MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

2026 Best Of Perimeter
Presented By: APPEN MEDIA GROUP

TOWERS TALK

OCTOBER 16 - OCTOBER 23

ADMINISTRATION CORNER

Happy Friday, everyone!

The busy time of year is most certainly here!

Our Fall Festival is coming up next Saturday, October 24! We are looking forward to a wonderful day of shopping, food, music, and fellowship. More information will be coming out next week, including details about our food trucks and other festivities. We hope to see a great turnout, so be sure to invite your family and friends!

I want to remind everyone that nothing should extend beyond the recessed area outside your condo door. Items protruding into the hallway can create a tripping hazard and are prohibited. Please take a moment to check the area outside your door and make sure everything is properly contained within that space.

Also, nothing should ever be hung from or attached to the common-area ceilings or window blinds. Speaking of blinds, we will soon be replacing the existing blinds on all floors, except for the third and sixth floors, which already have the newer 2-inch faux wood blinds. The new blinds have an estimated delivery time of six to eight weeks before installation can begin. In preparation, the contractors will begin removing the existing blinds in stages. As you can imagine, there are quite a few to take down! If you currently have anything hanging from, attached to, or stuck to the blinds, please remove it immediately. This has always been prohibited, regardless of whether blinds are being replaced.

The foggy windows in our front entrance lobby were replaced this week, and what a difference! They look great, so take a stroll by and see for yourself. We also have a few windows in the dining room that will be replaced.

I also want to briefly reiterate the notice sent earlier this week regarding political gatherings. The Board has unanimously voted not to permit political rallies, campaign events, or similar gatherings in any of our common areas. This policy applies equally to everyone, regardless of political affiliation. We are a community with many different perspectives, and our shared spaces should remain welcoming and comfortable for all residents.

Reservations for our Halloween Dinner Party will begin Tuesday, October 20, at 10:00 a.m. in the front lobby! We have a fun evening planned, so don't forget to make your reservations!

ADMINISTRATION CORNER continued

Our Breast Cancer Awareness Ribbon Arch Wall will be up on Monday! Ribbons are available for $3.00 each in honor or in memory of your special loved one. It's a wonderful way to show support and recognize those whose lives have been affected by breast cancer. For your convenience, the cost can be added directly to your monthly bill.

Lastly, I want to extend a heartfelt thank-you to everyone who donated candy to help us put together our treat bags. Your generosity and willingness to participate in the little things that make our community special are always appreciated!

As always, please don't hesitate to reach out to me if needed, and I hope everyone has a wonderful weekend!

Rita Malone
Executive Director

HAPPY BIRTHDAY

Let's celebrate our wonderful residents with birthdays this week! Wright Hardy A508 – October 17, Jan Roesner B909, James Thackston A1011, and Kay Hornsby A108 on October 21, Yisheng Ni A314 – October 22, Reid Horne A1005 and Jane Schultz A202 on October 23, Wishing each of you a fabulous birthday filled with happiness, laughter, love, and plenty of cake!

High Rise Living Series

Monday, October 19
1:30 PM / Sun Porch
Dan Coffer with the City of Sandy Springs will speak on the history of Sandy Springs

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 19
N2U Band
3:30 PM / Sun Porch
Wednesday, October 21
Clay Willett Music
3:30 PM / Sun Porch

HALLOWEEN PARTY RESERVATIONS

Tuesday, October 20
10 am in the Front Lobby
Halloween Dinner Party with Class Act Band on Thursday, October 29

SHREDDING EVENT

Tuesday, October 20

Bring boxed or bagged shredding to the awning in the employee parking area 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.

MVT OUTING

Tea Time at Sweety's Cafe & Tea Room
Thursday, October 22 | 10:45 AM
Join us for a delightful tea service at Sweety's Cafe & Tea Room!

A Sweet Spirit at Mount Vernon Towers

Some people have a way of making the world a little warmer simply by being themselves. That perfectly describes Nancy Hope, who has called our community home for almost four years.

After spending 58 years living in Dunwoody, she made the move to Mount Vernon Towers and has found a place she truly loves. Known for her gentle nature and soft-spoken manner, she is the kind of person whose sweetness shines through in everything she does. She is, quite simply, sweet to the bone!

Her story began at Butler University, where she distinguished herself academically, ranking among the top five scholars. After graduating, she married and began a new chapter of life. Although she spent a year teaching, she ultimately found her calling as a homemaker, devoting herself to her family. She has three daughters, many grandchildren, and lots of great-grandchildren who bring even more joy to her life.

Over the years, she also enjoyed a creative hobby: making ceramic figurines. It was a wonderful way to express her artistic side and create something special with her hands. These days, you can often find her enjoying one of her favorite pastimes at Mount Vernon Towers — Bingo! It's a chance to have fun and perhaps get a little lucky along the way.

After nearly four years here, she is happy to call Mount Vernon Towers home. And while she may not be the loudest person in the room, her gentle presence and genuinely kind spirit make her someone special to those around her.

We're so glad she's part of our Mount Vernon Towers family. Sometimes, the sweetest people are the ones who speak the softest — and she is a lovely reminder of that every day.

TOWER TALK ACTIVITIES

Fun • Friends • Fellowship

OCTOBER 17TH - OCTOBER 23RD

SATURDAY • 10/17/2026		
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	HAMMOND HALL

SUNDAY • 10/18/2026		
TIME	EVENT	LOCATION
2:30 PM	JESUS OVER EVERYTHING FELLOWSHIP	MAGNOLIA ROOM

MONDAY • 10/19/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	SENSORY ACTIVITY	PCC
1:30 PM	HRLS - DAN COFFER - HISTORY OF SANDY SPRINGS	SUN PORCH
3:30 PM	N2U BAND	SUN PORCH
7:00 PM	PHASE 10	GAME ROOM

TUESDAY • 10/20/2026		
TIME	EVENT	LOCATION
10:00 AM	STANDING AEROBICS	HAMMOND HALL
10:00 AM	HALLOWEEN DINNER PARTY RESERVATIONS	FRONT LOBBY
11:00 AM	CHAIR PILATES	HAMMOND HALL
11:30 AM	STANDING TAI CHI	SUN PORCH
1:00 PM	MANIPULATION	AZALEA ROOM
1:30 PM	BIBLE STUDY MAKE-UP SESSION	MAGNOLIA ROOM
1:30 PM	RUMMIKUB	GAME ROOM
2:30 PM	SHREDDING EVENT	EMPLOYEE PARKING
6:30 PM	VESPERS	SUN PORCH

WEDNESDAY • 10/21/2026		
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	CLAY WILLETT MUSIC	SUN PORCH
7:00 PM	CANASTA	GAME ROOM

THURSDAY • 10/22/2026		
TIME	EVENT	LOCATION
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
10:45 AM	SWEETY'S CAFE & TEA ROOM AT THE MILL - $40	DEPOT
1:30 PM	TAI CHI	HAMMOND HALL

FRIDAY • 10/23/2026		
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	GOODWILL	DEPOT

MOUNT VERNON TOWERS

HALLOWEEN DINNER

THURSDAY, OCTOBER 29, 2026
4:30 – 6:30 PM

MENU

SHREDDED MUMMY CAESAR SALAD
Crisp romaine lettuce, crunchy garlic croutons, shredded Parmesan cheese, and a zesty lemon-garlic Caesar dressing.

BLOODY HIPS & KNEES
Juicy chicken wings coated in a deliciously sticky, sweet-and-sour glaze.

PUMPKIN GUTS
A hearty, savory chili simmered with pumpkin, seasoned beef and beans, served with a delicious cornbread biscuit.

BBQ SKELETON RIBS
Tender St. Louis style pork ribs generously coated in a rich, finger-licking BBQ sauce.

SCATTERED BRAINS
Wickedly delicious, baked three-cheese macaroni and cheese, rich and creamy beneath a golden, buttery breadcrumb topping.

GALLSTONES & CATARACTS
Tender garden peas and sweet pearl onions, glazed with butter.

CEMETERY DIRT SUNDAE
Rich, silky chocolate mousse layered with crushed Oreo crumbs, fluffy whipped cream, and creepy-crawly gummy worms.

JARS OF PENNY CANDIES
Take a sweet trip down memory lane with an assortment of old-fashioned candies!

SKEWERED EYEBALLS
A tempting assortment of delicious cake pops, served on sticks for a perfectly spooky treat!

FULL BAR
Pinot Noir | Pinot Grigio
Chardonnay | Vodka | Gin
Scotch | Bourbon
and Rita's Spooky Special Drinks!

LIVE MUSIC BY CLASS ACT BAND

COSTUME CONTEST!
PRIZES FOR THE BEST COSTUMES!

RESERVATIONS REQUIRED

RESIDENTS $18.00 | GUESTS $20.00

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 17 - OCTOBER 23

of the week: Vegetable Soup

of the week: Tilapia Fried or Baked

of the week: Roasted Mushrooms

of the day: M-Beef Barley T-Chicken Noodle W-Chef Special Th-Broccoli Cheese F-Chef Special

Saturday, October 17

LUNCH

Hot Honey and Sausage Pizza - Sausage, Ricotta and Mozzarella Cheese on a Grilled Panini with a Hot Honey Drizzle and Fresh Arugula w/one side

Sunday, October 18

BRUNCH

Omelets To Order, Biscuit Bar - Buttermilk Biscuits with Assorted Jams, Honey and Sausage Gravy, Pork Chops with Caramelized Apples and Sage, Baked White Fish with Artichokes and Tomatoes, Scalloped Potatoes with Bell Peppers, Buttered Carrots, Grits/Bacon/Sausage, Fruit/Danish

TAKEOUT/DELIVERY

Choice of One Entrée with two sides

Monday, October 19

LUNCH

Sloppy Sue - Pulled Pork topped with Slaw, Melted Smoked Gouda and Fried Onions on Texas Toast w/one side

Monday, October 19

DINNER

Fried Chicken, Mild Blackened Catfish, Cheesy Grits, Sweet Potatoes Wedges, Black Eyed Peas with Collards, Roasted Cauliflower

TAKEOUT/DELIVERY

Choice of one entree with two sides

Tuesday, October 20

LUNCH

Shrimp and Surimi Salad Sandwich - Grilled Shrimp and Surimi Salad on a Toasted Croissant with Bibb Lettuce and Tomato w/one side

Travel Tuesday - CUBA

DINNER

Mojo Pork with Esocvitch Vegetables, Ground Beef Picadillo, Black Beans and Rice, Sweet Plantains, Cuban Collard Greens, Fried Yucca

TAKEOUT/DELIVERY

Choice of one entrée and two sides

Wednesday, October 21

LUNCH

Black Forest Burger - Beef Patty with Seared Black Forest Ham, Melted Swiss, Spinach and a Cherry Compote on Toasted Brioche Bun w/one side

DINNER

Parmesan Crusted Salmon Served Over a Creamy Dill Sauce with Grilled Asparagus w/one side

Thursday, October 22

LUNCH

Beef Chili on top of a Cornbread Waffle with Shredded Cheese and ad Dollop of Sour Cream w/one side

DINNER

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

Friday, October 23

LUNCH

Crispy Eggplant Parmesan with Garlic Toast w/one side

DINNER

Pu Pu Platter--BBQ Ribs, Teriyaki Shrimp Skewer, Egg Roll and Sesame Ginger Green Beans. No Additional Sides