MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

2026 Best Of Perimeter
Presented By APPEN MEDIA GROUP

TOWERS TALK

JUNE 5 - 13

ADMINISTRATION CORNER

Happy Friday, everyone!
I hope you've had a fantastic week and are looking forward to an even better one ahead. Stay tuned for my full write-up on Monday. Enjoy your weekend.

Rita Malone
Executive Director

HAPPY 40th MVT

Ribbon Cutting Ceremony on Friday, June 12, at 11:00 a.m. in the Courtyard.

Anniversary Party on Saturday, June 13, at 11:00 a.m. in the Courtyard.

HAPPY BIRTHDAY

A big birthday shoutout to ANNITA KORB A414 on 6/2, JOHN KIERAN B807 on 6/6 and Walt Ptaskiewicz 10 on A914 on 6/9!

LIVE MUSIC

Wednesday, June 10
3:30PM
Atlanta New Horizon
Sun Porch

HIGH RISE LIVING SERIES

Kim Franklin Nelson, MHA with the Alzheimer's Association of Georgia speaks on brain health.
Monday, June 8 at 1:30 PM on the Sun Porch

with Kairos Church 1st & 3rd Graders

Tuesday, June 9 at 10:30 AM
Sun Porch

ATTENTION!

Please note that there will be no Cardio or Chair Pilates sessions on Friday, June 12, and no strength and balance class on Saturday, June 13, in observance of the 40th anniversary celebrations.

TOWERS TALK JUNE 5, 2026

Activities

	SATURDAY 6/6/2026	
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: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 6/7/2026	LOCATION
2:30PM	JESUS OVER EVERYTHING FELLOWSHIP	SUN PORCH

TIME	MONDAY 6/8/2026	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	SENSORY ACTIVITY: BINGO	PCC
1:30PM	HRLS: BRAIN HEALTH W/KIM FRANKLIN NELSON, MHA W/THE ALZHEIMER'S ASSOCIATION	SUN PORCH
2:00PM	WATER AEROBICS	POOL SIDE
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 6/9/2026	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:30AM	KAIROS CHURCH 1ST-3RD GRADE BINGO GAME	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

PLEASE RETURN ALL CARTS AFTER USING

BACK TO THE BASEMENT

	WEDNESDAY 6/10/2026	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
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 *RETURN* PICK UP TIME)	DEPOT
3:30PM	ATLANTA NEW HORIZON BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 6/11/2026	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	JIM HOWE BUS TOUR OF DAHLONEGA,GA W/LUNCH AT THE SMITH HOUSE $15.00	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL

	FRIDAY 6/12/2026	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
CANCELLED	CARDIO IS CANCELLED	CANCELLED
10:30AM	WALMART	BUS DEPOT
11:00AM	40TH ANNIVERSARY RIBBON CUTTING CEREMONY	COURTYARD
CANCELLED	CHAIR PILATES IS CANCELLED	CANCELLED
1:30PM	KROGER & DRY CLEANERS	BUS DEPOT
3:00PM	TARGET	BUS DEPOT

PLEASE RETURN ALL CARTS AFTER USING

BACK TO THE BASEMENT

Breakfast 8:00am-9:30pm
Lunch 11:30am - 2:00pm, Mon-Sun
Last seating at 1:15pm
Dinner 4:30pm - 7:00pm, Mon-Fri
Last seating at 6:15pm

TABLE300

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

WEEKLY SPECIALS

JUNE 6 -JUNE 12

of the week: Cream of Mushroom

of the week: Trout

of the week: Honey Glazed Carrots

of the day: M-Chef Special T-Chicken Noodle W-Vegetable Beef Th-Chef Special F-Loaded Potato

Saturday, June 6

LUNCH

Shrimp and Egg Salad on Toasted Wheatberry Bread with Sliced Cucumbers w/one side

Sunday, June 7

LUNCH

Yogurt Bar with Fresh Berries and Granola, Cannelloni with Lobster Sauce, Brown Sugar and Honey Chicken, Grilled Vegetables, Potatoes O'Brien, Omelets Made-to-Order, Applewood Bacon/Sausage Links, Grits, Pastries/Fruit

TAKE OUT/DELIVERY

Fish or Beef Skillet with Carrots and Rice

Monday, June 8

LUNCH

Whiskey Bacon Jam Burger with Melted Cheddar w/one side

DINNER

Fried Chicken, Stuffed Pepper Casserole, White Beans with Spinach, Macaroni & Cheese, Southern Green Beans, Stewed Okra and Tomatoes

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Tuesday, June 9

LUNCH

Mediterranean Salmon Salad on a Toasted Croissant w/one side

DINNER

Flounder topped with Roasted Red Pepper Sauce, Smothered Pork Chops in Onion Gravy, Rosemary Roasted Potatoes, Peas & Mushrooms, Grilled Zucchini and Onions, Green Beans in Lemon Butter

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Wednesday, June 10

LUNCH

Chicken Cordon Bleu Stromboli - Shredded Chicken with Ham, Swiss and Dijon Mustard Rolled in Italian Dough w/one side

DINNER

Beef Kababs - Marinated and Cubed Ribeye Steak with Fresh Grilled Vegetables Served over Red Mashed Potatoes w/one side

Thursday, June 11

LUNCH

Gyro-Beef Gyro Meat with Tzatziki Sauce, Cucumbers, Olives, Tomatoes and Feta Cheese in a Warm Pita Bread w/one side

DINNER

Sesame Chicken and Vegetables over Rice with a Fried Eggroll

Friday, June 12

LUNCH

POTATO BAR--Beef Chili, Southwestern Chicken, Cheese Sauce, Creamed Spinach and Artichoke, Herbed Butter, Sour Cream, Diced Onions

TAKE OUT/DELIVERY

Choice of Chicken or Beef with Cheese Sauce, Sour Cream and Onions

DINNER

Upside Down Shepherd's Pie - Ground Beef with Vegetables in Gravy Served Over Mashed Potatoes and Topped with Shredded Cheese w/one side