MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

2026 Best Of Perimeter

TOWERS TALK

OCTOBER 23 - OCTOBER 30

ADMINISTRATION CORNER

Happy Friday, everyone! Please refer to this weeks article delivered to your door pocket today for information on tomorrow's events and lunch delivery.

Rita Malone
Executive Director

HAPPY BIRTHDAY

Please join us in wishing a very happy birthday to: October 24: Nancy Hope (A303) and Janet Metcalf (A711), October 25: Paul Kapphahn (B910), October 31: Judith Harnsberger (B706) and Glenda Morris (B304). May your birthdays be filled with happiness, laughter, love, and many special moments.

BOARD MEETING

Wednesday, October 28
3 PM / Sun Porch

BUILD YOUR OWN HOLIDAY CHARCUTERIE BOARD!

Monday, October 26 at 2:00 PM / Dining Room ($10 per person) - Your mini board is included, and one of our chefs will guide you through the how-to's. Come hungry, get creative, and leave ready to wow your holiday guests! SIGN UP: Activity Wall. Space is limited, so reserve your spot!

Breast Cancer Awareness Wall

October 19-31 Front Lobby

Pin a name in honor or in memory of someone special. The wall will remain up until October 31, with donations supporting breast cancer awareness.
$3 per ribbon

LIVE MUSIC

Monday, October 26
10:30 AM / Sun Porch
North Springs High School – Springs Virtuosi
Join us for a special performance by Springs Virtuosi, North Springs High School's new select string ensemble with about 20 violin, viola, cello and bass students.

Friday, October 30
5:00 PM / Dining Room
Sean Thrower

MVT BOOK CLUB

Book Club

Flight of Dreams by Ariel Lawson
Sunday, October 25 at 4 PM
Hammond Hall
All are welcome.

HALLOWEEN PARTY

The annual Halloween Dinner Party with Class Act Band is Thursday, October 29.
Halloween Costume Contest

SPIRIT WEEK

Monday, October 26 (All Day Contest)

Dead Tired Day - The one day you can wear pajamas outside your condo and get away with it! Anyone who wants to enter the Best Jammies Contest should meet in the Back Lobby at 4:00 PM for judging.

Tuesday, October 27 (All Day Contest)

Copycats Day - Grab another resident, dress alike and see if anyone notices! Anyone who wants to enter the Best Look-Alike Contest should meet in the Back Lobby at 4:00 PM for judging.

Wednesday, October 28 (All Day Contest)

Unexpected Accessory Day - Wear something completely unexpected as an accessory — even to the Board Meeting.

Thursday, October 29

Lunch - Pink Out Day - Wear pink for Breast Cancer Awareness. Lunch will be served on the Sun Porch.

Friday, October 30 (All Day Contest)

Friday Frights & Movie Day - Hammond Hall

Wear your favorite sports team jersey all day. Then join us in Hammond Hall from 2:00–4:00 PM for Alfred Hitchcock's "The Birds", with treats and beverages.

Meet Mary Gwen Cesnik: A Smile, a Splash, and a Little Spark of Quirkiness!

Mary Gwen Cesnik has been calling Mount Vernon Towers home since 2022, although her arrival came with a bit of an unexpected twist! After having a car accident while pulling out of the MVT driveway, she couldn't help but wonder if it was a sign. We're glad she stayed, and today, Mary Gwen brings her cheerful personality and ever-present smile to the MVT community. And wherever Mary Gwen goes, there's a good chance her beloved dog, Stella, isn't far from her thoughts!

Originally from Minnesota, Mary Gwen is one of 10 children, coming in at number five among her nine brothers and sisters. Her career began working in her father's medical clinic, where she served as a laboratory technician and phlebotomist. Life eventually took her to Cocoa Beach, Florida, where she cared for her mother before moving to Atlanta in 2014. Family remains an important part of her life, with three adult children, a stepdaughter, and seven grandchildren keeping her family tree growing!

When it comes to enjoying life at MVT, Mary Gwen has plenty of interests. She enjoys Bingo, playing double Mah Jong, and taking in a good theater performance. When the weather warms up, you can often find her in the swimming pool. She loves the water but prefers to keep the sun at a distance! In fact, she's one of just three residents with a special pool float featuring a cover, allowing her to enjoy the water without soaking up too many rays.

Mary Gwen also has a creative side. She enjoys diamond art, crafting, cooking, and sewing, so she's never short on ways to keep herself busy. With her sunny disposition, love of trying different activities, and perhaps just a touch of delightful quirkiness, Mary Gwen adds her own special sparkle to life at Mount Vernon Towers. We're happy she found her way here — car accident and all!

TOWER TALK ACTIVITIES

Fun • Friends • Fellowship

OCTOBER 24TH - OCTOBER 30TH

SATURDAY • 10/24/2026		
TIME	EVENT	LOCATION
10:00 AM	STRENGTH & BALANCE - CANCELLED	CANCELLED
10:00 AM	MVT FALL FESTIVAL	SUN PORCH & COURTYARD
10:15 AM	HAPPY TAILS - CANCELLED	CANCELLED
1:30 PM	BIBLE STUDY W/DAVID CHRISTIAN - CANCELLED	CANCELLED
4:00 PM	VIGIL MASS	HAMMOND HALL

SUNDAY • 10/25/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM
4:00 PM	BOOK CLUB	LIBRARY

MONDAY • 10/26/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	NORTH SPRINGS HIGH SCHOOL - SPRINGS VIRTUOSI	SUN PORCH
10:30 AM	SENSORY ACTIVITY	PCC
11:30 AM	PAUL LONG SS PARAMEDIC	MAGNOLIA ROOM
2:00 PM	HANDS ON CHARCUTERIE BOARD ACTIVITY	DINING ROOM
7:00 PM	PHASE 10	GAME ROOM

TUESDAY • 10/27/2026		
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 • 10/28/2026		
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
1:30 PM	BINGO	GAME ROOM
1:30 PM	KROGER & BANKS	DEPOT
3:00 PM	BOARD MEETING	SUN PORCH
3:00 PM	PUBLIX	DEPOT
7:00 PM	CANASTA	GAME ROOM

THURSDAY • 10/29/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
1:30 PM	TAI CHI	HAMMOND HALL
4:30 PM	HALLOWEEN DINNER PARTY W/CLASS ACT BAND	DINING ROOM

FRIDAY • 10/30/2026		
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	COSTCO	DEPOT
5:00 PM	SEAN THROWER	DINING ROOM

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

OCTOBER 24 - OCTOBER 30

of the week: Minestrone

of the week: Red Snapper

of the week: Roasted Zucchini with Red Onions

of the day: M-Chicken Noodle T-Chef Choice W-Chef Choice Th-Broccoli Cheese F-Green Pea with Ham

Saturday, October 24

LUNCH

*******DELIVER ONLY*******

Turkey and American Cheese on Wheat Bread with Lettuce and Condiments on the side, served with Slaw and Chips. Call front desk by 5pm Friday, October 23rd to place a delivery order.

Sunday, October 25

BRUNCH

Carved Pork Loin with Apple Butter, Chicken and Waffles with Maple Bacon Syrup, Yellow Rice, Garlic Parmesan Green Beans, Breakfast Burritos, Omelets to Order, Bacon/Sausage, Grits/Breakfast Potatoes, Fruit/Danish

TAKEOUT/DELIVERY

Choice of One Entrée with two sides

Monday, October 26

LUNCH

Pork and Cabbage Quesadilla with Mojo Aioli w/one side

Monday, October 26

DINNER

Fried Chicken, Black Forest Ham with Red Eye Gravy, Mashed Sweet Potatoes, Creamed Spinach, Honey Glazed Baby Carrots, Buttered Corn on the Cob

TAKEOUT/DELIVERY

Choice of one entree with two sides

Tuesday, October 27

LUNCH

Pimento Cheese and Bacon Burger - Grilled Beef Patty with Pimento Cheese, Bacon, Bibb Lettuce on a Toasted Brioche Bun w/one side

Travel Tuesday - Thailand

DINNER

Cashew Chicken, Panang Curry Beef, Shrimp Pad Thai, Mixed Vegetable Stir Fry, Thai Garlicky Cabbage in Fish Sauce, Jasmine Rice

TAKEOUT/DELIVERY

Choice of one entrée and two sides

Wednesday, October 28

LUNCH

Warm Italian Wrap -Ham, Salami, Pepperoni Provolone with Sauteed Peppers and Onions and Pesto Aoili in a Warm Tortilla w/one side

DINNER

Beef Pot Pie Topped with a Warm Buttermilk Biscuit

Thursday, October 29

LUNCH - SUN PORCH

Beef Hot Dogs with Sauerkraut , Baked Beans and Chili. Tossed Salad and Cookies

DINNER

HALLOWEEN PARTY

Friday, October 30

LUNCH

Open Faced Tuna Melt - Tuna Salad on Toasted Wheatberry Bread with Sliced Tomatoes and Melted American Cheese w/one side

DINNER

Crab Stuffed Flounder with Mornay Sauce over Almond Herb Cauliflower Rice