



TOWERS TALK

SEPTEMBER 4 - SEPTEMBER 11

ADMINISTRATION CORNER



Hello, everyone!

Happy Friday everyone! I hope everyone has had a fantastic week. Just a few reminders as we head into Labor Day weekend and next week.

On Monday, September 7, there will be no activities and no bus service in observance of Labor Day. The Dining Room will be serving brunch only from 11:30 a.m. to 2:00 p.m., with the last seating at 1:15 p.m.

Also, please remember that on Tuesday, September 8, the Dining Room will be completely closed due to the installation of the new air units in the kitchen. We will not be serving breakfast at all on Tuesday. Lunch and dinner will be served on the Sun Porch. Vespers will also be held in Hammond Hall on Tuesday, September 8, since we will need the Sun Porch to support Dining Services.

We will once again be partnering with Tuxedo Pharmacy this year for our flu shots. We have been working with Tuxedo Pharmacy since 2020 for both our COVID and flu vaccines, and if you have participated in the past, you know the process has always gone very smoothly.

Our flu shot clinic will be held on Friday, September 25, beginning at 9:00 a.m. in the Dining Room.

Appointments will run from approximately 9:00 a.m. until 10:15 a.m., so all appointments will be early morning appointments.

Because the flu shot clinic will be held in the Dining Room that morning, we will not be serving breakfast on Friday, September 25. If you would like to receive your flu shot through Tuxedo Pharmacy, you will need to bring a copy of your red, white and blue Medicare card, along with a copy of your driver's license, to the Front Desk no later than Friday, September 18 at 5:00 p.m. Please make sure that your condo number is also written on the copies before turning them in.

Envelopes will be provided at the Front Desk for you to place your information in, and your sealed envelope will then be given directly to me.

Once I have everyone signed up and the appointment schedule completed, I will place a notice in your door pocket by Tuesday, September 22, letting you know the time of your appointment.

Again, if you would like to receive your flu shot through Tuxedo Pharmacy, please make sure your information is turned in to the Front Desk by Friday, September 18 at 5:00 p.m.

ADMINISTRATION CORNER

The flu shot clinic will be held in the Dining Room on the morning of Friday, September 25, beginning at 9:00 a.m., and breakfast will not be served that morning.

Everyone had a fantastic time this week on our Activities outing! I do want to remind everyone, though, that if you sign up for an outing and then decide that you are not going to attend, you cannot simply cross your name out and put someone else's name in your place. We have a waitlist for a reason, and we go down that waitlist in the order that residents signed up. If you are unable to go, just let us know and we will contact the next person on the waitlist.

Also, reservations for our upcoming Speakeasy event will be held on Tuesday, September 8 at 10:00 a.m. in the Front Lobby. If you are planning to attend, please make sure to stop by to make your reservation.

Our outing coming up on Thursday, September 10 to the Braves game, is SOLD OUT. Everyone who will be going on the outing will receive a notice from me in your door pocket on Tuesday with the itinerary and information you will need for the day.

If you did not get a chance to submit your grandchildren or great-grandchildren's photo and information, you still have a little more time. We will continue accepting those through Tuesday, September 8 at 5:00 p.m.

I hope everyone has a great Labor Day weekend and enjoys these last few weeks that we have left of summer, although with Georgia weather, you never really know how long summer is going to stick around!

I also hope you and your families get a chance to enjoy the pool this weekend. Please just remember to clean up after yourselves when you are finished so that we can keep the pool area nice for everyone.

As always, please feel free to reach out to me at any time if you need anything. I'm sure everyone has it, but my phone number is 423-470-3745.

Have a great weekend!

Rita Malone

Executive Executive



Please note that the Dining Room will be closed Tuesday, September 8, for kitchen air-unit installation. Breakfast will not be served. Lunch and dinner will be served on the Sun Porch, and Vespers will be held in Hammond Hall.



No services today

Dining Room Hours

11:30 am - 2 pm with last seating at 1:15 pm

HAPPY BIRTHDAY

Please join us in wishing Gail Kolpack (B401) and Margaret Cloer (B806) a very happy birthday on September 5! And more birthday celebrations are in order for Mariette Beerkens (B213) on September 7, and Margaret Brinckman (A909) and Jon Drake (B912) on September 12! May your birthdays be filled with happiness, laughter, wonderful memories, and plenty of reasons to celebrate! Happy Birthday, everyone!

LIVE MUSIC

Wednesday, September 9

5:30 PM / Dining Room

Craig Gleason

Thursday, September 10

3:30 PM / Sun Porch

Alan Mabry's Classics – Piano, Fiddle & Vocals

Friday, September 11

1:30 PM / Sun Porch

9/11 Tribute with Jazzy Katz – "Gwen & the Kats"

SPEAKEASY DINNER PARTY

TUESDAY, SEPT. 8

10:00 AM

Speakeasy Dinner Party Reservations

• IN THE FRONT LOBBY •

Reservations open for the
Speakeasy Dinner Party.

Sister Spotlight: Meet Jill & Judy!



If you've ever wondered what happens when two sisters grow up together, compete together, dress alike, and somehow end up living at Mount Vernon Towers together... meet Jill Catullo and Judy Martin!

Jill and Judy are sisters who are just 20 months apart, and their childhood was anything but boring. Growing up in Pennsylvania, their mom loved dressing them alike—and apparently, there was a little sibling competition along the way! The girls were encouraged to stay busy with swimming, diving, horseback riding, and even piano lessons. Talk about a packed childhood!

Jill moved to Mount Vernon Towers in June 2024, followed by Judy in January 2025. Now these sisters get to enjoy the next chapter of life together—and we're pretty sure having your sister nearby makes everything a little more fun.

Judy is a physical therapist by profession, while Jill has her own story to tell being a single mom bringing up a baby as a divorced mom. Judy was married to Steve for an incredible 54 years before becoming widowed four years ago. She has two sons and three grandchildren who keep her family life busy and full of love.

Two sisters, less than two years apart, a lifetime of memories—and now neighbors at Mount Vernon Towers. We'd say that's a pretty special sister story!

SPEAKEASY DINNER

Thursday, September 17

4:30 PM - 6:30 PM

Reservations Tuesday, September 8 at 10:00 AM
(Front Lobby)

Residents: \$21.00 Guests: \$24.00

(Does come out of your Meal Allowance)

WALDORF SALAD
DEVILED EGGS
CARVED PRIME RIB
LEMON & HERB ROASTED CHICKEN BREAST
SCALLOPED POTATOES
GREEN BEANS WITH TOASTED ALMONDS
ROASTED BABY CARROTS
MUSHROOM & HERB RICE PILAF
MINI ASSORTED DESSERTS

FULL BAR

Specialty Drinks – Old Fashion & Bees Knees

Music by Ryan & the Rendezvous

COME DRESSED YOUR BEST!





SEPTEMBER 5TH - SEPTEMBER 11TH

SATURDAY • 9/5/2026

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 • 9/6/2026

TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM

MONDAY • 9/7/2026

LABOR DAY

NO BUS SERVICES OR ACTIVITIES

TUESDAY • 9/8/2026

TIME	EVENT	LOCATION
8:00 AM	NO BREAKFAST	~~~~~
10:00 AM	STANDING AEROBICS	HAMMOND HALL
10:00 AM	SPEAKEASY DINNER PARTY RESERVATIONS	FRONT LOBBY
11:00 AM	CHAIR PILATES	HAMMOND HALL
11:30 AM	LUNCH	SUN PORCH
11:30 AM	STANDING TAI CHI	GAME ROOM
1:00 PM	MANIPULATION	AZALEA ROOM
1:30 PM	RUMMIKUB	GAME ROOM
1:30 PM	BIBLE STUDY MAKE-UP SESSION	MAGNOLIA ROOM
4:30 PM	DINNER	SUN PORCH
6:30 PM	VESPERS	HAMMOND HALL

WEDNESDAY • 9/9/2026

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
3:00 PM	PUBLIX	DEPOT
5:30 PM	CRAIG GLEASON	DINING ROOM
7:00 PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY • 9/10/2026

TIME	EVENT	LOCATION
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
10:45 AM	ATLANTA BRAVES OUTING - FULL / WAITLIST	FRONT DOOR
1:30 PM	TAI CHI	HAMMOND HALL
3:30 PM	ALAN MABRY'S CLASSICS - PIANO, FIDDLE, VOCALS	SUN PORCH

FRIDAY • 9/11/2026 • PATRIOT DAY**SEPTEMBER 11 - WE REMEMBER****HONORING THE LIVES LOST AND THE HEROES OF 09/11**

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	9/11 TRIBUTE - JAZZ KATZ / GWEN HUGHES BAND	SUN PORCH
1:30 PM	KROGER & DRY CLEANERS	DEPOT
3:00 PM	COSTCO	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

SEPTEMBER 5 - SEPTEMBER 11



of the week: Vegetable Soup



of the week: Fried Catfish



of the week: Roasted Mushrooms



of the day: M-HAPPY MEMORIAL DAY T-Chicken Noodle W-Chef Special Th-Broccoli Cheese F-Chef Special

Saturday, September 5

LUNCH

Hot Roast Beef Sandwich on Toasted Brioche Bun with Melted American Cheese, Fried Onions and Dijonaise w/one side

Sunday, September 6

BRUNCH

Omelets-To-Order, Biscuit Bar - Buttermilk Biscuits with Assorted Jams, Honey and Sausage Gravy, Cubed Beef with Vegetables in Burgandy Gravy, Baked Salmon in Lemon Dill Sauce, Scalloped Potatoes, Buttered Carrots, Grits/Bacon/Sausage, Fruit/Danish

TAKEOUT/DELIVERY

Choice of One Entrée with two sides

Monday, September 7

LABOR DAY

LUNCH

LABOR DAY

BABY BACK RIBS, SWEET & SOUR CHICKEN WINGS, BAKED BEANS, COLLARD GREENS, POTATO SALAD, BROCCOLI SALAD, HOUSE SALAD WITH HERBED VINGARETTE, ICE CREAM SANDWICH

TAKEOUT/DELIVERY

DELIVERY: ONE ENTRÉE AND TWO SIDES WITH SALAD AND BROWNIES

TAKEOUT: ONE ENTRÉE AND TWO SIDES WITH SALAD AND ICE CREAM SANDWICH

Tuesday, September 8

LUNCH *** (IN SUNROOM) ***

Garden Salad Tossed in House Vinaigrette, Baked Potato Bar, Beef Chili, Hot Cheese Sauce, Diced Onions, Sour Cream, Chopped Bacon, Salsa

Takeout: Baked Potato with/without Chili and 2 toppings

DINNER *** (IN SUNROOM) ***

Stuffed Cabbage, Chicken Cordon Bleu Casserole, Yellow Rice Pilaf, Roasted Zucchini with Carrots, Buttered Peas,

Cauliflower Au Gratin

TAKEOUT/DELIVERY

Choice of one entrée and two sides

Wednesday, September 9

LUNCH

Classic Reuben Sandwich w/one side

DINNER

Pork Schnitzel over Mashed Potatoes with Gravy and Braised Cabbage

Thursday, September 10

LUNCH

Teriyaki Turkey Burger with Pineapple Jam and Sliced Red Onions w/one side

DINNER

Beef Liver Cooked in Onion Garvy with Red Mashed Potatoes w/one side

Friday, September 11

LUNCH

Pepperoni, Spinach and Mozzarella Grilled Cheese w/one side

DINNER

Shrimp Fajita Cauliflower Rice Bowl. Fajita Seasoned Shrimp, Peppers and Onion. Over Cauliflower Rice, topped with Fresh Avocado and Crispy Tortilla Strips w/one Side