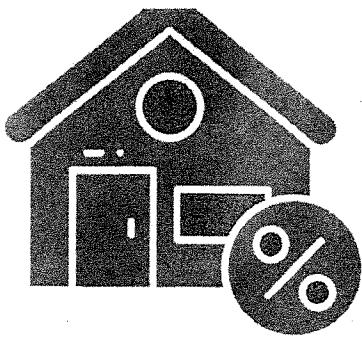
TUESDAY 1/20/2025		
TIME	EVENT	LOCATION
9:15AM	BUS TO JOE LYNCH MEMORIAL SERVICE (ST.JUDE) - SIGN UP ON ACTIVITY WALL	FRONT DOOR
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	CHAIR PILATES	HAMMOND HALL
11:30AM	STANDING TAI CHI	SUN PORCH
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE MAKE UP SESSION DAVID CHRISTIAN	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 1/21/2025		
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 RETURN PICK UP TIME)	DEPOT
3:30PM	MUSIC W/DEB LIEB	SUN PORCH
5:00PM	NEW RESIDENT DINNER	DINING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 1/22/2025		
TIME	EVENT	LOCATION
10:30AM	HIGH MUSEUM VIKTOR & ROLF FASHION EXHIBIT W/LUNCH AT MARLOW'S TAVERN RESIDENTS \$23.50	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	SHARP AFFAIR BAND	SUN PORCH

FRIDAY 1/23/2026		
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
2:00PM	NATIONAL PIE DAY [ALL ASSORTMENTS]	BACK LOBBY
3:00PM	WHOLE FOODS/DOLLAR TREE	BUS DEPOT

MVT Life Tip: Return carts to their natural habitat



NEW SENIOR HOMESTEAD EXEMPTIONS FOR FULTON AND ATLANTA PUBLIC SCHOOLS

Fulton County seniors can now apply for new homestead exemptions to help them reduce property taxes paid to Fulton County and Atlanta Public School districts. These exemptions have no income requirements. Even if you already have other homestead exemptions, you must apply to receive this new property tax relief.

ATLANTA PUBLIC SCHOOLS SENIOR EXEMPTION

Age 65 and Over: Up to \$50,000 off property's assessed value

Exemption amount may vary based on total number of applicants.

FULTON COUNTY SCHOOLS SENIOR EXEMPTIONS

Age 65 and Over: 25% of property's assessed value

Age 70 and Over: 50% of property's assessed value

Must have had basic homestead exemption for last 5 of 6 years.

HOW TO APPLY

To qualify for these homestead exemptions, property owners must live in the home they own and have a basic homestead exemption in place.

Get Ready: Gather required documents including your driver's license or Georgia ID card, deed or mortgage statement, and vehicle registrations for all vehicles registered in name of owner and spouse, and trust affidavit if property is in the name of a trust. *Provide your income tax returns or social security award letter to help us see if you qualify for other senior homestead exemptions.*

Apply Online: Go to www.fultonassessor.org and click on "Exemptions" and select "Homestead." Set up an account if you do not have one. Using the application portal, upload all required documents.

OR

Apply In Person: Bring all documents to the Board of Assessors office closest to you.

DEADLINE: APRIL 1, 2026

www.fultonassessor.org | 404-612-6440





TABLE 300

FISH OF THE WEEK: FLOUNDER

VEGETABLE OF THE WEEK: GREEN PEAS WITH MUSHROOMS

SOUP OF THE WEEK: CHICKEN NOODLE

**SOUP OF THE DAY: M-BEEF VEGETABLE T-CURRY CAULIFLOWER
W-CHEFS CHOICE TH-BROCCOLI & CHEESE F-CHEFS CHOICE**

Saturday, January 17

LUNCH

Classic Grilled Cheese with Ham w/one side

Sunday, January 18

BRUNCH

Spinach, Artichoke and Chicken Casserole, Bourbon Peach Salmon, French Toast with Honey Cinnamon Butter, Omelets Made-to-Order, Applewood Bacon, Grits, Roasted Potatoes with Peppers, Italian Green Beans, Pastries/Fruit

TAKE OUT/DELIVERY

Casserole or Salmon with Potatoes and Green Beans

Monday, January 19

LUNCH

Meatloaf Melt - Sliced Meatloaf on Texas Toast topped with Brown Gravy and Fried Cheese Curds

DINNER

Fried Chicken, Pulled Pork, Baked Beans, Roasted Root Vegetables, Turnip Greens, Corn Bread

TAKE OUT/DELIVERY

Chicken or Pork with Baked Beans and Vegetables

Tuesday, January 20

LUNCH

Rodeo Burger - Grilled Beef Patty with Melted Cheddar, Onions, Pickles, BBQ Sauce and a side of Onion Rings

DINNER

Mediterranean White Fish with Roasted Vegetables in a Savory Wine Sauce, Baked Ziti, Mushroom Rice Pilaf, Peas and Carrots, Balsamic Glazed Brussels Sprouts, Chopped Spinach with Garlic Butter

TAKE OUT/DELIVERY

Fish with Rice and Spinach OR Ziti with Peas & Carrots and Sprouts

Wednesday, January 21

LUNCH

Hot Italian Sub - Salami, Pepperoni, Ham and Provolone with Sliced Onions and Banana Peppers on a Sub Roll with an Oregano Vinaigrette w/one side

DINNER

Chicken Pot Pie - Creamy Chicken with Mixed Vegetables over a Buttermilk Biscuit w/one side

Thursday, January 22

LUNCH

Crispy Fried Cod Sandwich - Fried Cod on a Toasted Brioche Bun with American Cheese, Lettuce, Tomato and a Relish Aioli w/one side

DINNER

Smothered Pork Chops - Boneless Pork Chops in a Spinach and Sun-Dried Tomato Cream Sauce over Garlic Mashed Potatoes w/one side

Friday, January 23

LUNCH

BUILD YOUR OWN NACHO BAR: Ground Beef, Chicken, Beans, Cheese, Lettuce, Tomato, Onion, Olives, Sour Cream, Salsa

TAKE OUT/DELIVERY

Chicken or Beef Over Nachos with Beans, Cheese, Lettuce Tomato and Sour Cream

DINNER

Sliced Pot Roasted with Gravy, Roasted Potatoes and Grilled Zucchini

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

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