

## ADMINISTRATION CORNER



Happy Friday, everyone! I hope you've all had a great week and are looking forward to the weekend ahead. I have several important updates to share, so please take a

moment to review everything below.

### Administration

Recycling continues to be a challenge for us. We are still seeing items placed in the wrong bins; water bottles in the kitty litter bin, soda cans in the glass bin, cardboard not being broken down in the trash rooms, as well as miscellaneous items being left in the corners of the trash rooms. This type of contamination requires several hours each day for staff to sort through and correct, and it is also resulting in additional costs with our trash provider when items are missed.

We are very close to implementing a non-recycling policy due to these ongoing issues, but we would like to avoid that if possible.

Although we have talked about this frequently, we are going to try something a little different to help improve the situation. Beginning tomorrow, April 11, we will be starting a recycling contest. The floor that maintains the cleanest and most organized

trash room, while properly following recycling guidelines for one full month, will **win** a pizza, salad, and wine party for their floor. I am hopeful this will encourage better habits and a little friendly competition.

Regarding Comcast, the Classic Movie Channel is now available on channel 869 for those with Comcast service. If you are experiencing any issues with your TV or internet, please contact the front desk or reach out to me directly so we can submit a service request for you. Please keep in mind that if you call Comcast directly, without going through our office, under our bulk service agreement you may be charged for a service call.

### Activities

We have several events coming up that I want everyone to be aware of. The Kentucky Derby Party is in the works, and we will be sharing the menu and details in an upcoming Tower Talk. Reservations will begin on April 20 at 10:00 AM in the front lobby. Mother's Day reservations will follow the week after, and more information will be coming soon.



## ADMINISTRATION CORNER

Mary Corbitt will be hosting an art sale in the back lobby on Friday, May 1. Additional details will be shared in the coming week.

Also, if you are an artist and would be interested in displaying your artwork in the hallway between the front desk and the dining room, please let me know. It is time to rotate the artwork, and we love featuring resident pieces.

### Dining

I will be reviewing a new spring menu next week and look forward to sharing updates soon, including timing on when the menu will change.

### Maintenance

The maintenance staff will be on floors 1 through 4 on Tuesday, April 14, starting at 9:00 AM, changing HVAC filters. If you are not home, they will circle back throughout the week; however, if possible, please try to make yourself available on Tuesday so we can complete this as efficiently as possible.

We are also continuing to prepare the pool area for the season. This includes inspection, cleaning, and getting umbrellas and furniture set up. Our goal is to open the pool as early as possible, but no later than May 22.

In addition, I have scheduled for the courtyard, pool area, PCC balcony, sidewalks, and walkways to be professionally cleaned and pressure washed as soon as the pollen subsides, hopefully sooner rather than later. I hope everyone has a wonderful weekend. Enjoy having the Atlanta Braves back home, and of course, The Masters this weekend.

As always, please reach out with any questions, suggestions, or concerns.

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

## HAPPY BIRTHDAY

A big ol' birthday shoutout to ED BEARD A908 on 4/12, and let's keep the party rolling for JEAN ALLISON B314, NANCY LUCKETT B308, and WORTH WILLIAMS B114 on 4/14!

## EMORY HEALTHCARE



FRIDAY, APRIL 17

1:00–4:00 PM

LUNG NODULE PROGRAM  
AT  
EMORY SAINT JOSEPH'S

Experience the future of surgery at Emory Saint Joseph's, featuring the Da Vinci robotic system—a hands-on showcase of advanced surgical technology. Mount Vernon Towers residents are invited to attend, with a sign-up sheet available.

**Attendees are responsible for their own transportation.**

## HIGH RISE LIVING SERIES

Learn what's happening at the Sandy Springs Library and register for a free library card with proof of residence.

Monday, April 13

1:30 PM / Sun Porch

## NEW RESIDENT DINNER

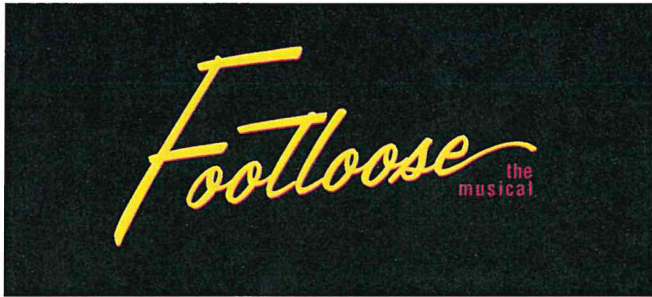
Register by the mail room by 5pm on Sunday, April 12. Residents may attend for a year after moving to MVT.  
Wednesday, April 15 at 4 PM



**STAGEDOOR**  
THEATRE

STEEL MAGNOLIAS

SATURDAY, APRIL 18  
Dunwoody Cultural Arts Center  
5339 Chamblee Dunwoody Road  
Dunwoody GA 30338



Saturday, May 16, The Strand Theatre in Marietta Square at 3:00 PM. Tickets are \$45 each. The sign-up sheet will be posted today, so if you are interested, please sign up soon, as we will need to purchase tickets this coming week.

## APRIL OUTINGS

APR 23	Gibbs Gardens w/lunch TBA
APR 30	Atlanta Symphony Orchestra w/Dinner at Tre Vele \$41.00

**Sign-up in the Back Lobby!**

## LIVE MUSIC

Dusty's Ragtime Musical Show  
Friday, April 17  
2:30 PM / Sun Porch

**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!**



Join the FREE Dunwoody Senior Expo on Thursday, May 21st, at Marcus JCC of Atlanta. Connect with local organizations for seniors, enjoy prize drawings, refreshments, and health screenings. Sign up on the activity wall if interested!

# TOWERS TALK APRIL 10TH, 2026



SATURDAY 4/11/2026		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH W/YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 4/12/2026		
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 4/13/2026		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BINGO	PCC
1:30PM	HRLS: SANDY SPRINGS LIBRARY INFO	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 4/14/2026		
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

**PLEASE READ AND ABIDE BY THE RECYCLING  
RULES!!!**

<b>WEDNESDAY 4/15/2026</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
5:00PM	NEW RESIDENT DINNER [SIGN UP ON ACTIVITY WALL]	DINING ROOM
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 4/16/2026</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
10:00AM	JIM HOWE BUS TOUR OF EAST ATLANTA & DECATUR W/LUNCH AT MARLAY'S PUB RESIDENTS \$15.00	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

<b>FRIDAY 4/17/2026</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
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	DUSTY'S RAGTIME MUSICAL MASHUP	SUN PORCH
3:00PM	PERIMETER MALL	BUS DEPOT

**PLEASE READ AND ABIDE BY THE RECYCLING  
RULES!!!**

**WE DO NOT  
RECYCLE  
PLASTIC**



**PLEASE DON'T LEAVE PLASTIC  
IN THE TRASH ROOM!**

**TOSS IT DOWN  
THE TRASH  
CHUTE!**

**WHOOSH!**



**WE DO NOT  
RECYCLE  
ALUMINUM**



**PLEASE DON'T LEAVE ALUMINUM  
IN THE TRASH ROOM!**

**TOSS IT DOWN  
THE TRASH  
CHUTE!**

**WHOOSH!**



# WHAT WE DO RECYCLE



**WE TAKE:**



**CLEAN  
GLASS BOTTLES  
& JARS**

(Rinsed Out)



**CLEAN PAPER  
& CARDBOARD**

(Broken Down)



**If you have a large amount of cardboard,  
★ place a work order for a minimal pick-up fee! ★**





# TABLE 300

**FISH OF THE WEEK: FLOUNDER BAKED OR FRIED**

**VEGETABLE OF THE WEEK: PEAS AND ONIONS**

**SOUP OF THE WEEK: CHICKEN NOODLE**

**SOUP OF THE DAY: M-BEEF BARLEY T-CHEFS CHOICE W-CHEFS CHOICE  
TH-BROCCOLI & CHEESE F-SEAFOOD CHOWDER**

**Saturday, April 11**

**LUNCH**

Shrimp Basket - Fried Shrimp with Hush Puppies and Carrot and Raisin Slaw

**Sunday, April 12**

**LUNCH**

Flounder Vera Cruz, John Wayne Beef and Sausage Casserole, Yellow Rice, Roasted Carrots with Lemon Herb Butter, Apple & Cinnamon Croissant Hot Dish, Omelets made to order, Applewood Bacon, Grits, Pastries/Fruit

**TAKE OUT/DELIVERY**

Fish or Casserole with Rice and Carrots

**Monday, April 13**

**LUNCH**

Sloppy Joes over Texas Toast w/one side

**DINNER**

Fried Chicken, Cajun Salmon, Roasted Squash & Red Onions, Black Eyed Peas, Collard Greens, Corn bread

**TAKE OUT/DELIVERY**

Chicken or Salmon with Collards Peas and Corn Bread

**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**

**Tuesday, April 14**

**LUNCH**

The Rachel - Warm Sliced Turkey on Toasted Rye Bread with Swiss Cheese and Coleslaw w/one side

**DINNER**

Mediterranean White Fish with Roasted Vegetables in a Savory Wine Sauce, French Onion Braised Pork Chops, Roasted Potatoes, Peas and Carrots, Grilled Vegetables, Chopped Spinach with Garlic Butter

**TAKE OUT/DELIVERY**

Fish or Pork with Potatoes and Spinach

**WEDNESDAY, APRIL 15**

**LUNCH**

Mushroom Swiss Burger--All Beef Patty with Sauteed Mushrooms and Onions

Smothered with Melted Swiss on a Toasted Bun and a Roasted Garlic aioli w/one side

**DINNER**

Honey Garlic Lemon Pepper Chicken over Cappellini Pasta with Steamed Garlic

**Thursday, April 16**

**LUNCH**

Chicken Salad with Craisins and Pecans on a Toasted Croissant with Sliced Cucumbers w/one side

**DINNER**

Tuscan Beef Tips over Mashed Potatoes w/one side

**Friday, April 17**

**LUNCH**

**BUILD YOUR OWN NACHO BAR:** Ground Beef, Chicken, Beans, Cheese, Onion Olives, Sour Cream, Salsa

**TAKE OUT/DELIVERY**

Nachos with your choice of toppings:

**DINNER**

Stuffed Flounder with Roasted Squash Medley 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**