

# BUILDING INFORMATION



## RECYCLING

Guidelines are posted in each trash room. No Styrofoam, no plastic bags, no garbage. Throw out takeout boxes.  
***If in doubt, throw it out!***

## TOWNHOME RECYCLING

**Schedule: Every other Monday.**  
**Please contact Chisago Lakes Sanitation: 651-257-4763**



## EMERGENCY MAINTENANCE

**AFTER HOURS 612-269-5840**

Normal maintenance requests during regular working hours, please fill out a work order at the front office.

**CALL 911  
FOR FIRE OR MEDICAL EMERGENCY**

## FRIENDLY REMINDER:

Visitors must buzz the Tenant they are visiting or check in with a Staff person upon entering the building. This is for your Safety and the Security of all our Tenants here!

**Thank you for your Cooperation!**

## STAFF DIRECTORY

**Jennifer:** Tenant Services/Front desk—651-257-4035 Call Jennifer for activity questions, work orders, all tenant services, guest room or dining room reservations.

**Mara:** Housing Director—651-766-4464 Call Mara with building or apartment feature concerns, lease questions, move-out notice, family concerns, rent and billing questions.

**Darlene:** Marketing Manager: 651-766-4465 Call Darlene for unit availability.

**Jeannie:** Kitchen Manager 651-766-4468 Call with menu questions/concerns.

**Kitchen:** 651-766-4466 Please call before 10:00 am to order/change/cancel a meal.

**Ed:** Fill out a work order at the front desk, place it in the basket by the bulletin board.

**Ecumen Integrity Line:** Report your concerns and suggestions by calling the corporate office at 1-833-256-8411, 7 days a week, 24 hours a day.

## HOW CAN WE HELP YOU?

ECUMEN

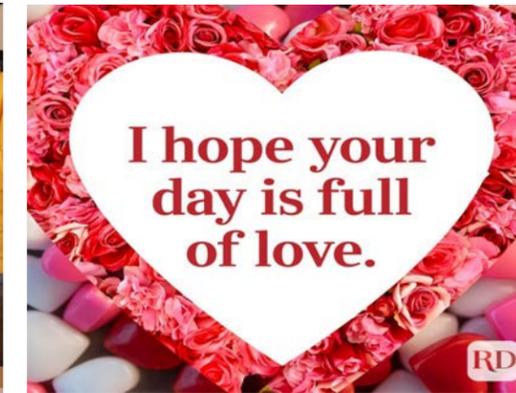
Point Pleasant Heights

28600 Fairway Lane, Chisago City, MN 55013  
Phone: 651-257-4035 PPH Fax: 651-257-4080

**February 2026**



Independent Living 55+ Apartments & Townhomes



# GAITHER

## GAITHER GOSPEL MUSIC VIDEO NIGHT

SATURDAY, FEBRUARY 7 AT 6 PM IN THE TV ROOM. JOIN US FOR A SING ALONG, TREATS WILL BE SERVED!

## CRAFT CLASS

1ST WEDNESDAY OF THE MONTH

Come to the front desk and see the sample of the craft.

Sign up sheet is posted on the bulletin board.



2ND WEDNESDAY

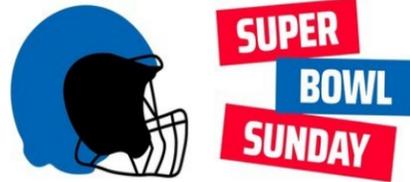
of the Month

Bring your projects OR HELP TIE A QUILT

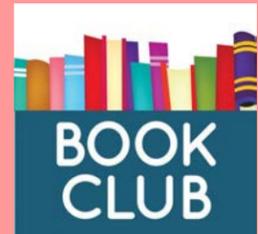
Sign up at Front!

You can watch the game in the dining! room! 2/8/26, 6/pm

Wear your navy blue clothes/jersey!



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## Book Club

2nd Monday of the month in the fireplace room



### February Birthdays

- Tim Jungers 1
- Marlene Tangen 8
- Gwen LaChapelle 10
- Gary Johnson 12
- Carl Tangen 12
- Nancy Roberts 16
- Ray Cheshire 17
- Carol Hauglie 24
- Beverly Jankowski 26

## SHOPPING BUS

1st and 3rd Tuesday  
Going to Forest Lake



9:30 am-11:30 am

Sign up sheet at the Front desk

REMINDER: PLEASE REMEMBER TO SHUT THE COOLER AFTER PICKING UP MEALS:-)

## Ecumen Point Pleasant Heights Menu ~ February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 February 2nd Starter: Soup or Salad Beef Stroganoff Over Egg Noodles Vegetable Blend Bread Pudding Vegetable Beef	February 3rd Starter: Soup or Salad Chicken Picatta Rice Pilaf Steamed Spinach Pineapple Bar Cream of Mushroom	February 4th Starter: Soup or Salad BBQ Ribs Baked Potato California Medley Banana Cream Pie Vegetable Beef	February 5th Starter: Soup or Salad Fried Chicken Cheesy Hashbrowns Creamed Peas Pistachio Dessert Cream of Mushroom	 February 6th Starter: Soup or Salad Stuffed Cabbage Roll Spanish Rice Mixed Vegetables Chocolate Cake w/ Peanut Butter Frosting Vegetable Beef	February 7th Deluxe Corned Beef Sandwich Potato Chips Chicken Noodle Soup Ice Cream Treat	February 8th Philly Steak Sandwich Tater Tots Coleslaw Tapioca Pudding
February 9th Starter: Soup or Salad Scalloped Potatoes w/ Ham Honey Butter Carrots Dinner Roll Lemon Bar Navy Bean w/ Ham	February 10th Fresh Fruit Tater Tot Breakfast Bake Scrambled Eggs Maple Sausage Cinnamon Roll	February 11th Valentine's Celebration Starter: Shrimp Cocktail Glazed Pork Tenderloin Baked Potato Prosciutto Wrapped Asparagus Crusty Dinner Roll White Chocolate Raspberry Cheesecake	February 12th Starter: Soup or Salad Chicken & Hashbrown Bake Baked Squash German Chocolate Cake Chicken & Rice Soup	February 13th Starter: Soup or Coleslaw Battered Walleye Potato Wedges Heaven on Earth Cake Navy Bean w/ Ham	February 14th Polish Sausage Macaroni & Cheese Pickled Beets Ice Cream Treat	February 15th Breaded Chicken Sandwich Potato Salad Mandarin Oranges Cookies
February 16th Starter: Soup or Salad Creamy Italian Sausage Pasta Green Beans Garlic Bread Jello Cake Garden Vegetable	February 17th Starter: Soup or Salad Chicken Caprese Rosemary Potatoes Steamed Broccoli Banana Bar Shrimp Corn Chowder	February 18th Starter: Soup or Salad Pot Roast Mashed Potatoes & Gravy Vegetable Blend Lemon Meringue Pie Garden Vegetable	February 19th Starter: Soup or Salad Pork Chop w/ Mushroom Gravy Steamed Rice Peas & Carrots Butterscotch Blondies Shrimp Corn Chowder	February 20th Starter: Soup or Salad Chicken Tenders Mashed Potatoes & Gravy Coleslaw Brownie Ala Mode Garden Vegetable	February 21st Hot Ham & Cheese Croissant Potato Chips Peas & Cheese Salad Ice Cream Treat	February 22nd BBQ Beef Sandwich Onion Rings Sauerkraut Salad Chocolate Pudding
February 23rd Starter: Soup or Salad Tuna Casserole Vegetable Blend Dinner Roll Strawberry Pretzel Dessert Creamy Sausage Tortellini	February 24th Starter: Soup or Coleslaw Copycat Big Mac French Fries Lunch Lady Peanut butter Bar Tomato Basil	February 25th Starter: Soup or Salad Roast Turkey Mashed Potatoes & Gravy Green Beans Cranberries Dinner Roll Pumpkin Pie Creamy Sausage Tortellini	February 26th Lasagna Buttered Peas Garlic Bread Stick Lemon Cake Chef's Choice	February 27th Starter: Soup or Salad Chicken Salad Sandwich on Cranberry Wild Rice Bread Broccoli Bacon Salad Pineapple Upside-down Cake Tomato Basil Soup	February 28th Italian Roast Beef Sandwich Pasta Salad Minestrone Soup Ice Cream Treat	

**Tuesday's at 2 pm**  
Join us for a Church Service

2/3 First United Methodist  
2/10 Chisago Lake Lutheran  
2/17 Zion Lutheran  
2/24 Maranatha

**BIBLE STUDY in the TV ROOM**

**Wednesday's at 10:00 am**  
**Greg Whitney**

**Friday's at 1:30 pm**  
**John & Mary Huebner**

**Thursday's at 6:00 pm, Ray Cheshire**

**WEEKLY CARDS/GAMES**



**MONDAY's**  
**Hand & Foot 1 pm**

	6	7	8	9	10
Spades	40	140	240	340	440
Clubs	60	160	260	360	460
Diamonds	80	180	280	380	480
Hearts	100	200	300	400	500
No Trump	120	220	320	420	520

**TUESDAY'S**  
**500 Club 6 pm**



**MAHJONG**

**WEDNESDAY'S**  
**Mahjong 3 pm**  
**Cribbage 6 pm**



**Social Hour**

2nd and 4th Fridays  
at 3:30pm.  
Soda \$1, Beer and Wine \$2.

Hosted by the Tenant Council.

**LIBRARY**

Our library is located across from the mailboxes. Borrow a book, no check out needed and help yourself to the greeting cards at no charge!




**THURSDAY's**  
**Spinners 2pm**



**FRIDAY'S**  
**Samba 5pm**




**Happy Hour**

Bring your own

1st and 3rd Friday  
at 3:30 in coffee shop

**WALKIE TALKIES CONTINUE TO WALK**  
**WEATHER PERMITTING**

**MEET THE GROUP M-SAT @ 9 AM FRONT BENCH BY FLAG POLE. WALK WITH YOUR NEIGHBORS & TIDY OUR STREETS**



**SATURDAY'S**  
**BINGO 2 pm**

**SUNDAY'S**

**Fast Track 2 pm**  
**Mahjong 4 pm**  
**Games 6 pm, See Calendar**



**Shopping Bus:** First and Third Tuesday-Walmart/Target/Aldi in Forest Lake. Bus leaves at 9:30 and returns at 11:30.

**Gaither Gospel Video Showing:** Saturday, February 7 at 6 pm in the TV Room with Marlene & Mike Tangen

**SUPERBOWL SUNDAY:** February 8th, wear blue for the teams and watch it in the dining room.

**R & J Tours presentation:** Monday, February 9th, at 2 pm in the dining room

**Bus Trip:** Vote on the Referendum, Tuesday, February 10th bus leaving at 10:00 am

**Tenant Meeting & Celebrate Birthdays:** Wednesday, February 18th in the dining room

**Lunch Bunch:** Applebee's in Forest Lake, Thursday, February 19th, Bus will leaves at 11:30 for Lunch at noon

**Pleasant Valley Cloggers:** Tuesday, February 24, at 6pm in the dining room

**FEBRUARY BIRTHDAYS:** Come join us on Wednesday, February 25 at 2 pm in the dining room.

**REBECCA HENDERSON**

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**PPH BEAUTICIAN**

**To make a Appointment**

**Call or Text 612-607-4121**




Community meals served every Monday from 4-6pm at Zion Lutheran



Jessica Lyall, RN, BSN, PHN  
651-243-0213  
thefootcarenurse@gmail.com



**BRINKS DELIVERS ON WEDNESDAY'S FOR \$3.00**

**Please call in your order by 2pm Tuesday. 651-257-1700**



**ARROWHEAD TRANSIT** Your ride.

To schedule rides: Call **800-862-0175**  
Option 13 for Chisago County.

# FEBRUARY 2026



ECUMEN<sup>®</sup>

## Point Pleasant Heights

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 2 pm Fast Track 4pm Mahjong 6 pm Game	<b>2</b> 10am Women's Bible Study 1 pm Hand & Foot	<b>3</b> 9:30 am SHOPPING BUS WALMART-TARGET-ALDI 2 pm First United Methodist 6 pm 500 Club	<b>4</b> 10 am Bible Study 2pm Craft Class/Door Hanger 3pm Mahjong 6 pm Cribbage	<b>5</b> 10 am Catholic Communion Service 2 pm Spinners 3 pm Bridge 6 pm Bible Study w/Ray	<b>6</b> 10 am Cookie Friday 1:30 pm Bible Study 3:30 BYO Happy Hour 5:00 Samba	<b>7</b> 2 pm Bingo 6 pm Gaither Video Series, 
<b>8</b> 6 pm SUPER BOWL SUNDAY WEAR BLUE 2 pm Fast Track 4pm Mahjong 6 pm Game	<b>9</b> 10am Women's Bible Study 10 AM Book Club 1 pm Hand & Foot 2 pm RJ TOURS PRESENTS IN THE DINING ROOM	<b>10</b> FREE BUS to Vote on Referendum at 10 am 2pm Chisago Lake Lutheran 3 pm Coloring & Music 6 pm 500 Club	<b>11</b> SPECIAL VALENTINE LUNCH 2pm Creative Hands Group 3pm Mahjong 6 pm Cribbage	<b>12</b> 10 am Catholic Communion Service 2 pm Spinners 3 pm Bridge 6 pm Bible Study w/Ray	<b>13</b> 10 am Cookie Friday 1:30PM Bible Study 3:30 Social Hour 5:00 Samba 	<b>14</b> 2 pm Bingo HAPPY Valentine's Day 
<b>15</b> 2 pm Ray's Cheshire Birthday Party 2 pm Fast Track 4pm Mahjong 6 pm Game	<b>16</b> 10am Women's Bible Study 1 pm Hand & Foot	<b>17</b> 9:30 am SHOPPING BUS WALMART-TARGET-ALDI 2 pm Zion Lutheran Church 6 pm 500 Club	<b>18</b> 10 am Bible Study 2 PM TENANT MEETING 3 pm Mahjong 6 pm Cribbage	<b>19</b> 10 am Catholic Commun 11:30 LUNCH BUNCH at APPLEBEEs, in Forest Lake 2 pm Spinners 3 pm Bridge 6 pm Bible Study w/RAY	<b>20</b> 10 am Cookie Friday 1:30PM Bible Study 3:30 BYO Happy Hour 5:00 Samba	<b>21</b> 2 pm Bingo 
<b>22</b> 2 pm Fast Track 4 pm Mahjong 6 pm Games	<b>23</b> 10am Women's Bible Study 1 pm Hand & Foot	<b>24</b> 2pm Maranatha 6 pm 500 Club CANCELLED 6:00 PM PLEASANT VALLEY CLOGGERS IN THE DINING RM	<b>25</b> 10 am Bible Study 2 pm BIRTHDAY CELEBRATION 3 pm Mahjong 6 pm Cribbage 	<b>26</b> 10 am Catholic Communion Service 2 pm Spinners 3 pm Bridge 6 pm Bible Study w/Ray	<b>27</b> 10 am Cookie Friday 1:30 pm NO BIBLE STUDY 3:30 Social Hour 5:00 Samba 	<b>28</b> 2 pm Bingo 
					