



TOWERS TALK

AUGUST 21 - AUGUST 28

ADMINISTRATION CORNER



Happy National Senior Citizens Day! Today is not about a number or feeling “old.” It’s a day when I can tell you how much I appreciate the people who call Mount Vernon Towers home. Your kindness, strength and individual personalities are a major part of what makes MVT what it is, and I truly value each of you.

MVT has been an important part of my life both personally and professionally. As I prepare to celebrate my 13th anniversary here this coming week, I am thankful for the relationships I have built, the challenges we have worked through together and the countless moments that have made these years so meaningful to me.

On another note, please remember to read Tower Talk each week, even when my article is short. It includes not only information about upcoming activities, outings and entertainment, but also important updates regarding community operations, policies, maintenance, dining, transportation and other matters affecting our residents and owners. September will bring many new outings, entertainers and special events, so stay tuned, watch the Activities Wall and review the individual information sheets for complete details and sign-up instructions.

A few important reminders and updates:

- Please do not flush wipes of any kind, even those labeled “flushable.” All wipes must be placed in the trash. They can cause serious plumbing blockages and extensive water damage.
- All bus routes are canceled on Wednesday, August 26.
- The Trilith Movie Studio outing has been rescheduled for Thursday, August 27, and the bus is full.
- On Thursday, September 3, we will be visiting the High Museum of Art to see Amy Sherald: American Sublime, the largest exhibition of the acclaimed artist’s work to date. The exhibition features paintings created from 2007 through 2024. Amy Sherald studied at Clark Atlanta University and is well known for her portrait of former First Lady Michelle Obama. We will depart MVT at 10:00 a.m., with museum admission at 11:00 a.m. Tickets are \$31.50 per person, and lunch will follow at Saints + Council. Sign-up sheets will be posted soon.

Last but not least, I want to share something that has left me completely shocked and so very humbled. I learned yesterday that I have been nominated for the Greater Perimeter Chamber’s 2026 Woman of Distinction Award.

ADMINISTRATION CORNER

The award honors women who are helping shape the future of the Greater Perimeter region through leadership, service, innovation and impact. Nominees are evaluated on their leadership and influence within their organization or field, their positive and lasting contributions to the community, and the character they demonstrate through integrity, resilience, compassion and innovation.

I am incredibly honored to be nominated and humbled that someone felt my efforts were worthy of this recognition. I simply try to give my best wherever I have an opportunity to serve, whether through my work here at MVT, my charitable work or my involvement in other community efforts.

The nominees will be spotlighted in September, and the 2026 honoree will be recognized at the Greater Perimeter Chamber's Woman of Distinction Luncheon on October 21. Regardless of what happens next, simply being nominated is an honor that I do not take lightly.

As always, I hope everyone has a great weekend, and please do not hesitate to reach out to me if needed.

Rita Malone
Executive Director

HAPPY BIRTHDAY

Happy Birthday to our August birthday stars! Julie Maisel A306 (8/24), Elelyn Haddad A205 (8/25), Zeta Stiemke B203 (8/25), Linda Gurley A201 (8/26), Mary Gwen Cesnik B502 (8/27), Marilyn Gatewood A207 (8/27), Peggy Marshall B204 (8/27), and Taylor Cambas B707 (8/28)! We hope your special day is filled with laughter, love, good friends, and plenty of reasons to celebrate.

Happy Birthday to our wonderful **Executive Director, Rita Malone!** Today we celebrate not only your birthday, but the warmth, dedication, and leadership you bring to Mount Vernon Towers every day. Your commitment to our community and the people who call MVT home truly makes a difference.

We hope your birthday is filled with all the joy, laughter, and appreciation you deserve. **Happy Birthday, Rita!** We are so grateful to have you leading our MVT family!

Happy Tails

Saturday, August 22

10:15AM

Back Lobby

Paul Long Community Paramedic

Monday, August 24 from 11:30am-12:30pm
Magnolia Room



LIVE MUSIC

Thursday, August 27, 7PM

The Occasional Brass Quintet

The performers hail from the prestigious
Atlanta Concert Band and the Atlanta
Metropolitan Symphony Orchestra (formerly
known as the Atlanta Community Symphony
Orchestra)

Trumpets: Peter Berry, Stephen Goodwin

Horn: Christopher Nichols

Trombone: Paul Bonapfe

Tuba: Jason Roberts

7 PM on the Sun Porch

FLUSHING REMINDER



Please do not flush wipes
of any kind, even those
labeled "flushable." All
wipes must be placed in
the trash. They can cause
serious plumbing
blockages and extensive
water damage.

MVT OUTING

The Trillith Movie Studio Tour

Thursday, August 27

9:45 AM departure

Lunch at Village Cafe



**TRILITH
STUDIOS**

HAPPY SENIOR CITIZENS DAY

Celebrating You!

Happy National Senior Citizens Day to the
wonderful residents of Mount Vernon
Towers!

Today, we celebrate the wisdom, stories,
laughter, accomplishments, and friendships
that make our community so special. You
remind us that life is meant to be enjoyed,
new memories are always waiting to be
made, and age is just a number.

We are so grateful to have each and every
one of you as part of the Mount Vernon
Towers family. Here's to celebrating YOU
today and every day!



AUGUST 22ND - 28TH

SATURDAY • 8/22/2026		
TIME	EVENT	LOCATION
10:00 AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15 AM	HAPPY TAILS	BACK LOBBY
12:00 PM	HELP TECH W/YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:30 PM	BIBLE STUDY W/DAVID CHRISTIAN	MAGNOLIA ROOM
4:00 PM	VIGIL MASS	SUN PORCH
SUNDAY • 8/23/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM
MONDAY • 8/24/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	SENSORY ACTIVITY	PCC
11:30 AM	PAUL LONG - SANDY SPRINGS PARAMEDIC	MAGNOLIA ROOM
2:00 PM	WATER AEROBICS	POOL SIDE
2:30 PM	BIBLE STUDY	MAGNOLIA ROOM
7:00 PM	PHASE 10	GAME ROOM
TUESDAY • 8/25/2026		
TIME	EVENT	LOCATION
10:00 AM	STANDING AEROBICS	HAMMOND HALL
11:00 AM	CHAIR PILATES	HAMMOND HALL
11:30 AM	STANDING TAI CHI	SUN PORCH
1:00 PM	MANIPULATION	AZALEA ROOM
1:30 PM	RUMMIKUB	GAME ROOM
1:30 PM	BIBLE STUDY MAKE-UP SESSION	MAGNOLIA ROOM
6:30 PM	VESPERS	SUN PORCH

WEDNESDAY • 8/26/2026

TIME	EVENT	LOCATION
	<i>BUS ROUTES ARE CANCELLED</i>	
10:00 AM	CHAIR YOGA	HAMMOND HALL
11:00 AM	WATER AEROBICS	POOL SIDE
1:30 PM	BINGO	GAME ROOM
7:00 PM	CANASTA	GAME ROOM

THURSDAY • 8/27/2026

TIME	EVENT	LOCATION
9:45 AM	VILLAGE CAFÉ/TRILITH MOVIE STUDIO	DEPOT
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
1:30 PM	TAI CHI	HAMMOND HALL
7:00 PM	BRASS QUINTET	SUN PORCH

FRIDAY • 8/28/2026

TIME	EVENT	LOCATION
9:00 AM	PUBLIX	BUS DEPOT
10:00 AM	CARDIO EXERCISE	HAMMOND HALL
10:30 AM	WALMART	BUS DEPOT
11:00 AM	CHAIR PILATES	HAMMOND HALL
1:30 PM	KROGER & DRY CLEANERS	BUS DEPOT
3:00 PM	PERIMETER MALL	BUS DEPOT

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



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

AUGUST 22 - AUGUST 28



of the week: Beef Barley



of the week: Haddock Loin
Baked or Fried



of the week: Cauliflower



of the day: M-Chef Special T-Creamy Vegetable Noodle W-Santa Fe Chicken and Rice Th-Zupa Toscana F-Chef Special

Saturday, August 22

LUNCH

Chicken Salad Sandwich- Diced White Meat
Chicken with Toasted Pecans and Cranberries
on a Croissant with Bibb Lettuce w/one side

Sunday, August 23

BRUNCH

Monte Cristo with Jelly, Shrimp and Grits,
Roasted Vegetable, Potato O'Brien, Yogurt
Bar with Fresh Fruit and Granola, Omelets,
Bacon/Sausage, Fruit and Pastries

TAKE OUT/DELIVERY

Choice of One Entrée with two sides

Monday, August 24

LUNCH

Cheese & Bacon Melt- Smoked Gouda and
Havarti with Bacon on Wheat Bread
w/one side

DINNER

Fried Chicken, John Wayne Beef Casserole,
Green Beans and Pimentos, Squash Casserole,
Cauliflower in Lemon Butter, Baked Potato
Wedges in Garlic Butter

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Tuesday, August 25

LUNCH

BBQ Quesadilla - Shredded Beef with
Beans and Cheese in a Toasted Flour
Tortilla w/one side

DINNER

Honey Garlic Pork, Blackened Flounder,
Roasted Mushrooms with Brown,
Butter and Garlic, Green Peas with
Butter, Succotash, Mashed Sweet
Potatoes

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Wednesday, August 26

LUNCH

Meatloaf Sandwich - Sliced Meatloaf
with Melted Cheese, Fried Onions and
Brown Sugar Ketchup Glaze on
Toasted White Bread w/one side

DINNER

Chicken Marsala with Mashed Potatoes

Thursday, August 27

LUNCH

Greek Chicken Flatbread - Grilled
Flatbread with Tzatziki Sauce,
Cucumbers, Tomatoes, Olives and Feta
Topped with Warm Chicken and Dill
w/one side

DINNER

Beef Stroganoff over Egg Noodles
w/one side

Friday, August 28

LUNCH

Hot Ham and Swiss Cheese Sandwich
on a Toasted Croissant with
Dijonaise w/one side

DINNER

Teriyaki Salmon Bowl- Teriyaki Glazed
Salmon with Broccoli Carrots and
Cucumbers Served over Steamed Rice
and Topped with Toasted Sesame
Seeds w/one Side