



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

JANUARY 23 - JANUARY 30

ADMINISTRATION CORNER



Happy Friday and National Pie Day, everyone.

If you are like me, you are more than ready for this storm system to move along. I hope those on my email list received my message on Wednesday with the weather predictions and our processes. I did notice several bounced messages, which I resent yesterday. I also encourage anyone who has not signed up for the Band app, if you have a cell phone and can use the app, to please reach out and get signed up. It is the quickest and most reliable way for us to communicate.

As you know, the weather is now moving in slower than expected. It currently appears we can anticipate the storm from Saturday night through Monday, with Monday expected to be particularly cold.

Out of an abundance of caution, our outside vendors for Bible Study, Exercise classes, Happy Tails and Help Tech have **canceled** their classes for tomorrow, Saturday, January 24th, as well as the Christian Fellowship on Sunday, January 25th, due to the incoming weather conditions.

I have been asked why we are implementing arrangements and changing dining procedures before the storm is here.

Planning ahead is essential, and by nature, I am a planner. Given the logistics and dynamics of our community, I cannot wait until the storm arrives to initiate protocols, preparation is what allows us to operate safely and calmly.

The same process and plan remain in place. We will have staff stationed on site throughout the weekend to ensure the Front Desk and key building functions remain covered. That said, staffing will be limited, and during this time, maintenance and housekeeping services will be restricted to emergency work orders only.

The dining room will be closed for dine-in service and pick-up orders on Sunday and Monday. However, we will have a modified menu and will offer lunch and dinner delivery services on both Sunday and Monday. Please refer to this Tower Talk for the delivery menu and instructions on how to order.

I've also received questions about what happens if the power goes out. As I've mentioned before, we are on a priority list with Georgia Power. However, in any emergency or storm situation, restoration timing depends on the severity and conditions of the event. We will have limited

ADMINISTRATION CORNER continued

power from a generator in both the Towers area (condo building) and the Service Center (office, dining, PCC, and support services).

In the event of a power outage, the generator will provide power to the following:

Towers Area:

Emergency hallway lights and exit signs, elevators, water heaters, booster pump for supplying water to all floors, fire alarm system, emergency call cords in your condo, and all automatic doors.

Service Center Area:

Emergency hallway lights and exit signs, elevators, cameras, gates, automatic doors, phone system, and the front desk area. It will also supply PCC with emergency hallway lights and exit signs, emergency call cords, and heat.

If you have a landline phone in your condo that is on the MVT phone system, you will still have phone service if the power goes out. If you use a different provider for your landline phone, service will be lost during a power outage.

I strongly encourage everyone to keep all medical equipment, phones, and personal tech devices fully charged at all times. If you believe you may need any supplies, medications, batteries, medical equipment, oxygen supplies, or groceries, please be sure to obtain them before tomorrow night. If you rely on refrigerated medications, medical devices, or mobility equipment, please take time now to ensure you are prepared.

If you have a flashlight, please place it in an easy-to-reach location and check the batteries now so it is ready if needed.

For safety purposes, please be especially mindful of fall risks during cold and wet conditions. Avoid unnecessary trips outside your condo during icy or freezing weather and use proper footwear if movement is necessary.

As always, if you have any questions or concerns, please reach out to me directly. I would much rather you contact me than rely on information that may not be accurate. I will be on-site, continuing to manage operations and communications, and please know that everyone's safety and well-being remain my top priority.

Together, we will get through this storm, no matter how small or large it may be.

Warm regards,

Rita Malone
Executive Director

HAPPY BIRTHDAY

Sending a birthday shoutout to the fabulous JAMES CORBITT in A107 and the wonderful SUE WISLAR in B815, both celebrating on 1/29!

HIGH RISE LIVING SERIES

The next High Rise Living Series will be February 9 at 1:30 PM in the Sun Porch with Emory – Heart Health/Circulation

LIVE MUSIC

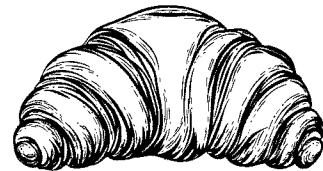
Thursday, January 29
3:30 PM
Rhythm & Rouge
Sun Porch

BOOK CLUB

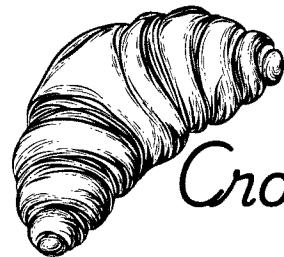
This Tender Land by William Kent Kruger
Sunday, January 25 at
4 PM in Hammond Hall
All are welcome.

A Little Joy in the Everyday

Life in our community is made special by the little moments that bring us together—morning coffee chats, friendly hallway hellos, and laughter echoing from activities. Whether it's a spirited game of bingo, a favorite song during our live music shows, or simply taking in the beauty all around, these everyday joys remind us how meaningful connection can be.



National



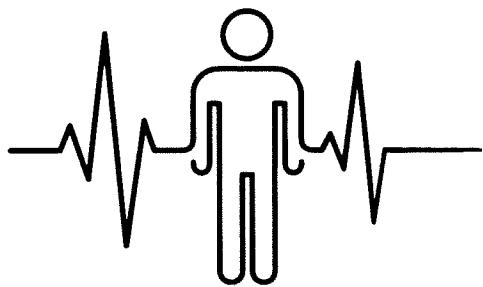
Croissant



Day

FRIDAY, JANUARY 30

11:30 AM / DINING ROOM



MONDAY, JANUARY 26

1-2 PM MAGNOLIA ROOM

PAUL LONG, COMMUNITY PARAMEDIC

**PAUL WILL ANSWER QUESTIONS ABOUT M.E.D.S
& TAKE VITALS**

**PLEASE NOTE THIS IS SUBJECT TO CHANGE DUE TO
WEATHER CONDITIONS**

**SUNDAY, JANUARY 25TH
DELIVERY SERVICE ONLY
LUNCH – DELIVERY STARTS AT 11:30 AM**

To place an order for delivery lunch service, please call the Front Desk no later than 9:00 AM on Sunday.

MENU OPTIONS

- Fried flounder with seasoned chips and tartar sauce

OR

- Cheeseburger with fries

Both choices include: beef barley soup and cookies

**SUNDAY, JANUARY 25TH
DELIVERY SERVICE ONLY
DINNER – DELIVERY STARTS AT 4:30 PM**

To place an order for dinner delivery, please call the Front Desk no later than 2:00 PM on Sunday.

MENU OPTIONS

- Adobo rubbed Cornish hen

OR

- Southwest salmon with peppers and onions

Served over yellow rice with sautéed zucchini

Both choices include: salad and dessert

MONDAY, JANUARY 26TH
DELIVERY SERVICE ONLY
LUNCH – DELIVERY STARTS AT 11:30 AM

To place an order for delivery lunch service, please call the Front Desk no later than 9:00 AM on Monday.

MENU OPTIONS

- Tuna melt on wheatberry bread with French fries

OR

- Fried chicken tenders with honey mustard and French fries

Both choices include: salad and cookies

MONDAY, JANUARY 26TH
DELIVERY SERVICE ONLY
DINNER – DELIVERY STARTS AT 4:30 PM

To place an order for dinner delivery, please call the Front Desk no later than 2:00 PM on Monday.

MENU OPTIONS

- Chicken and broccoli Alfredo

OR

- Sloppy Joe beef with peppers, corn, and cheddar, stuffed in a sweet potato, with a side of sautéed green beans

Both choices include: salad and dessert



TABLEBOO

FISH OF THE WEEK: TROUT

VEGETABLE OF THE WEEK: SAUTEED GREEN BEANS

SOUP OF THE WEEK: BEEF BARLEY

SOUP OF THE DAY: M-CHICKEN & RICE T-VEGETABLE ORZO

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

Saturday, January 24

LUNCH

Philly Cheese Steak on a Sub Roll
with Onion Rings

Sunday, January 25

**SEE MODIFIED WEATHER MENU AND
SCHEDULE ATTACHED**

Monday, January 26

**SEE MODIFIED WEATHER MENU AND
SCHEDULE ATTACHED**

Tuesday, January 27

LUNCH

Turkey, Ham and Havarti Cheese on a
toasted Baguette with fresh sliced
Tomato and an Herbed Infused
Mayonnaise w/one side

DINNER

Kentucky Bourbon BBQ Meatballs, Fried
Chicken, Roasted Potatoes, Baked Beans,
Roasted Corn with Peppers, Creamy
Cauliflower

TAKE OUT/DELIVERY

Meatballs with Potatoes and Cauliflower
OR Fried Chicken with
Baked Beans and Corn

Wednesday, January 28

LUNCH

Classic Patty Melt with Swiss Cheese,
Caramelized Onions and Ranch Fries

DINNER

Teriyaki Chicken over Coconut Rice and
a Vegetable Eggroll

Thursday, January 29

LUNCH

Crab & Bacon Pizza with Creamy
Garlic Sauce, Bell Peppers and
Onions

DINNER

Beef Stew with Buttered Noodles and
Choice of Side

Friday, January 30

LUNCH

Baked Potato Bar--Russet Potato,
Beef Chili, BBQ Chicken, Steamed
Broccoli, Roasted Cabbage, Cheese
Sauce, Diced Onions

TAKE OUT/DELIVERY

Potato with Chicken OR Chili topped
with Cheese Sauce and Onions and a
side of Broccoli

DINNER

Chicken Marsala with Mashed
Potatoes and Choice of 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

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

TOWERS TALK JANUARY 23RD, 2025



	SATURDAY 1/24/2025	
TIME	EVENT	LOCATION
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 1/25/2025	LOCATION
4:00PM	BOOK CLUB	HAMMOND HALL

TIME	MONDAY 1/26/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BALLOON VOLLEY	PCC
1:00PM	PAUL LONG COMMUNITY PARAMEDIC	MAGNOLIA ROOM
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 1/27/2025	
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 1/28/2025		
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
3:00PM	BOARD MEETING	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 1/29/2025		
TIME	EVENT	LOCATION
11:00AM	BROOKWOOD GRILL LUNCH OUTING	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	RHYTHM & ROUGE BAND	SUN PORCH

FRIDAY 1/30/2026		
!!! NATIONAL CROISSANT 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	GOODWILL	BUS DEPOT

MVT Life Tip: Return carts to their natural habitat