ECUMEN POINT PLEASANT HEIGHTS

THE HEARTBEAT

28600 FAIRWAY LANE, CHISAGO CITY, MN 55013 651-257-4035











STAFF DIRECTORY HOW CAN WE HELP YOU?

Jennifer Abbott: Administrative Assistant/Front desk–651-257-4035. Call Jennifer for activity questions, work orders, all tenant services, guest room or dining room reservations.

Mara Krinke: 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 Shafer: Marketing Manager: 651-766-4465 Call Darlene for unit availability.

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

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

Ed Keen: 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.

GARAGES

Please see Mara !

$70 for attached garage

$55 for detached garage

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 front office.

CALL 911 FOR FIRE OR MEDICAL EMERGENCY

Ecumen Point Pleasant Heights Menu ~ November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kitchen Phone 651-766-4466						November 1st Submarine Sandwich Mandarin Oranges Potato Salad Ice Cream Treat
November 2nd Starter: Soup or Caesar Salad Cheese Ravioli Vegetable Blend Garlic Bread Cheesecake Cookie Bar Chili		November 4th Starter: Soup or Salad Roast Beef Mashed Potatoes & Gravy Peas & Carrots Blueberry Pie Ala Mode Chili				November 8th Scalloped Potatoes & Ham Peas & Carrots Dinner Roll Ice Cream Treat
November 9th Starter: Soup or Pasta Salad Chicken Cordon Blue Sandwich Tater Tots Strawberry Shortcake	November 10th Starter: Soup or Caesar Salad Spinach & Mushroom Lasagna Sugar Snap Peas German Chocolate Cake Clam Chowder	November 11th Starter: Soup or Salad Country Fried Steak Mashed Potatoes & Gravy Stuffing Green Beans Dinner Roll Lemon Meringue Pie Taco Soup	November 12th Starter: Soup or Salad Chicken Parmesan Over Fettuccini Cauliflower Garlic Bread Carrot Cake Clam Chowder	November 13th Starter: Soup or Salad Lemon Butter Cod Cheesy Potatoes w/ Bacon Roasted Brussel Sprouts Peach Heaven on Earth Cake	November 14th Goulash Buttered Corn Dinner Roll Cookies	November 15th Hot Ham & Cheese Croissant Coleslaw Potato Chips Ice Cream Treat
November 16th Starter: Soup or Salad Hot Turkey Sandwich Mashed Potatoes & Gravy Buttered Peas Pumpkin Bar Potato Corn Chowder		November 18th Starter: Soup or Salad Baked Chicken Mashed Potatoes & Gravy Asparagus Pecan Pie Cheesecake Potato Corn Chowder	November 19th Starter: Soup or Salad Butternut Squash & Sausage Casserole Vegetable Blend Apple Crisp Sausage & Tortellini	November 20th Starter: Soup or Mandarin Oranges Chef Salad Dinner Roll Gingerbread Cookie Bar Potato Corn Chowder	November 21st Breaded Chicken Sandwich Onion Rings Broccoli Raisin Salad Cookies	November 22nd Hamburger Stroganoff Over Mashed Potatoes Steamed Broccoli Ice Cream Treat
November 23rd Starter: Soup or Salad Honey Garlic Chicken over Rice Steamed Spinach Bread Pudding	November 24th Starter: Soup or Salad Pork Chop w/ Gravy Mashed Potatoes & Gravy Buttered Corn Chocolate Pudding Poke Cake French Onion Soup		November 25th Starter: Soup or Salad Shepards Pie Vegetable Blend Dinner Roll Lemon Poppyseed Cake Cheeseburger Soup	November 26th Thanksgiving Roast Turkey Mashed Potatoes & Gravy Sage Stuffing Green Bean Casserole Sweet Potatoes Dinner Roll Pumpkin Pie		November 29th Italian Roast Beef Sandwich Tomato Basil Soup Chips Ice Cream Treat
November 30th Starter: Soup or Salad Ham & Veggie Pasta Buttered Corn Dinner Roll Banana Bar Beef Barley Soup						Menu is subject to change

HAPPY BIRTHDAY

November Birthdays

Mary Jo Zimmerhakl	5
Mary Jo Strom	8
Mary Lou Cody	9
Jonelle Mattson	12
Faith White	12
Janet Mroszak	14
Ron Winter	15
Cindy Rock	18
Sondra Hines	19
Pamela (Lundt) Terrill	25
John Walker	25
John Huebner	29

SHOPPING BUS

1st & 3RD TUESDAYS
GOES TO FOREST LAKE
9:30 AM TO 11:30 AM
SIGN UP AT THE FRONT BULLETIN BOARD AT THE FRONT OFFICE.

CRAFT CLASS

1ST Wednesday of the month
2 pm in the diningroom
Sign up at the bulletion board at the front office

SAVE THE DATE

Lutefisk & Swedish Meatball
Luncheon & Craft Sale
Tuesday, December 8, 2026
Craft sale begins at 10 am
Dinner begins at 11:30 am
RSVP to Front desk
Guests $20, Townhomes $12
Apartments meal plan

CREATIVE HANDS GROUP

2nd Wednesday of the month
Sign up at the bulletin board at the front office.

CHURCH SCHEDULE

Tuesday's at 2 pm
Join us for a church service

11/3 United Methodist Church
11/10 Chisago Lutheran Church
11/17 Zion Lutheran Church
11/24 Lake Free Church



BIBLE STUDY

Monday's at 10 am
Woman's Study
Wednesday's at 10:00 am
with Greg Whitney
Friday's at 2:00 pm with
John & Mary Heubner
See Calendar for dates

WEEKLY CARDS / GAMES

MONDAY'S	HAND AND FOOT AT 1 PM
TUESDAY'S	500 CLUB AT 6 PM
WEDNESDAY'S	MAHJONG AT 3 PM, CRIBBAGE AT 6 PM
THURSDAY'S	SPINNERS AT 2 PM, 3 PM BRIDGE
FRIDAY'S	SAMBA AT 5 PM
SATURDAY'S	BINGO AT 2 PM, MEXICAN TRAIN AT 6 PM
SUNDAY'S	FAST TRACK AT 2 PM

ALL CARDS AND GAMES ARE SUBJECT TO CHANGE. PLEASE SEE THE CALENDAR FOR CHANGES OR CANCELLATIONS!

byo happy hour
Bring your own
1st and 3rd Friday





SOCIAL HOUR

2ND & 4TH FRIDAYS
AT 3:30 PM
SODA $1, BEER & WINE $2
HOSTED BY TENANT COUNCIL



LIBRARY



The library is located across from the mailboxes. Borrow a book, no check out needed. Greeting cards are available in the library at no charge!



WALKING TALKIES GROUP

WEATHER PERMITTING

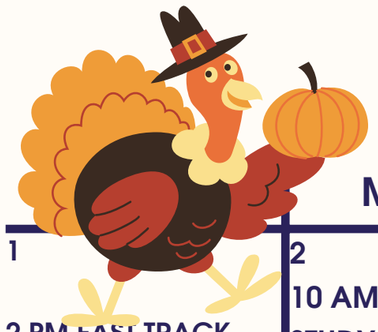
Meet the group Mon-Sat at 9 am Front bench by flag pole.

HOT MEALS PROVIDED
The Footcare Nurse
Jessica Lyall, RN, BSN, PHN
651-243-0213
thefootcarenursemn@gmail.com

Zion Evangelical Lutheran Church
Where the Hungry are Fed
Community meals served every Monday from 4-6pm at Zion Lutheran

BRINK'S market
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.



NOVEMBER 2026



MONDAY	TUEDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2 PM FAST TRACK	2 10 AM WOMAN'S BIBLE STUDY 1 PM HAND & FOOT	3 9AM CHAIR EXERCISE 9:30 AM SHOPPING BUS FL 10 AM VOTING BUS 2PM FIRST UNITED METHODIST 6 PM 500 CLUB	4 10 AM BIBLE STUDY 2 PM CRAFTS 3 PM MAHJONG 6 PM CRIBBAGE	5 10 AM CATHOLIC COMMUNION 2 PM SPINNERS 3 PM BRIDGE	6 9 AM BRAIN FITNESS 10 AM COOKIE FRIDAY 10:30 COOKIES & KIDS 2 PM NO BIBLE STUDY 3:30 BYO HAPPY HOUR 5 PM SAMBA	7 2 PM BINGO 6 PM MEXICAN TRAIN
8 2 PM FAST TRACK	9 10 AM WOMAN'S BIBLE STUDY 10 AM BOOK CLUB 1 PM HAND & FOOT	10 9 AM CHAIR EXERCISE 2 PM CHISAGO LAKE LUTHERAN 11:30 LUNCH BUNCH GOES TO GOLDEN CROWN 6 PM 500 CLUB	11 10 AM BIBLE STUDY 2 PM VETERANS DAY PROGRAM 3 PM MAHJONG 6 PM CRIBBAGE	12 10 AM CATHOLIC COMMUNION 2 PM SPINNERS 3 PM BRIDGE	13 9 AM BRAIN FITNESS 10 AM COOKIE FRIDAY 2 PM BIBLE STUDY 3:30 SOCIAL HOUR 5 PM SAMBA	14 2 PM BINGO 6 PM MEXICAN TRAIN
15 2 PM FAST TRACK	16 10 AM WOMAN'S BIBLE STUDY 1 PM HAND & FOOT	17 9 AM CHAIR EXERCISE 9:30 AM SHOPPING BUS FOREST LAKE 2 PM ZION LUTHERAN 6 PM 500 CLUB	18 10 AM BIBLE STUDY 2 PM TENANT MEETING 3 PM MAHJONG 6 PM CRIBBAGE	19 10 AM CATHOLIC COMMUNION 2 PM SPINNERS 3 PM BRIDGE	20 9 AM BRAIN FITNESS 10 AM COOKIE FRIDAY 2 PM BIBLE STUDY 3:30 PM SOCIAL HOUR 5 PM SAMBA	21 2 PM BINGO 6 PM MEXICAN TRAIN
22 2 PM FAST TRACK	23 10 AM WOMAN'S BIBLE STUDY 1 PM HAND & FOOT	24 9 AM CHAIR EXERCISE 9:30 SHOPPING BUS FL 2 PM LAKES FREE 6 PM 500 CLUB	25 10 AM BIBLE STUDY 2 PM BIRTHDAY CELEBRATION 3 PM MAHJONG 6 PM CRIBBAGE	26  10 AM CATHOLIC COMMUNION 2 PM SPINNERS 3 PM BRIDGE 	27 9 AM BRAIN FITNESS 10 AM COOKIE FRIDAY 2 PM NO BIBLE STUDY 3:30 PM SOCIAL HOUR 5 PM SAMBA	28 2 PM BINGO 6 PM MEXICAN TRAIN
29 2 PM FAST TRACK	30 10 AM WOMAN'S BIBLE STUDY, 1 PM HAND & FOOT					