

Christian Corner By Selah Ulmer

Embracing Life

I recently came across this article that I wrote several years ago. I realized that though it's been a long time since I wrote these words, I needed the message again as I prepare to step into 2023. May it encourage you as we begin a new year.

I have recently been studying 1 Timothy, and in chapter four, verses 1-5, Paul talks about the blessings that God has given His people, and how often we believe lies about the life He has given us.

As Christians it is easy to believe that God has all sorts of rules about the things we can and cannot do, while the opposite is actually true. Walking with the Lord means that we are free to enjoy life and all of the joys He has created. Instead of dwelling on our pasts, trying to live without messing up, or believing that we don't deserve the good things God has to offer, we should be rejoicing about everything God has given us, starting with grace. Embracing grace fully means believing we are worthy of being blessed and accepting those blessings with open, grateful hearts, because it is through Christ that we are able to be called worthy at all! Jesus was serious when He said that He had come to "bring life to the fullest" (John 10:10), and

we should believe Him! If only we were willing to believe He has made us to thrive in life, that He has created us to experience His love and blessing in huge, majestic ways. How different would our lives look if we embraced His promise to use us and bless us in big ways? How much will change if we choose to let go of our rules and regulations, our guilt and our shame and our feelings of unworthiness, and just embrace life?

My hope for this year is to be able to look back and say that I embraced life fully. That I followed the Lord and accepted His blessings and gifts with a thankful heart. Will you do the same?

Religious Activities throughout the month

Sundays — Stream services from Presbyterian & St. Joseph's Churches

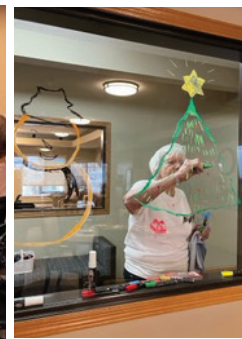
Mondays — Rosary

Wednesdays — Church service for all

Wednesdays — Communion

Friday — Bible Study

Around the Pointe



BLUE ZONES Life Choices, It's All About Living

DID YOU KNOW?

Did you know that Life Enrichment uses the bus every Tuesday and Thursdays for outings. Once a week is designated to shopping. The shopping choice will include any place that offers groceries and personal hygiene items. Aldi, Target, Walmart, HyVee, Dollar Tree and Fareway are some of the destinations that are rotated through the month.

If there's an outing that you would like to see on the calendar talk to life enrichment staff or Natalya. We are always open to new and returning ideas!



Pen Pals needed



Linn Mar Schools are looking to match tenants with students of the same interest. The students will be from middle school, this project will also help give students the opportunity to practice their writing skills. It's a great opportunity to volunteer while enjoying the comforts of your own home! Let Kayla know if you are interested.

Summit Pointe Senior Living

Hawkeye Sports Schedule

Men's Basketball

Jan. 1 • 4:30 pm • vs. Penn State
Jan. 5 • 8:00 pm • vs. Indiana
Jan. 8 • 11:00 am • vs. Rutgers
Jan. 12 • 6:00 pm • vs. Michigan
Jan. 15 • vs. Maryland
Jan. 18 • 8:00 pm • vs. Northwestern
Jan. 21 • vs. Ohio State
Jan. 26 • 6:00 pm • vs. Michigan State
Jan. 29 • 1:00 pm • vs. Rutgers

Women's Basketball

Jan. 1 • 2:00 pm • vs. Illinois
Jan. 7 • 3:30 pm • vs. Michigan
Jan. 11 • 6:30 pm • vs. Northwestern
Jan. 14 • 11:30 am • vs. Penn State
Jan. 18 • 6:00 pm • vs. Michigan State
Jan. 23 • 6:00 pm • vs. Ohio State
Jan. 28 • 12:00 pm • vs. Nebraska

Men's Wrestling

Jan. 6 • vs. Illinois
Jan. 8 • 1:00 pm • vs. Purdue
Jan. 13 • 8:00 pm • vs. Northwestern
Jan. 20 • 8:00 pm • vs. Nebraska
Jan. 22 • vs. Wisconsin
Jan. 27 • 7:30 pm • vs. Penn State



Celebrations! Tenant Birthdays

JANUARY 1

Waneta Beasmore

Rose Blok

JANUARY 2

Virginia Beaner

JANUARY 4

Carolyn Heitz
Ruth Anne Petrak

JANUARY 5

Charlotte Allen

JANUARY 6

Geri Fenton

JANUARY 10

Kaye Feddern

JANUARY 18

Mary Mann

JANUARY 22

Joyce Wicks

JANUARY 23

Robert Hart

JANUARY 25

Richard Allen

JANUARY 26

Patricia Draeger

JANUARY 29

Hannelore (Sue) Hall

JANUARY 31

Richard Fleming

Staff Anniversaries

1 YEAR

Joseph Tauber - January 13

6 YEARS

Terrie Winslow - January 18

activities WITH *Natalya*

The Truth About Tenants | Learn about the new tenants in the building, and see if you can decipher the truth mixed with the made up.

Snowflake Garland | Create a variety of snowflakes to help decorate for our first social of the month!

Snowflake Social | There is sNOW better way to start the New Year than with friends! Try our special snow on the beach martini.

Book Thongs | Create this cheeky named bookmark, perfect those who love to laugh, craft and read!

Indian Creek Nature Center | Accompany us to Indian Creek Nature Center for a morning of bird watching.

S'mores Social | Recreate memories around the campfire by making s'mores and gathering with friends.

Podiatrist | Sign up in the activity book for a visit from our professional podiatrist.

Wii Sports | A fun way to get moving, choose from a variety of sports to play against your neighbors.

Fitness with Kristy | Enjoy a professionally lead exercise class from our personal trainer, Kristy! All ability levels welcome.

Thunderball Lottery

Donut Taste Test | You donut want to miss this tasty activity! Taste donuts from around Marion, give them a score and try to guess where they are from.

Water Bead Air Freshener | A new year calls for a fresh start, and fresh smells! Create this easy air freshener perfect for your apartment, car or gift.

Penguin Centerpieces

Men's Bowling Bracket | Gather with other men from Summit Pointe for a bowling tournament!

Penguin Party | Waddle down to the fireside lounge for this fun themed gathering and try our pink penguin cocktail.

Cards and Charcuterie | We will be playing cards and enjoying a charcuterie meat and cheese board.

Chinese Lanterns | Create Chinese lanterns to celebrate and decorate for the Chinese New Year Social.

Year of The Rabbit | Learn about the traditions of Chinese New Year, and what the Chinese zodiac predicts 2023 will hold.

Chinese New Year | Welcome to the year of the rabbit! Learn about some Chinese New Year traditions, and enjoy some Chinese New Year inspired treats.

Should you color over graying hair? The natural process of hair turning gray is actually quite simple: The follicle at the root of each hair strand contains pigment cells with a substance called melanin that determines the color of that strand. As we age, these pigment cells gradually die off, so new hair strands become more transparent. The result? Gray, silver, or white hair.

Despite what many of us have heard, stress doesn't turn hair gray. In fact, hair never actually turns gray. Rather, each hair follicle determines the color of a strand from its very beginning. So if a strand starts out blond, it will stay blond (unless you dye it). But stress can cause hair loss. So if you're at an age when your follicles aren't producing as much melanin, more of the strands that grow back after a period of hair loss may be gray.

Genetics play the biggest role in determining when we start to go gray. And medical conditions, such as thyroid problems, can cause premature graying. Some evidence also points to poor nutrition and environmental exposure to certain toxins as factors. But one thing is clear: Gray hair is a normal part of aging, and it is difficult to avoid.

Whether or not you choose to cover your gray is a very personal decision. On the one hand, coloring gray hair can be costly and time-consuming. On the other hand, some people prefer the way they look without their grays showing. Harvard researchers found that women who dye their gray hair have lower blood pressure, not because of some magical substance in the hair dye, but perhaps because they feel younger.

One factor that can complicate the decision to stop dyeing your hair is that going gray gracefully is difficult without an awkward transition phase. But if you want to stop coloring your hair, a hairdresser can help you create a plan.

If you decide to flaunt your gray hair, stylists recommend using a hair gloss to keep it shiny. (Gray and silver hair absorb light, so it's easier for those colors to look dull.) And because the texture of gray hair can be dry, you should use a good conditioner. Also, talk to your hairstylist about good gray hairstyles: A great cut makes a huge difference.

Of course, hair loss can also be a tough issue for seniors. In fact, the AARP article referenced earlier revealed that going bald is the top fear related to the male aging process, ahead of impotence. But, similar to the gray-hair trend, many younger men are now choosing to shave their heads, even if they haven't lost much hair yet. So it may be better to accept your hair loss than fight it.

2. How Can I Protect My Skin?

For some seniors, in addition to deciding what to do about going gray, looking great also involves making decisions about skin care. After all, wrinkles, fine lines, and age spots are another part of the normal aging process as our skin becomes drier and less elastic. And with age, some of the lifestyle choices we made back in our youth may show up in our skin. (For example, not too long ago, it was common to sunbathe while lathered in baby oil instead of sunscreen. Now we know that those ultraviolet rays can lead to sun damage.)

Just remember this: You've earned your wrinkles and laugh lines. As fashion designer Diane von

Furstenberg said, "My face carries all my memories. Why would I erase them?"

Of course, many of us try to keep our skin looking youthful as long as we can. That's why you'll find hundreds of skin-care products making big promises related to aging.

Most skin-care products don't work instantly, so you won't see immediate results. But that doesn't mean you should give up and buy something new. In fact, cosmetic companies make a lot of money from our ongoing quest to find the best anti-aging skin-care product. So if you're not sure what works for your skin, focus on products' ingredients and talk things over with your primary care doctor or a dermatologist.

Also, remember that good skin starts from within. No matter how much money you spend on anti-aging treatments, if you're not looking after your health, it can show in your skin. Good nutrition, moderate exercise, and sleep can all help.

And, of course, sunscreen is essential—even on cloudy days. Ultimately, however, when it comes to our faces, our attitudes may be more influential in how we're perceived than our wrinkles. That's because people who have a happy expression are often perceived to be younger.

3. Hygiene: Why Do Old People Smell Different?

Even seniors with impeccable hygiene can develop a distinct odor. Although this is sometimes referred to as "old person smell," the correct term for the odor is nonenal. (Pronunciation of this word is with a short "e.") And contrary to popular belief, it's not caused by poor hygiene or lazy housekeeping. Instead, it's the result of the normal skin-aging process:

1. Our skin produces omega-7 fatty acid.
2. The acid degrades when it oxidizes on our skin, which produces a chemical called 2-nonenal. This chemical has a marked odor.
3. As we age, our skin produces more fatty acids. At the same time, our bodies' antioxidant abilities decrease. The result is an increase in 2-nonenal production.
4. Seniors sometimes experience lifestyle changes that can make the smell stronger. For example, an elderly person might not bathe or shower as often if they're afraid of falling.

Interestingly, researchers at the Monell Chemical Senses Center found that the scent associated with older people isn't necessarily unpleasant. In the study, participants were asked to sniff materials exposed to the armpits of subjects of various ages and rate the smell. Although the scent of seniors was the most recognizable, it wasn't rated as the most unpleasant in this context. (That honor went to the scent of middle-aged men.) In other words, it may be the nonenal scent's association with getting old that makes us want to avoid it.

Odor prevention can take some conscious effort. That's partly because normal soap doesn't necessarily prevent nonenal. Odor removal must target the specific compounds produced by the skin. Although most soaps are formulated to tackle the smell of perspiration, many aren't effective with nonenal. But some research suggests that soaps containing persimmon may work.

In addition to nonenal soap, lifestyle changes can help:

- Drink lots of water.
- Wear cotton clothing so that your skin can breathe.
- Bathe or shower regularly.
- Moisturize after bathing or showering.
- Exfoliate your skin.
- Reduce your stress, since it can increase the production of nonenal.
- Wash your laundry on a regular basis, if possible.

4. How Can I Avoid Age-Related Changes to My Posture?

Seniors are at risk for osteoporosis, muscle loss, and compression of the spine. The result can be a distinctive stooped posture, as well as aches, pains, and mobility limitations. How you carry yourself influences how others view you. So good posture and mobility can help with all aspects of aging gracefully, especially your ability to enjoy activities. It can also protect your health since good posture reduces the risk of falling and helps with breathing.

But improving your posture isn't just about reminding yourself to stand up straight. Often, you have to retrain and strengthen your muscles. Here are some good ways to work on your posture to avoid age-related changes:

- Stretch. Try doing some simple stretching exercises or enroll in a yoga class. Staying flexible helps prevent muscles from tightening and keeps you limber.
- Sit up straight. While you're sitting (especially at a computer or in front of a TV), focus on engaging your core muscles. Don't thrust your head too far forward. You may have to move your TV or computer a bit closer to you.
- Maintain a strength-training program. Strength training can address the muscle imbalances that lead to poor posture. (As always, talk to a doctor first!)
- Improve your core strength. Pilates, yoga, and gentle calisthenics are great activities for core strength. Swimming is also good. A personal trainer or physical therapist can help you create a program.
- Talk to your doctor about supplements or medication. Vitamin D supplements and medications like bisphosphonates can help strengthen bones. But they carry some risks, so consult with your doctor first.

Aging Gracefully: You Have the Power

One of the most concise and popular aging quotes is from Frank Lloyd Wright, the famous architect: "The longer I live, the more beautiful life becomes."

Although that outlook may not always be achievable when faced with setbacks or physical problems, it's important to remember that focusing on the positive aspects of this stage of life can help make growing older easier. If graceful aging means adapting to changes in a way that reflects our personal values, then remaining positive, open, and flexible is key.

Aging gracefully is definitely possible. Sure, we may need help to overcome certain challenges sometimes. But growing older continues to have its own rewards.



Aging Gracefully:

HOW TO EMBRACE THE GOLDEN YEARS ON YOUR OWN TERMS

What does aging gracefully mean to you? For some seniors, it means accepting the number of candles on your birthday cake without trying to look or act younger than you are. But for others, especially those with physical challenges, it's a euphemism that downplays the hardships of growing older. Yet, aging gracefully is possible for all older people. It comes down to attitude, not what you look like or what activities you can or cannot do.

Of course, today's seniors don't have a manual for how to act in the later stages of life, nor do they have many great role models. As a society, we're still in relatively new territory when it comes to answering the question, "What is aging gracefully?" In 1900, the average life expectancy was 47 years old. And as recently as 1950, it was only 58. So for generations, most people with gray hair were considered "old." Today, that's no longer the case.

We can make our own rules now. You grow old gracefully by choosing your own attitude and approach to change. Everyone is different. We all have unique challenges and strengths.

Consider the origin of the word "grace": It comes from the Latin term "gratus," which means pleasing. Many seniors say that one benefit of growing older is that they realize they don't have to please anyone but themselves. So no matter how you approach the inevitable changes that come with age, it's important to feel good about yourself. The senior years are a time to celebrate your accomplishments and the knowledge you've gained through experience.

What Does It Mean to Age Gracefully?
"Don't regret growing older. It's a privilege denied to many." Nobody is sure who first uttered those words, but the sentiment is timeless. Although we're often surrounded by messages telling us that aging is a negative experience, growing older isn't a bad thing (especially considering the alternative).

In fact, our overall happiness levels tend to rise with age. One reason might be that we typically face fewer stressors related to work and relationships as we grow older. But psychologists also speculate that we acquire a more balanced perspective through hard-earned experience.

Growing awareness of our own mortality may help us appreciate our lives more, instead of comparing our circumstances to others and striving for more material things. Research shows that it's our attitude and connection to others that influence our satisfaction with our lives. The landmark Harvard Study of Adult Development, which tracked participants into their 80s and 90s, found that lifestyle factors have a bigger impact on happiness levels than wealth or fame. And "subjective health" (how healthy you feel) has a greater impact than "objective health" (whether or not you have health issues).

In other words, our feelings about aging can play a big role in how we approach it. That's one reason

why many seniors don't see themselves as "old" at all. According to a Pew Research Center study, about half of young adults aged 18 to 29 say they feel their age. But 60 percent of adults over 65 say they feel younger than their age. Only three percent feel older than their actual age. (In contrast, about one quarter of people in the 18-to-25 age group say they feel older than their age.) Our ability to remain open to new experiences and to grow and change may also be a key component to aging with dignity.

Under this approach, having strong social connections and pursuing fun activities are important components of graceful aging. It isn't necessarily how well we hide the outward signs of growing older, but how we approach the activities in our daily lives that makes a difference.

The Aging Process and Happiness: Ego Integrity vs. Despair
Why do we age? Here's one aging definition that's perhaps too concise: the accumulation of damage to our cells, a process which starts as young as the age of 24. It's an incomplete definition because it only accounts for the physical causes of aging, not the psychological impacts of physical changes.

Here's another important fact to remember: Not all changes are bad. In fact, our brains undergo some positive changes with age, such as giving us calmer reactions to negative experiences. However, that isn't necessarily true of everyone: You probably know a few people who always respond more negatively to unwanted change than others.

Why do some people remain open to new experiences as they age, while others become more set in their ways? According to development psychologist Erik Erikson's stages of development theory, a life is divided into eight separate stages, each marked by the need to resolve an internal conflict. In the eighth stage, which begins around the age of 65, the conflict is about ego integrity versus despair.

According to Erikson, ego integrity versus despair is a conflict that can be resolved by reflecting on your life and taking stock of your accomplishments and failures:

- Overall, do you feel proud of your life? If so, you're in a state of ego integrity. (That doesn't necessarily mean you haven't made any mistakes, but you feel fulfilled when you look back on the things you've done.)
- Or are you bitter about life's disappointments? If so, you may be in a state of despair. (People in a despairing state may be more fearful of death because they feel they haven't done enough with their lives. They may also be depressed and angry. And they might react more negatively to age-related physical and emotional changes.)

Part of aging gracefully may involve achieving the ego integrity stage. If we understand the purpose and meaning of our lives, we'll be more

prepared for the inevitable challenges of growing older. We can adapt to change more easily. That's why this kind of mature perspective can be one of the rewards of aging—benefits that are backed by science. Research has found that seniors with positive attitudes toward aging experience less cognitive decline and can even lead to a longer life.

Of course, it's hard to maintain a positive attitude if you have medical problems, experience loneliness, or suffer from depression. But if physical or psychological problems are influencing the way you feel about growing older, talk to your doctor, therapist, or someone else you trust. As more and more Americans enter their senior years, more help is becoming available.

4 External Signs of Aging and How to Approach Them Gracefully
It's possible to predict some events in the aging process by decade of life. But as we get older, it's often harder to guess a person's age. A combination of lifestyle, genetics, and just plain luck influences how old a person appears to be. And since we can't control time, aging slowly isn't possible. (Those birthdays are going to happen every year, no matter what we do.) But some people do seem to look younger than others of the same age.

These external factors often play a role in how we feel about our age, even though we're reacting to elements that are only appearance-based. They can also impact how we're perceived by others. As a result, many people are upset when they start to see signs of growing older.

Although we know that we shouldn't stress about these signs, sometimes it's hard not to. Our society tends to view signs of aging as something to hide instead of celebrate. So we don't always recognize the rewards of this stage of life.

But graceful aging doesn't necessarily mean accepting wrinkles and gray hair and learning to love them. Instead, to age gracefully means to pay attention to what makes you feel best. Here are four commonly asked questions about the outward signs of aging and learn what you should consider:

1. Going Gray: What Should I Do?
"Gray hair is a crown of splendor; it is attained by a righteous life."—Proverbs 16:31

For some people, gray hair represents wisdom and maturity. But most people aren't particularly thrilled if they start going gray early. After all, people with gray hair are often deemed to be "old" for no other reason than the lack of color in their locks.

Gray hair can even be a source of controversy. (Just consider the press coverage that resulted when the Duchess of Cambridge was photographed with gray roots.) A growing number of people now embrace silver or gray hair. In fact, even some younger people are opting to dye their hair those colors.

Twisted Timeline | We will be playing a game that will test your memory and your knowledge of history, by placing common items in the order they first appeared in history.

Life Enrichment Visit | Sign up in the activity book for a visit from our Life Enrichment Director, Natalya.

Chair Massages with Kaysi | Sign up in the activity book for a ten minute chair massage with our professional massage therapist, Kaysi.

Pool Club | Meet us on the third floor for a game of pool before happy hour, all our welcome!

Purl Jam | Best way to start your Friday morning, knitting and crochet club! Bring a project you have been working on and enjoy the company, tips and inspiration from your neighbors. Great place to revisit a hobby or start a new one. We have all the supplies you will need, and some excellent teachers for those just learning.

Activity Council | Learn about upcoming activities, brainstorm ideas and provide feedback for our activities at Summit Pointe.

Slogan Swap | Do you remember the slogans of these famous companies in the 60s?

Guided Meditation | Relax and unwind after a busy holiday season with these calming meditations lead by life enrichment staff.

Men's Bowling Bracket | Gather with the men of Summit Pointe for a bowling competition!

Millennium Therapy Exercise | Stretch and strengthen with this professionally lead exercise class, all ability levels welcome.

Chef Demo | Our kitchen staff will cook up a delicious treat, and give a step by step demonstration on how they created the dish.

Giant Battleship | A classic board game increased to life size, meet up with us to see just how it is done.

Card Making | Create a crafty card in just a few easy steps! Great way to connect during the cold months.

Supernova | Vocal performances from show choirs around the state at Linn-Mar High School!

Documentary | Every Sunday night we will be streaming an informative and entertaining documentary in the fireside lounge.

Feel it Out | Test your sense of touch in this sensory game that is sure to keep you guessing.

Mall Walking | Get your steps in for the day with some new scenery to take in. Great place for people watching and socializing!

Chocolate and Coloring | If you love chocolate and you love to color, meet up with your neighbors for a special way to connect this month.

Balderdash | Get wordy with this hilarious game! Great social outlet for the weekend.

Fully Loaded | Come enjoy loaded nachos, while playing Loaded Questions; the game where who said what?

Food Council | Share your feedback about the meals at Summit Pointe with our Culinary Director, Terrie.

Tenant Council | Updates about building happenings will be provided by our Executive Director, Meinda.

Mixology | Learn how to make a craft cocktail from our happy hour bartenders, and enjoy a drink while you're practicing the art of mixology.

Bingo | Gather your pennies and join us for some competitive games of bingo!

Rising Water Science Experiment | Explore and observe how water reacts to certain conditions.

The Sights and Sounds of Greece | Enjoy a presentation from one of our culinary staff! Meg, will share stories and pictures about traveling.

Snowball Bocce Ball | Enjoy this winter twist on a classic lawn game, sure to provide a healthy dose of movement, laughing and competition.

Nature Center: Bird Watching

Library and Scrabble | Accompany us on a trip to the Marion library. You will be given time to browse for books, catch up on some reading and play or play in the Scrabble Club!

Lunch Bunch Outing | This month we will be going out to eat at Olive Garden. All are welcome to join us, simply sign up in the activity book to reserve a spot. All tenants are responsible for the price of their meal.

Hippie Dippie Affair | Join us for this groovy gathering of friends and try our hippie juice cocktail.

Crazy Daisy Decor | Help us prepare for our Hippie Dippie Affair by creating some groovy

Mens Cards and Cold Beer Join the men of Summit Pointe for a game of cards and a cold beer!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 <i>New Years Observed</i> 9:00am Rosary -PD 10:00am Book Club -L 2:00pm Dominos 3:30pm M.A.C Fitness with Kristy	3 <i>Camping Day</i> 8:00 AM Dollar General 10:00 AM Marion Library 1:00 PM The Truth About Tenants – L 2:00 PM Bingo – FL 3:15 PM S’mores Social – FL	4 <i>Thunderball Lottery</i> 9:30 AM Church Services – FL 10:15 AM Wii Sports – FL 1:00 PM Podiatrist 1:00 PM Book Thongs – FL 1:30 PM Communion – L 2:00 PM Dominos – CH 2:30 PM Fully Loaded – L 3:30 PM M.A.C Fitness with Kristy – FL	5 <i>Thunderball Lottery</i> 9:00 AM Czech and Slovak Museum 10:30 AM M.A.C.Fitness with Kristy – FL 1:00 PM Food Council – FL 2:30 PM Twisted Timeline – FL 3:00 PM Life Enrichment Visits 6:15 PM Bingo – FL	6 <i>Thunderball Lottery</i> 9-11 AM Chair Massages – PD 9:15 AM Purl Jam – CH 10:00 AM Bible Study – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Pool Club – CH 2:00 PM Happy Hour with Scott Engledow – DR	7 10:00 AM Chocolate and Coloring – L 2:00 PM Dominos – CH
8 9:00 AM Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL 6:00 PM Documentary – FL	9 9:00 AM Rosary – PD 9:30 AM Snowflake Garland – FL 10:00 PM Book Club – L 1:00 PM Slogan Swap – FL 2:00 PM Dominoes – CH 3:00 PM Cards and Charcuterie – L 3:30 PM M.A.C. Fitness with Kristy – FL	10 <i>Snowflake Day Thunderball Lottery</i> 8:00 AM Hy-Vee 1:00 PM Activity Council – FL 2:00 PM Bingo – FL 3:15 PM Snowflake Social – FL	11 <i>Thunderball Lottery</i> 9:30 AM Church Services – FL 10:15 AM Guided Meditation – FL 1:00 PM Vitals – PD 1:00 PM Water Bead Air 1:30 PM Communion – L 2:00 PM Dominos – CH 3:00 PM Snowball Bocce Ball – L 3:30 PM M.A.C Fitness with Kristy – FL	12 <i>Thunderball Lottery</i> 9:00 AM Indian Creek Nature Center 10:30 AM M.A.C.Fitness with Kristy – FL 1:00 PM Men’s Bowling Bracket – CH 2:00 PM History of Ann Boleyn with Marci – FL 3:30 PM Ladies Nail Polish Party – FL 6:15 PM Bingo – FL	13 <i>Thunderball Lottery</i> 9:15 AM Purl Jam – CH 10:00 AM Bible Study – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Pool Club – CH 2:00 PM Happy Hour with Harold Gray – DR	14 10:00 AM Chocolate and Coloring – L Linn-Mar Supernova 2:00 PM Dominos – CH
15 9:00 AM Festival of Carols Streaming – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL 6:00 PM Documentary – FL	16 9:00 AM Rosary – PD 9:30 AM Penguin Centerpieces – FL 10:00 PM Book Club – L 1:00 PM Giant Battleship – FL 2:00 PM Dominoes – CH 3:00 PM Balderdash – L 3:30 PM Fitness with Kristy – FL	17 <i>Penguin Day</i> 8:00 AM Walmart 1:00 PM The Price Was Right – FL 2:00 PM Bingo – FL 3:15 PM Penguin Party – FL 	18 9:30 AM Church Services – FL 10:15 AM Wii Sports – FL 1:00 PM Card Making – FL 1:30 PM Communion – L 2:00 PM Chef Demo – FL 2:00 PM Dominos – CH 3:00 PM Rising Water Science – L 3:30 PM M.A.C Ftness with Kristy – FL	19 9:00 AM Marion Library 10:30 AM M.A.C.Fitness with Kristy – FL 11:00 AM Lunch Bunch Outing 2:00 PM The Sights and Sounds of Greece with Meg– FL 3:00 PM The Tastes of Greece – FL 3:00 PM One on Ones 6:15 PM Bingo – FL	20 9-11 AM Chair Massages – PD 9:15 AM Purl Jam – CH 10:00 AM Bible Study – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Pool Club – CH 2:00 PM Happy Hour with Ron Burgess – DR	21 10:00 AM Coloring and Conversation – L 2:00 PM Dominos – CH
22 9:00 AM Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL 6:00 PM Documentary – FL	23 9:00 AM Rosary – PD 9:30 AM Chinese Lanterns – FL 10:00 PM Book Club – L 1:00 PM Donut Taste Test – FL 2:00 PM Dominoes – CH 3:00 PM Phase 10 Card Game – L 3:30 PM Fitness with Kristy – FL	24 <i>Chinese New Year</i> 9:00 AM Aldi 1:30 PM Year of the Rabbit – FL 2:00 PM Bingo – FL 3:15 PM Chinese New Year Social – FL	25 9:30 AM Church Services – FL 10:15 AM Guided Meditation – FL 1:00 PM Mixology – FL 1:30 PM Communion – L 2:00 PM Dominos – CH 3:00 PM Mens Cards and Cold Beer – L 3:30 PM M.A.C Fitness with Kristy – FL	26 9:45am Mall Walking 10:30 AM Fitness with Kristy – FL 1:00 PM Tenant Council – FL 2:00 PM Stuff Etc. 6:15 PM Bingo – FL	27 9:15 AM Purl Jam – CH 10:00 AM Bible Study – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Pool Club – CH 2:00 PM Happy Hour with Bonnie and Mike – DR	28 10:00 AM Coloring and Conversation – L 2:00 PM Dominos – CH
29 9:00 AM Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL 6:00 PM Documentary – FL	30 9:00 AM Rosary – PD 9:30 AM Crazy Daisy Decor – FL 10:00 PM Book Club – L 1:00 PM Feel it Out – FL 2:00 PM Dominoes – CH 3:00 PM Bean Bag Toss – L 3:30 PM Fitness with Kristy – FL	31 <i>Flower Power Day</i> 9:00 AM Target 1:30 PM Cribbage – FL 2:00 PM Bingo – FL 3:15 PM Hippie Dippie Affair – FL 	<div>  Summit Pointe Senior Living </div> <div> 2023 JANUARY </div>			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 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