MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

2026 Best Of Perimeter
Presented By: APPEN MEDIA GROUP

TOWERS TALK

OCTOBER 2 - OCTOBER 9

ADMINISTRATION CORNER

Happy Friday, everyone! I hope everyone has had a great week. It has certainly been a busy one, and I could not think of a better way to end the week than with our Braves moving on to the NLDS! What a game last night! Now, on to the Dodgers!

Just a few quick items for this week. On Monday, October 5, Maintenance will be changing filters on the 9th and 10th floors. They will begin between 9:00 and 10:00 a.m.

On Wednesday and Thursday, October 7 and 8, we will have our mandatory sprinkler inspection. The inspectors will begin at 9:00 a.m. on the 10th floor and work their way down the building on both the A and B sides. An MVT staff member will accompany the inspector as they enter each condo.

Please remember that entry into every condo is required for this inspection. If you will not be home and your condo is not on the master key system, or we do not have a current key for your condo in the master key box at the Front Desk, please make sure you bring a key down before the inspection begins.

Also, please do not call the Front Desk asking for the inspector to come to your condo at a certain time. With an inspection of this size, we simply cannot schedule individual appointment times. They will start on the 10th floor and work their way down, so please plan accordingly.

I also need to remind everyone that scooters are prohibited in the single elevators. This has been a rule for quite some time, but I witnessed a very unsafe situation a few days ago where a large scooter was trying to get into one of the single elevators with residents already inside. Please do not do this. If you are using a scooter, you need to use the double elevators. There is no harm in riding your scooter down to the double elevators, and there is much more room for everyone to safely get on and off. Again, this is not a new rule, and if you continue to use a scooter in the single elevators, you will be fined.

The October calendar will be out today, and I have also included our October Fact Sheet with this week's Tower Talk. I put the Fact Sheet together to give you a little more information about what each activity or event actually is, and I really hope you will read it and find it useful. That was my intention in making it. I would encourage you to pin it on your refrigerator or keep it somewhere handy so you can reference it throughout the month.

ADMINISTRATION CORNER continued

Also included in this week's Tower Talk is the flyer for our upcoming Fall Festival. We are advertising the Fall Festival out in the community, so please be sure to tell your friends and family and invite them to come out and join us.

You will also find the rules and regulations for our upcoming Puzzle Challenge included this week. If you are planning to participate, please take a few minutes to read through everything so you know how the contest will work before the day of the event.

We have a lot coming up in October, including some new musicians with everything from jazz to music from the '60s and '70s. At the end of the month, North Springs High School will also be joining us for a morning performance. Their new select string ensemble, Springs Virtuosi, is made up of students who must audition to be part of the group, and I really hope we pack the Sun Porch for them!

There is plenty more happening throughout the month, so please make sure you are looking at your calendar and Fact Sheet. As always, if anything is added, changed or needs clarification, I will include it in the weekly Tower Talk.

We still have a little room available for Monday evening's Elegant Steak Night. Dinner begins at 5:00 p.m. If you would like to attend and have not signed up yet, please text or email me no later than Sunday morning.

Tuesday, October 6, is our Buy for Nothing Sale at 9:00 a.m. in the Sun Porch. Please remember that this sale is for residents only.

Because we have the Elegant Steak Night dinner in the Sun Porch on Monday evening, please do not bring your Buy for Nothing items to the Sun Porch before 7:30 p.m. Monday night. If you need to bring your items down earlier on Monday, you may place them in the Azalea Room until the Sun Porch is available.

Also, if you have clean plastic grocery bags that you no longer need, please bring them down with you on Tuesday during the Buy for Nothing event. We will have a bin available to collect them.

We will also have a separate bin for used AA, AAA, C, D and 9-volt batteries. If you have any of these old batteries that you need to dispose of, feel free to bring them down on Tuesday as well.

Also, all of the sign-up sheets for activities requiring reservations are on the Activity Wall as of today. This includes the Atlanta Botanical Garden, Big Door Winery and Bingo, our Puzzle Challenge, the Ripcord show at Stage Door with dinner at Brooklyn's, the Sweety's Café & Tea Room outing, and the Charcuterie Board activity.

We have a lot going on, so take a look at the Activity Wall and get your name down for anything you would like to attend!

As always, please feel free to reach out to me if needed. Have a great weekend, everyone, and GO BRAVES!!

Rita Malone
Executive Director

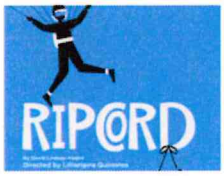
HAPPY BIRTHDAY

Please join us in wishing a very Happy Birthday to: Thomas Spencer — October 3, Buddy Ennis — October 7, and Janet Rutledge — October 7. May your birthdays be filled with happiness, laughter, good friends, and wonderful memories!

LIVE MUSIC

Wednesday, October 7
Loose Shoes Band
3:30 PM on the Sun Porch

October Outings

OCT 8	**Atlanta Botanical Garden Scarecrows in the Park $30 pp**	
OCT 12	**Big Door Winery Dinner & BINGO 4:30 PM depart**	
OCT 15	**Dinner & Stage Door Theatre – Ripcord w/dinner at Brooklyn Cafe $29**	
OCT 22	**Sweety's Cafe & Tea Room @ The Mill 40.00 pp**	

Sign-up in the Back Lobby!

MVT OUTING

THURSDAY, OCT. 8
10:00 AM
Atlanta Botanical Gardens

Enjoy a guided tour with additional time to see the Scarecrows in the Garden, followed by lunch at The Nook

$30.00 per person

High Rise Living Series

Monday, October 12
1:30 PM / Sun Porch
Emory St. Joseph Speaker on Fall Prevention
Monday, October 19
1:30 PM / Sun Porch
Dan Coffer with the City of Sandy Springs will speak on the history of Sandy Springs

TOWER TALK ACTIVITIES

Fun • Friends • Fellowship

OCTOBER 3RD - OCTOBER 9TH

SATURDAY • 10/3/2026		
TIME	EVENT	LOCATION
10:00 AM	STRENGTH & 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 • 10/4/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM

MONDAY • 10/5/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	SENSORY ACTIVITY	PCC
5:00 PM	ELEGANT STEAK DINNER	SUN PORCH
7:00 PM	PHASE 10	GAME ROOM

TUESDAY • 10/6/2026		
TIME	EVENT	LOCATION
9:00 AM	BUY 4 NOTHING	SUN PORCH
10:00 AM	STANDING AEROBICS	HAMMOND HALL
11:00 AM	CHAIR PILATES	HAMMOND HALL
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
6:30 PM	VESPERS	SUN PORCH

WEDNESDAY • 10/7/2026		
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	PUBLIX	DEPOT
3:30 PM	LOOSE SHOES BAND	SUN PORCH
7:00 PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY • 10/8/2026		
TIME	EVENT	LOCATION
10:00 AM	ATLANTA BOTANICAL GARDENS - $30 / LUNCH @ THE NOOK	DEPOT
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
1:30 PM	TAI CHI	HAMMOND HALL

FRIDAY • 10/9/2026		
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	TARGET	DEPOT

Please return all Mount Vernon Towers carts to the designated cart area in the basement immediately after use. Do not leave carts in hallways, elevators, common areas, or inside your condo.

OCTOBER 2026

SPECIAL EVENTS, OUTINGS & SIGN-UPS

Fact Sheet

DATE / TIME	EVENT	DETAILS
THU. OCT. 1 9:30 AM	**The Good Place Farms** ***Lunch: The Blue-Eyed Daisy***	Enjoy a visit to The Good Place Farms, followed by lunch at The Blue-Eyed Daisy. **COST: $30.00 per person**
MON. OCT. 5 5:00 PM	Elegant Steak Night ***Sun Porch***	Join us for an elegant steak dinner on the Sun Porch. Reservations are required. **COST: $40.00 per person** **RESERVATIONS: Required**
TUE. OCT. 6 9:00 AM	Buy for Nothing Sale ***Sun Porch***	Residents only.
WED. OCT. 7 3:30 PM	Loose Shoes Band ***Sun Porch***	Enjoy live music on the Sun Porch with Loose Shoes Band.
THU. OCT. 8 10:00 AM	**Atlanta Botanical Garden/Lunch @ The Nook** ***Depart from Depot***	Enjoy a guided tour with additional time to see the Scarecrows in the Garden. **COST: $30.00 per person** **SIGN-UP: Sign up on the Activity Wall**
MON. OCT. 12 Depart 4:30 PM Bingo 6:00–8:00 PM	**Big Door Winery – Dinner & Bingo** ***Depart from Front Door***	The bus will leave from the Depot at 4:30 PM and arrive around 5:30 PM. Order dinner and drinks before free bingo from 6:00–8:00 PM. Prizes include wine and wine accessories; no cash prizes. Return to MVT is expected around 9:00 PM. **SIGN-UP: Sign up on the Activity Wall**
TUE. OCT. 13 2:00 PM	Mount Vernon Towers' First Puzzle Challenge ***Sun Porch***	Two-person teams will race to complete identical 300-piece puzzles. Everyone starts together, with a 90-minute time limit and prizes for the fastest puzzlers. **SIGN-UP: Sign up on the Activity Wall** **FULL DETAILS ATTACHED IN SEPARATE FLYER**

DATE / TIME	EVENT	DETAILS
THU. **OCT. 15** **3:00 PM**	**Don McBroom** ***Sun Porch***	**A versatile Atlanta musician and entertainer, Don's career includes performances with members of .38 Special, Mother's Finest, Blackfoot, The Georgia Satellites and Roger McGuinn. His talents span vocals, keyboard and guitar.**
THU. **OCT. 15** **Depart 4:30 PM** **Show 7:00 PM**	**Ripcord show @ Stage Door/Dinner at Brookyln Cafe** ***Depart from Depot***	**Dinner at Brooklyn Café, followed by the 7:00 PM performance of Ripcord, Set in the Bristol Place Senior Living Facility, a cantankerous resident named Abby tries to force out her chipper new roommate, Marilyn, leading to an escalating game of one-upmanship and surprising reveals.** **COST: $29.00 per person** **SIGN-UP: Sign up on the Activity Wall**
FRI. **OCT. 16** **5:00 PM**	**Sean Thrower – Guitar** ***Dining Room***	**Versatile guitarist with performance experience around the world. Sean holds bachelor's and master's degrees in music performance from UGA, has published three music books, founded Guitar Ramble and the Rome Guitar Institute (now Thrower Guitar Studio), and teaches at Berry College and Kennesaw State University.**
MON. **OCT. 19** **3:30 PM**	**N2U Band** ***Sun Porch***	**N2U takes its name from the Atlanta Rhythm Section song "So Into You." Members bring years of experience ranging from Atlanta and Nevada casino performances to Nashville studio work and USO tours for U.S. service members.**
MON. **OCT. 19** **Begins Oct. 19** **Through Oct. 31**	**Breast Cancer Awareness Wall** ***Front Lobby***	**Pin a name in honor or memory of someone special. The wall will remain up through October 31, with donations supporting breast cancer awareness.** **DONATION: $3.00 per ribbon**

DATE / TIME	EVENT	DETAILS
TUE. OCT. 20 10:00 AM	**Halloween Dinner Party Reservations *Front Lobby***	**Reservations are open for the Halloween Dinner Party.**
TUE. OCT. 20 Drop-off 1:00–2:15 PM Truck leaves 2:30 PM	**Shredding Event *Employee Parking Area***	**Bring boxed or bagged shredding to the awning area in the employee parking from 1:00–2:15 PM. The area is under camera surveillance. The truck leaves at 2:30 PM; this is the last shredding truck of the year.**
WED. OCT. 21 3:30 PM	**Clay Willett – Music *Sun Porch***	**Singer-guitarist Clay Willett performs familiar "comfort music" across many genres, with a warm, fun style that invites toe-tapping and singing along.**
WED. OCT. 21 5:00 PM	**Craig Gleason *Dining Room***	**Craig regularly visits Zac Brown's Camp Southern Ground to write songs with U.S. veterans. He has toured the U.S., Europe, Africa and South America, and is a member of ASCAP.**
THU. OCT. 22 Depart Depot 10:45 AM	**Sweety's Cafe & Tea Room *Depart from Depot***	**Tea service includes: scone with lemon curd & Sweety's cream; petite Sweety's Original chicken salad croissant; cucumber cream cheese sandwich; pimento cheese round; egg salad; assorted desserts. COST: $40.00 per person SIGN-UP: Sign up on the Activity Wall**
SAT. OCT. 24 Vendor Sale 10:00 AM–12:00 PM Food & Music 11:30 AM–1:00 PM	**MVT Fall Festival *Sun Porch & Courtyard***	**Shop the vendor area on the Sun Porch from 10:00 AM–12:00 PM, then enjoy food trucks and music in the courtyard from 11:30 AM–1:00 PM. Food truck purchases are on your own. DETAILS: See the Fall Festival flyer**

DATE / TIME	EVENT	DETAILS
MON. OCT. 26 10:00 AM	**North Springs High School – Springs Virtuosi *Sun Porch***	**Join us for a special performance by Springs Virtuosi, North Springs High School's new select string ensemble. About 20 violin, viola, cello and bass students are selected by audition based on playing level, musicianship and readiness for advanced work. The ensemble performs advanced repertoire and chamber music and serves as musical ambassadors at school and throughout the community, including special events, weddings and receptions.**
MON. OCT. 26 2:00 PM	**Learn to Make a Charcuterie Board *Dining Room***	**Our kitchen is lucky to have chefs who are masters at charcuterie, and they want to teach you just in time for the holidays! Sign up on the Activity Wall, be in the Dining Room at 2:00 PM, and you'll get your own mini board to design while one of our chefs walks you through the how-to's. COST: $10.00 per person SIGN-UP: Sign up on the Activity Wall**
MON. OCT. 26 All Day Contest 4:00 PM	**Spirit Week Kickoff – Dead Tired Day *Back Lobby***	**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.**
TUE. OCT. 27 All Day Contest 4:00 PM	**Spirit Week – Copycats Day *Back Lobby***	**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.**
WED. OCT. 28 All Day	**Spirit Week – Unexpected Accessory Day**	**Wear something completely unexpected as an accessory — even to the Board Meeting.**

DATE / TIME	EVENT	DETAILS
THU. OCT. 29 4:30 PM	**Halloween Dinner Party with Class Act**	**Celebrate Halloween with a dinner party and live entertainment by Class Act. Reservations Required.**
THU. OCT. 29 Lunch	**Spirit Week – Pink Out Day *Sun Porch***	**Wear pink for Breast Cancer Awareness. Lunch will be served on the Sun Porch, and the Sun Porch will be pinked out for the occasion.**
FRI. OCT. 30 All Day Movie 2:00–4:00 PM	**Spirit Week – 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. Feel free to bring your own camp chair.**
FRI. OCT. 30 5:00 PM	**Sean Thrower – Guitar *Dining Room***	**Sean returns to the Dining Room for another live guitar performance.**

MOUNT VERNON TOWERS' FIRST-EVER

PUZZLE CHALLENGE!

2-PERSON TEAMS • IDENTICAL 300-PIECE PUZZLES • 90 MINUTES

DATE: TUESDAY, OCTOBER 13, 2026 **TIME: 2:00-3:30 PM** **LOCATION: SUNPORCH**

HOW THE CHALLENGE WORKS

- **Teams:** Teams will compete in groups of 2. If you do not have a partner, sign up anyway and we will pair you with another resident.
- **Team Names:** Each team should choose a fun team name when registering. Be creative!
- **Equal Setup:** Every team will have the same size table, two chairs, the same amount of working space, and the exact same 300-piece puzzle.
- **Puzzle Setup:** Before the contest begins, each puzzle will already be OPENED and SCRAMBLED on the team's table. No one may touch the pieces until the official start.
- **Box Picture:** Teams may use the picture on the puzzle box while they work.
- **Starting:** Everyone will be seated and ready. After the official countdown, we will say "GO!" and the 90-minute clock will begin.

RULES, WINNERS & SPECTATORS

- **Time Limit:** Teams will have 90 minutes to complete the puzzle.
- **Winning:** The first team to complete the entire puzzle wins.
- **If No Team Finishes:** When time is called, everyone must stop. The team with the fewest unplaced pieces remaining will win.
- **No Outside Help:** Only the two registered team members may work on the puzzle. Spectators may not touch pieces, point out where pieces go, or give hints or assistance.
- **Spectators:** Residents are welcome to watch but must remain QUIET so the teams can concentrate.
- **Puzzle Check:** A backup puzzle will be available in case there is a missing piece or another problem with one of the puzzles.
- **Prizes:** We plan to award prizes for 1st place, and possibly 2nd & 3rd depending on the number of teams.

READY TO PUT THE PIECES TOGETHER?

Sign up as a team of two — or sign up individually and we will find you a partner!

MOUNT VERNON TOWERS

FALL FESTIVAL

OCTOBER 24TH, 2026

VENDORS
OPEN FOR SHOPPING
10:00 - 12:00

FOOD TRUCKS
LUNCH OPTIONS FROM
11:30 - 1:15

BIG BAND
in courtyard from
11:30 - 1:15

OVER 20 VENDORS INCLUDE:

- Book Store
- Jewelry Vendors
- Goats milk soap
- Homemade Wreaths
- Chocolatier
- Joan's baked goods
- Elderberry syrup
- Flower bouquet bar
- Kitchen accessories – bowl cozies, pot holders, crochet items
- Local Honey
- Men's grooming kits
- Customized Tumblers & Mugs
- Sourdough Bread
- Custom hats
- Sweet treats
- Weaves towels and coaster
- Jams & Jellies
- Facepainting
- Snow cones
- AND MANY MORE!

**VENDORS WILL ACCEPT CASH AND CARD.
NO CHECKS ALLOWED.**

INVITE YOUR FRIENDS, FAMILY
AND ALL OF SANDY SPRINGS
for our Fall Festival!

MOUNT VERNON TOWERS
300 Johnson Ferry Rd NE
Sandy Springs, GA 30328

For more information call
Rita Malone, Executive Director
423-470-3745

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 3 - OCTOBER 9

of the week:Beef Barley

of the week: Haddock Loin

of the week: Creamed Corn with Peppers

of the day: M-Chicken & Rice T-Creamy Garden Vegetable W-Chef Special Th-Zuppa Tuscana F-Chef Special

Saturday, October 3

LUNCH

Pepperoni Flatbread with Mozzarella, Provolone and House Marinara Sauce w/one side

Sunday, October 4

BRUNCH

Tuscan Salmon, Pork Chops Baked in Maple Dijon Sauce, Baby Carrots in Herbed Butter, Rice Pilaf, Waffle Bar with Fresh Fruit Nuts and Syrups, Omelets, Bacon/Sausage, Grits, Fruit and Pastries

TAKEOUT/DELIVERY

Choice of One Entrée with two sides

Monday, October 5

LUNCH

Three Cheese Bacon and Tomato Melt- American Swiss and Havarti with Bacon on Wheatberry Bread w/one side

DINNER

Fried Chicken, Beef and Cheese Stuffed Peppers, Green Bean Casserole, Sauteed Zucchini with Carrots and Red Onions, Cauliflower in Lemon Butter, Garlic Roasted Fingerlings

TAKEOUT/DELIVERY

Choice of one entree with two sides

Tuesday, October 6

LUNCH

Hot Roast Beef Sandwich with Melted Cheese on a Toasted Bun with Sauteed Onions w/one side

Travel Tuesday - Little Italy, NYC

DINNER

Chicken Cacciatore, Cheese Ravioli in Meat Sauce, Linguini with Red Clam Sauce, Broccoli Rabe with Silver Garlic Calabrian Chili, Grilled Eggplant with Balsamic Drizzle and Olive Oil, Garlic Knots

TAKEOUT/DELIVERY

Choice of one entrée and two sides

Wednesday, October 7

LUNCH

Chicken Salad Plate- Chicken Salad made with Toasted Pecans and Cranberries on a Bed of Bibb Lettuce with a Hard-Boiled Egg, Cucumbers, Tomatoes and Crackers w/one side

DINNER

Salmon Cakes with Tarragon Aioli over a Bed of Arugula w/one side

Thursday, October 8

LUNCH

Beer Battered Cod Basket with French Fries Slaw and Tartar Sauce

DINNER

Flounder Francaise over Angel Hair Pasta with a Warm Dinner Roll w/one side

Friday, October 9

LUNCH

Chicken Fried Steak Sandwich with Dr Pepper BBQ Sauce, Pickles and Red Onions w/one side

DINNER

Macadamia Crusted Red Snapper in Buttery Lemon Sauce with Roasted Potatoes w/one side