



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

JANUARY 30 - FEBRUARY 6

ADMINISTRATION CORNER



Happy Friday, everyone!

I hope you all managed to stay warm and safe during last week's cold, icy weather. I want to give a heartfelt shout-out to my dedicated staff who stayed over with me to ensure everyone was taken care of during that challenging time. Their commitment and teamwork are truly appreciated!

A big thank you also goes out to our amazing volunteers who helped deliver meals during our four meal periods. Together, we successfully delivered about 507 meals, which is a fantastic effort! Additionally, thank you to our outside owners with condos for sale or lease for being willing to lend us their spaces for overnight accommodations. That support made a big difference.

As many of you may have heard, the weather forecast for Metro Atlanta has shifted from a watch to a warning. We are in the pink zone, which means we could see 2 to 4 inches of snow this weekend. With that being said, we are back to the same plan as last weekend. Please check the Tower today for our winter weather menu and the instructions for the weekend.

One additional note: due to last week's weather, our food truck delivery schedule is still catching up. As a result, some deliveries and menu items may be a bit out of sync for a short period of time as we work to get everything back on schedule. Thank you for your patience and flexibility.

A few quick reminders as we prepare:

- The Front Desk will remain staffed, but staffing across departments will be limited. Maintenance and housekeeping will be restricted to emergency work orders only.
- Please avoid going outside during snow/ice conditions. If you must go out, exercise caution, wear appropriate footwear, and take extra precautions. I worry when I see residents out walking in these conditions.

Now, I'd like to clarify how our resident dinners work, which take place once a month. The Front Desk, Activities, and Dining Room staff do not manage this program. Board sponsor Nancy Rogers heads up the initiative, and Anne Duncan oversees the volunteer efforts. Their leadership ensures everything runs smoothly. The Newcomers Dinner is held the third Wednesday of every month through October.

ADMINISTRATION CORNER continued

The signup sheet is on the Activities wall and is taken down the Monday before so the Dining Room has time for advance notice. If you have any questions, please see Nancy Rogers.

Lastly, we are back to trying to round up the grocery carts again. Please return them to the basement cart area when you are finished. We need them available for everyone, especially residents who rely on them to safely transport groceries. The carts do not belong in individual condos.

As always, thank you for your understanding and cooperation as we work to keep everyone safe. Please plan accordingly for the weather and take extra precautions.

I am here if you need me.

Warm regards,

Rita Malone
Executive Director

HAPPY BIRTHDAY

Happy Birthday to the fabulous BARBARA OLSON in B1015 on 2/3! Cheers to JEAN BLISS in A414, celebrating on 2/6! And a big birthday shout-out to NANCY KRINCEK in A609 on 2/6!

HIGH RISE LIVING SERIES

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

LIVE MUSIC

Wednesday, February 4

3:30 PM

Loose Shoes Band

Thursday, February 5

7:00 PM

Love Songs with Sonya Shell

Sun Porch



MOVIE OUTING

THURSDAY, FEBRUARY 5

10:45 AM BUS DEPOT

MOVIE: SONG SUNG BLUE

The movie "Song Sung Blue" depicts the real-life

Neil Diamond tribute act of Mike and Claire Sardina, with Hugh Jackman as Mike ("Lightning") and Kate Hudson as Claire ("Thunder").

LUNCH AT HEARTH

February Outings

FEB

5

Sandy Springs Cinema & Tap House w/lunch at Hearth

FEB

12

Jim Howe Bus Tour Atlanta Black History w/lunch at Mary Mac's Tea Room \$15

FEB

19

National Center for Civil Rights w/lunch at Louisiana Bistreaux

FEB

26

African Textile Museum w/lunch at Smokey Bones \$25

Sign-up sheet in the Back Lobby!

Weekly
Specials

January 31 -
February 6

TABLE 300

FISH OF THE WEEK: AMBER JACK FILLET

VEGETABLE OF THE WEEK: HONEY GLAZED BABY CARROTS

SOUP OF THE WEEK: CREAM OF MUSHROOM

**SOUP OF THE DAY: : M-CORN CHOWDER T-CHICKEN NOODLE
W-VEGETABLE BEEF TH-CHEF SPECIAL F-LOADED POTATO**

Saturday, January 31

LUNCH

See Menu attached

Sunday, February 1

BRUNCH

See menu attached

TAKE OUT/DELIVERY

See menu attached

Monday, February 2

LUNCH

Shrimp Po Boy topped with Crunchy Slaw
w/one side

DINNER

Fried Chicken, Tuscan Beef Casserole,
Mashed Potatoes, Macaroni & Cheese,
Southern Green Beans & Peppers, Stewed
Okra and Tomatoes

TAKE OUT/DELIVERY

Fried Chicken with Mac & Cheese with Okra
OR Beef Casserole with Mashed Potato and
Green Beans

Tuesday, February 3

LUNCH

Chicken Bacon Ranch Quesadilla - Diced
Chicken with Ranch Seasoning, Chopped
Bacon, Green Onions and Shredded
Cheese in a Flour Tortilla

DINNER

Cornbread Stuffed Flounder, Turkey
Meatballs in Cranberry Sauce, Maple
Sausage Dressing, Rice Pilaf, Peas &
Mushrooms, Roasted Vegetables

TAKE OUT/DELIVERY

Flounder over Rice with Mixed
Vegetables OR Meatballs and Dressing
with Mixed Vegetables

Wednesday, February 4

LUNCH

Italian Flatbread - Thinly Sliced Italian
Sausage with Ricotta Cheese on a
Toasted Flatbread with Hot Honey Drizzle
and Crunchy Sunflower Seeds

DINNER

Mediterranean Salmon over Pasta -
Baked Salmon in a Creamy Dill Sauce
Served over Pasta and Topped with
Cherry Tomatoes

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, February 5

LUNCH

Cuban Sandwich - Thinly Sliced
Roasted Pork with Smoked Hardwood
Ham, Swiss Cheese and Pickles
pressed on a Sub Roll with a Side of
Mustard Aoili w/one side

DINNER

Polynesian Bowl - Fried Coconut
Shrimp Over Pineapple Fried Rice
with Stir Fried Vegetables and
Topped with Cashews

Friday, February 6

LUNCH

Chili Bar--Beef Chili, Baked Potato,
Hot Dog, Rice, Shredded Cheese,
Sour Cream, Diced Onions

TAKE OUT/DELIVERY

Baked Potato or Rice Topped with Chili
and Cheese and Onions with a side of
Sour Cream

DINNER

French Onion Pork Chops over Red
Skin Mashed Potatoes and Roasted
Root Vegetables

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 30TH, 2025

Activities

SATURDAY 1/31/2026		
TIME	EVENT	LOCATION
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 2/1/2026	LOCATION
	STAY WARM!	

TIME	MONDAY 2/2/2026	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BALLOON VOLLEY	PCC
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 2/3/2026		
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
1:15PM	FRANK STOVALL MEMORIAL SERVICE	BUS DEPOT
1:30PM	BIBLE MAKE UP SESSION DAVID CHRISTIAN	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 2/4/2026		
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	LOOSE SHOES BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 2/5/2026		
TIME	EVENT	LOCATION
11:00AM	SANDY SPRINGS TAPHOUSE CINEMA MOVIE: "SONG SUNG BLUE" W/LUNCH AT HEARTHS PIZZA KITCHEN (\$13.00 PER RESIDENT)	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
7:00PM	LOVE CLASSICS W/SONYA SHELL	SUN PORCH

FRIDAY 2/6/2026		
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
3:00PM	COSTCO	BUS DEPOT

MVT Life Tip: Return carts to their natural habitat