



# TOWERS TALK

## MARCH 20 - MARCH 27

### ADMINISTRATION CORNER



Happy Friday, everyone! I hope you've all had a wonderful week and are looking forward to a relaxing weekend ahead. As we wrap things up, I wanted to share a few important updates and highlights to keep everyone in the loop.

#### **Administration**

Please keep in mind that pet items such as blankets or beds should not be washed in the laundry machines on your floor. Pet hair tends to cling to the inside of the washers and can transfer onto the next load of laundry, even after a cycle is complete. It can also clog drains and filters over time, leading to maintenance issues and machine downtime. Most importantly, it creates an unsanitary experience for fellow residents who expect clean machines for their personal items.

Motorized mobility devices, including scooters, are not permitted in single elevators due to limited space and safety concerns. These elevators do not provide adequate clearance for both the device and other passengers, which can create a risk during entry, exit, or in the event of an emergency. In addition, tight maneuvering can cause damage to the elevator interiors and doors.

Violations will result in fines, and I appreciate everyone's cooperation in helping us keep all residents safe.

#### **Activities**

We have a lovely opportunity coming up to attend a production of *Steel Magnolias* at the Stage Door Theatre in Dunwoody on April 18th at 2:30 PM. The cost is \$25.20 per person, and I think this will be a great outing for those who enjoy live theatre. A sign-up sheet will be available starting today, so be sure to reserve your spot!

Looking ahead, we have a fun event planned for you all; an Adult Easter Egg Hunt on Tuesday, March 31st from 2:00–3:00 PM, followed by sweet treats and Happy Hour from 3:30–4:30 PM. Eggs will be hidden on each floor in the common areas, as well as in the front lobby near the front desk and in the back lobby by the mailroom. Some eggs will include prizes such as Chick-fil-A gift cards, Roasters gift cards, wine, and more! A flyer will be coming out next week with all the details. Please note, this event is for residents who live here only.

Easter Brunch reservations will begin on Monday, March 23rd at 10:00 AM in the front lobby.

## ADMINISTRATION CORNER continued

### Maintenance

Our scheduled fire alarm inspection will take place on March 23rd and 24th. On March 24th, there will be a light and sound test as well, so you can expect flashing lights and audible alarms during that time.

You may have noticed a hole near the pool area, this is part of ongoing conduit repair for the light pole, which must be completed ahead of our pool inspection in May.

Finally, on Thursday, March 26, water will be shut off to all condos beginning at 8:30 AM in order to address a leaking copper pipe. We anticipate service being restored by the afternoon, shortly after lunchtime.

As always, thank you all for helping keep our community running smoothly. If you have any questions, please feel free to reach out. Have a fantastic weekend!

**Rita Malone**  
**Executive Director**

## HAPPY BIRTHDAY

Wishing a fantastic birthday to Genevieve Shiver and Sarah Sink on (3/21), Michael Boatwright (3/22), Jennifer Atchison (3/23), and Nan Franzman (3/25)!

May your days be filled with laughter, joy, and all the things that make you happiest. Here's to another amazing year ahead!

## LIVE MUSIC

Thursday, March 26 at 3:30 PM

Bitsyland Band

Friday, March 27 at 2:30 PM

Laigh Langley Trio

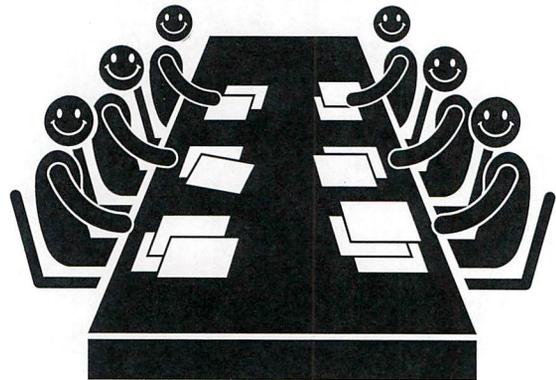
Sun Porch

## PLEASE NOTE!!

Singo-Bingo with Destination Theater has been **rescheduled** to a later date in April.

WEDNESDAY, MARCH 25

BOARD  
MEETING



3:00 PM  
SUN PORCH



Saturday, March 28

10:15 AM

Back Lobby



Stop N Shop  
with  
Cheryl Sykes  
Friday, March 27  
10 AM in the Back Lobby

Monday, March 23

11:30AM-12:30pm Magnolia Room



Paul Long,  
Community Paramedic

Paul will answer questions about M.E.D.S  
& take vitals



SING-ALONG  
WITH PAT, PAUL AND BILL

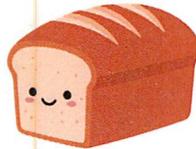
MONDAY, MARCH 23

3:30 PM

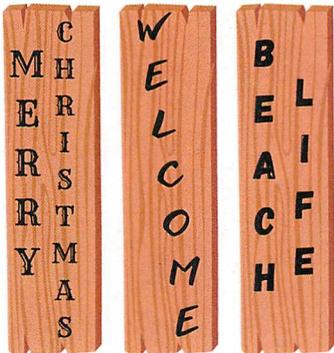
SUN PORCH



## BAKE SALE



Join us for our MVT Resident Bake Sale on  
**March 24th at 9:00 AM** in the **back lobby**. Our  
talented residents will be serving up homemade  
goodies that are sweet, delicious, and  
dangerously hard to resist.



Handmade Signs

by

Kathy Allen

Tuesday, March 24

9 AM-2 PM

Back Lobby

## Atlanta Symphony Orchestra

Robert Spano, Music Director Laureate  
conducts Rachmaninoff's Piano Concerto  
No. 3, featuring pianist Stephen Hough.

Thursday, April 30  
8 PM

Please sign up  
on Activity Wall.



Lisa Bartlett, previously with Smith-Gilbert  
Gardens, known for her award-winning  
butterfly exhibit and Georgia's first crevice  
garden will share her gardening passion and  
tips on April 22 at 1:30 PM in the Sun Porch.  
**Please sign up on the activity wall for an  
accurate headcount!**



### Dunwoody Senior Expo

Join the fun! Attend the **FREE** Senior Expo  
on Thursday, May 21st, at the Marcus JCC  
of Atlanta and connect with local  
organizations dedicated to helping seniors  
& their families. Prize drawings,  
refreshments & health screenings included!  
If you're interested,  
**sign up on the activity wall.**

# **EASTER BRUNCH**

**Sunday, April 5<sup>TH</sup>**

**Reservations ARE required: 11:30am – 2:00 pm (last seating at 1:15 pm)**

**Reservations begin Monday, March 23<sup>rd</sup> at 10am in the front lobby**

**\$22.00 Resident, \$25.00 Guest**

## **SPRING MIX SALAD**

**radish, strawberries, goat cheese with herb vinaigrette**

## **SPINACH & FETA EGG WHITE FRITTATA**

## **CARVED COCA COLA GLAZED HAM**

**a juicy, spiral-sliced ham coated in a sweet and savory Coca-Cola and brown sugar glaze**

## **CARVED BEEF TENDERLOIN WITH MUSHROOM DEMI**

**tender, slow-roasted beef served with a rich mushroom demi-glace**

## **BAKED SWEET POTATO WITH MAPLE BUTTER**

## **MINTED PEAS**

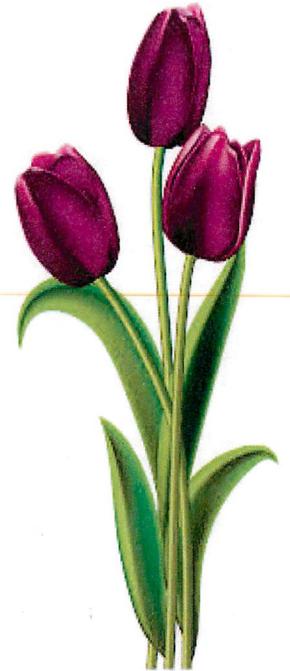
## **CARROTS & LEEKS**

## **CORN PUDDING**

## **DESSERTS**

## **ASSORTED DANISH**

## **MANGO CHEESECAKE**



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### **TO-GO & DELIVERY**

**CHOOSE ONE:**

#### **CARVED COCA COLA GLAZED HAM**

a juicy, spiral-sliced ham coated in a sweet and savory Coca-Cola and brown sugar glaze

#### **CARVED BEEF TENDERLOIN WITH MUSHROOM DEMI**

tender, slow-roasted beef served with a rich mushroom demi-glace

**CHOOSE TWO:**

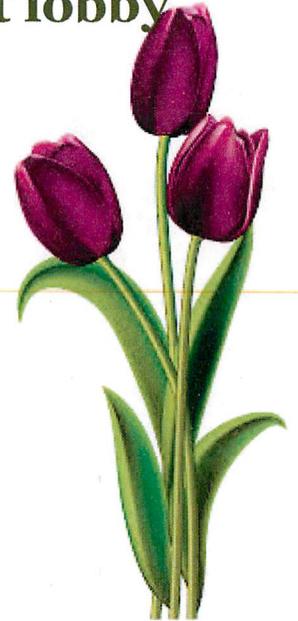
**BAKED SWEET POTATO WITH MAPLE BUTTER**

**MINTED PEAS**

**CARROTS & LEEKS**

**CORN PUDDING**

**ALL MEALS WILL COME WITH A SIDE SALAD AND DESSERT**



# TOWERS TALK MARCH 20, 2026

## Activities

SATURDAY 3/21/2026		
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

SUNDAY 3/22/2026		LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 3/23/2026		LOCATION
10:00AM	CHAIR YOGA	SUN PORCH
10:00AM	EASTER BRUNCH RESERVATIONS	FRONT DESK
10:30AM	SENSORY ACTIVITY: BINGO	PCC
11:30AM	COMMUNITY PARAMEDIC PAUL LONG	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
3:30PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 3/24/2026		LOCATION
9:00AM	BAKE SALE & HANDMADE SIGN SALE	BACK LOBBY
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

<b>WEDNESDAY 3/25/2026</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
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
3:00PM	BOARD MEETING	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 3/26/2026</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	JIM HOWE BUS TOUR: ATL ARCHITECTURE W/ LUNCH AT SIX FEET UNDER \$15.00	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
3:30PM	BITSYLAND BAND	SUN PORCH

<b>FRIDAY 3/27/2026</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	PUBLIX	BUS DEPOT
10:00AM	STOP N SHOP W/CHERYL SYKES	BACK LOBBY
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	BUS DEPOT
11:00AM	CHAIR PILATES	HAMMOND HALL
1:30PM	KROGER & DRY CLEANERS	BUS DEPOT
2:30PM	LAIGH LANGLEY & TRIO	SUN PORCH
3:00PM	WHOLE FOODS/MARSHALL/DOLLAR TREE	BUS DEPOT

**MVT Life Tip: Return carts to their natural habitat**



# 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-CHEF SPECIAL**

**TH-SEAFOOD CHOWDER F-TURKEY AND WILD RICE**

## **Saturday, March 21**

### **LUNCH**

Hot Roast Beef Sandwich on Toasted Wheatberry Bread with Melted American Cheese, Fried Onions and Mustard Aioli  
w/one side

## **Sunday, March 22**

### **BRUNCH**

Omelets To Order, Yogurt Bar with Fresh Berries and Granola, Black Forest Ham in a Maple Pineapple Glaze, Baked Haddock with Artichokes and Bell Peppers, Scalloped Potatoes, Roasted Root Vegetables, Grits/Bacon/Sausage, Fruit/Danish

### **TAKE OUT/DELIVERY**

Ham or Haddock with Potatoes and Vegetables

## **Monday, March 23**

### **LUNCH**

Barnyard Bourbon Burger - Grilled Beef Patty Topped with Pulled Pork in Bourbon Sauce and a Fried Egg on a Toasted Brioche Bun  
w/one side

### **DINNER**

Mount Vernon Fried Chicken, Flounder Florentine, Steamed Rice with Green Peas and Onion, Sweet Potatoes Wedges, Collard Greens, Buttered Carrots

### **TAKE OUT/DELIVERY**

Chicken with Sweet Potatoes and Collards OR Flounder with Rice and Carrots

## **Tuesday, March 24**

### **LUNCH**

Shrimp Tacos - Two Soft Tacos filled with Grilled Shrimp, Red Cabbage Cilantro Slaw and Topped with a Chipotle Crème  
w/one side

### **DINNER**

Stuffed Cabbage, Maple Dijon Pork Tenderloin, Mashed Potatoes, Pierogies with Caramelized Onions, Buttered Peas with Carrots, Broccoli and Cauliflower

### **TAKE OUT/DELIVERY**

Stuffed Cabbage with Pierogies and Broccoli or Pork with Mashed Potatoes and Peas

## **WEDNESDAY, MARCH 25**

### **LUNCH**

Beef Gyro - Strips of Beef in a Warm Pita with Lettuce Tomato, Onions and Tzatziki Sauce w/one side

### **DINNER**

Grilled Sirloin Patty Wrapped in Bacon with Mushroom Gravy and Roasted Marbled 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, March 26**

### **LUNCH**

Chicken Chili - A Bowl of Chili Topped with Shredded Cheddar, Diced Onions, Sour Cream and a Corn Muffin  
w/one side

### **DINNER**

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

## **Friday, March 27**

### **LUNCH**

Take a Bao - Stuffed Bao Buns also referred to as Asian Dumplings \*Big hit at George's Party - BBQ Pork, Teriyaki Chicken, Spicy Mongolian Beef, Vegetable Spring Rolls, Crispy Sesame Green Beans, Carrot Ginger Slaw

### **TAKE OUT/DELIVERY**

Choice of Chicken or Beef Bao (two each). Includes Spring Roll and Slaw.

### **DINNER**

Salmon Cakes (2) over Nicoise Salad  
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**