

# NOVEMBER RUNNER

*“November comes and November goes,  
With the last red berries and the first white snows.”*

~ Elizabeth Coatsworth



## Dog of the Month – Golden Retriever

Golden retrievers are well known and admired for having cheerful, exuberant personalities, hard-working natures, endearing smiles, and lovely golden coats. It's no wonder they are one of the most popular dog breeds and are often picked as family pets. They live 10 to 12 years and stand about 24 inches tall. While they are strong and active, they are also very gentle, affectionate, mellow, and snuggly. These highly adaptable, trainable, and eager-to-please pups were originally Scottish hunting dogs, trained to retrieve game. They are smart and do



well as skilled workers, including tracking and locating contraband for police. They also make excellent therapy and service animals. The breed comes in three different shades: golden, dark golden, and light golden. They are also divided into English, Canadian, and American golden retrievers. However, they are all part of the same breed.

### Special Days

**All Saints' Day**  
November 1

**Book Lovers Day**  
November 5

**Election Day (U.S.)**  
November 8

**Veterans Day (U.S.)**  
November 11

**Remembrance Day  
(Canada)**  
November 11

**Thanksgiving Day (U.S.)**  
November 24

## Flower – Chrysanthemum



November's birth flower is the chrysanthemum. Commonly called mums, the vibrant perennial is a favorite of gardeners and florists alike. *Chrysos* is Greek for "gold"; although mums grow in a variety of shades today, their wild ancestors were a brilliant yellow-gold hue. In addition to their beauty, mums are used for teas, wine, and medicine. Additionally, NASA has found that chrysanthemums planted indoors can clean the air of your home.

## Birthstone – Yellow Topaz



Yellow topaz, known as "precious topaz," is November's birthstone. This stone was the symbol of Ra, the Egyptian sun god, because of its golden glow. Topaz was named for the ancient island of Topasos, now known as St. John. A topaz is most commonly found in shades of yellow. However, it also comes in other colors, including blue, red, orange, green, and black. Pure topaz itself is a colorless stone. A gift of a yellow topaz symbolizes friendship and hospitality. Topaz is said to give the wearer strength and mental clarity.

## Birthday Bough

### November 1–8: Pine

You're a nature lover who feels most at home on a walk in the woods or strolling along a stream. You also enjoy a robust social life and have many friends who call on you when they are in search of fun—or a shoulder to cry on.

### November 9–15: Spruce

You are dependable, strong, and smart as a whip. People seek out your advice and call on you when a leader is needed. You have a hearty sense of humor that helps you—and your family and friends—cope during tough times.

### November 16–21: Willow

You move about with the wind, but you can always be counted on when it matters most. You have a carefree spirit that draws others to you, though you sometimes seek alone time. Your grace and kindness are legendary, too.

### November 22–30: Oak

You are a sweet, colorful person with a big laugh, an even bigger heart, and an easy sense of humor. Your intuition, work ethic, and sense of justice are very strong. People feel safe, relaxed, and happy around you, so you're never short on friends.

## Weather or Not

Use this November weather lore to predict the weather in the future months: Ice in November brings mud in December. As the weather is in November, so it will be in March. Thunder in November means a fertile year to come.



### November Zodiacs

Scorpio (The Scorpion)  
November 1–21

Sagittarius (The Archer)  
November 22–30

**November** is the eleventh month on the Gregorian calendar, but it was the ninth month before January and February were added to the calendar. November is widely considered a month dedicated to remembering deceased ancestors and loved ones: The Roman Catholic holiday All Souls' Day, Mexico's Día de los Muertos (Day of the Dead), United States' Veterans Day, and Canada's Remembrance Day are all celebrated in November.

## A Redheaded Day

Do you have red hair or any redheaded pals? November is the time to toast them (or yourself). That's because November 5 is National Redhead Day, the day to celebrate the gingers among us. An estimated 2% of the world's population have naturally red hair, with millions of them living in America. Many redheads have Irish, English, Scottish, North African, or Jewish heritage.

## What's Lucky in November?

Lucky Color: Orange

Lucky Animal: Chipmunk

Lucky Letters: *B* and *G*

Lucky Day: Wednesday

Lucky Plant: Pine



## November Birthdays

Marie Antoinette (queen) – November 2, 1755

Art Carney (actor) – November 4, 1918

Maria Shriver (journalist) – November 6, 1955

Marie Curie (scientist) – November 7, 1867

Carl Sagan (astronomer) – November 9, 1934

Jonathan Winters (comedian) – November 11, 1925

Grace Kelly (actress) – November 12, 1929

Laura San Giacomo (actress) – November 14, 1962

David Ortiz (ballplayer) – Nov. 18, 1975

Scott Joplin (composer) – November 24, 1868

Tina Turner (singer) – November 26, 1939

William Blake (poet) – November 28, 1757

Mandy Patinkin (actor) – November 30, 1952



Happy November!

I wish you and your families a Happy Thanksgiving.

I will be sharing more new resident stories this month:

Here are two more new resident stories:

## **Shirley Zibelman ( A325)**

Shirley is a fairly new resident who recently moved to Paul's Run from nearby Portis Road where she lived for 60 years. Her home was the last property sold in that development and she felt so lucky to have raised her family in that wonderful community. Shirley's son is a doctor and her daughter is a lawyer. Shirley and her husband Morris were married 63 years!

Shirley shared that Morris was the greatest guy and she was fortunate to have met him at a wedding. It was love at first sight even though she discovered a family member once shared a photo of her to Morris. Morris stated that moment he was going to marry that girl in the picture.

Both Shirley and Morris worked at a Mom & Pop Shop located at 10<sup>th</sup> and Olney and continued to work at that store while raising their two children. Shirley recently sold her home so she is slowly getting acclimated to her new surroundings here at Paul's Run.

When Shirley was asked what she likes about Paul's Run, Shirley stated how impressed she is with how Paul's Run incorporates all nationalities by addressing the needs of each individual either with programs, religious services or dinner options.

Shirley feels that both the staff and the residents are friendly and kind. Shirley looks forward it getting more involved with trips and programs now that she's settling in but considers Paul's Run a welcoming change.

## Marge Sheedy ( B125)

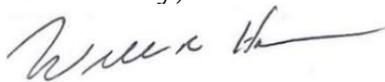
Marge moved to Paul's Run in June of this year. Born and raised in Oxford Circle, Marge is a graduate of Little Flower. Marge recalls her most memorable time in high school was playing the clarinet at The Academy of Music along with other neighboring high schools.

Marge married the love of her life Chris – a fella from County Clare Ireland who worked for the Rail Road. After a number of friendly encounters and exchange of phone numbers, Chris finally picked her up for a first date. That first date quickly led into an engagement and marriage. Marge worked at Philco Ford in the oversea division for 13 years before her marriage. Marge and Chris raised their two beautiful daughters Maura and Christina in their home located in the Far Northeast. While raising her children, Marge enjoyed being a homemaker and later worked at various doctor's offices for over 12 years before retirement.

Marge's family has grown with 6 grandchildren. One of her beautiful granddaughters named Emma is special needs and a lovely young lady. Emma especially loves that Marge is here at Paul's Run so she can visit her easily. Emma navigates her wheelchair right to Marge's apartment seamlessly. Emma especially loves the fish tank outside her grandmother's apartment and likes visiting not only Marge but other residents.

As for Marge, she is really enjoying Paul's Run. Marge admitted being home alone in her house, although she loved it, was at times lonely with no one to talk to, no one to eat dinner with. Marge looks forward to the activities and dinners with others as well as attending daily mass. Marge has already made a few friends and also wanted to comment that our Paul's Run Community is so clean. Marge is looking forward to attending more craft programs in the months ahead as well as continuing to enjoy bingo and casino trips.

Sincerely,



Executive Director

In this November, 2022 issue >>>

- Looking back at September’s successful Talent Show! (Pictured right: Stan performing “Blue Bayou” on Piano to a full house!)
- An exciting new Drum Circle Program scheduled for November with Professional Drummer: Joe Tayoun



A Monthly Look at Music & Wellness in the Paul’s Run Community

Music Therapy

# Notes



Music Therapy Questions?  
Contact Ryann x3003

A look back at September’s Successful Talent Show!

Residents of Paul’s Run displayed art and craft works in the hall leading into the Auditorium. Needle-point, Oil and watercolor paintings, and intricate sketches in pencil and pen were on display. The creative art ability was impressive! We had 13 acts sign up to share musical and poetic talent in the Auditorium. The bell choir kicked things off and other highlights included poem readings, a harmonica performance, and a piano recital. Pictured below: Abby singing Nat King Cole’s “L-O-V-E” accompanied by Community Life team member and Music Therapist, Ryann on guitar.



## Drum Circle with Joe Tayoun

Sunday Nov. 13th at 2:00 PM in the Auditorium!

Joseph Tayoun, a second generation Lebanese American, is an accomplished Middle Eastern percussionist. He started playing at age eight at his family’s renowned Middle East Restaurant in Philadelphia where authentic Arabic, Turkish, Persian, Armenian, Greek live, and Israeli music and dance were performed nightly for forty years.

Learning from many of the area’s top Middle Eastern players, Joe became adept at the many styles of drumming within these different traditions. He is passionate about sharing how accessible and fun drumming can be for people of all ages and his group drumming program is one you don’t want to miss! All you need to do is show up and be ready to listen and learn. Joe brings a large selection of drums, so everyone can get involved.

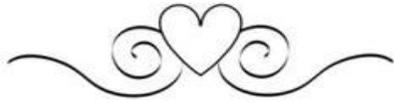
**Drum Circle in the Auditorium  
Sunday November 13th at 2:00 PM  
Drums are provided!**

### Health Benefits of group drumming:

Many studies have demonstrated the efficacy of mental and physical health benefits when people engage in group drumming.

Below are six specific benefits summarized from the study: “*Effects of Group Drumming Interventions on Anxiety, Depression, Social Resilience and Inflammatory Immune Response (2016)*”

- \*Lowers Blood Pressure\*
- \*Neutralizes Stress\*
- \*Burns Calories\*
- \*Improves Circulation\*
- \*Increases Energy\*
- \*Relieves Depression\*



## In Memory



In Memory of Mary Finnegan  
By Mr. & Mrs. John E. Stanojev  
By Mr. & Mrs. Fred Novasak

In Memory of Brigitte Heinzl  
By Mr. & Mrs. Jim Becker

In Memory of Renee A. Marke  
By Ms. Carol A. Marke

In Memory of Paul Heinzl  
By Mr. & Mrs. Jim Becker

November 2022

By Ed Scully

There is a television channel called “Easy Listening”, number 448. They occasionally play the song “I Just Called to Say I Love You.” It is a great reminder for you to be sure to remember that there could be someone that you love who does not live with you at Paul’s Run but who you may still be very close to you but you may not be in touch as often as you should be and certainly would like to be. Accordingly, it is presented that you are reminded to put into your life almost every day, a telephone call to tell someone you love that you certainly do love him or her. As a help for you to make it a habit to do so, some of the words to the song follow:

"I Just Called To Say I Love You"  
(From "The Woman In Red" soundtrack)

No New Year's Day to celebrate  
No chocolate covered candy hearts to give away  
No first of spring  
No song to sing  
In fact here's just another ordinary day

No April rain  
No flowers bloom  
No wedding Saturday within the month of June  
But what it is, is something true  
Made up of these three words that I must say to you

I just called to say I love you  
I just called to say how much I care  
I just called to say I love you  
And I mean it from the bottom of my heart

November 2022 by Ed Scully continued

I have recently become acquainted with the Pathways school in Mesa Arizona that has over 20 years of experience in therapeutic and special education. One of the teachers there, Mrs. Constance P. Garnecki I have known from the Olney area for a long time. Constance sent me a request to be a Pen Pal to her special needs students. I respectfully ask you to be a Pen Pal to the students as I have. You can be assured your letters will certainly bring a considerate amount of happiness to the students. The students are 4<sup>th</sup> – 6<sup>th</sup> grade. The letters can be sent to the students in care of their teacher Constance Garnecki at 8654 E. Monterey Avenue, Mesa, AZ 85209.

It would be shortsighted if no mention were made of Thanksgiving Day, of which there was also one in Canada on Monday October 10. Thanksgiving originated in Plymouth, Massachusetts by Miles Standish and Pocahontas – who like many others did not remember to take the cranberry sauce out their ice box.

There is much to be thankful for here at Paul's Run. Certainly too much exists to mention in this space, but here are some of what we can be thankful for:

It is a National Holiday that is usually celebrated on the third Thursday of November, as decreed by President Roosevelt, because being on the fourth Thursday was too close to the Christmas Holiday.

There are at least two in-house music television channels you will really like. It is recommended that you consider watching them once in a while. Easy Listening Channel 448 and Classic Country Channel 434. You are practically guaranteed that you will listen to more than one song on both channels.

November 2022 by Ed Scully continued

- It is a service to be thankful for. It continues on weekends. Nurses Eric and Sherell took care of me with two nurse aide observers on a weekend. How thankful I am that they visited my apartment.
- On five occasions each week, masses are celebrated in our first floor chapel. Located just a bit away from my elevator ride - again, a happening for which I am thankful. By its very nature, other religions participated in services that are overseen by our residence Chaplain and Rabbis.
- Lastly, I am thankful for this “Runner” that is put together and sent out each month.

There are many places to go out to and have a feast along with some sort of entertainment. There is a great restaurant/bar near 12<sup>th</sup> & Sansom Streets in downtown Philadelphia. For a wonderful evening, go visit “Fergies” by 6 PM on a Friday and have something to eat and also listen to the John Train Band play some music of all kinds for more than two hours. It all takes place on the second floor. It takes 18 steps to get there but when I get there I am greeted by everyone’s thunderous applause. Also on many evenings, my libations are provided at no cost by fellow attendees – for which I am also very thankful.

## Forests Need Fire to Maintain Life ! Really?

By Sr. Franceline Malone

“Perhaps the most amazing fire adaptation is that some species actually *require* fire for their seeds to sprout. Some plants, such as the lodgepole pine, *Eucalyptus*, and *Banksia*, have serotinous cones or fruits that are completely sealed with resin. These cones/fruits can only release their seeds after the heat of a fire has physically melted the resin. Other species, including a number of shrubs and annual plants, require the chemical signals from smoke and charred plant matter to break seed dormancy. Some of these plants will only sprout in the presence of such chemicals and can remain buried in the soil seed bank for decades until a wildfire awakens them.” (Encyclopedia Britannica)

Forest wildfires claim more than indigenous trees. One of the most destructive was the Camp Fire of 2018. Costing billions of dollars, it destroyed over 11,000 homes and killed more than 80 people. Untamed fire has shaped earth’s ecosystems for millions of years. Today’s fires, besides occurring earlier than normal fire seasons, are larger and burn longer. Over the years, to protect people, animals and birds, fire fighters use all the skills available at the time to suppress fires. In recent times where urban sprawl is rampant, scientists found that fire’s disrupting natural cycles intensifies the problem, further threatening lives, structures and wildlife, claims Nat Stevens.

The trees in the forest get much of their water from melting snow. However in 2015 California, with Kings Canyon National Park on its western side, was in the midst of a three year drought. Twelve million trees – among them the sequoia sempervirens – died. As the heat continued, the number rose to 60 million in South Sierra Nevada. Dying trees just fell over. (No mortality rate for other tree species was recorded.) To top it all off, branches that fell to the ground in 2017 became infested with the deadly bark beetles.

Lightening in 2020 set the Castle Fire ablaze. The scorched land looked like a moonscape to ecologist Nate Stevens. As smoke rose, he recognized varied shapes going up in smoke – carbonized oak leaves, pine needles, cedar, fir. In September 1921, researchers began a year-long sequoia project. Meanwhile, two wildfires merged in Kings National Park killing 2380 sequoias before it died in December.

Forests Need Fire by Sr. Franceline Malone continued

[In spite of the number of devastating fires in the far West, sequoias are not expected to go extinct because people have planted groves all over the world.]

How much damage a fire does depends on how hot and long it burns, the type of trees, and their distance apart. In environments where hot, fast moving fires are frequent, some pine species have developed very thick, hard cones that are literally glued shut with a strong resin. These serotinous (long delayed opening) cones can hang on for years, waiting for a fire to sweep through and melt the resin. Wind and gravity scatter the seeds over the bare soil that the fire had cleared for them.

Over the centuries trees have developed ways to protect themselves. In fire prone areas they grow thick bark that is nearly impervious to fire and insects. Other trees developed tall trunks that open branches above the usual height of ground fires. Forest manager Christy Brigham works to restore fire to overgrown areas. Each year 30,000 acres are cleared with controlled burns. Meanwhile the fires rid the surrounding soil of fallen logs, needles, etc., opening space for new trees to grow.

Keep in mind that wildfires, while increasing global warming, also release the carbon dioxide held in trees and other pollutants into our air. The resulting smoke and haze can travel for miles. Wind speeds it into nearby towns and villages, negatively affecting the health of people, animals and birds. The longer it stays, its effects become intense creating public health crises especially for those already suffering heart and lung problems.

Why do we put so much work into protecting our forests? To appreciate the gift of their beauty, to relish the shade cooling our planet and to breathe deeply of the pure air wafted our way. To stand amazed at the height of these trees stretching so far above us as we crane our necks to see their tops reaching for the clouds. To be overwhelmed with the beauty and joy of creation! To be thankful for the gift of our North American forests! Alleluia!

Water, Water Everywhere, Nor Any Drop to Drink

By Sr. Franceline Malone

Not too long ago I wrote an article starting with Coleridge's "Rime of the Ancient Mariner" recalling the precious God-given gift of water in every part of our world. Recently our media have flooded us with problems trying to assure that every creature on Earth - soil, plants, animals, people, air as well as oceans, lakes, rivers and ponds - have all they need of this absolutely essential part of our planet. What other planet has water? Anything living on any of them?

Strangely, at this particular time, parts of our planet are being inundated with an over-abundance of water, but not enough to drink! How can that be?

Recently, the news media headlined Jackson, Mississippi. Heavy rains at the end of July combined with the city's ongoing water problems to cause city managers serious trouble. The downfalls caused flooding and blocked safe water from getting into Jackson's pipe lines for the people to use. The combination aggravated a long standing difficulty with one of the city's two treatment plants.

By Tuesday there was no running water. Gov. Tate Reeves declared a State of Emergency for Jackson's water system. Contractors were hired to work at O. B. Curtis Water Treatment facility which was at diminished capacity as its main pumps had failed "some time ago," said Reeves. The governor also activated the National Guard to assist Jackson. Pres. Biden too declared a state of Emergency in Mississippi. "He ordered his team to surge federal assistance to the region... during this urgent time of need."

Mayor Chokwe Lumumba said Jackson's water system was troubled by short staffing and "decades of deferred maintenance." An influx of water - the torrential rains - which changed the chemical composition needed for the water's treatment- slowed the process of pushing out water to customers."

On Tuesday, Lumumba, a Democrat, had not been invited to the Republican Governor's Monday night news conference. However, he said he was having "productive discussions" with the Health Department and the Mississippi Emergency Management Agency, and was grateful for the state's help.

Water, Water Everywhere by Sr. Franceline Malone continued

Broken pumps at the Curtis plant were being serviced. By Wednesday replacement pumps were installed, and water pressure improved. Already 150,000 residents had received a month-long boil water order from the Health

Department which had discovered that drinking the sink's now cloudy water was causing digestive problems. Each day, long lines formed at distribution points as people waited to share in the limited supply of bottled water. Fixing water problems was hampered by Jackson's inability to pay for it as its tax base eroded with white flight to the suburbs when public schools integrated. Its population today is 80 % Black with 25% living in poverty.

With low water pressure, people can't shower or flush toilets. Families boil water before using it in food preparation. Fire fighters may not have enough water pressure to save a house. Schools held classes online. Jackson State University bought temporary rest rooms for its students! When the swollen Pearl River crested on Monday below 36 feet, it kept the city just short of a major flood stage. (It had flooded in 2020 when the river topped 36 ft.)

Mayor Lumumba claimed low water pressure lasted a few days, but by the next day some residents regained services. He is aiming for a steady improvement in the systems. Fixing the systems, however, "could run billions of dollars."

The federal government did not consider helping the water crisis until a plan of action was submitted," said Congressman Bennie Thompson, representative of the second district. When this article was being prepared, word came that no proposed plan from the city had yet been submitted.

Lumumba told CNN earlier that Sunday, that people should leave the city "as soon as possible," saying he was worried about a repeat of the damaging February 2020 flooding.

Water, Water Everywhere by Sr. Franceline Malone continued

The evening after working on this article, I turned on the news and it showed enormous flooding taking place in Pakistan. People were walking through flooded streets and fields. Our own rivers in the West too have had recent flooding.

Pakistan has suffered from floods since Mid-June. Over 1100 people, nearly 400 being children, have died. Millions had to flee from their homes. Millions of acres of cropland covered with water, wiping out thousands of livestock. Not only food is in short supply, but aid agencies warn of an uptick in infectious diseases leaving residents vulnerable to what the United Nations called a “monsoon on steroids.”

Different

By Arnie Escourt

Don't want to look like that  
Too tall, too fat.  
Ugh, that wart.  
Way too short  
Funny nose,  
wrong clothes  
Bad hair, so straight, too curly.  
Too awkward, sort 'a surly.  
No fun, can't run.  
Who can I blame?  
"Picking on;" it's a shame  
What can I try?  
Don't want to cry,  
Much too thin,  
Stuff on my skin!  
Four eyes! Big ears.  
I burst into tears.  
No one cares,  
Too smart, Nerd, too dumb,  
You aren't any fun  
Can.....we!  
You and Me?  
Friends.....maybe?

## Climate Change By Arnie Escourt

Facts are no longer facts; they have been replaced by theories  
The actual facts have been replaced by Facebook releases  
We no longer are sure of what is real and what is false  
It is sort a like comparing tap dancing to a waltz  
We are still releasing too much poison gases into the air  
We are still ruining the atmosphere and no one seems to care

Most of our ice bergs and glaciers are melting away  
The polar bears, the trees and bees are saying, "oh veh!"  
Many old fools told us the world is coming to an end  
And now that is the message most scientists send!  
The true fact is last year was the hottest year ever  
The fires, tornadoes, hurricanes and quakes give us much to fear  
We need to get our priorities in order worldwide and now

We need to start fixing the damage of Climate Change somehow!  
The time to ignore it is over, our Earth is at the brink  
If nothing is done soon, all lives will suffer and sink.

The elephants, many species, the bees and the whales are dying  
Our time is becoming limited, we really need to start changing!

Happily Singing  
By Arnie Escourt

Isn't it interesting that the exciting effect of singing is quite a treat?  
We can sing quietly or loudly and start tapping our feet  
We sing in the shower or alone in the street or hall  
Even in groups we sing for ourselves and others to excite or enthrall

If we are not sure of the words, we can hum or mouth the words  
We feel the rhythm, the melody and get that special urge  
As we sing, we get that appealing quality of joy flowing within  
That unique feeling much different than before we did begin

We tap our feet, wave our hands and smile  
Enjoying the singing and knowing it was very worthwhile  
We know that we may not sing as well as others, who do sing swell  
But aches and pains have been forgotten and we feel quite well

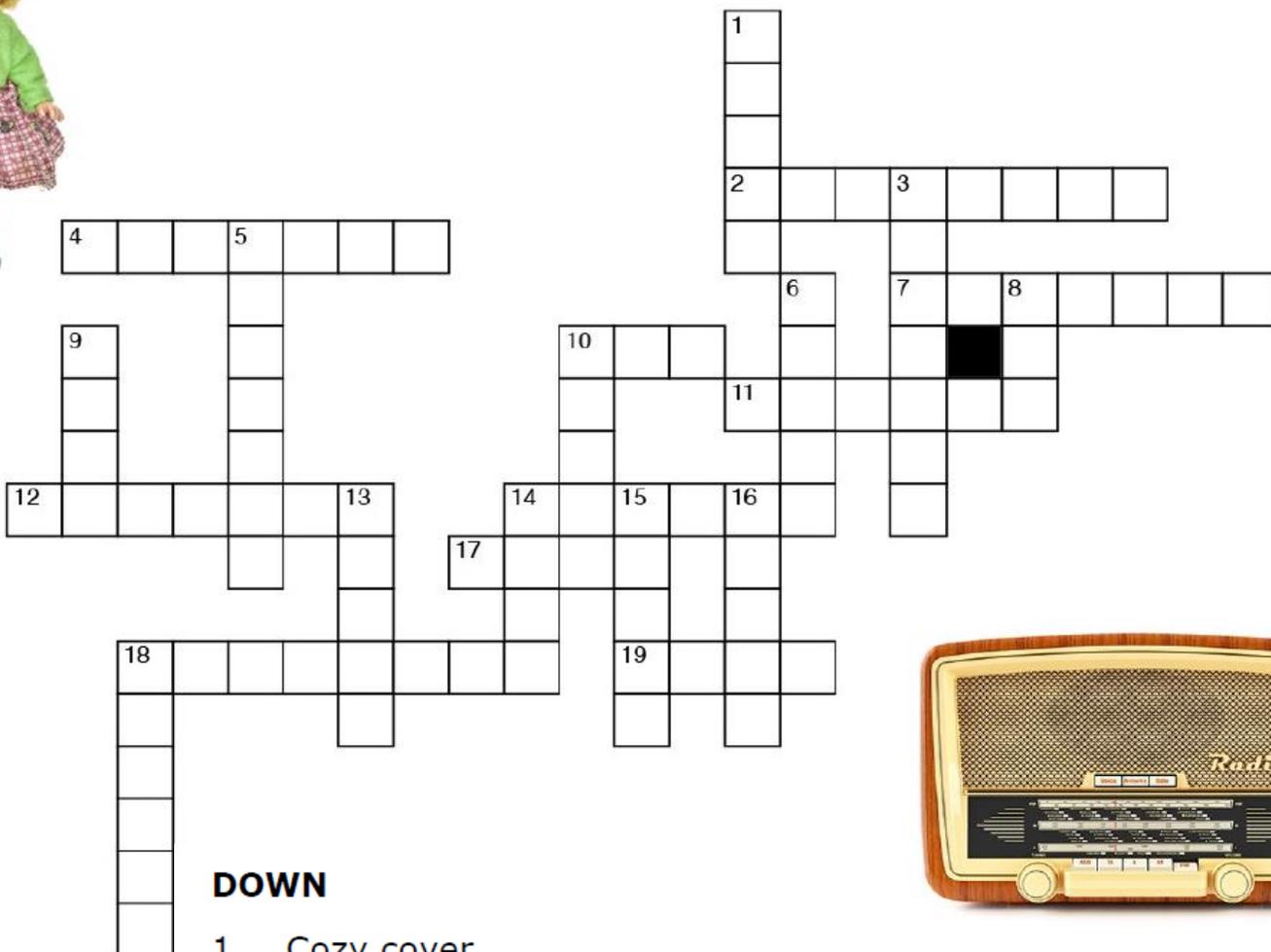
The history and process of music, sadly, is lost on me  
Some really know the singers, songs, writers, composers and each melody  
Every tune has its own speed, type, purpose and effect  
And all involved in final production maintain the highest respect

This afternoon I found myself singing loudly with my recording device  
It was interesting, fun and actually very nice  
I even began to whistle, which I had not been able to do  
I spent the afternoon happily singing along, without a clue!

I don't know the proper musical terms, but I know I may do it wrong  
I can feel it as I stumble and mumble as we sing each song  
I no longer give a **'xyz'** hoot, because I now seem to fit in  
I consider my efforts at acting and singing as a real win-win!

## Memorabilia

Use the clues to fill in the crossword.



### DOWN

1. Cozy cover
3. Tavern freebie
5. Small spheres of glass
6. Fencing weapon
8. Office neckwear
9. Piece of dinnerware
10. Hobby shop purchase
13. Postage sticker
14. Stone or pebble
15. Timekeeper
16. AM/FM device
18. Political campaign handout

### ACROSS

2. Kid's meal carrier
4. Sewer's finger guard
7. Valuable old item
10. Coffee vessel
11. Glass container
12. Salt and pepper containers
14. Vinyl LP
17. Raggedy Ann, for one
18. Novel place holder
19. Nickel or dime



## MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



### *Beauty Shop*

By Appointment Only  
**No Walk-Ins**

**Call Anne Amato  
215-934-3055**



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On Facebook**



**PAUL'S RUN**



**Friends of  
Paul's Run**

**THE GENERAL STORE  
HOURS OF OPERATION**

**MONDAY - FRIDAY  
10:30AM-3:30PM**

**SATURDAY -SUNDAY  
11AM-3:30PM**



House  
Keeping

**THE HOUSEKEEPING  
DEPARTMENT IS ASKING FOR  
YOUR COOPERATION IN  
MAINTAINING A SANITARY  
ENVIRONMENT FOR ALL OF  
OUR RESIDENTS.**

**REMEMBER TO WASH YOUR  
HANDS FREQUENTLY WITH  
SOAP AND WATER OR WITH  
HAND SANITIZER WHEN  
AWAY FROM SOAP AND  
WATER.**



A Request from  
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

## **FRIENDLY REMINDER**

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You