MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

2026 Best Of Perimeter
Presented By APPEN MEDIA GROUP

TOWERS TALK

AUGUST 28 -SEPTEMBER 4

ADMINISTRATION CORNER

Hello, everyone!

I hope everyone is having a fantastic week. I cannot believe we are already at the end of August. It is amazing how quickly this year has flown by! I have several items to share as we look ahead to the next week or two.

Over the next two weeks, we will begin work to replace the inoperable HVAC units that serve our kitchen and install new units along the kitchen's wait-station line, where additional cooling is currently needed.

During the coming week, you may see large cranes and other equipment in the rear employee parking lot as the existing kitchen units are removed and replaced. Beginning the week of September 7, we will start preparing for the installation of the additional units in another section of the kitchen.

To complete this work safely, access to the kitchen wait station and the Dining Room will need to be closed on Tuesday, September 8. Meal service that day will be provided on the Sun Porch. Additional information, including the menu and service details, will be provided next week.

I need to address balcony water once again. This issue has been discussed repeatedly, yet water continues to run onto the balconies and condos below. Residents must not allow water from plants or balcony cleaning to drain over the edge, through the railing or onto any area below.

All plants must have an appropriate tray or saucer to contain excess water. Do not pour, spray or use more water than can be completely contained on your own balcony. Water running onto another resident's property is unacceptable and can result in damage. Before watering plants or cleaning your balcony, it is your responsibility to make certain that no water will reach the condo below. If the water cannot be completely contained, please do not proceed.

September is the month when grandparents are recognized because, as we all know, there is a day for just about everything! In preparation for Grandparents Day on Sunday, September 13, I thought it would be fun to create a special display celebrating the wonderful grandchildren and great-grandchildren of our residents.

The photographs will be displayed in the hallway leading from the Front Desk to the Dining Room, similar to the way we display our veterans' photographs.

If you would like your grandchild or grandchildren included, please place a photograph in an envelope along with the child's name, your name and your condo number. Photographs and information must be submitted to the Front Desk no later than 4:00 p.m. on Friday, September 4.

ADMINISTRATION CORNER

Although September 4 is the deadline, I strongly encourage you to submit your photographs and information as early as possible. I expect this will be a wonderful gallery for everyone to walk through and enjoy seeing all those beautiful faces!

The September Activities Calendar will be available on Monday, August 31. Along with the monthly calendar, you will now receive an Activity Fact Sheet. This sheet will repeat the date, time and name of each major or special activity and provide a brief description of what the activity will include. My hope is that this will make it easier to understand what each program is without trying to fit lengthy descriptions onto the calendar itself.

A question that comes up from time to time is: Why are activities sometimes scheduled at the same time?

With nearly 300 residents, everyone is not going to be interested in the same things, so we want to offer as many different choices as we can. This means there will be times when activities overlap. We would rather give residents more opportunities than limit the calendar to only one activity at a time.

We do our best to avoid conflicts with major community meetings or programs that we believe are especially important for residents to attend.

We have some wonderful new entertainers coming in September, so I hope you will review the calendar and attend as many activities as you can.

I want to clarify one thing about our complimentary activities that include food and/or beverages. These programs are intended for MVT residents, and the amount of food and refreshments provided is based on anticipated resident attendance. We want and encourage as many residents as possible to participate.

I am often asked whether non-residents are charged to attend. At this time, we do not charge a guest fee, and I would prefer to keep it that way. An occasional guest is certainly understandable; however, these activities are not meant to be open events for non-residents to attend on a regular basis. When that happens, it becomes difficult to plan appropriately and make certain we have enough food and beverages for our residents.

Please use good judgment when inviting guests to these programs. We want to continue offering these activities at no charge while making sure our residents can fully enjoy what is being provided.

While we are discussing entertainment, I want to mention our dancers. I love that we have so many residents who enjoy dancing! However, everyone attending would also like to be able to see the entertainer.

If you choose to dance, please do so toward the back or side of the room so the residents who are seated can still see the performance.

Our Activities Calendars are prepared several weeks in advance. Entertainers, vendors and instructors can make changes at any time, sometimes with very little notice. This is why it is important to read the Tower Talk each week, even if you have already reviewed the monthly calendar. The Tower Talk will be the best place to find changes made after the monthly calendar has been printed.

For last-minute cancellations or changes, we will continue to use the BAND platform. If you are not currently signed up for BAND and would like to be, please stop by the Front Desk and we will help you. You do not have to use a smartphone. BAND can also be accessed from an iPad, and I have now configured it so that notifications can be received through email as well.

ADMINISTRATION CORNER

There will also be a change to the activity sign-up process. Rather than trying to place new sign-up sheets on the Activity Wall every Friday for the following week's outings, all sign-up sheets needed for the upcoming month will now be placed on the wall at the same time. This will give everyone one predictable date to look for them and allow residents to plan ahead for the entire month.

All September sign-up sheets will be posted by 10:00 a.m. on Friday, August 28. All October sign-up sheets will be posted by 10:00 a.m. on Friday, September 25.

Finally, thank you to everyone for the warm birthday wishes and congratulations on my work anniversary throughout the week. Your kindness made both occasions even more special, and I truly appreciate everyone who took the time to reach out.

As always, please feel free to reach out to me as needed. I hope everyone has a wonderful weekend!

Rita Malone
Executive Director

HAPPY BIRTHDAY

Help us celebrate our wonderful Mount Vernon Towers residents with some special birthday wishes! Karen Joiner (A211) – 8/25, Nancy Sauer (A814) – 9/1, Melissa Rowe (B703) – 9/2, Nancy Kennedy (B1014) and Richard Anderson (A402) – 9/3. Wishing each of you a birthday filled with happiness, laughter, love, and wonderful memories!

LIVE MUSIC

Tuesday, September 1
5:00–6:15 PM / Dining Room
Sean Thrower – Guitar
Wednesday, September 2, 2PM / Sun Porch
Scuppernongs Jazz Band - New Orleans Jazz
Thursday, September 3, 3:30 PM
Sun Porch
The Wandering Crooner
Matthew Seiden brings a powerhouse voice and croons favorites made famous by Frank Sinatra, Elvis and more.

Love, Adventure & 69 Years

Meet Mount Vernon Towers residents Rowena and Richard Stillwagon — a couple with a love story that's anything but ordinary!

Richard once paddled a canoe from Montreal all the way to the Gulf of Mexico, a journey that took eight months and carried him straight through the depths of winter! Talk about an adventure!

But perhaps the most impressive part of the story? While Richard was off on his epic journey, Rowena stayed home with their four children — holding down the fort and patiently waiting for her adventurous husband to return!

And after all those adventures, they've shared something even more remarkable:
69 years of marriage!

TOWER TALK ACTIVITIES

Fun • Friends • Fellowship

AUGUST 29TH - SEPTEMBER 4TH

SATURDAY • 8/29/2026		
TIME	EVENT	LOCATION
10:00 AM	STRENGTH AND BALANCE	HAMMOND HALL
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 • 8/30/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM
4:00 PM	BOOK CLUB	HAMMOND HALL

MONDAY • 8/31/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	SENSORY ACTIVITY	PCC
2:00 PM	WATER AEROBICS	POOL SIDE
2:30 PM	BIBLE STUDY	MAGNOLIA ROOM
7:00 PM	PHASE 10	GAME ROOM

TUESDAY • 9/1/2026		
TIME	EVENT	LOCATION
10:00 AM	STANDING AEROBICS	HAMMOND HALL
11:00 AM	CHAIR PILATES	HAMMOND HALL
1:00 PM	MANIPULATION	AZALEA ROOM
1:30 PM	BIBLE STUDY MAKEUP	MAGNOLIA ROOM
1:30 PM	RUMMIKUB	GAME ROOM
5:00-6:15 PM	SEAN THROWER GUITAR	DINING ROOM
6:30 PM	VESPERS	SUN PORCH

WEDNESDAY • 9/2/2026		
TIME	**EVENT**	**LOCATION**
9:00 AM	TRADER JOE'S & CVS	DEPOT
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:45 AM	ALDI	DEPOT
11:00 AM	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
11:00 AM	WATER AEROBICS	POOL SIDE
1:30 PM	BINGO	GAME ROOM
1:30 PM	KROGER & BANKS	DEPOT
2:00 PM	SCUPPERNONGS JAZZ BAND	SUN PORCH
3:00 PM	PUBLIX	DEPOT
7:00 PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY • 9/3/2026		
TIME	**EVENT**	**LOCATION**
10:00 AM	DEPART: HIGH MUSEUM OF ART - AMY SHERALD ($31.50) LUNCH @ SAINT+COUNCIL	DEPOT
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
3:30 PM	THE WANDERING CROONER	SUN PORCH

FRIDAY • 9/4/2026		
TIME	**EVENT**	**LOCATION**
9:00 AM	PUBLIX	DEPOT
10:00 AM	CARDIO EXERCISE	HAMMOND HALL
10:30 AM	WALMART	DEPOT
11:00 AM	CHAIR PILATES	HAMMOND HALL
1:30 PM	KROGER & DRY CLEANERS	DEPOT
3:00 PM	WHOLE FOODS / DOLLAR TREE	DEPOT
4:00 PM	DEADLINE TO SUBMIT GRANDKIDS PHOTOS	

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

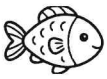
TABLE300

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

AUGUST 29 - SEPTEMBER 4

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, August 29

LUNCH

Fried Catfish Sandwich with Red Cabbage Slaw, Lettuce and Tomato on a Toasted Brioche Bun w/one side

Sunday, August 30

BRUNCH

Breakfast Burrito with Salsa, Sour Cream and Guacamole, Flounder topped with Shrimp and Garlic Pepper Sauce, Brown Sugar and Honey Grilled Ham Steaks, Grilled Vegetables, Sweet Potato Wedges, Omelets Made-to-Order, Applewood Bacon/Sausage Links, Grits, Pastries/Fruit

TAKE OUT/DELIVERY

Choice of One Entrée with two sides

Monday, August 31

LUNCH

JD's Bacon Jam Burger with Melted Cheddar and Fresh Tomato w/one side

DINNER

Fried Chicken, Smothered Pork Chops in Onion Gravy, White Beans with Spinach, Macaroni & Cheese, Southern Green Beans, Stewed Okra and Tomatoes

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Tuesday, September 1

LUNCH

Mediterranean Salmon Salad on a Toasted Croissant w/one side

DINNER

Cannelloni with Meat Sauce, Bell Peppers Stuffed with Flaked Whitefish, Sauteed Spinach and Feta, Rosemary Roasted Potatoes, Peas & Mushrooms, Grilled Zucchini and Onions, Brussel Sprouts in Lemon Butter

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Wednesday, September 2

LUNCH

Fried Green Tomato Sandwich on Wheat Toast with bacon and Pimento Cheese w/one side

DINNER

White Wine Coq Au Von with Parsley Potatoes w/one side

Thursday, September 3

LUNCH

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

DINNER

Crab Crusted Grouper over Rice with Lemon Butter Sauce w/one side

Friday, September 4

LUNCH

Chicken Club Wrap - Shredded Chicken with Chopped Bacon, Spinach, Pimento Peppers and Cheese in a Flour Tortilla w/one side

DINNER

Sliced Pot Roast with Mashed Potatoes and Gravy w/one Side