

# FACES OF FRIENDSHIP

OCTOBER 2024



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*Friendship Terrace does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the facilities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.*



PHOTO PAGE



# PHOTO PAGE



Friendship Terrace residents celebrated Labor Day with a cookout followed by a moment silence while residents place a wreath at our flag pole in honor of 9-11. Jeffrey Levin of District Music Academy was onsite to provide entertainment.

Friendship Terrace also welcomed a new volunteer Brian Home who performed at our end of the summer party.

Residents were happy to see that Sip n Paint was brought back as well as Arts and Crafts.

Big Thank You!, to Brian J. Shaw and team of performers of DC Commission On The Arts & Humanities for a wonderful music concert ( see page 12 for pictures).



Crabby Road

10-7-11

Greatest Hits

Enjoying the lovely trees  
takes your mind off  
the fact that in a few  
weeks they'll just  
be giant sticks!



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## OCTOBER BIRTHDAYS

**Birthstone:** Opal **Flower:** Marigold **Zodiac:** Libra/ Scorpio

Feldman, Nancy	10/01
Dolbashian, Arthur	10/09
Montgomery, Vikki	10/18
Lee, Shirley	10/23
Lofton, Wanda	10/24
Ludden, Joan	10/26
Taylor, Gina	10/28
Morgan, Senetra	10/30
Murphy, Deborah	10/30



### CENTER FOR DISEASE CONTROL INFORMATION

If you have any questions , Friendship Terrace recommends you check out the following resources:

Centers for Disease Control Website:	<a href="http://CDC.gov">CDC.gov</a>
State Department Website:	<a href="http://State.gov">State.gov</a>

DC Health Website: [Dchealth.dc.gov](http://Dchealth.dc.gov)

Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](http://Mayor.dc.gov)

## HOUSE RULES HIGHLIGHTS

Resident agrees that the following House Rules and any additional reasonable rules and regulations subsequently adopted by Landlord/Owner of which Resident receives reasonable notice shall be part of this lease and shall be incorporated by reference herein. Resident further agrees that any failure by Resident, or failure by others on the property with the consent of resident, to abide fully by such rules and regulations may be deemed by Landlord/Owner as a default by Resident and breach of this lease:

- 32. MEAL PLANS. Residents on a meal plan must make monthly payments as required by that plan. Meal plan payments are considered additional rent.**
- 34. INSURANCE. Resident agrees that the Landlord is not the insurer of the safety of the Resident person or property and the Resident agrees to obtain comprehensive renter's insurance for liability and property damage. All personal property placed in the premise or the common areas of the premises shall be the sole risk of the Resident, and Landlord shall in no event be liable for the loss, destruction, theft of or damage to such personal property. The Landlord shall not provide any insurance of any type on any personal property of the Resident.**

This community does not discriminate on the basis of race, color, sex, national origin, religion, age, marital status, personal appearance, sexual orientation, gender identity, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, victim of an intra-family offense, place of residence or business, in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. The Executive Director at 4201 Butterworth Place, N.W., Washington, DC, 20016, Tel: 202-244-7400, DC Relay Service 1-800-643-3769, 1-800-643-3768 (TTY), has been designated to coordinate compliance with the non-discrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR Part 8 dated June 2, 1988.) Occupancy is open to all persons who meet the community's eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



# From the Service Coordinator

A monthly publication to keep you informed about wellness programs and events

OCTOBER 2024

Hello Friendship Terrace Family,

It's October and definitely feels like Autumn is in full swing.

## October is Breast Cancer Awareness Month.

In 2024, more than 360,000 people will be diagnosed with breast cancer. But there is hope. Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.

If you are looking to show your support or get involved in your community here are some ways:

1. Wear Pink
2. Volunteer with local organizations
3. Help a cancer patient/survivor (organize meal delivery, set up rides or assist with cleaning ect.)
4. Participate in a run or walk and celebrate the lives of those you love that have been affected.
5. Educate yourself and other about cancer screenings. Early detection makes a difference

If you would like to get more information, please contact your Service Coordinators.

Sincerely your Service Coordinators,

Rahell & Mary



Seabury at Friendship Terrace  
Senior Living



### Catholic Mass



**October 4, 2024  
2:00pm—3rd Floor Lounge**

### Coffee Chat



**October 16, 2024  
11am— 2nd Floor Lounge**

### Episcopal Eucharist Service



**October 17, 2024  
2:00pm— 3rd Floor Lounge**

### Shabbat Service



**October 4 & 18, 2024  
3:30am— 3rdFloor Lounge**



**Health Providers Corner**



**Suggestions/Comments  
Welcome**

If you would like to leave comments or suggestions for the Service Coordinators feel free to call the front desk and place your concerns along with your name and apartment number.

We welcome your feedback!

**Rahell Negash**  
(202) 244-7400 Ext. 106

**Mary Toussaint**  
(202) 244-7400 Ext. 109

## ADMINISTRATOR REVIEW

Let's Fall into some fun together! We had a very nice summer at Friendship Terrace, but I am sure we are looking forward to cooler evenings. Everyone has anxiously been awaiting and asking when the heat will be turned on. All residents will receive a flyer with more detailed information on the heat.

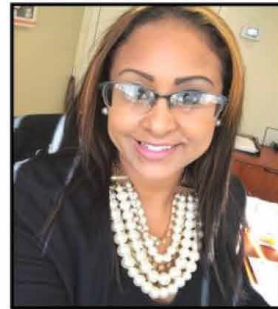
As we move closer into the holiday season, I look forward to sharing more Friendship Terrace Family moments and memories together. My hope, as we draw closer to celebrating 54 years of Friendship Terrace in November of this year, is that in that time we've continued to grow the type of community in which you'd want to visit, live, or work. Thank you for being a part of that story and allowing the staff to share in that story with you.

Seabury at Friendship Terrace wouldn't be the fun, beautiful community we are without all of you! We love to know what you enjoyed and what you would like to see more of! Our team works very hard to find many exciting opportunities for socialization and enrichment. Unfortunately, we are still living under the shadow of the COVID-19 pandemic. **We are excited to announce that we will be holding a shot clinic on October 01, 2024 hosted by Safeway Pharmacy.**

I look forward to seeing you all at our next Terrace Talks, scheduled for Wednesday, October 23<sup>rd</sup> at 1pm in the dining room!

Happy Fall to everyone at Friendship Terrace!

Semira Ligon,  
Executive Director





**Seabury**  
Resources for Aging®

**Seabury Needs Your Help**

By 2030, one in five Americans will be 65 years or older, straining resources like Medicare, Medicaid, affordable housing, and care management professionals. Seabury's services are already in high demand. It will take an extraordinary effort to meet the need we anticipate. But your gift can help Seabury step up in a big way.

For over **100 years** Seabury has been a leader in serving caregivers and older adults. When people find themselves in a dew phase of live, and don't know what to do next, Seabury is there to provide compassionate, expert guidance and resources.

**How Can I Make An Impact?**

Leaving a **Planned Gift** in your will or trust is a way to make your biggest and best impact on a cause you care about. These gifts ensure that more people can benefit from the same resources that have already made a difference in so many lives.

Leaving a gift to Seabury Resources for Aging® in your estate plan, or an asset like a home or stocks, will also include you in the **1924 Legacy Society**, which has been supporting safe, affordable housing and services for over 100 years.

To learn more about planned giving, contact us at 202-849-8082 or [giving@seaburyresources.org](mailto:giving@seaburyresources.org).  
555 Water St, SW  
Washington, DC 20024



PHOTO PAGE





# Oktoberfest

## Word Search



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

D	S	D	J	X	U	Y	F	O	S	G	V	N	X	K	P	G	M	S
H	H	T	Z	X	Y	N	E	T	R	A	G	R	E	I	B	E	X	U
E	M	Y	D	R	P	Y	F	T	N	B	L	N	M	H	M	K	W	M
N	M	U	T	U	A	O	H	N	U	W	D	R	I	Y	Q	M	I	P
B	R	H	D	T	S	L	S	B	W	A	N	D	A	G	T	H	G	R
L	R	V	P	S	I	G	I	Q	W	R	R	E	T	E	N	T	F	E
E	W	A	U	O	Z	F	D	Y	W	U	I	K	G	R	K	I	A	T
D	K	G	S	R	R	G	A	F	M	H	D	R	R	K	T	N	S	Z
E	W	N	T	S	E	F	R	E	B	O	T	K	O	E	G	Z	D	E
R	I	O	C	Q	B	E	M	U	T	S	O	C	X	N	U	E	F	L
H	Y	I	O	H	F	A	X	A	S	R	X	R	I	O	O	A	T	S
O	H	D	V	H	X	B	N	G	I	Z	E	C	M	J	M	C	S	S
S	Q	R	V	J	C	Q	N	D	W	K	N	V	R	A	Y	E	B	B
E	U	O	U	W	H	I	Z	B	N	A	L	E	S	U	O	R	A	C
N	V	C	G	I	L	N	N	A	D	O	Q	P	O	L	K	A	V	B
U	W	C	D	P	G	J	T	U	G	D	V	Z	S	R	X	P	A	F
D	K	A	M	X	R	E	E	B	M	G	E	R	M	A	N	Y	R	X
W	V	U	P	N	W	Q	R	I	V	A	D	Y	V	J	U	I	Z	
D	D	B	R	A	T	W	U	R	S	T	O	N	U	E	N	A		

- |            |            |             |
|------------|------------|-------------|
| ACCORDION  | COSTUME    | OKTOBERFEST |
| AUTUMN     | DANCING    | POLKA       |
| BAVARIA    | DIRNDL     | PRETZELS    |
| BEER       | DUMPLINGS  | RADISH      |
| BIERGARTEN | GERMANY    | SAUERKRAUT  |
| BRASS BAND | KEG        | SINGING     |
| BRATWURST  | LEDERHOSEN | TANKER      |
| CAROUSEL   | MUNICH     | TENT        |



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PUZZLE PAGE

# Rosh Hashanah Word Search Puzzle

C J T N U R C C R H O O S J S  
H O I L W E R A A W T O R A H  
A L A P P L E S T N T F A U A  
L P S Q A H E O A P D R P U N  
L C O A T G O P R A G L N N A  
A A R M I Y E N O W D S E T T  
H S I H E G J I E D H Y W S O  
G H W D N G I D E Y T N Y H V  
A O H A C U R Y I A H A E E A  
W F M E E R A A R E S G A B H  
E A T I T T M E N U T O R R G  
S R M E A L S S R A I G I E F  
T V R I P Y F E S M T U A L I  
Q K A F O R G I V E N E S S S  
I T Z I M M E S I G H W S O H

- |             |           |              |
|-------------|-----------|--------------|
| CHALLAH     | MEALS     | TORAH        |
| TZIMMES     | FISH      | POMEGRANATES |
| SHOFAR      | APPLES    | PATIENCE     |
| SHANA TOVAH | HONEY     | FORGIVENESS  |
| CANDLES     | SYNAGOGUE | NEW YEAR     |



## IN THE SPOTLIGHT PAGE



### **In the Spotlight David Reed**



Although David Reed was born on August 13, 1949, in Sibley Hospital in Washington, DC, he grew up in Silver Spring, Maryland with his brother and a sister. His sister is now deceased but his brother currently resides in the state of Florida.

As a youngster, David viewed himself as an entrepreneur by acquiring his personal newspaper route and establishing his own lemonade stand. These jobs at an early age taught David how to gain and retain customers. Being self-employed also taught him how to efficiently handle and respect money.

As an adult, David secured a position with the United States Department of Health. David worked for the Department of Health for 42 years from which he retired. As an adult, David Reed enjoyed repairing automobiles and dabbled in abstract painting. He is proud of his intellectual paintings.

David came to Friendship Terrace in March 2024 because the building in which he resided was being demolished and scheduled for rebuilding at a later date. While David enjoyed his previous housing arrangement tremendously, he is beginning to make friends at Friendship Terrace and enjoys the camaraderie.

## IN THE SPOTLIGHT PAGE

Now that David has resided at Friendship Terrace for the past six months, David is not sure whether or not he will be returning to his former residence upon its rebuilding.

As a young man David often travelled to Venice Florida to spend quality time with his mother and father.

David Reed enjoys conceptual painting. David currently adores viewing old television situation comedies such as the Red Skelton Show. And David enjoys Let's Make a Deal, Jeopardy and other competitive television shows. These displays provide much com-fort and brings back fond memories for David.

David also enjoys meeting and having conversations with other residents at Friendship Terrace. David also relishes walking through the neighborhood with Friendship

Terrace residents and he appreciates the trivial pursuit games in which he engages at Friendship Terrace.

David Reed states that he is contented with his current and past lives. If David Reed was able to "live his life anew" he would not change anything.

I am sure I speak for other Friendship Terrace residents when I state that we enjoy having David among us as much as David Reed enjoys being a member of the Friendship Terrace family.

Written October 2024 By:  
Buddy Moore Assisted by:  
David Reed





PUZZLE PAGE

## HALLOWEEN WORD SEARCH

OVTDFSFNIIFNEXXVESW  
 RPIBHCRRCMBWEPBANUJFH  
 AKBMLAUAIIDDXQCTLT  
 NZZAVRVNMHTNRUTZJZPV  
 GHHBMEODMACXCRQZTJQF  
 EEMASKDYUHWDPYRRUQQ  
 ACJNDAMQINXNKAJMHTWS  
 OZYPZRHUHTHTLLZBLCC  
 USDPCFTUTEJBUCZOGQNT  
 MMWKHAJEEDSLSTEMLJYH  
 ZKGSKTBKTDBAVOTBONRK  
 OMYSKELTONCMADIXMNN  
 ATNWMSRCZCAKWSMEENPN  
 ZEIDMBAACMRXNPWPGZKF  
 QQKDOCMUORZAPITVIHLR  
 CVEGNOBLSOAAABDCFRBV  
 YBIRSUGDTVUIFBQDDKEB  
 SLNETVLRUVJIMVXOOINV  
 KUYXEGSOMGHOSTXAAEYY  
 NANTRKVNPPUMPKINDAN

PUMPKIN	CANDY	BLACK	HAUNTED
WITCH	MASK	SKELETON	MUMMY
GHOST	ZOMBIE	SCARE	VAMPIRE
COSTUME	ORANGE	MONSTER	CAULDRON

## DACL INFORMATION PAGE

### DC Department of Aging and Community Living (DACL) (DACL)

The Department of Aging and Community Living (DACL) serves District residents 60 and older, adults living with disabilities, and those who care for them. In partnership with more than 20 community-based organizations across the city, we offer more than 40 free or low-cost programs to help all District residents live boldly at any age, stage, or ability.

Through a variety of programs including community activities and events, nutrition and transportation services, healthcare and insurance counseling, caregiver support resources, and adult protective services, we are building a District where we can all thrive together in the communities we know and love.

Connect with our team today at (202) 724-5626 so we can work together to help keep you happy, healthy, and connected to a community that sees and values you.

<https://dacl.dc.gov>

(202) 724 - 5626

English - Department of Aging and Community Living

[dacl@dc.gov](mailto:dacl@dc.gov)



Supported by the D.C. Department of  
Aging and Community Living.

## FTRA PAGE

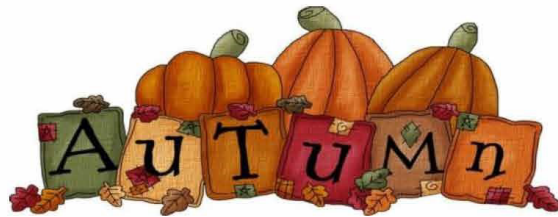
As I write these lines at the Public Library, I am reminded of all the resources readily available to us here in our Tenleytown neighborhood. We have many new residents, and I encourage longer-term residents to share their ideas of places to visit, shop, or attend events. Just this past week a new supermarket opened in our area. It is called Lidl and is located at 4000 Wisconsin Avenue in one of the recently built multi-use edifices. I have not checked it out yet but hope to do so and hear from others about their take. We still have our Whole Foods, our Giant, and Rodman's, all are on Wisconsin Ave. our own Main Street.

Transportation routes are very good around here. The 31 and 33 bus routes take you down Wisconsin Ave. through Georgetown and towards the Federal Triangle area. The 96 Bus goes down Wisconsin and turns left at the Washington Cathedral on its way towards Columbia Road and the U St. Corridor. The H2/H4 routes run through Mt. Pleasant on the way to the Washington Hospital Center and Veteran's Hospital. There is even a bus route to Sibley Hospital. Of course, the Red Line rail option gets you all over town.

Speaking of information, Mary Lou Canney was kind enough to download some information from IONA Senior Services across the street with a list of upcoming events and activities. This was posted on the FTRA bulletin boards by the Laundry Room and in the Second-floor lounge. In the near future we expect to obtain new and larger bulletin boards and be able to place more information for you.

By the time you receive this newsletter the Fall Season will be officially underway. Like some of you I use both the Fall and Spring seasons to do some house cleaning and decluttering. And as I prepare to take stock of my Winter wardrobe, I start to consider which items I can donate and deposit in the Clothes Recycle Drop-Box that sits directly across the street from our front Lobby. In addition, I also take advantage of the paper recycling unit by the second-floor lounge.

We hope you get out and enjoy the Fall weather and hope to see you at some of our events. In the meantime, enjoy our Gazebo and our newly renovated areas.



Happy Fall,  
David Rivera  
FTRA President

## FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

**Main Number # 202/244-7400**

**Fax # 202/362-2587**

Semira Negasi	Executive Director	<a href="mailto:Snegasi@seaburyresources.org">Snegasi@seaburyresources.org</a>
John S Pekala III	Director of Business Affairs	<a href="mailto:Jpekala@seaburyresources.org">Jpekala@seaburyresources.org</a>
Antranishia Watkins	Marketing/Admissions	<a href="mailto:Awatkins@seaburyresources.org">Awatkins@seaburyresources.org</a>
Mary Toussaint	Service Coordinator	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Lawrence Nocente	Maintenance Director	<a href="mailto:Lnocente@seaburyresources.org">Lnocente@seaburyresources.org</a>
Samuel Reuto	Food Service Director	<a href="mailto:Wilfran.reuto@sodexo.com">Wilfran.reuto@sodexo.com</a>

## LOCAL NUMBERS

Adult Protective Services	202- 541-3950
Comcast	301-424-4400
CVS Pharmacy	202-537-1587
Georgetown University Hospital	202-444-2000
Holy Cross Hospital	301-754-7000
Iona Senior Services	202-895-9448
Metro Access	301-562-5360
Providence Hospital	202-269-7000
Roberts Home Medical Supply	301-353-0300
Rodman's Drug Store	202-363-3466
Safeway Pharmacy	202-364-0320
Sibley Memorial Hospital	202-537-4000
Suburban Hospital	301-896-3100
St. Columba's Episcopal Church	202-363-4119
Verizon	800-837-4966
Veterans Administration Hospital	202-745-8000
Washington Hospital Center	202-877-7000
Washington Post	800-477-4679
Whole Foods Market	202-237-5800
Transport DC \$7 Taxi( members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573
Department of Aging and Community Living	202-724-5626
US Postal Service	800-275-8777

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OCTOBER</b>						
		<b>1 Happy Birthday Nancy F</b> 9:00 Safeway Shot Clinic 10:00 Stretch & Tone w/ Mary 6:00 Bingo (FTRA)	<b>2</b> 2:00 Scrabble Club (FTRA) 5:00 Mints & Music (FTRA) 	<b>3</b> 10:00 Chair Yoga (FTRA) 6:00 Bingo (FTRA)	<b>4</b> 12:30 Oktoberfest Social 2:00 Catholic Mass 3:30 Shabbat Gathering	<b>5</b> 10:00 Chair yoga (FTRA) 1:30 Table Games (FTRA) 6:30 Movie Curated By Ella Kelly
<b>6</b> 8:15 Catholic Communion 12:00 Brunch 2:00 Worship Service 4:30 Movie Curated By Eda	<b>7</b> 12:00 Quick Trivia 5:00 Mints & Music 7:00 FTRA Council Meeting	<b>8</b>  10:00 Stretch & Tone w/ Mary 11:30 Walk in Pink 2:30 Current Events (FTRA) 6:00 Bingo (FTRA)	<b>9 Happy Birthday Arthur D</b> 11:00 Prayer Service 2:00 Scrabble Club 7:00 Loss Support Group	<b>10</b> 10:00 Chair Yoga (FTRA) 1:30 Trivial Pursuit (FTRA) 6:00 Bingo (FTRA)	<b>11</b> 11:30 Walk & Chat 2:00 Bingo w/ Cindy 	<b>12</b> 10:00 Chair yoga (FTRA) 1:30 Table Games (FTRA) 6:30 Movie Curated By Ella Kelly
<b>13</b> 8:15 Catholic Communion 12:00 Brunch 4:30 Movie Curated By Eda & Martha	<b>14</b> 12:00 Quick Trivia 1:30 Arts & Crafts (FTRA) 5:00 Mints & Music (FTRA) 	<b>15</b> 10:00 Stretch & Tone w/ Mary 1:30 Sip n Paint (FTRA) 6:00 Bingo (FTRA)	<b>16</b> 11:00 Coffee Chat 2:00 Scrabble Club (FTRA) 5:00 Mints & Music (FTRA) 6:00 Wine & Cheese Hour (FTRA)	<b>17</b> 10:00 Chair Yoga (FTRA) 2:00 Episcopal Eucharist 6:00 Bingo (FTRA)	<b>18 Happy Birthday Vikki M</b> 10:00 Walk & Chat 2:00 Bingo w/ Cindy 3:30 Shabbat Gathering	<b>19</b> 10:00 Chair Yoga (FTRA) 1:30 Table Games (FTRA) 6:30 Movie Curated By Ella Kelly
<b>20</b> 8:15 Catholic Communion 12:00 Brunch 4:30 Movie Curated By Eda & Martha	<b>21</b> 12:00 Quick Trivia 1:30 Arts & Crafts (FTRA) 5:00 Mints & Music (FTRA)	<b>22</b> 10:00 Stretch & Tone w/ Mary 2:30 Current Events (FTRA) 6:00 Bingo (FTRA)	<b>23 Happy Birthday Shirley L</b> 1:00 Book Buzz 1:00 Terrace Talks 2:00 Scrabble Club (FTRA) 5:00 Mints & Music (FTRA) 7:00 Loss Support Group (FTRA)	<b>24 Happy Birthday Wanda L</b> 10:00 Chair Yoga (FTRA) 1:30 Trivial Pursuit (FTRA) 6:00 Bingo (FTRA)	<b>25</b> 10:00 Walk & Chat 	<b>26 Happy Birthday Joan L</b> 10:00 Chair Yoga (FTRA) 1:30 Table Games (FTRA) 1:00 Seabury Book Club 6:30 Movie Curated By Ella Kelly
<b>27</b> 8:15 Catholic Communion 12:00 Brunch 4:30 Movie Curated By Eda & Martha	<b>28 Happy Birthday Gina T</b> 12:00 Quick Trivia 1:30 Arts & Crafts (FTRA) 5:00 Mints & Music (FTRA)	<b>29</b> 10:00 Stretch & Tone w/ Mary 1:30 Sip n Paint (FTRA) 6:00 Bingo (FTRA)	<b>30 Happy Birthday Senetra M &amp; Deborah M</b> 2:00 Scrabble Club (FTRA) 5:00 Mints & Music (FTRA)	<b>31</b> 10:00 Chair Yoga (FTRA) 12:30 Halloween Party 6:00 Bingo (FTRA) 	<b>LEGEND</b>  at Friendship Terrace <i>Senior Living</i> FL- Front Lobby, 2nd Floor DR- Dining Room, 2nd Floor LI- Library, 3rd Floor OS- Outside 2nd- Floor Lounge 4th- Floor Lounge 8th- Root Top Deck BP- Beauty Parlor, 1st Floor GR- Game Room, 1st Floor WC- Wellness Center, 1st Floor 3rd- Floor Lounge 5th- Floor Lounge HC- House Calls Activity Color keycode: AD- Green, RSC- Blue, FTRA- Black, FT- Burgundy	