



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

FEBRUARY 6 - FEBRUARY 13

ADMINISTRATION CORNER



Happy Friday, everyone! I hope you've all had a fantastic week and are enjoying the warmer weather compared to the past few weeks. Let's hope the old wise tale about the groundhog's shadow doesn't hold true for us this year!

I don't have much to share this week, just a few quick updates and a couple of items I want to address.

First, the Trash Room. This continues to be a hot topic, but I do want to start by acknowledging the progress I've seen. Several floors have made noticeable improvements in keeping their trash rooms clean, orderly, and in proper working order, and both I and the staff truly appreciate it. Thank you! That said, a few floors still need some work, and we're continuing to see items going into the wrong bins.

One important note: we stopped recycling plastic several years ago due to its complexity. This week, we found plastic in the paper bin (which is not allowed), along with some glass as well. Please take a moment to review the trash room rules included in this week's Tower Talk. Keeping things sorted

correctly helps us avoid contamination issues, which can become very costly with the solid waste company that removes our trash and recycling.

Next, Dining Room safety. I want to address something important for everyone's well-being in the Dining Room. Over the past couple of weeks, we've had a few accidents and close calls involving mobility devices. With servers carrying trays, residents moving throughout the room, and tight walkways during busy mealtimes, it's critical that we keep traffic flowing safely.

Power Chairs are the only authorized mobility device permitted to remain at the dining table. A power chair is a motorized wheelchair intended for seated mobility and controlled indoor use (typically operated by a joystick). Scooters are not permitted to be used as seating at the dining table. If you arrive by scooter, it must be parked in the empty space at the front of the Dining Room.

Also, once you are seated, walkers should be parked up as well. If you are dining with someone who can assist you by moving your walker out of the way, please do so. If you are dining alone, or no one is able to assist you, simply ask your server and they will be glad to help.

ADMINISTRATION CORNER continued

A quick note about birthdays. We publish resident birthdays in our monthly calendar and on our in-house channels (when operational) based on the information in our key card system. If your birthday is not listed, it's because we do not have your date of birth on file from your door card application. If you've noticed yours is missing, please email me your date of birth so we can update our records.

And finally, Valentine's Day fun! With Valentine's Day coming up next week, we have a few sweet things planned.

Since Valentine's Day falls on a Saturday (when we're not open for dinner), we'll be featuring a sweetheart lunch special, including a delicious chocolate molten lava cake for dessert. This will be a normal lunch charge. Please refer to the menu included in the Friday the 13th Tower Talk.

Also, join me for a Valentine Pop-Up Happy Hour on Tuesday, February 10 at 2:30 PM in the Back Lobby!

And last, but definitely not least? Looking for a fun way to let your neighbor, friend, secret admirer, or significant other know you're thinking about them this Valentine's Day? Great news, we are now selling Valentine Grams!

This year's Valentine Gram includes an 8.5 oz Valentine mason jar filled with chocolates, along with a custom note card from the sender. Sugar-free is available as an option when ordering. Valentine Grams are \$6.00 each and will be billed to your monthly billing statement.

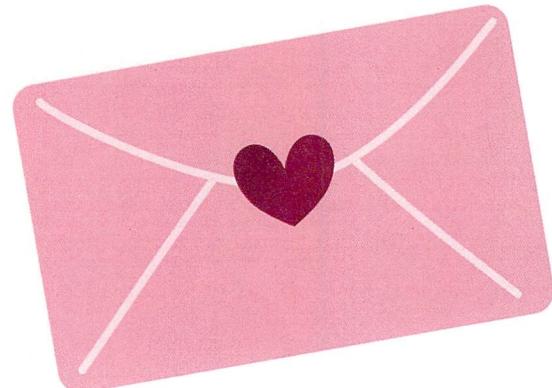
Deliveries will take place on February 11 (and possibly February 12, depending on the number of orders). All proceeds will go toward our charity endeavors, such as Solidarity.

To order, please fill out a form at the Front Desk no later than Tuesday, February 10th at 1:00 PM.

This is always a fun event, and I hope you'll participate.

Wishing you all a wonderful weekend! As always, please feel free to reach out if you need anything.

Warm regards,
Rita Malone
Executive Director

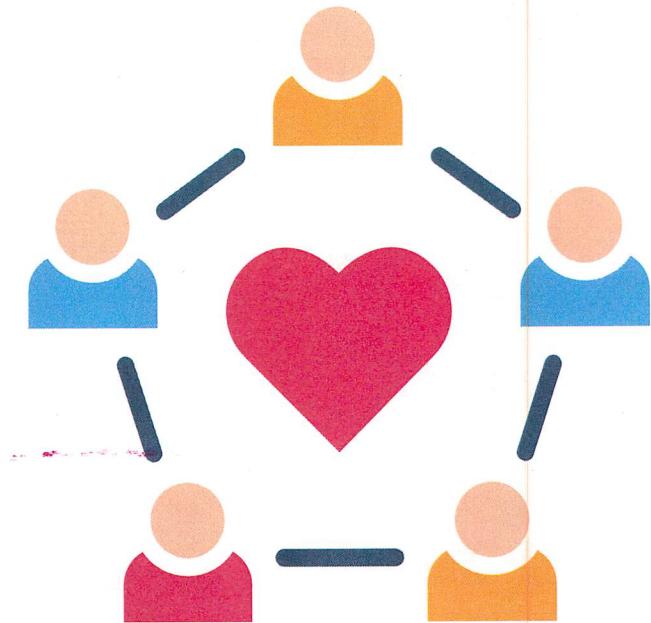


HAPPY BIRTHDAY

Help us wish a very Happy Birthday to:
Jean Bliss, Nancy Krincek (2/6), Sarah Lee Flint, Jill Catullo (2/8), Carolyn Yost, Mary Staten (2/9), Marilyn Kodesh (2/11)

Wishing you all a wonderful birthday week filled with smiles, love, and a little extra cake!

Community, Comfort & Connection



This month is all about cozy moments, friendly faces, and finding little reasons to smile every day. Whether you're enjoying a warm cup of coffee, chatting with neighbors in the lobby, or joining in on one of our community activities, February is the perfect time to slow down and soak in the comfort of home. And let's be honest—everything feels a little brighter when it's shared with good company!

With Valentine's Day in the mix, February is also a wonderful reminder that love comes in many forms—friendship, laughter, kindness, and community. So come join us for the fun this month, meet up with neighbors, and make a few sweet memories along the way. Here at MVT, you're never far from a friendly hello, a good conversation, and a place where you truly belong.

HIGH RISE LIVING SERIES

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

Valentine Cookie Decorating



Sunday, February 8
2-4 pm
Sun Porch



NATIONAL CHARITY LEAGUE

Magic with Bill Packard



WEDNESDAY, FEBRUARY 11
3:30 PM
SUN PORCH

TAX HELP

AARP FOUNDATION TAX-AIDE 2026

GET YOUR TAXES DONE FOR FREE

Benson Senior Center

Through Wednesday, April 8, 2026
Mondays and Wednesdays, 10:00am -2:00pm
Walk-Ins are welcome or call to make an appointment with the Front Desk

(404) 613-4900.

LIVE MUSIC

Saturday, February 14

Music with Robert Rice

2 PM on the Sun Porch

VALENTINE HAPPY HOUR POP-UP WITH RITA



TUESDAY, FEBRUARY 10

2:30 PM / BACK LOBBY

ART WALL

Don't miss the artwork on the back wall hallway (towards the dining room), crafted by our talented in-house artist, Denise Athanas!

Show and Tell

WELCOME TO REALITY

SHOW AND TELL WITH JANIS LIVELY

THE RESTORATION OF WTC NORTH TOWER

FEBRUARY 1993



FEBRUARY 10, 2026

HAMMOND HALL

2:30 PM

CANVAS CLASS

at Big Door Vineyards

February 11th | 6-8pm



\$32.50 per person

Includes all materials and is Instructor Lead

Bus leaves at 4:15 PM

Sign up on Activity Wall



Trash/Garbage Disposal and Recycling

- A Trash Room is located near the Laundry Room on each floor. It is the Residents' responsibility to follow these rules and ensure that anyone working for them is also aware of the following rules.
- All trash and garbage put down the trash chute must be tied in plastic bags and be small enough to fit down the chute (regular kitchen trash bags or grocery store plastic bags work well). Do not place unwrapped sanitary items including diapers down the chute. These items should be securely bagged before being placed in the chute.
- If you carry your glass items in a plastic bag to the trash room **DO NOT** place the plastic bag into the bin designated for glass. You may put it down the trash chute.
- If you carry your paper for recycling to the trash room in a plastic bag, **DO NOT** place that plastic bag in the bin designated for paper. You may put it down the trash chute.

The following items may be placed in the Paper Recycle bin

- Newspapers, magazines and catalogs
- Mail
- Shredded paper NOT in plastic bags
- Small cardboard boxes broke down (NOTHING that has had direct contact with food) with wax and with plastic inserts removed. Pizza boxes should be folded in half and placed down the trash chute. Larger cardboard boxes flattened and placed behind the PAPER/CARDBOARD container (Multiple boxes require a work order and to be picked up from your condo)

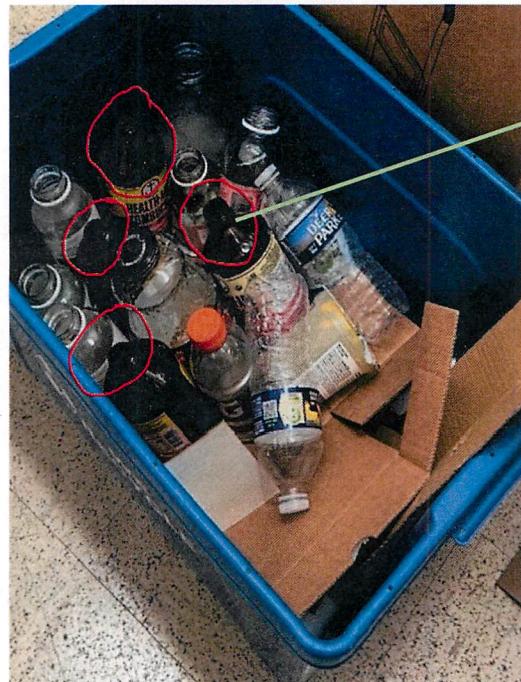
- **ABSOLUTELY NO** glass should be placed down the trash chute.
 - Rinse glass bottles and jars and place them in the glass recycle bin. Remove caps or lids. The lids or caps can be placed down the trash chute.
- Used cat litter should be double bagged and placed in the labeled plastic bin located in the trash room.

Violators will be fined.

Examples of this week that are not acceptable:



PLASTIC
NOT
ALLOWED
IN PAPER



GLASS NOT
ALLOWED
IN PAPER
RECYCLE



TABLE 300

FISH OF THE WEEK: SWAI

VEGETABLE OF THE WEEK: ROASTED MUSHROOMS

SOUP OF THE WEEK: VEGETABLE SOUP

SOUP OF THE DAY: M-BEEF BARLEY T-CHICKEN NOODLE

W-CARROT GINGER TH-SEAFOOD CHOWDER F-TURKEY AND WILD RICE

Saturday, February 7

LUNCH

Hot Roast Beef Sandwich with Melted Mozzarella on Toasted Wheatberry Bread with Horseradish Sauce and Arugula w/one side

Sunday, February 8

BRUNCH

Omelets To Order, Bagel Bar with Smoked Salmon, Black Forest Ham, Baked Cajun Haddock with Avocado Lime Sauce, Scalloped Potatoes, Roasted Root Vegetables, Grits/Bacon/Sausage, Fruit/Danish

TAKE OUT/DELIVERY

Ham or Haddock with Potatoes and Vegetables

Monday, February 9

LUNCH

Pepperoni Pizza Burger - Grilled Beef Patty on a Toasted Garlic Butter Bun with Melted Mozzarella, Marinara Sauce and Pepperoni w/one side

DINNER

Fried Chicken, Baked Parmesan Crusted Cod, Steamed Rice with Green Peas and Onion, Roasted Rutabaga, Collard Greens & Roasted Cauliflower, Buttered Carrots

TAKE OUT/DELIVERY

Chicken with Rutabaga and Collards OR Cod with Rice and Carrots

Tuesday, February 10

LUNCH

Seafood Salad Sandwich - Shrimp & Surimi Salad on a Toasted Croissant with Bibb Lettuce w/one side

DINNER

Cabbage Roll Casserole, Hungarian Paprika Chicken, Green Beans with Onions and Peppers, Parslied Egg Noodles, Squash and Apple Bake, Warm Dinner Roll

TAKE OUT/DELIVERY

Cabbage Casserole with Green Beans & Squash Or Chicken with Noodles and Squash

Wednesday, February 11

LUNCH

Grilled Hawaiian Ham Sandwich - Smoked Ham with Havarti Cheese on toasted Bread with Pineapple Jam and Fresh Spinach w/one side

DINNER

Bourbon Peach Salmon - Bourbon Peach Glazed Salmon over Mashed Sweet 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, February 12

LUNCH

Turkey Chili - Ground Turkey with Kidney Beans Served over Steamed Rice with Shredded Cheddar and a Corn Muffin

DINNER

Beef Liver Cooked in Onion Garvy with Red Mashed Potatoes w/one side

Friday, February 13

LUNCH

Pasta Bar--Spaghetti or Penne Pasta, Marinara Sauce, Alfredo Sauce, Grilled Chicken, Sausage, Grilled Peppers and Ontions, Garlic Bread

TAKE OUT/DELIVERY

Spaghetti with Marinara, Grilled Vegetables and Choice of Meat OR Penne with Alfredo, Grilled Vegetables and Choice of Meat

DINNER

Deconstructed Steak and Ale Pie over Buttermilk Biscuit w/one side

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

TOWERS TALK FEBRUARY 6, 2025

Activities

SATURDAY 2/7/2026		
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 W/ DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 2/8/2026	LOCATION
2:15PM	VALENTINE'S COOKIE DECORATING WITH THE NATIONAL CHARITY LEAGUE	SUN PORCH
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 2/9/2026	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BALLOON VOLLEY	PCC
1:30PM	HRLS: EMORY- HEART HEALTH/CIRCULATION	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 2/10/2026		
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
1:30PM	RUMMIKUB	GAME ROOM
2:30PM	SHOW N TELL	HAMMOND HALL
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 2/11/2026		
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	MAGIC WITH WILLIAM PACKARD	SUN PORCH
4:15PM	BIG DOOR VINEYARDS OUTING WITH RITA	BUS DEPOT
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 2/12/2026		
TIME	EVENT	LOCATION
10:00AM	JIM HOWE BUS TOUR ATLANTA BLACK HERITAGE [AUBURN AVE., MLK CENTER] W/LUNCH AT MARY MAC'S TEA ROOM \$15.00 PER PERSON [WALKING REQUIRED]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

FRIDAY 2/13/2026		
TIME	EVENT	LOCATION
10:00AM	CARDIO	HAMMOND HALL
11:00AM	CHAIR PILATES	HAMMOND HALL

NO BUS SERVICE FRIDAY 2/13

MVT Life Tip: Return carts to their natural habitat