



TOWERS TALK

AUGUST 14 -AUGUST 21

ADMINISTRATION CORNER



Happy National Creamsicle Day, everyone!

It has certainly been a busy week! There are a lot of moving parts in a community of this size, and sometimes what looks like a normal day from the outside is anything but behind the scenes.

We had several tours this week, which is always great to see. I enjoy having the opportunity to show people what makes MVT such a great place to call home and everything we have to offer here.

We had a great turnout for the Hoedown this week, and I hope everyone enjoyed it! I always love seeing everyone come out for our special events, and I think this one turned out really well. The September calendar is also shaping up nicely, and we have several new entertainers along with some new activities coming your way.

Just one quick reminder this week. If you notice a slow drain, small leak, unusual smell, excessive heat, an HVAC issue, or anything that just does not seem right in your condo, please report it. It is always better for us to look at something early rather than wait until a small issue turns into a much larger one. Sometimes catching something quickly can make a huge difference.

I hope everyone has a wonderful weekend, stays cool, and enjoys some downtime.

As always, please feel free to reach out to me if needed.

Happy Friday!

Rita Malone

Executive Director

HAPPY BIRTHDAY

Let's give a BIG birthday shout-out to KATHY MUSSER A113 on 8/14, TRICIA MORRIS A611 on 8/17, MARTHA DONNELLY A912 on 8/18, and EHRLICH DA VICTORIA LOBO A814 on 8/20! Wishing you all a wonderful birthday filled with fun, laughter, love, and plenty of happy moments!

HIGH RISE LIVING SERIES

Monday, August 17

1:30 PM / Sun Porch

BRING ID

Fulton County Voter Education and Outreach offers assistance with voter registration, absentee ballots and more.

MVT Bible Study

PLEASE NOTE....there will be no make-up session on Tuesday, August 18

BOARD MEETING

Wednesday, August 19
3 pm on the Sun Porch



NEW RESIDENT DINNER

Please Note---the New Resident Dinner will be on Wednesday, August 19 at 5 PM in the Dining Room
The meal comes out of your food allowance.

MVT OUTING

Chick-fil-A Tour w/lunch at the Dwarf House \$5 Thursday, August 20
9:45 AM departure

****NOTE****

The Trillith Movie Studio Tour is now scheduled for Thursday, August 27

TRIP IS FULL

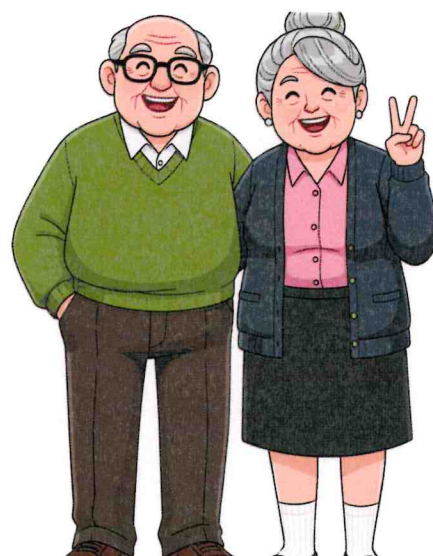
9:45 AM departure
Lunch at Village Cafe

LIVE MUSIC

Thursday, August 20 at 3:30PM
Craig Gleason
Sun Porch

National Senior Citizens Day

Friday, August 21 at 2PM
Robert Rice
Sun Porch



Happy Tails

Saturday, August 22
10:15AM
Back Lobby





AUGUST 15TH - 21ST

SATURDAY • 8/15/2026		
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: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00 PM	VIGIL MASS	SUN PORCH
SUNDAY • 8/16/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM
MONDAY • 8/17/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	SENSORY ACTIVITY	PCC
1:30 PM	HRLS-FULTON COUNTY VOTER EDUCATION AND OUTREACH	SUN PORCH
2:00 PM	WATER AEROBICS	POOL SIDE
2:30 PM	BIBLE STUDY	MAGNOLIA ROOM
7:00 PM	PHASE 10	GAME ROOM
TUESDAY • 8/18/2026		
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
	<i>CANCELLED BIBLE STUDY MAKEUP SESSION</i>	
6:30 PM	VESPERS	SUN PORCH

WEDNESDAY • 8/19/2026

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	WATER AEROBICS	POOL SIDE
11:00 AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30 PM	BINGO (DOLLAR BILLS OR QUARTERS ONLY)	GAME ROOM
1:30 PM	KROGER & BANKS	DEPOT
3:00 PM	PUBLIX (4:00 PM RETURN PICK-UP TIME)	DEPOT
3:00 PM	BOARD MEETING	SUN PORCH
5:30 PM	SOLO GUITARIST (EASY LISTENING)	DINING ROOM
7:00 PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY • 8/20/2026

TIME	EVENT	LOCATION
9:45 AM	CHICK-FIL-A TOUR W/LUNCH AT DWARF	DEPOT
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
1:30 PM	TAI CHI	HAMMOND HALL
3:30 PM	CRAIG GLEASON FULL SHOW	SUN PORCH

FRIDAY • 8/21/2026

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
2:00 PM	MUSIC WITH ROBERT RICE / NATIONAL SENIOR CITIZEN DAY	SUN PORCH
3:00 PM	WHOLE FOODS / DOLLAR TREE	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 15 -AUGUST 21



of the week: Lentil and Carrot



of the week: Flounder
Baked or Fried



of the week: Lima Beans with Bacon



of the day: M-Beef Noodle T-Mushroom and Wild Rice W-Chefs Choice Th-Green Pea with Ham F-Chef Choice

Saturday, August 15

LUNCH

Crispy Shrimp Tacos with Cilantro Cabbage
Slaw topped with Chipotle Mayo w/one side

Sunday, August 16

BRUNCH

Lemon Garlic Chicken, Pecan Crusted Salmon,
Creamed Spinach, Biscuit Bar with Assorted
Jams and Sausage Gravy, Omelets Made-to-
Order, Applewood Bacon, Grits, Roasted
Potatoes Wedges, Pastries/Fruit

TAKE OUT/DELIVERY

Choice of One Entrée with two sides

Monday, August 17

LUNCH

Turkey Burger with Caramelized Balsamic
Onions and Provolone on a Toasted Bun
w/one side

DINNER

Fried Chicken, Meatballs in Burgandy Wine
Sauce, Scalloped Potatoes, Sautéed Green
Beans with Fried Onions, Sautéed Carrots,
Garlic Parmesan Roasted Broccoli

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Tuesday, August 18

LUNCH

Loaded Potato Bowl - Crispy Potatoes
topped with Beef Chili, Shredded
Cheese, Diced Onions and Sour Cream
Drizzlew/one side

DINNER

Swai Baked with Roasted Vegetables
in a Savory Wine Sauce, Mushroom
Florentine Pork Chops, Rice Pilaf, Peas
and Carrots, Sautéed Green Beans,
Chopped Spinach with Garlic Butter

TAKE OUT/DELIVERY

Choice of one entrée and two sides

Wednesday, August 19

LUNCH

Green Goddess Chicken Cobb Salad -
Chopped Romaine and Spinach topped
with Warm Grilled Chicken, Boiled Egg,
Bacon, Avocado, Tomatoes and Pickled
Onions with a Creamy Herbed Dressing
w/one side

DINNER

Boursin Salmon over Capellini Noodles
w/one side

Thursday, August 20

LUNCH

Chopped Steak Quesadilla with Grilled
Peppers and Onions and Melted
Cheese w/one side

DINNER

Pork Tenderloin in Garlic Sauce Served
Over Jasmine Rice and Topped with
Korean Spinach w/one side

Friday, August 21

LUNCH

Egg and Diced Ham Salad on a Toasted
Croissant with Lettuce and Tomato
w/one side

DINNER

Seafood Basket with Fried Grouper
Bites, Fried Shrimp and Sweet Potato
Fries w/one Side