



TOWERS TALK

MARCH 6 - MARCH 13

ADMINISTRATION CORNER



Happy Friday!

Today we are busy celebrating our employees for Employee Appreciation Day! I am so very thankful for each and every one of our staff members and for the dedication and heart they bring to our community each day. Please be sure to give them a shout-out today and an extra thank you when you see them. Just a few updates this week.....

ADMINISTRATION

This weekend we spring forward for Daylight Saving Time, so please remember to adjust any clocks that do not automatically update.

The Fulton County Sheriff's Office is warning residents not to fall for a scam that has been circulating in the past few days. The scam involves a text message sent to Fulton County residents notifying them to appear at a hearing at Fulton County State Court for a toll violation or to pay a fine. The message then warns the recipient that, if they do not comply, they may face serious consequences, including a bench warrant for their arrest, suspension of their driver's license, and/or contempt of court charges. Please do not respond to or act upon this message.

We are noticing several vehicles on the upper deck with very old tags or flat tires that appear to have been left for an extended period of time. We have attempted to identify the owners but have been unsuccessful.

Vehicles that are not current on their registration, as well as those belonging to family or friends who do not reside at Mount Vernon Towers, are not permitted to be stored on the property. Mount Vernon Towers is not a storage facility for vehicles.

These vehicles have been tagged. If they are not moved by March 11th, they will be towed.

If you are in need of a walker, we currently have several in the Personal Care Center that are in very good condition. Please go to the Personal Care Center on Monday between 10:00 AM and 2:00 PM if you would like to take a look. The remaining walkers will be taken to a donation site this coming Tuesday. Also, please refrain from bringing items such as walkers, shower seats, or wheelchairs to the Personal Care Center for donation, as we do not have storage space available for these items.

ADMINISTRATION CORNER continued

ACTIVITIES

This week is our St. Patrick's Day Dinner Party. If you still need to make a reservation, please call Susan. The front desk does not have access to the reservation list. If you would like to send a little Irish luck to a friend or significant other, you may order a "Pot of Gold" to be delivered as a St. Patrick's Day Gram. Ordering starts today, and you may do so by filling out a form at the front desk. The cost per Pot of Gold is \$4.00.

Lunch on Thursday will be served on the Sun Porch so we can prepare the dining room for the party.

Also coming up in a few weeks... MVT will be egged! That's right — we will be hosting an adult egg hunt with lots of fun prizes. More information will be coming out soon.

Please note that the time for the upcoming Trivia on March 18th has been changed to 3:00 PM. Captains can sign up on the clipboard located on the Activities' wall.

MAINTENANCE

This coming Tuesday, March 10th, the maintenance staff will be changing filters on floors 9 and 10. If you will not be home and would like the staff to enter your unit, please leave a note on your door. I hope you enjoy the rest of this beautiful day and have a great weekend.

Rita Malone
Executive Director

HAPPY BIRTHDAY

Get ready to party! A huge birthday bash shoutout to the fabulous LEIGH JOSEY on 3/7! Then, on 3/8, it's a double celebration for the amazing MARY HUGHES and the incredible JIM STRONG! Next up, MICHELE NICHOLL will be rocking her day on 3/10! And let's not forget the wonderful PATRICIA DAVIS, who will light up the party on 3/13!

LIVE MUSIC

March 12

Retro Jazz Katz

St. Patrick's Dinner Party

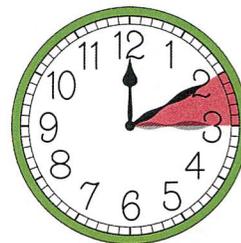
All shows on the Sun Porch

HIGH RISE LIVING SERIES

March 9 with Dignity Memorial

The Benefits of Pre-planning.

1:30 PM on the Sun Porch



DAYLIGHT SAVINGS
Sunday, March 8

Get ready to "spring forward" an hour, as clocks magically leap from 2:00 a.m. to 3:00 a.m.! Sure, we'll lose an hour of beauty sleep, but hey, more sunshine for evening shenanigans!

The Joy of Community Living

This season is a wonderful time to embrace the opportunities around us. Try a new class, join a group activity, or stop and chat with a neighbor you haven't met yet. Small moments often become the most meaningful memories.

At Mount Vernon Towers, we celebrate not just the years we've lived, but the experiences still ahead of us—and the wonderful community we share along the way.



ST. PATRICK'S DINNER PARTY

THURSDAY, MARCH 12

4:30 PM

MUSIC WITH RETRO JAZZ KATZ

RESERVATIONS REQUIRED



Join the St. Jude 3rd graders for an afternoon of cookies and beverages and a singing performance.

Wednesday, March 11

2:45 PM

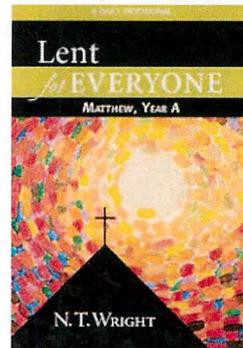
Sun Porch



LUCK OF THE IRISH SCAVENGER HUNT

FRIDAY, MARCH 13

2:30 PM / BACK LOBBY



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

MARCH OUTINGS

March 19 - World of Coke
w/lunch at Atlanta Fish Market \$22

March 25 - Jim Howe Bus Tour
Atlanta Architecture
w/lunch at Six Feet Under

TRIVIA

Team Trivia coming Wednesday,
March 18 at 3 PM. Sign up on the
Activity Wall.



TABLE 300

FISH OF THE WEEK: HADDOCK LOIN

VEGETABLE OF THE WEEK: CREAMED CORN WITH PEPPERS

SOUP OF THE WEEK: BEEF BARLEY

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

W-CHEF SPECIAL TH-N/A F-CHEF SPECIAL

Saturday, March 7

LUNCH

Mack the Knife -Grilled Beef Patty with Melted Cheddar, Bacon Jam and a Fried Onion Ring on a Toasted Brioche Bun w/one side

Sunday, March 8

BRUNCH

White Fish Florentine, Beef Meatballs in Onion Gravy, Baby Carrots in Herbed Butter, Roasted Red Potatoes, Waffle Bar, Omelets, Bacon/Sausage, Fruit and Pastries

TAKE OUT/DELIVERY

Fish or Meatballs with Carrots and Potatoes

Monday, March 9

LUNCH

Three Cheese Bacon Melt- American Swiss and Havarti with Bacon on Wheatberry Bread w/one side

DINNER

Flounder Francaise, Fried Chicken, Green Bean Casserole, Ratatouille, Creamy Cauliflower, Ole World Potato Pancakes

TAKE OUT/DELIVERY

Fish with Ratatouille and Cauliflower
OR Chicken with Green Bean Casserole and Potatoes

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

Tuesday, March 10

LUNCH

The Two Steppin' Texan- Chopped Steak, Grilled Onions and Beer Cheese piled on Texas Toast w/one side

DINNER

Boneless Apple Butter Pork Chops, Baked White Fish with Fresh Tomatoes and Zucchini, Roasted Carrots Cauliflower and Red Onions, Green Peas with Butter, Mashed Sweet Potatoes, Warm Dinner Roll

TAKE OUT/DELIVERY

Pork Chops with Mashed Sweet Potatoes and Green Peas OR Fish with Roasted Carrots, Peas and a Dinner Roll

WEDNESDAY, MARCH 11

LUNCH

Open Faced Eggplant Parmesan Sandwich - Fried Eggplant with Mozzarella Cheese Marinara Sauce and Fresh Basil and Toasted Garlic Bread w/one side

DINNER

Chicken Marsala with Roasted Red Potatoes

**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 12

LUNCH (SUN PORCH)

Chicken Salad - Diced White Meat Chicken with Toasted Pecans and Cranberries on Croissant

Egg & Shrimp Salad - Classic Egg Salad with Grilled Shrimp on Wheat Bread
American Sub- Ham, Turkey and American with Lettuce on a Sub Roll
Variety of Bagged Chips and Desserts

DINNER

St. Patrick's Dinner Party. Reservations Required.

Friday, March 13

LUNCH

Fried Catfish, BBQ Shredded Pork, Broccoli Cheese Bake, Squash and Tomato, Macaroni & Cheese, Buttered noodles

TAKE OUT/DELIVERY

Catfish with Broccoli and Mac & Cheese
OR BBQ Pork with Squash and Mac & Cheese

DINNER

Mediterranean Salmon - Baked Salmon in Wine Sauce with Roasted Vegetables served over Cauliflower Rice w/one side

TOWERS TALK MARCH 6, 2026

Activities

SATURDAY 3/7/2026		
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

SUNDAY 3/8/2026		
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 3/9/2026		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	SUN PORCH
10:30AM	SENSORY ACTIVITY: FLOOR TIC TAC TOE	PCC
1:30PM	HRLS: DIGNITY MEMORIAL PRE PLANNING DO & DON'T'S	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 3/10/2026		
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
1:30PM	BIBLE STUDY MAKE-UP SESSION	MAGNOLIA ROOM
6:30PM	VESPERS	SUN PORCH

WEDNESDAY 3/11/2026		
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
2:45PM	ST. JUDE 3RD GRADERS CHOIR WITH REFRESHMENTS	SUN PORCH
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 3/12/2026		
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
4:30PM	ST. PATRICK'S DAY DINNER PARTY W/ RETRO JAZZ KATZ BAND	DINING ROOM

FRIDAY 3/13/2026		
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
2:30PM	LUCK OF THE IRISH SCAVENGER HUNT	BACK LOBBY
3:00PM	COSTCO	BUS DEPOT

MVT Life Tip: Return carts to their natural habitat