



TOWERS TALK

FEBRUARY 27 - MARCH 6

ADMINISTRATION CORNER



Happy Friday!

I'm keeping it short and sweet this week and won't be writing a full article or report, as I'll be away from the office this morning, my granddaughter is

being surprised with the Warrior Award, and I am so proud to celebrate that with her.

I just want you all to know how much I appreciate each of you. I truly love this community and feel so grateful to be part of it.

I hope you enjoy the beautiful weekend we're supposed to have as we wrap up February and step into March. As always, please feel free to reach out to me if needed.

Rita Malone
Executive Director

HAPPY BIRTHDAY

Big birthday shout-out to the one and only
LAINE PARROTT on the 3/4!

LIVE MUSIC

March 5 / 3:30PM

Jazz By Two

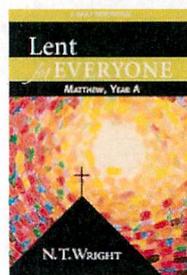
March 6 / 2 PM

Class Act Band

All shows on the Sun Porch



Podiatrist
Friday, March 6
9:30 am
Magnolia Room



Every Friday during Lent
hosted by Joann Akers
2PM in the Magnolia Room



Magic with
Paul Sponaule

Wednesday, March 4
3:30 PM / Sun Porch

St. Patrick's Day Dinner Buffet

Thursday, March 12th, 2026 – 4:30pm-6:30pm

Residents \$20.00 & Guests \$23.00

Reservations required and begin at 10am on Monday, 03/02/26

Dance into Luck with the Retro Jazz Katz full Band and Sip the Night

Away with our Featured Drink: The Lucky Rita!

Buffet Dinner Menu

- Bibb Lettuce, Beets, Boiled Egg, Pickled Vegetables, Creamy Tarragon Dressing and an Irish Soda Scone
- Carved Corned Beef
- Irish Bangers (sausages)
- Salmon In Shamrock Sauce
- Butter Braised Carrots and Cabbage
- Mashed potatoes
- Green Peas with Fresh Dill
- Baileys Irish Cream Chocolate Mousse Parfait
- Sticky Toffee Pudding



St. Patrick's Day Delivery & To-go

CHOOSE ONE ENTREE:

ALL OPTIONS SERVED WITH THE FEATURED SALAD & DESSERT.

- 1. Corned Beef**
Butter Braised Carrots and Cabbage
Mashed potatoes
- 2. Irish Bangers (sausages)**
Butter Braised Carrots and Cabbage
Mashed potatoes





Saturday, February 28

LUNCH

Tuna Melt on Wheatberry with American Cheese and Tomato w/one side

Sunday, March 1

BRUNCH

Chicken Apple Sausage with White Beans and Kale, Greek Salmon topped with Cucumber Tomato Salad, Mexican Egg Whight Frittata Bar with Salsa, Green Chilies and Guacamole, Omelets made to order, Applewood Bacon, Grits, Roasted Potatoes Wedges, Lima Beans with Onions, Pastries/Fruit

TAKE OUT/DELIVERY

Chicken Sausage or Salmon with Potatoes and Beans

Monday, March 2

LUNCH

Breakfast Burger – Grilled Beef Patty with a Fried egg, Cheese, Tomato and Bacon on a Toasted Bun with Chipotle Aioli

DINNER

Fried Chicken, Cowboy Steak and Potato Casserole, Baked Beans, Grilled Root Vegetables, Turnip Greens, Roasted Cauliflower

TAKE OUT/DELIVERY

Chicken or Casserole with Baked Beans and Vegetables

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-CHEF CHOICE F-CHEFS CHOICE

Tuesday, March 3

LUNCH

Teriyaki Turkey Burger – Grilled Turkey Burger with Melted Havarti, Pineapple and topped with a Teriyaki Glaze w/one side

DINNER

Mediterranean White Fish with Roasted Vegetables in a savory Wine Sauce, Beef Ravioli in Mushroom Sherry Sauce, Vegetable Rice Pilaf, Peas and Carrots, Balsamic Glazed Brussels Sprouts, Chopped Spinach with Garlic Butter

TAKE OUT/DELIVERY

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

Wednesday, March 4

LUNCH

Grilled Chicken Club – Grilled Chicken with Bacon, Lettuce and Tomato and 1000 Island Dressing on a Toasted Brioche Bun

DINNER

Salisbury Steak with Mashed Potatoes and Brown Gravy 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

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

Thursday, March 5

LUNCH

Pimento Cheese Steak on a Roll – Chopped Steak on a sub roll with Sauteed Peppers, Onions and Mushrooms and topped with Pimento Cheese w/one side

DINNER

Smothered Pork Chops – Boneless Pork Chops in a Spinach and Sun-Dried Tomato Cream Sauce with Roasted Potatoes w/one side

Friday, March 6

LUNCH

SANDWICH BAR --Caprese – Fresh Mozzarella and Sliced Tomato on Lettuce with a Balsamic Drizzle, Surimi Salad, Roast Beef, Turkey, Swiss Cheese or Cheddar, Wheat Bread or Toasted Croissant, Bibb Lettuce, Sliced Onions, Horseradish Aioli or Regular Mayonnaise, Caesar Salad, Kettle Chips

TAKE OUT/DELIVERY

Roast Beef or Turkey with Cheddar on a Croissant with Lettuce and Mayo. Caesar Salad and Chips

DINNER

Pecan Crusted Salmon – Salmon Brushed with Dijon Sauce and Pressed into Crushed Pecans and Served Over Toasted Parmesan Polenta

TOWERS TALK FEBRUARY 27, 2026

Activities

SATURDAY 2/28/2026		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
12:00PM	HELP TECH W/YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
12:00PM	GIRL SCOUT COOKIE SALE	BACK LOBBY
1:30PM	BIBLE STUDY W/ DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 3/1/2026		
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 3/2/2026		
TIME	EVENT	LOCATION
10:00AM	ST. PATRICK'S DINNER PARTY RESERVATIONS	FRONT DESK
10:00AM	CHAIR YOGA	SUN PORCH
10:30AM	SENSORY ACTIVITY: FLOOR TIC TAC TOE	PCC
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 3/3/2026		
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
1:30PM	RUMMIKUB	GAME ROOM
1:30PM	BIBLE STUDY MAKE-UP SESSION	MAGNOLIA ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 3/4/2026		
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 <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	MAGIC SHOW W/PAUL SPONAUGLE	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 3/5/2026		
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
9:45AM	BOOTH WESTERN MUSEUM: 3 NEW EXHIBITS W/LLUNCH AT APPALACHIAN GRILL \$14.00 TICKETS	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	JAZZ BY TWO BAND	SUN PORCH

FRIDAY 3/6/2026		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
9:30AM	PODIATRIST	MAGNOLIA ROOM
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	CLASS ACT DUO BAND	SUN PORCH
3:00PM	COSTCO	BUS DEPOT

MVT Life Tip: Return carts to their natural habitat