

Christian Corner By Selah Ulmer

The Gift of Confession

As I write this, the church is getting ready to start observing Lent. Lent is a specific timeframe on the church calendar. It takes place during the 40 days before Easter and is meant to be a time of remembering the crucifixion of Jesus and the events leading up to it. Many choose to fast from something/give up something during Lent as a way of drawing closer to God. Lent is also used as an intentional time for Christians to confess their sins and ask for forgiveness. It is a sober time, but also a beautiful one.

Not every Christian observes Lent, and those who do may practice it in slightly different ways. I don't know what you have decided to do this year, if you've decided to participate in Lent. By the time you have this in your hands, we will be about halfway through Lent. But, what I do know is that the idea of using this time before Easter to reflect and prepare our hearts is something we all need in our lives. The truth is that all of us, no matter how long we have been walking with Jesus, still have sin in our hearts. We all have things we need to confess, repent and ask God to forgive. James 4: 8 calls us to this. It says, "cleanse your hands, you sinners, and purify your hearts, you double-minded." The reality of our sin is humbling and sombering. The next verse in James 4 calls us to grieve over our sin, for it is the thing that put Jesus on the cross! But because

of Christ's sacrifice, confession doesn't end in grief. It ends in praise and intimacy with God. Before James 4:8 calls us to confess, it makes this promise: "Come near to God, and He will come near to you." This promise is what makes confession and repentance, and this season of Lent, so beautiful. As we humble ourselves before God, remembering His sacrifice and confessing our sin, we are blessed over and over again with His love, His grace and His mercy. Forgiveness flows freely from Him as He wipes away our tears and casts our sins as far away from us as the east is from the west. Confession is a gift, because it brings us nearer and nearer to the heart of the Father who gave up everything to have a relationship with us. As we prepare for Easter next month, let's take this Lenten time, whether it be 40 days or 4 or anything in between, to ask God to purify our hearts and give us a deeper understanding of His forgiveness and grace. It is promised to be a gift.

"Grace, mercy and peace (to you) from God the Father and from Jesus Christ, the Father's Son" — 2 John 1:3.

Around the Pointe



March²⁰²³

Summit Pointe
Senior Living

BLUE ZONES Life Choices, It's All About Living

Notes from Lennard & Brooklynn:

Nursing Department services

Did you know that March is Kidney awareness month? 1 in 3 Americans are at risk for kidney disease. 37 million people have chronic kidney disease and 660,000 people live with kidney failure. 100,000 people are waiting for a kidney transplant.

This month focus on choices that will help keep your kidneys healthy like...

1. Make healthy food choices
2. Make physical activity part of your routine (this was also a heart healthy option in February)
3. Aim for a healthy weight
4. Stop smoking
5. Limit alcohol intake
6. Explore stress reducing activities
7. Manage diabetes, high blood pressure and heart disease.



Exercise!

Summit Pointe has a great exercise program ran by trained professionals. Last month we mentioned exercising at least once a week, this month shoot for 3 times a week! We notice small attendance at these classes...get into this class it's good for your heart and kidneys!

Monday/Wednesday/Thursday and Fridays are all days exercise is available.

The Summit Pointe Family is intentionally enhancing the lives of everyone.



Notes from Kayla in:

marketing

February's marketing event, Open House went amazingly and I have all of you to thank for it. A special thank you to all the tenants that allowed tours through your apartment. Our guests loved seeing the different style of apartments we had as well as how each apartment could be set up so uniquely. 26 new visitors came and a couple schedule an additional tour.

This event was also a success because of all the tenants that would come out and say "hi" to our guests. Everyone walked away at the end of the event commenting on how friendly everyone was..so thank you again for helping this event be so successful.

March we have a luncheon where we are inviting people in for lunch AND doing a presentation on fitness for seniors, fall prevention and more. At first, we will leave the luncheon for our guest, the presentation however can be opened for everyone. I will provide you with more information as it gets closer.

Celebrations!
Tenant Birthdays

- MARCH 4**
Sharon Easler
- MARCH 9**
Doris Armstrong
- MARCH 10**
Floyd Totten
- MARCH 12**
Winona Lown-Richardson
Roland Raim
- MARCH 13**
Carol Rees
- MARCH 14**
Jean Krusie
- MARCH 17**
Shirley Mincey
- MARCH 21**
Judy Hull
- MARCH 22**
Frank Conrad
- MARCH 26**
David “Dave” Malatek
Sandra Abodeely
- MARCH 29**
Evelyn “Evie” McLeod
- MARCH 31**
Joyce Saville

Staff Birthdays

- MARCH 1**
Lynda Murphy
- MARCH 2**
Callyn Kohler
- MARCH 12**
Callyn Kohler
- MARCH 14**
Ethan Turman
- MARCH 15**
Crystal Robinson
- MARCH 22**
Evan Getta
- MARCH 27**
Jen Brooks

Staff Anniversaries

- 1 YEAR**
Georgianna Manchester - March 28
- 3 YEARS**
Frankie Stoffer - March 24
- 4 YEARS**
Randy Danover - March 27
- 6 YEARS**
Esther Toth - March 6

activities
WITH Natalya

- Church Service** | A non-denominational church service takes place weekly on Wednesdays at 9:30am. Join for singing of Hymns and short message.
- Compliment Companions** | This group will gather together to bring positivity to the lives of others by being secretly matched with another tenant and staff member to give them a compliment and an act of kindness. This will be set up in a similar format to secret Santa.
- 12:30pm iPads, Audiobooks and Library Services** | The Marion Fire Department is hosting monthly informational seminars for seniors and families. Great way to get involved more in the Marion community!
- Communion** | Communion is off ered weekly from St. Joseph’s on Wednesdays at 1:30pm in the Library.
- Cranium Crunches** | This activity will challenge in your brain in a competitive setting. Tenants will compete with each other to build jigsaw puzzles as a team the quickest.
- M.A.C Fitness with Kristy** | Join us for our professionally lead exercise class three times a week. Kristy caters her class to ALL ability levels!
- Coe College Thursday Forum** | Coe college will be offering two lecture series this month. Read more about these series in the activity binder located at the front desk. Each week the lecture costs \$12 to attend per person.
- Snacking on Spain** | Try food and drink from the country of Spain in preparation for our travel speaker.
- Sights and Sounds of Spain** | Julie from the front desk will present to you pictures, stories, and facts from her recent trip to Spain.
- Bingo** | Bring your pennies! We will continue playing Bingo three times a week and wagering a penny for each card you play.
- Chair Massages with Kaysi** | Sign up for a 10 minute seated massage from our licensed massage therapist, Kaysi!
- Bible Study** | Join Ben and your neighbors for Bible study on Friday's in the library.
- Crayons and Needles Club** | Gather for a morning of coloring, knitting, crochet-ing, and any crafting your heart desires!
- Sunday Cinema** | Enjoy some fresh popcorn and a documentary or movie every Sunday at 6:00pm. Take a look in the activity binder located at the front desk to see what will be showing each week.
- Learn The Meaning of Your Name** | Take time to do some research with our life enrichment staff to discover the meaning and origins of your name.
- Activity Council** | Come share your feedback with Natalya, the Life Enrichment Director about activities at Summit Pointe. ALL tenants are welcome and encour-aged to join!
- Life Enrichment Visits** | Sign up for personal a visit from our life enrichment staff. We can play cards, paint nails, sit and chat, YOU decide!
- Genealogy Journey at Marion Library** | Take a visit to Marion library to research your family history using their online resources, with technology assistance from Life Enrichment staff.
- CEREAL Killer Mystery** | Join us for this murder mystery event to try and fi gure out who is the CEREAL killer living amongst us! With cereal treats to snack on as you play along.

MARCH Madness

Conference tournaments are coming up March 9-11th. Brackets for the Men’s basketball will be created on “Selection Sunday” March 12th.

Both our Hawkeye Men’s and Woman’s basketball teams have been performing well and should make it through conferences into the Championships.

March Madness tournaments will begin March 14th. Only the dates and venues were listed at the time this newsletter was printed.

If you want to fill in the brackets during the Men’s Championship games, use the one below or see the front desk for a large print copy.

Dates	Round	City, State
March 14 & 15	First Four	Dayton, OH
March 16 & 18	First/Second Rounds	Birmingham, AL
March 16 & 18	First/Second Rounds	Des Moines, I
March 16 & 18	First/Second Rounds	Orlando, FLr
March 16 & 18	First/Second Rounds	Sacramento, CA
March 17 & 19	First/Second Rounds	Albany, NY
March 17 & 19	First/Second Rounds	Columbus, OH
March 17 & 19	First/Second Rounds	Denver, CO
March 17 & 19	First/Second Rounds	Greensboro, NC
March 23 & 25	West Regional	Las Vegas, NV
March 23 & 25	East Regional	New York, NY
March 24 & 26	Midwest Regional	Kansas City, MO
March 24 & 26	South Regional	Louisville, KY
April 1 & 3	Final Four	Houston, TX



Notes from JP at
Environmental services

New Environmental Services Staff : Housekeeper Christine Eagan, please welcome her to Summit Pointe.

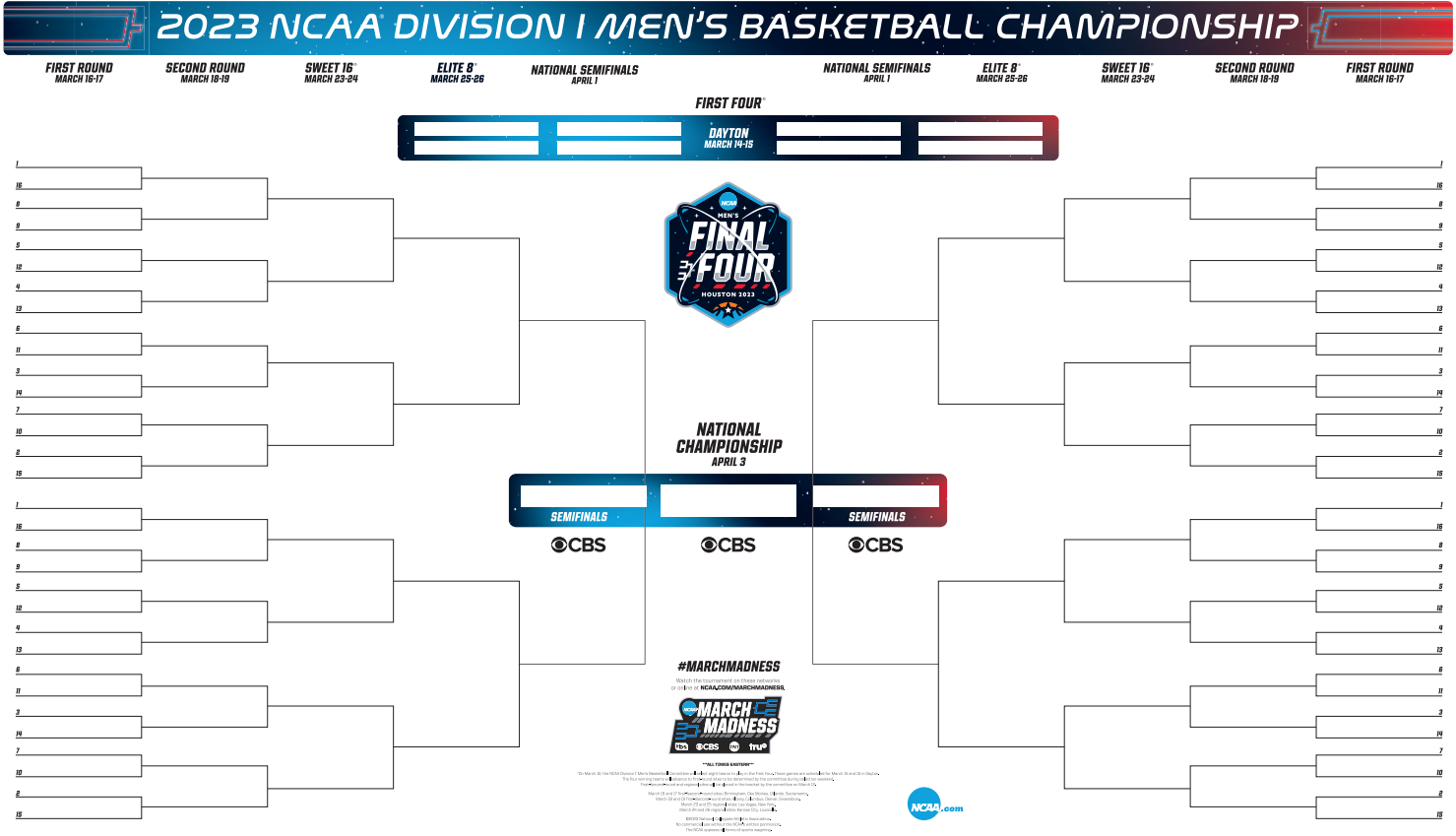
Reminder: Please Make Sure all Trash bags are securely tied Prior to sending them down the shoot. The trash shoot develops build-up if trash bags are not tied, trash items spill onto the shoot and the trash rooms become littered with open trash on the floor and the smell can carry up the shoot.

Thank You for your attention to this. Also please remember to utilize the nearest trash shoot – the shoot near the laundry rooms on the West side seems to be underutilized.

Transportation – we are striving to make ahead of schedule appointment times and quicker pick-ups to return to Summit Point. You will notice we are doing this by making lobby times earlier and allowing more time to drive you to your appointments.

Maintenance is striving to clean up and organize the basement and maintenance work areas; we hope you have noticed the increased attention to this. We are continuing to throw away what we don’t need and organize what we have while maintaining a clean work area. Look for even more clean up and organization in the weeks and months to come and for us to maintain the level of organization that we are striving for.

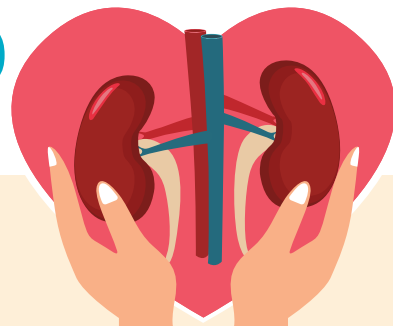
As always, we appreciate your help and patience as we work to keep Summit Pointe looking and feeling clean, new and comfortable for everyone.





What can I do to keep my kidneys healthy?

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure.



The steps described below may help keep your whole body healthy, including your kidneys.

During your next medical visit, you may want to ask your health care provider about your kidney health. Early kidney disease may not have any symptoms, so getting tested may be the only way to know your kidneys are healthy. Your health care provider will help decide how often you should be tested.

See a provider right away if you develop a urinary tract infection (UTI), which can cause kidney damage if left untreated.

Make healthy food choices

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cut back on salt and added sugars. Aim for less than 2,300 milligrams of sodium each day. Try to have less than 10 percent of your daily calories come from added sugars.

Tips for making healthy food choices

- › Cook with a mix of spices instead of salt.
- › Choose veggie toppings such as spinach, broccoli, and peppers for your pizza.
- › Try baking or broiling meat, chicken, and fish instead of frying.
- › Serve foods without gravy or added fats.
- › Try to choose foods with little or no added sugar.
- › Gradually work your way down from whole milk to 2 percent milk until you're drinking and cooking with fat-free (skim) or low-fat milk and milk products.
- › Eat foods made from whole grains—such as whole wheat, brown rice, oats, and whole-grain corn—every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.
- › Read food labels. Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- › Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating

a slice of cake. Peel and eat an orange instead of drinking orange juice.

- › Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

Research has shown that the DASH eating plan NIH external link may help you lower your blood pressure. If you have diabetes, high blood pressure, or heart disease, you may want to locate and work with a dietitian.

Make physical activity part of your routine

Be active for 30 minutes or more on most days. If you are not active now, ask your health care provider about the types and amounts of physical activity that are right for you.

Aim for a healthy weight

The NIH Body Weight Planner is an online tool to help you tailor your calorie and physical activity plans to achieve and stay at a healthy weight.

If you are overweight or have obesity, work with your health care provider or dietitian to create a realistic weight-loss plan. View more weight control and physical activity resources to help you get and stay motivated.

Get enough sleep

Aim for 7 to 8 hours of sleep each night. If you have trouble sleeping, take steps to improve your sleep habits.

Stop smoking

If you smoke or use other tobacco products, stop. Ask for help so you don't have to do it alone. You can start by calling the national quit-line at 1-800-QUITNOW or 1-800-784-8669. For tips on quitting, go to Smokefree.gov.

Limit alcohol intake NIH external link

Drinking too much alcohol can increase your blood pressure and add extra calories, which can lead to weight gain. If you drink alcohol, limit yourself to one drink per day if you are a woman and two drinks per day if you are a man. One drink is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor

Explore stress-reducing activities

Learning how to manage stress, relax, and cope with problems can improve emotional and physical health. Physical activity can help reduce stress, as can mind and body practices such as meditation.

Manage diabetes, high blood pressure, and heart disease

If you have diabetes, high blood pressure, or heart disease, the best way to protect your kidneys from damage is to

- › **Keep blood glucose numbers close to your goal.** Checking your blood glucose, or blood sugar, level is an important way to manage your diabetes. Your health care team may want you to test your blood glucose one or more times a day.
- › **Keep your blood pressure numbers close to your goal.** The blood pressure goal for most people with diabetes is below 140/90 mm Hg.
- › **Take all your medicines as prescribed.** Talk with your health care provider about certain blood pressure medicines, called ACE inhibitors and ARBs, which may protect your kidneys. The names of these medicines end in -pril or -sartan.

Be careful about the daily use of over-the-counter pain medications. Regular use of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, can damage your kidneys. Learn more about over-the-counter medicines and your kidneys.

To help prevent heart attacks and stroke, keep your cholesterol levels in the target range. There are two kinds of cholesterol in your blood: LDL and HDL. LDL or “bad” cholesterol can build up and clog your blood vessels, which can cause a heart attack or stroke. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. A cholesterol test also may measure another type of blood fat called triglycerides.

Technology Assistant | Our Life Enrichment staff will be available to meet with to help troubleshoot any technology issues you may be having. Bring your device to your visit!

Vitals | Leadership from the nursing department will be giving blood pressure checks for tenants that are interested.

International Women's Day Speakers | This month we are partnering with Professional's Women's Network that empowers women in the workplace. Please take time out of your day to support their mission and listen to their stories.

Worth While Adventures | This month guest speaker Marci Wittles will be speaking about various adventures, stop by to see what stories she has in store!

Rummy 500 | Join our card game of the month, and meet some friendly neighbors! Rules to this card game will be explained and will also be listed at the front desk in the activity binder.

Four Leaf Clover Hunt | A special four leaf clover will be hidden around Summit Pointe and daily clues will be provided. If you find the clover please return it to the front desk to be awarded a prize and to be rehidden the following day.

Men's Woodworking Class | Meet us in the fireside lounge before making a trip to the woodshop for a class with Rob Hart. This activity is for men only.

Women's Jewelry Making Class | Create your own custom jewelry in this class, exclusive to the women of Summit Pointe.

Pie Taste Test | Try a variety of pies from various places and rank which pie you enjoy most! See if you can figure out where each pie is from.

Coffee and Chat with New Tenants | Enjoy some coffee with the company of our new tenants and our favorite volunteer, Jody!

Mixing Up Mommie Dearest | Learn how to make this bittersweet cocktail inspired by Joan Crawford.

The Life and Secrets of Joan Crawford: | Learn about the details and scandal surrounding famous starlet, Joan Crawford!

Pet Therapy | Get your tail waggin' with a therapy dog visit! Meet our furry friend in the fireside lounge.

Unusual Animals | Join us for this educational seminar lead by biology professor, Floyd Sandford, as we celebrate World Wildlife Day!

Party Animals | Gather together for a WILD social, and enjoy a special themed cocktail for World Wildlife Day.

Country Steppers | Enjoy this fun filled dance performance for the famous, Country Steppers!

Bagpipes, Beer and Leprechauns, Oh My! | Join us for our St. Patrick's Day party, perfect the Irish and those who wish they were.

Natalya's Life Enrichment Updates

We are on the hunt for a long term activities assistant. I have had several interviews and am getting closer to finding the right fit. In the meantime, Myself, Frankie, and Ben are working as a team to make sure activities are continuing on as scheduled!

Don't forget...We are putting together an “activity description” binder at the front desk. This binder will have ALL descriptions of old and new activities. Here is where you will be able to find rules for games and print off of crafts. You will also find shorter descriptions in this newsletter. Now, we have 3 places to find more information for activities. The binder, newsletters and the flyers at the front desk and elevators!

BINGO | This month we will be having Bingo Bonanza, where we will be competing all month for a grand prize, play to win!

Welcome:

New February Tenants

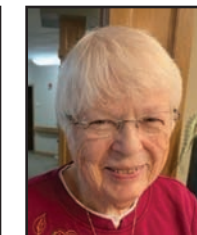
Help us welcome our newest tenants!



Sandy Graham



Bob & Penny Gilcrest



Karen Knies



Dennie Holverson



Noma Lucas



From the Front Desk

If you need a new name tag, or if you are a new tenant and have not received yours yet, please come visit me, Lynda, at the front desk. I would be happy to get you a nametag and it really doesn't take too long to accomplish.

From the Culinary Director

Thank you all for your wonderful welcome these last couple of weeks. I truly have enjoyed meeting and getting to know both you our Summit Pointe tenants as well as the staff here at Summit Pointe.

Soon we will be moving into our Spring and Summer menus, besides the menus we are making other changes in the kitchen which I believe you'll all enjoy. We are now moving to ceramic coffee mugs, glass water glasses and possibly linen in the dining room. Any feedback can be given in person or the suggestion box at the front desk.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Summit Pointe
Senior Living

2023

MARCH

Please remember that this calendar could change weekly. We will post updated activity schedules at the front desk and elevators.

REMINDER:

Sign up for activities highlighted in yellow activities in red are lead by tenants

Check page for a description about each activity

5 Summit Pointe Trading Post

1:30 PM Bingo – FL
6:00 PM Sunday Cinema – FL

6 Celebrate Your Name Day

9:00 AM Rosary – PD
9:30 AM Learn The Meaning of Your Name and Luggage Tags – FL
10:00 PM Book Club – L
1:00 PM Activity Council – FL
2:00 PM Dominoes – CH
2:30 PM Life Enrichment Visits
3:30 PM M.A.C. Fitness with Kristy – FL

7 National Cereal Day

9:00 AM Genealogy Journey at Marion Library
1:00 PM Cereal Killer Mystery – FL
3:00 PM Bingo – FL

8 International Womens Day Wear Pink

9:30 AM Church Services – FL
10:15 AM Technology Assistant – FL
1:00 PM Vitals – PD
1:00 PM International Women's Day Speakers– FL
Communion – L
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness with Kristy – FL

9 Coe College: Olympians & Gladiators

8:45 AM Coe College: Olympians & Gladiators
10:30 AM M.A.C. Fitness with Kristy – FL
11:00 PM St Patrick's Day Door Décor – L
2:00 PM Worth While Adventures: Guest Speaker Marci Wittles – FL
3:00 PM Dollar Tree
6:15 PM Bingo – FL

10

9:30 AM Bible Study – L
10:00 AM Lincoln on Religion and The Bible Guest Speaker -FL
10:30 AM Millennium Therapy Exercise – ML
1:00 PM Rummy 500 – CH
2:00 PM Happy Hour with Darlene Suchomel – DR

11

10:00 AM Crayons and Needles – L
2:00 PM Dominoes – CH

12

1:30 PM Bingo – FL
6:00 PM Sunday Cinema – FL

Selection Sunday for March Madness

13 Four Leaf Clover Hunt Begins DIY Day

9:00 AM Rosary – PD
10:00 AM Mens Woodworking Class – FL
10:00 PM Book Club – L
1:00 PM Maintenance and Munchies Meeting – FL
2:00 PM Dominoes – CH
2:30 PM Earring and Keychain Making Class – L
3:30 PM M.A.C. Fitness with Kristy – FL

14 Four Leaf Clover Hunt Begins Pi Day

9:00 AM Hy-vee
1:00 PM Pie Taste Test – FL
2:00 PM Bingo – FL
3:15 PM Coffe and Chat with New Tenants -FL

**15** Four Leaf Clover Hunt Cont. Mommy Dearest Day

9:30 AM Church Services – FL
10:30 AM Mixing Up Mommy Dearest – PD
1:00 PM Red Cedar Chamber Orchestra – FL
1:30 PM Communion – FL
2:00 PM Dominoes – CH
2:30 PM The Life and Secrets of Joan Crawford – FL
3:30 PM M.A.C. Fitness with Kristy – FL
6:00 PM Mommie Dearest Movie Night – FL

16 World Wildlife Day Four Leaf Clover Hunt Cont.

9:30 AM Pet Therapy – FL
10:30 AM M.A.C. Fitness with Kristy – FL
10:45 AM Lunch Bunch Trip to Mas Margaritas
2:00 PM Unusual Animals: Guest Speaker Floyd – FL
3:00 PM Party Animals – FL
6:15 PM Bingo – FL

**17** Final Day of Four Leaf Clover Hunt

9-11 AM Chair Massages with Kaysi – PD
9:30 AM Bible Study – L
10:30 AM Millennium Therapy Exercise – FL
2:00 PM Country Steppers – DR
3:00 PM Bagpipes, Beer and Leprechauns, Oh My! – FL

**18**

10:00 AM Crayons and Needles – L
2:00 PM Dominoes – CH

19

1:30 PM Bingo – FL
6:00 PM Sunday Cinema – FL

20 My Favorite Things Day

9:00 AM Rosary – PD
10:00 AM Do, Re, Mi, Sing The Lyrics for Me – FL
10:00 PM Book Club – L
1:00 PM Summit Pointe is Alive with The Sound of Music: Speaker – FL
2:00 PM Dominoes – CH
2:00 PM Cream Colored Ponies and Crisp Apple Strudel – FL
3:30 PM M.A.C. Fitness with Kristy – FL
6:00 PM Sound of Music Sing Along – FL

21 International Happiness Day

9:00 AM Target
1:00 PM Battle The Winter Blues with Dar– FL
2:00 PM Bingo – FL
3:15 PM Sips and Smiles Social

22 Crazy about Crafts Day

9:30 AM Church Services – FL
10:15 AM Craft Show Set Up – PD
1:00 PM Craft Show and Craft Beer! – FL
2:00 PM Dominoes – CH
3:30 PM M.A.C Fitness with Kristy -FL

23 Craft Show Continued

8:45 AM Coe College: History of Sports
10:30 AM M.A.C. Fitness with Kristy – FL
1:00 PM Food Council – FL
2:30 PM Kohls Shopping Trip
6:15 PM Bingo – FL

24 Craft Show Continued

9:30 AM Bible Study – L
10:30 AM Millennium Therapy Exercise – FL
1:00 PM Essentials of Nursing -FL
2:00 PM Happy Hour with pianist Rhonda – DR

25 Virtual Vacation Day Craft Show Continued

10:00 AM Crayons and Needles – L
2:00 PM Spring Break Bash!
2:00 PM Dominoes – CH

26

1:30 PM Bingo – FL
6:00 PM Sunday Cinema – FL

27 Corkscrew Day

9:00 AM Rosary – PD
10:00 PM Book Club – L
1:00 PM Comparing Corkscrews – FL
2:00 PM Dominoes – CH
2:30 PM Wine Pairing – L
3:30 PM M.A.C. Fitness with Kristy – FL

28 A Bubbly Day

9:00 AM Fareway
1:00 PM Bubble Painting – FL
2:00 PM Bingo – FL
3:15 PM Break Open The Bubbly– FL

29 M&M Day

9:30 AM Church Services – FL
10:15 AM M&M Cookies – ML
1:00 PM Bite of History: M&Ms – FL
1:30 PM Communion – FL
2:00 PM Dominoes – CH
2:30 PM M&M Science – FL
3:30 PM M.A.C. Fitness with Kristy – FL

30

8:45 AM Coe College: History of Sports
10:30 AM M.A.C. Fitness with Kristy – FL
1:00 PM Tenant Council – FL
2:00 PM Manicures and Mojitos – FL
6:15 PM Bingo – FL

31

9:30 AM Bible Study – L
10:30 AM Millennium Therapy Exercise – FL
1:00 PM Rummy 500 – CH
2:00 PM Happy Hour with Larry Acord – DR

BDR = Brentwood Dining Room
BP = Back Patio
CDR = Carlisle Dining Room
FD = Front Desk
FF = Front Foyer
FL = Fireside Lounge
FP = Front Porch
L = Library, 2nd Floor
PDR = Private Dining Room
SP = Summerset