



**MOUNT VERNON TOWERS**  
ACTIVE 55+ COMMUNITY

# TOWERS TALK

APRIL 3 - APRIL 10

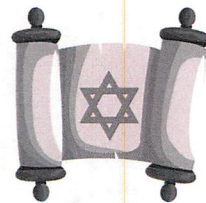
## ADMINISTRATION CORNER



Happy Good Friday, everyone! I just have a short note this week. Our first annual adult Easter egg hunt was a fantastic success, with a great turnout and plenty of fun. We had 11 happy golden egg winners, and the Easter Bunny was hopping around, spreading joy to everyone.

As we head into Easter weekend, I wish everyone a wonderful Easter and a chance to reflect and enjoy time with family and friends. Much love to you all!

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



Easter and Passover are significant spring holidays celebrating renewal and togetherness. Easter, a Christian holiday, signifies new life and resurrection, while Passover honors freedom and remembrance, fostering family reflection and shared meals. Wishing peace, joy, and connection to all who celebrate.

## HAPPY BIRTHDAY

Shoutout to birthday stars LOUISE AUSBAND A210 and ELNA SHEETZ A1001 on 4/4, SUZANNE DACY A905 and TONY SHIBONA A805 on 4/8, MARY SMITS B606 on 4/9, and the fabulous ELEANOR WHIPPLE B215 and NANCY PEGG B507 on 4/10!

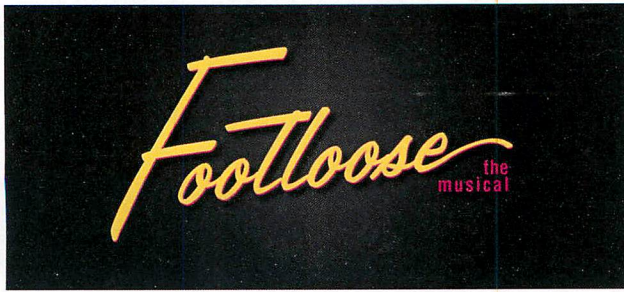
## LIVE MUSIC

Music To My Ears 60's program  
Wednesday, April 8  
3:30 PM / Sun Porch



BUY  
FOR  
NOTHING

TUESDAY, APRIL 7 / 10 AM-2 PM  
SUN PORCH



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.

*Thank you!*

To My friends at MVT - Thank you for the many cards, flowers and gifts celebrating my 96<sup>th</sup> birthday. Love MVT and ALL of you!  
Doris Williams

**APRIL OUTINGS**

APR 2	Avalon IMAX: Project Hail Mary w/Dinner at the Avalon
APR 9	Atlanta Zoo w/lunch at Hard Rock Cafe \$32.20
APR 16	Jim Howe Bus Tour of Decatur/East Atlanta w/lunch at Marlay's Pub \$15.00
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!**



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 3RD, 2026

## Activities

SATURDAY 4/4/2026		
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 4/5/2026		
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 4/6/2026		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BINGO	PCC
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
5:00PM	DROP OFF ITEMS ONLY: BUY FOR NOTHING	AZALEA ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 4/7/2026		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:00AM	BUY FOR NOTHING DAY [ALL ARE WELCOME]	SUN PORCH
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 4/8/2026</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
3:30PM	MUSIC TO MY EARS 60'S ERA PROGRAM	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 4/9/2026</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
2:30PM	ATLANTA ZOO W/LUNCH AT HARD ROCK CAFÉ TICKETS \$32.20	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

<b>FRIDAY 4/10/2026</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
3:00PM	TARGET	BUS DEPOT

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



# TABLE 300

**FISH OF THE WEEK: TROUT**

**VEGETABLE OF THE WEEK: BLACK EYED PEAS**

**SOUP OF THE WEEK: CORN CHOWDER**

**SOUP OF THE DAY: M-TOMATO BISQUE T-SAUSAGE & BEAN**

**W-CHEF SPECIAL TH-BROCCOLI CHEESE F-POTATO**

**Saturday, April 4**

**LUNCH**

Fish Sandwich on a Bun - Fried Cod with American Cheese, Lettuce and Tomato on a toasted Brioche Bun with Tartar Sauce

w/one side



**Sunday, April 5**

**EASTER BRUNCH**

(DINE-IN) RESERVATION ONLY- SOLD OUT

**TAKE OUT/DELIVERY**

Choose one: Carved Coca Cola Glazed Ham or Carved Beef Tenderloin.

Choose two: Baked Sweet Potato w/Maple Butter, Minted Peas, Carrots & Leeks or Corn Pudding

All meals come with a side salad and dessert

**Monday, April 6**

**LUNCH**

Grilled Alabama Slammer - BBQ Pulled Pork with Melted Cheddar and Crunchy Onion Rings Between 2 Slices of Wheatberry Bread w/one side

**DINNER**

Fried Chicken, Lemon Pepper Salmon, Seasoned Potato Wedges, Baked Beans, Green Peas and Pearled Onions, Stewed Tomatoes

**TAKE OUT/DELIVERY**

Fried Chicken OR Lemon Pepper Salmon with Seasoned Potato Wedges and Green Peas and Pearled Onions

**Tuesday, April 7**

**LUNCH**

Grilled Shrimp Salad - Grilled Shrimp over a Bed of Spinach and Romaine with Grape Tomatoes, Sweet Corn, Grilled Peppers and Onions with a Dijon Vinaigrette and Parmesan Cheese

**DINNER**

Beef Tips in Roasted Mushroom and Onion Gravy, Pork and Pepper Stew, Penne Pasta with Parslied Butter, Grilled Squash, Italian Green Beans with Pimentos, Cauliflower and Peas with Brown Butter, Parsley, Lemon

**TAKE OUT/DELIVERY**

Beef or Pork over Noodles with Green Beans

**WEDNESDAY, APRIL 8**

**LUNCH**

Mediterranean Turkey Burger - Grilled Turkey Patty with Olive Tapenade, Sliced Tomato, Cucumbers and Red Onions with Dill Sauce on a Toasted Bun w/one side

**DINNER**

Chicken Piccata Over Basil Mint Angel Hair Pasta 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**

**Thursday, April 9**

**LUNCH**

Roasted Vegetable Quesadilla - Roasted Peppers, Cabbage, and Broccoli mixed with White Beans and Jack Cheese w/one side

**DINNER**

Korean BBQ Chicken Served Over Fried Rice. Includes Spring Roll as Side

**Friday, April 10**

**LUNCH**

HOT DOG BAR---All Beef Hot Dogs, Beef Chili, Baked Beans, Sauerkraut, Cheese Sauce, Diced Onions, Cole Slaw, Relish

**TAKE OUT/DELIVERY**

Two Beef Hot Dogs with a side of Beans and Coleslaw

**DINNER**

Tuscan Salmon over Steamed Rice 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