

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: Administrative Assistant/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: 651-867-2324

September 2026



Independent Living 55+ Apartments & Townhomes





September Birthdays	
Chuck Roberts	1
Paula Williams	2
Marianna Overgaard	4
Ellen Hawkinson	16
Wes Prose	16
Vada Leigh	18
Melva Gustafson	21
Pat Kennedy	25
Jim Price	27
Karen Braasch	29

7602 Wyoming Trail Wyoming, MN 55092

Sunrise River Farm

FALL FUN OUTING/ LUNCHEON

WHEN:
September 30th
Bus leaves at 10:30 am

COST:
\$12 Per Person
+\$8 add Lunch**

We can accommodate small or large groups

What's Included:

- Hayride through the orchard
- Pick your own apple
- See and meet the farm animals
- Optional: Stay for a picnic lunch**

Bonus Highlights:

- Explore our Store & Gift Shop
- Check out our Baked Goods!

www.sunriseriverfarm.com

** Lunch Includes: soup, brat, or hotdog; beverage; dessert (sliced caramel apple or pastry)

Sign up on the bulletin board up front!

SHOPPING BUS

1st and 3rd Tuesday
Goes to Forest Lake
9:30 am-11:30 am
Sign up sheet at the

2ND WEDNESDAY of the MONTH
Bring your projects &/or learn something new! Sign up at the Front Desk!

Friday, September 4th at 3:30 pm in the Coffee Shop

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

Ecumen Point Pleasant Heights Menu ~ September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 September 7 th Labor Day Grilled Bratwurst w/ Sauerkraut Potato Salad Watermelon Lemon Ice Box Pie	September 1 st Starter: Soup or Salad Turkey Tetrazzini Buttered Corn Dinner Roll Nanaimo Bar Cauliflower Soup	September 2 nd Starter: Soup or Salad Glazed Pork Tenderloin Roasted Red Potatoes Peas & Carrots Pecan Pie Creamy Sausage & Tortellini Soup	September 3 rd Starter: Soup or Salad Bacon Cheeseburger French Fries Applesauce Chocolate Cake Cauliflower Soup	September 4 th Starter: Soup or Salad Chicken Piccata Wild Rice Blend Steamed Spinach Rhubarb Cake Creamy Sausage & Tortellini Soup	September 5 th Sloppy Joe Tater Tots Coleslaw Cookies September 12 th Ham Salad Croissant Sandwich Tomato Basil Soup Potato Chips Cookies September 19 th Hamburger Hotdish w/ Rice Vegetable Blend Dinner Roll Cookies September 26 th Egg Salad Sandwich on Wheat Bowl of Chili Tapioca Pudding	September 6 th Chicken Tenders Baked Beans Carrot Raisin Salad Ice Cream Treat September 13 th Chicken Noodle Casserole Vegetable Blend Dinner Roll Ice Cream Treat September 20 th Breaded Pork Tenderloin Sandwich French Fries Pasta Salad Ice Cream Treat September 27 th BBQ Pork Sandwich Onion Rings Broccoli Bacon Salad Ice Cream Treat
September 14 th Starter: Soup or Salad Hot Beef Sandwich Mashed Potatoes & Gravy Mixed Vegetables Peach Cobbler Chili September 21 st Starter: Soup or Salad Turkey Ala King over Buttermilk Biscuit Steamed Broccoli Lemon Bar Beef & Black Bean Soup	September 15 th Starter: Soup or Salad Sausage Stuffed Squash Buttered Cauliflower Dinner Roll Spice Cake French Onion Soup September 22 nd Starter: Soup or Salad Sweet & Sour Meatballs over Steamed Rice Buttered Carrots Dinner Roll Frosted Brownie Tomato Basil Soup	September 16 th Starter: Soup or Salad BBQ Ribs Baked Potato California Medley Apple Pie Ala Mode Chili September 23 rd Starter: Soup or Salad Pot Roast Mashed Potatoes & Gravy Buttered Peas Cherry Pie Ala Mode Beef & Black Bean Soup	September 17 th Mandarin Oranges Maple Waffle Breakfast Casserole Scrambled Eggs Sausage Links Assorted Danish September 24 th Starter: Soup or Salad Fried Chicken Cheesy Potatoes Coleslaw Honey Bun Cake Tomato Basil Soup	September 18 th Starter: Soup or Salad Chicken Salad Sandwich on Cranberry Wild Rice Bread Peas & Cheese Salad Potato Chips Scotch Oatmeal Bar Chili September 25 th Starter: Soup or Peaches Coconut Shrimp Salad Dinner Roll Banana Cake Beef & Black Bean Soup	September 19 th Hamburger Hotdish w/ Rice Vegetable Blend Dinner Roll Cookies September 26 th Egg Salad Sandwich on Wheat Bowl of Chili Tapioca Pudding	September 20 th Breaded Pork Tenderloin Sandwich French Fries Pasta Salad Ice Cream Treat September 27 th BBQ Pork Sandwich Onion Rings Broccoli Bacon Salad Ice Cream Treat
September 28 th Starter: Soup or Pasta Salad Tuna Melt French Fries Mounds Bar Chicken Wild Rice	September 29 th Starter: Soup or Salad Hamburger Stroganoff over Egg Noodles Peas & Carrots Rice Crispy Bar Beef Noodle	September 30 th Starter: Soup or Salad Baked Chicken Mashed Potatoes & Gravy Buttered Corn French Silk Pie Chicken Wild Rice		Kitchen Phone 651-766-4466		Menu is subject to change

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

8/4 First United Methodist
8/11 Chisago Lake Lutheran
8/18 Zion Lutheran
8/25 To be determined

BIBLE STUDY in the TV ROOM

Wednesday's @10:00 am
Greg Whitney

Friday's @ 2:00 pm
John & Mary Huebner

See calendar for dates.

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!



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

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



THURSDAY's

Spinners 2pm



FRIDAY'S

Samba 5 pm



SATURDAY'S

BINGO 2 pm

Mexican Train 6 pm

SUNDAY'S

Fast Track 2 pm

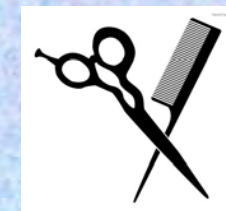


REBECCA HENDERSON

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



Your ride.

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

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

Bible Study: Monday, Wednesday & Friday's, see calendar for times.

Karoke Happy Hour: September 4, at 3:30 in the dining room.

Creative Hands: Tuesday, September 9th, at 2 pm in the dining room.

Tenant Meeting: Wednesday, September 16th, at 2 pm in the dining room

Lunch Bunch: Conerstone in Wyoming, Mn, Thursday, September 17th, Bus leaving at 11:30 am returning around 1:30 pm

Birthday Celebration: Wednesday, September 23, at 2 pm in the dining room. Lee Engele, Jazz with an attitude! Join us for Cake and Coffee

Sunrise River Farm: Wednesday, September 30th. Bus leaving PPH at 10:30 am returning to PPH at 1:30 pm. See the Front bulletin board to sign up!

SEPTEMBER 2026

ECUMEN[®]

Point Pleasant Heights

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 am Chair Exercise 2 pm First United Methodist 6 pm 500 Club	2 10 am Bible Study 3pm Mahjong 6 pm Cribbage	3 10 am Catholic Communion Service 2 pm Spinners 3 pm Bridge	4 10 am Cookie Friday 2:00 pm Bible Study 3:30 PM BYO Happy Hour & Karaoke	5 2 pm Bingo 6pm Mexican Train
6 2 pm Fast Track	7 LABOR DAY! Offices are closed  1 pm Hand & Foot	8 9 am Chair exercise 9:30 am SHOPPING BUS WALMART-TARGET-ALDI 2pm Chisago Lake Lutheran 6 pm 500 Club	9 10 am Bible Study 2 pm Creative Hands 3pm Mahjong 6 pm Cribbage	10 10 am Catholic Communion Service 2 pm Spinners 3 pm Bridge	11 10 am Cookie Friday 2:00 pm NO BIBLE STUDY 3:30 PM Social Hour 5 PM SAMBA	12 2 pm Bingo 6pm Mexican Train
13 2 pm Fast Track	14 10am Women's Bible Study 1 pm Hand & Foot	15 9 am Chair Exercise 2 pm Zion Lutheran 6 pm 500 Club	16 10 am Bible Study 2 PM TENANT MEETING 3 pm Mahjong 6 pm Cribbage	17 10 am Catholic Communion Service 11:30 LUNCH BUNCH CORNER STONE WYOMING 2 pm Spinners	18 10 am Cookie Friday 2:00 pm Bible Study 3:30 PM BYO Happy Hour 5 PM SAMBA	19 2 pm Bingo 6pm Mexican Train
20 2 pm Fast Track	21 10am Women's Bible Study 1 pm Hand & Foot **WINDOW WASHERS ON CAMPUS	22 9 am Chair Exercise 9:30 am SHOPPING BUS WALMART-TARGET-ALDI 2pm To Be Determined 6 pm 500 Club **WINDOW WASHERS ON CAMPUS	23 10 am Bible Study 2 PM CELEBRATE BIRTHDAYS W/LEE ENGELE 3 pm Mahjong 6 pm Cribbage 	24 10 am Catholic Communion Service 2 pm Spinners 3 pm Bridge	25  10 am Cookie Friday 2:00 pm Bible Study 3:30 PM Social Hour 5 PM SAMBA 	26 2 pm Bingo 6pm Mexican Train
27 2 pm Fast Track	28 10am Women's Bible Study 1 pm Hand & Foot	29 9 am Chair Exercise 2 pm Zion Lutheran 6 pm 500 Club	30 10 am Bible Study 10:30 Sunrise River Farm 3pm Mahjong 6 pm Cribbage			