MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

2026 Best Of Perimeter
Presented By APPEN MEDIA GROUP

TOWERS TALK

OCTOBER 9 - OCTOBER 16

ADMINISTRATION CORNER

Happy Friday, everyone! I hope everyone has had a great week!

I know many of you are probably like me and have been keeping a close eye on the weather. With Hurricane Isaias approaching the Gulf Coast, we are expecting quite a bit of rain in our area this weekend. My thoughts are certainly with everyone in the areas facing the worst of the hurricane, flooding, and possible tornadoes. My wheels are already turning on coordinating and gathering supplies for those who will need assistance once the storm passes.

We had a wonderful start to the week with our Elegant Steak Dinner on the Sun Porch Monday evening! The evening was fantastic, and I heard so many wonderful comments about the food, the service, and what a great time everyone had. Many, many kudos to our entire Dining team for the wonderful food and service!

I also want to give a special shout-out to Karen Beddel and all the volunteers who worked so hard on Tuesday's Buy for Nothing Sale. If you are someone who enjoys attending these sales, whether you're looking for something in particular or just love browsing to see what treasures you might find, please take a moment to thank Karen and the volunteers. There is a tremendous amount of work that goes into organizing these sales, and their time and efforts are very much appreciated!

Just a few items and reminders this week. Last weekend, many of you received political literature in your condo door pockets, and I heard from several residents who were understandably upset, particularly because their individual condo numbers had been written on the materials. These were distributed by a resident, not Mount Vernon Towers. I want to remind everyone that the door pockets are the property of Mount Vernon Towers and are reserved exclusively for materials distributed by MVT administration. Political literature, solicitation materials, or any other items are not permitted to be placed in these pockets by residents or anyone else. Regardless of the subject matter, this policy applies to everyone, and I ask that it be respected.

Speaking of the upcoming election, Election Day is Tuesday, November 3, and advance voting will take place October 13 through October 30. We will be providing transportation to the Sandy Springs Library for residents who would like to vote

ADMINISTRATION CORNER continued

early on two dates. The first trip will be Wednesday, October 14, at 10:45 AM, which will replace our regularly scheduled Aldi trip. The second will be Friday, October 23, at 10:30 AM, replacing the regular Walmart trip. Please make note of these schedule changes if you normally use our transportation for shopping on those days.

We are also excited to once again team up with Solidarity to help provide Halloween treat bags for the children at Lake Forest Elementary School's Trunk or Treat event. We are asking for donations of individually wrapped candy, which we will use to fill the treat bags. Please remember, no chocolate or nuts, and all candy must be individually wrapped. Donations can be dropped off at the Front Desk no later than Wednesday, October 14. If you would like to help stuff the treat bags, there is a sign-up sheet on the Activity Wall in the back lobby. We will get together on Thursday, October 15, at 11:00 AM on the Sun Porch to assemble them. This is always such a nice opportunity for our residents to do something special for the children in our community.

And finally, I am so excited about our very first MVT Puzzle Challenge coming up this Tuesday, October 13, at 2:00 PM on the Sun Porch! We have six teams competing, and I cannot wait to see how this turns out! We certainly welcome spectators to come watch and cheer everyone on, but we do ask that you keep conversations and noise to a minimum while the teams are working. They will be concentrating, and we want everyone to have a fair opportunity to complete their puzzles without distractions. I have a feeling this is going to be a lot of fun, and perhaps the beginning of another great MVT tradition!

As always, please feel free to reach out to me if needed. Have a wonderful weekend, stay safe and dry, and I hope all your favorite sports teams do well this weekend, especially if you're a Noles or Chiefs fan! Haha!

Rita Malone
Executive Director

HAPPY BIRTHDAY

Join us in wishing a very happy birthday to Audrie Kelton — October 11, Cecelia Bonfils — October 15, Ed Nugent — October 16. We hope your special days are filled with happiness, laughter, and lots of wonderful memories!

Mount Vernon Towers' First Puzzle Challenge

Ready, Set, Puzzle!

Join us Tuesday, October 13 at 2 PM on the Sun Porch for a fun afternoon of friendly competition!

Teams of two will race to complete identical 300-piece puzzles. Everyone starts at the same time, with 90 minutes on the clock and prizes for the fastest puzzlers!

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

MVT OUTINGS

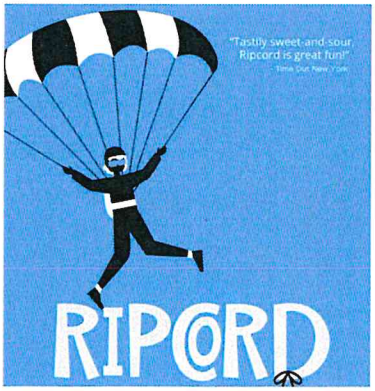
BIG DOOR VINEYARDS

Monday, October 12

4:30 pm

BIG DOOR WINERY

Dinner & BINGO



Thursday, October 15

Stage Door Theater

Dinner at Brooklyn Cafe, followed by the 7:00 PM performance of Ripcord,

SING ALONG

WITH PAT, PAUL AND BILL

MONDAY, OCTOBER 12

3:30 PM

SUN PORCH

LIVE MUSIC

Thursday, October 15

3:00 PM - Sun Porch

Don McBroom

A versatile Atlanta musician and entertainer, Don's career includes performances with members of .38 Special, Mother's Finest,and more. His talents span vocals, keyboard and guitar.

Friday, October 16

5:00 PM - Dining Room

Sean Thrower

Versatile guitarist with performance experience around the world.

Young Men's Service League help tech every Saturday at 12 PM

Magnolia room

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

TOWER TALK ACTIVITIES

Fun • Friends • Fellowship

OCTOBER 10TH - OCTOBER 16TH

SATURDAY • 10/10/2026		
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 • 10/11/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM

MONDAY • 10/12/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	SENSORY ACTIVITY	PCC
1:30 PM	HRLS - EMORY ST. JOSEPH SPEAKER ON FALL PREVENTION	SUN PORCH
3:30 PM	SING-ALONG	SUN PORCH
4:30 PM	BIG DOOR WINERY DINNER & BINGO	FRONT DOOR
7:00 PM	PHASE 10	GAME ROOM

TUESDAY • 10/13/2026		
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
2:00 PM	PUZZLE CONTEST	SUN PORCH
6:30 PM	VESPERS	SUN PORCH

WEDNESDAY • 10/14/2026		
TIME	EVENT	LOCATION
9:00 AM	TRADER JOE'S & CVS	DEPOT
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:45 AM	BUS TRIP TO LIBRARY FOR EARLY VOTING	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
7:00 PM	CANASTA	GAME ROOM

THURSDAY • 10/15/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
1:30 PM	TAI CHI	HAMMOND HALL
3:00 PM	KEYBOARD PLAYER DON MCBROOM - YOU DO NOT WANT TO MISS THIS!	SUN PORCH
4:30 PM	DINNER / RIPCORD SHOW AT STAGE DOOR WITH DINNER AT BROOKLYN CAFE - $29	DEPOT

FRIDAY • 10/16/2026		
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	DEPOT
4:30 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 10 - OCTOBER 16

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-Butternut Squash Bisque Th-Chef Special F-Loaded Potato

Saturday, October 10

LUNCH

Sloppy Joe with Melted Cheddar on a Toasted Bun w/one side

Sunday, October 11

BRUNCH

Yogurt Bar with Fresh Berries and Granola, Crab Frittata with Spinach and Gruyere Cheese, French Onion Cube Steak, Roasted Cauliflower Carrots and Brussel Sprouts, Potatoes O'Brien, Omelets made to order, Applewood Bacon/Sausage Links, Grits, Pastries/Fruit

TAKEOUT/DELIVERY

Choice of One Entrée with two sides

Monday, October 12

LUNCH

Whiskey Bacon Jam Burger with Melted Cheddar w/one side

DINNER

Fried Chicken, Pork Tenderloins in Pepper Gravy, White Beans with Spinach, Macaroni & Cheese, Southern Green Beans, Stewed Tomatoes with Eggplant and Mushrooms

TAKEOUT/DELIVERY

Choice of one entree with two sides

Tuesday, October 13

LUNCH

Smoked Salmon Salad on a Toasted Croissant with Lettuce and Tomato w/one side

Travel Tuesday - THE EMERALD ISLE - IRELAND

DINNER

Guinness Stew, Corned Beef, Dublin Coddle, Cabbage and Carrots, Colcannon (Mashed Potato and Kale), Warm Irish Bread Pudding with Whiskey Caramel Sauce

TAKEOUT/DELIVERY

Choice of one entrée and two sides

Wednesday, October 14

LUNCH

Turkey Burger with Fried Green Tomato, Pimento Cheese and Bibb Lettuce w/one side

DINNER

Shrimp Scampi over Linguini with a Warm Bread Steak w/one side

Thursday, October 15

LUNCH

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

DINNER

Sesame Chicken and Vegetables over Jasmine Rice with a Fried Eggroll w/one side

Friday, October 16

LUNCH

Bratwurst Patty with Melted Havarti and Beer Grilled Onions on a toasted Bun with Stone Ground Mustard w/one side

DINNER

Meatball Stroganoff over Wide Egg Noodle w/one side