

# Having fun with Life Enrichment!



**We are excited for this month's calendar with all it's new activities!**

**Activities like...Solving the crime of the century (August 4<sup>th</sup>) or our comedy club social (August 7<sup>th</sup>), the block parties (August 20<sup>th</sup>) and of course our butter carving contest (August 12<sup>th</sup>). Make sure you check out this month's calendar and don't miss out on the fun!**

On Tuesday August 5th we will have Chef Chat with Chef Anthony. It will be in Fireside Lounge at 1pm.

On Tuesday August 5th Marci Memorables will be here. She will be Talking about Carrie Chapman Catt.

Art Joy Connect will be here on Wednesday August 6th at 1pm. She will be covering Georgia O'Keeffe and Flowers.

On August 11th Floyd Sandford will be here. He will be covering "Hiking Offas Dyke Path in Wales".

On August 16th from 1pm-3pm we will be having our annual corn festival. Invite Family and Friends to this event to enjoy music and fresh sweet corn.

The Lala Ladies will be here on Tuesday August 19th at 1pm in Fireside Lounge.

We will be hosting block parties on Wednesday August 20th on each floor.

On Saturday August 23rd we will be going to a string Quartet performance at Lavender Field in Walker. We will depart at 5:00pm. The performance will be from 6pm-8pm. This is a free event to attend.

Sunday August 31st we will go to the Giving Tree Theater to see The Second-to-Last Chance Ladies League by Jones Hope Wooten. This show stars our very own activity assistant D. The cost to go to the show is \$25. We will depart at 1pm.

We do have some dress up days this month. Please Dress up and have fun participating in some extra exciting activities these days.

Dress up Days:

8/13/25 Dress up like Elvis Presley

8/27/25 Boop-Oop-A-Doop Day- Dress up like Betty Boop in Black and Red

8/29/25 Splendid Splinter Day- Wear a Baseball Shirt Day



**Life Choices. It's All About Living**

*From your leadership team*

Did you know, that the food collected from the Feed & Read book fair went to the Mission of Hope food pantry. They were delightfully surprised to receive all 8 bags of our donations. Did you also know that Tammy, our resident assistant's husband works there!?!



We appreciate how giving our Summit Pointe tenants are, Thank you for making Summit Pointe such a special place to live. Enjoy photos of this month's give back event. School bags were stuffed with supplies for elementary students to help prepare them for a successful year! Can you believe the summer is almost over!?!

**Sign ups!**

**Depart dates & time**

8/5/25 9:15am Fareway

8/7/25 8:30am Target

8/12/25 9:15am Dollar Tree

8/14/25 9:15am Goodwill

8/19/25 9:15am Hyvee

8/19/25 10:30am Carlos O'kelly's

8/21/25 8:45am Walmart

8/23/25 5:00pm String Quartet at Lavender Field

8/26/25 9:00am Aldi

8/26/25 10:15am Riverside

8/28/25 8:45am Hobby Lobby

8/31/25 1:00pm Giving Tree Theater





“I will not abandon you as orphans-I will come to you.” John 14:18

Have you ever felt alone?

Really, truly alone?

I know I have.

It is amazing how sometimes, even if we are surrounded by people, we can feel completely alone. We can feel like no one understands us, sees us, wants us, or prioritizes us.

At some point, we have all felt, and all will feel, alone.

It is not a fun feeling to experience. In fact, it can be very painful. I certainly do not want to minimize that.

But in the midst of that pain, we have a God who understands.

Before He went to the cross, Jesus experienced the reality of being alone. One of His followers betrayed Him, His friends ran away in fear when He was arrested, and

God the Father turned His face away from Jesus as He suffered on the cross. Jesus truly knows what it is like to be alone. He completely understands. We can go to Him in those moments and find comfort, because He knows exactly how it feels.

But that’s not all!

Hours before He was abandoned by those He loved, Jesus spoke to His followers and gave them an amazing promise. He told them that even though He was going away, He was not going to abandon them. Instead, God was going to send them the Holy Spirit-the Spirit of Jesus Himself! This Spirit was going to live in their hearts, so that even though Jesus would not physically be there, His Spirit would be with them every moment of every day, loving them, leading them, and helping them. He says,

“I will not leave you as orphans-I will come to you.”

This promise is true for us too! When we believe in Christ, the Holy Spirit also comes to live in us. No matter what happens in life, we are never truly alone, because the Spirit of Christ lives in us. In our hardest and darkest moments, we have a Helper who is there to listen, to care, and to comfort. We are not orphans-the Lord is always, always with us. Today, be comforted by the fact that God sees you. He loves you. He is with you.



### Why Seniors Should Practice Wellness

Every senior should practice wellness to improve their quality of life. Many people fall behind on self-care as they age, especially if they have caregivers or family members in charge of certain aspects of their lives.

Although some may need assistance, seniors can still be a part of their self-care. Seniors will build confidence and engage more when actively participating in their wellness plans.

Active participation in wellness activities gives seniors a sense of purpose, excitement, and novelty in their lives. It also lowers their risk of injury and illness by boosting immunity, improving mobility, and teaching them preventative care.

### How Seniors Can Improve Their Wellness

Everyone’s health is unique, but these four tips can help every senior improve their health and wellness this National Wellness Month.

#### 1. Work With Physical Limitations

One of the biggest obstacles to physical wellness for seniors is mobility impairments. Rather than see their mobility as a hurdle, seniors can learn to adapt their exercises to suit their abilities.

Chair workout routines for seniors are a fantastic way for older adults to stay active, even with a limited range of motion.

Discuss options with their physician about exercises they can perform. Even just 20 minutes of exercise a day can profoundly impact their physical and mental well-being.

When possible, head outdoors for some physical exercise. Take a walk, enjoy the sunshine, and marvel at the turn of the seasons. There are lots of changes to wildlife and local plants worth noticing.

#### Socialize More

Being social helps seniors stay cognitively alert and emotionally engaged. Whether it’s spending time with their grandchildren or even being with a beloved pet, seniors who socialize experience less isolation, depression, and anxiety.

Social groups for seniors can also be a great way to boost wellness. Look for opportunities in your community, like volunteering and taking classes at a senior center.

#### Eat a Balanced Diet

Some seniors may fall into the habit of eating junk food or the same carb-heavy meals each day. Considering the importance of variety in a diet, providing seniors with different food options is crucial, so ensure they’re keeping a balanced diet with plenty of fruits and vegetables.

Cooking can also be a wonderful hobby as it often encourages older adults to stand up and be more active.

#### Try Something New

Whether they’re bedridden or always on the move, seniors need to encounter new things in their lives to feel happy and optimistic. You can improve their mental outlook by visiting new places, doing a fun activity, or going on a trip together.



National Wellness Month: Elements of Senior Wellness

It's National Wellness Month! While senior health is essential all year long, August is the month we pay special attention to senior wellness. As we know, there is much more to staying healthy and well while aging than physical prevention.

National Wellness Month encourages us to look more closely at how we're helping the seniors in our lives. For older adults, maintaining an active lifestyle can be relative, but it always involves physical movement, emotional fulfillment, and mental stimulation.

Most importantly, wellness includes having a loving support system that encourages seniors to live their best lives.

What is National Wellness Month?

National Wellness Month encourages people to focus on their well-being through self-care practices, which is why this month particularly applies to seniors. Wellness applies to everyone as aging seniors are more than capable of leading rewarding, active lifestyles.

Rather than emphasizing a particular model of wellness, National Wellness Month embraces every individual's unique needs and abilities.

Together, we can help seniors adopt healthy habits that promote their best state of being, despite any limitations they may face.

What Does Wellness Look Like for Seniors?

Wellness in seniors falls into four basic categories:

- Physical wellness
- Mental wellness
- Emotional wellness
- Social wellness

**Physical wellness encourages mobility and a stronger mind-body connection.** A comprehensive 2018 research article found that seniors who exercise have lower risks of cardiovascular problems, stroke, diabetes, and even certain types of cancer.

Mental wellness is founded on logic, problem-solving, and intellectual stimulation. For seniors with Alzheimer's or dementia, mental wellness can include memory care to delay the progression of their condition.

**Mental fitness is practiced in various forms, from puzzles and crosswords to playing video games.** A 2019 study for Alzheimer's research found that 3D video games can improve cognitive function and memory by increasing gray matter in the brain.

Emotional and social wellness often intersect, so providing more opportunities for seniors to connect with others improves their well-being and lowers their risk of anxiety and depression. Having outlets to discuss their mental health can also help improve their emotional well-being.

One of the struggles aging adults face is a loss of autonomy. As their health declines or they need more assistance, they're less likely to take an active role in their wellness. So encouraging seniors to take an active role in their well-being can result in more independence.

National Wellness Month is an opportunity to start meaningful conversations about what seniors would like in their lives. Giving them a voice and letting them know their wants, needs, and opinions are valued will help them maintain positive mental health.

Join the  
CELEBRATION!  
Happy Birthday!!



Tenants

- 8/03 Brenda G.
- 8/06 Mary T.
- 8/08 Ann Kula
- 8/09 Shirley H.
- 8/10 JoAnn D.
- 8/13Mariann M.
- 8/15 Barb A.
- 8/17 Ruth H.
- 8/24 Pat C.
- 8/29 Jayne B.

Staff

- 8/03 Frankie in Life Enrichment
- 8/07 Kayla in Culinary
- 8/07 Sadie in Nursing
- 8/25 Barrett in Culinary

Happy Anniversary

- 8/14 Evan G. 12 years!
- 8/13 Jennifer A. 1 year!
- 8/12 Leslie E. 1 year!
- 8/20 Sadie C. 1 year!





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>August</h1>			BP= Back Patio CH= Club House DR= Dining Room FF= Front Foyer FL= Fireside Lounge FP= Front Patio L= Library ML= Memory Lane PDR= Private Dining Room	Sign Up Activity Tenant Lead Activity	A Whale of a Tale Day 9:00am Learning about Moby-Dick-FL 10:00am Wales and Dolphins, Ahoy Readers 10:30am Live 2B Healthy-FL 1:00pm Whale Watching-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Larry Jensen - DR 3:00pm Walking and Talking-FF 5:30pm Perplexing Puzzles-L 6:00pm 500-L 6:30 Indiana Fever Game-CH	Girlfriends Day 10:00am Craft Club-L 10:00am Lug-A-Mug -ML 10:30am Golf the Card Game-L 12:30pm-Golden Girls Marathon-FL 2:00pm Dominoes-CH 2:00pm Cheesecake Bingo-ML 6:00pm Kings On The Corner-L 6:00 pm Indiana Fever Game-CH
9:00am St. Joseph’s Catholic Mass-FL 10:00am Dominoes-CH 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: The Moby-Dick (1956) -FL	Crime of the Century Day 9:00am Rosary-PDR 9:30am Sewing Club Meeting-FL 9:45am-Solving the Crime of the 19th Century-FL 1:00pm Bookworms-L 1:00pm Murder Mystery Game-FL 2:00pm Dominoes-CH 2:00pm Marketing With Kayla -FL 3:30pm MAC Fitness-FL 5:30pm Guess Who –FF	9:15am Depart For Fareway-FF 9:45am Coffee with Friends- FL 10:30am Live 2B Healthy-FL 1:00pm Chef Chat-FL 2:00pm Diamond Dot Divas-L 2:00pm Marci’s Memorables -FL 2:15pm Guy Talk with Rod -CH 3:00pm Penny Bingo-FL 5:30pm Guess What?-FF 9:00pm Indiana Fever Game-CH	Chocolate Chip Cookie Day 9:00am The History of the Chocolate Chip Cookie-L 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am Learning about the Tollhouse Community FL 1:00pm-Art Joy Connect -FL 1:00pm Vitals With Nursing-PDR 1:00pm Podiatrist 1:30pm Catholic Communion –L 2:00pm Dominoes-CH 2:30 –As The Cookie Crumbles Game with Cookies 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	Tell a Joke Day 8:30am Depart For: Target -FF 9:45am Card Bingo- FL 10:30am MAC Fitness-FL 1:00pm Comedy Club Social-FL 3:15pm Musical Memories: Nancy Sinatra-FL 5:30pm Just Joking Around-Lobby 6:15pm Penny Bingo-FL 9:00pm Indiana Fever Game-CH	Sculpture Gardens Day 9:00am Hirshorn Sculpture Garden Tour–FL 10:30am Card Bingo –L 10:30am Live 2B Healthy-FL 1:00pmCreating our own Sculptures-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Birthday Happy Hour With Jessica Manduo -DR 3:30pm Walking through the Garden –FF 5:30pm Perplexing Puzzles- L 6:00pm 500-L	I love Lucy Day 10:00am Craft Club-L 10:00am Lug-A-Mug-ML 10:30am Golf the Card Game-L 2:00pm Dominoes-CH 2:00 pm Indiana Fever Game-CH 2:00pm Candy Bar Bingo-ML 3:00pm I love Lucy Marathon-FL 6:00pm Kings On The Corner-L
9:00am St. Joseph’s Catholic Mass-FL 10:00am Dominoes-CH 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Elsa and Fred- FL	Klondike Gold Rush Day 9:00am Rosary-PDR 9:30am Sewing Club Meeting-FL 10:15am-The History about The Klondike Gold Rush– L 1:00pm Bookworms-L 1:30pm Floyd Sandford-FL 2:00pm Dominoes-CH 2:45pm Klondike Bars on the Patio– BP 3:30pm MAC Fitness-FL 5:30pm Perplexing Puzzles -L	State Fair Day 9:15am Depart For: Dollar Tree-FF 9:30am– Carving Butter Cows-L 10:30am Live 2B Healthy-FL 1:00pm State Fair Social 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk -CH 3:00pm Penny Bingo-FL 6:15pm Wine Not-FL 6:30pm Indiana Fever Game-CH	Elvis Presley Day 9:00am –Elvis is in the Building Game Begins-FD 9:30am Christian Worship-FL 10:00am Elvis Social-FL 1:00pm Chef Demo-FL 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:00 Star of the Month– Elvis Presley-FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL *Dress up like Elvis Presley or from his Era	Self-care and Champagne Day 9:15am Depart For: Goodwill -FF 9:30am Mimosa’s and Manicures-L 10:30am MAC Fitness-FL 1:15pm Ladies Tea Party-FL 3:15pm Musical Memories: Olivia Newton John- FL 5:30pm Sparkling Champagne Facts-Lobby 6:15pm Penny Bingo-FL	Museum Day 9:00am-Visit the Smithsonian Museum FL 10:00am– Reminiscing at the Museum-L 10:30am Live 2B Healthy-FL 1:00pm-Visting the Art Museum-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With David Poggenklass-DR 3:30pm Walking and Talking – FF 5:30pm Perplexing Puzzles-L 6:00pm 500-L	10:00am Craft Club-L 10:00am Lug-A-Mug-ML 10:30am Golf the Card Game-L 1:00pm-3:00pm Corn Fest-FP 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph’s Catholic Mass-FL 10:00am Dominoes-CH 10:30am Presbyterian Church Service -FL 12:00pm Indiana Fever Game-CH 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Night at the Museum: Battle of the Smithsonian - FL	Melon Monday 9:00am Rosary-PDR 9:30am Sewing Club Meeting-FL 10:15am– A Melon Different Facts-L 1:00pm Bookworms-L 1:00pm Creating Swimsuits-FL 2:00pm Dominoes-CH 2:00pm Trying different Melons-BP 3:30pm MAC Fitness-FL 5:30pm Fruit Funnies -FF	9:15am Depart For Hyvee -FF 9:30am Coffee with Friends-FL 10:30am Live 2B Healthy-FL 10:30am Depart For: Lunch Out: Carlos O Kelly’s-FF 1:00pm Lala Ladies-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 2:15pm Swim Suit Contest-FL 3:00pm Penny Bingo-FL 5:30pm Name that Tune –FF	9:00am Marketing with Kayla-L 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30 Card Bingo-FL 1:00pm 1st Floor Block Party-FL 1:45pm 2nd Floor Block Party-L 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:30pm 3rd Floor Block Party –CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	Watermelon Day 8:45am Depart For: Walmart -FF 9:30am Growing Square Watermelon -FL 10:30am MAC Fitness-FL 1:00pm Tenant Council-FL 1:30pm Watermelon Social-BP 3:15pm Musical Memories: Herb Alpert and the Tijuana Brass -FL 5:30pm Wacky Watermelon Facts - Lobby 6:15pm Penny Bingo-FL	Milkman Day 9:00am History of the Milkman -FL 10:00am Cookies and Milk-FL 10:30am Live 2B Healthy-FL 1:00pm Return of the Milkman-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Janet Lieb-DR 3:30pm Milkman Hunt– FF 5:30pm Perplexing Puzzles-L 6:00pm 500-L 6:30pm Indiana Fever Game-CH	10:00am Craft Club-L 10:00am Mug-A-Lug-ML 10:30am Golf the Card Game-L 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 5:00pmDepart String Quartet at the Lavender Field –FF
9:00am St. Joseph’s Catholic Mass-FL 10:00am Dominoes-CH 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: The Hundred-Foot Journey -FL 6:00pm Indiana Fever Game-CH	Farmworker Appreciation Day 9:00am Rosary-PDR 9:30am Sewing Club Meeting-FL 10:00am History of Farmworker Appreciation Day -L 1:00pm Bookworms-L 1:00pm Visiting Apricot Lane Farm-FL 2:00pm Dominoes-CH 2:00pm The Chicken and Egg Presentation –FL 3:30pm MAC Fitness-FL 5:30pm Perplexing Puzzles -L	A&W Root Beer Float Day 9:00am Depart For Aldi -FF 10:15am Depart For: Riverside– FF 10:30am Live 2B Healthy-FL 1:00pm History of Root Beer Float with Root Beer Floats -FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 3:00pm Penny Bingo-FL 5:30pm After Dinner Conversation- FF 6:00pm Indiana Fever Game-CH	Boop-Oop-A-Doop Day –Wear Red and Black in honor of Betty Boop 9:00am History of Betty Boop -L 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am– Finding Betty Boop-FF 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:00 –Betty Boop Social- FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	American Artist Appreciation Day 8:45am Depart For: Hobby Lobby - FF 9:30am Learn About Andy Warhol-FL 10:30am MAC Fitness-FL 1:00pm Dave Wirtz Music-ML 1:15pm Sip and Paint-FL 2:45pm Real Deal Art -FL 3:15pm Musical Memories: Neil Dimond-FL 5:30pm Artist Facts- Lobby 6:15pm Penny Bingo-FL	Splendid Splinter Day –Wear your Baseball Jersey 9:00am Ted Williams: American Hero Presentation -FL 10:00am Two Truths and a Lie Baseball - FL 10:30am Live 2B Healthy-FL 1:00pm-Batting Practice-BP 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Ron Burgess-DR 3:30pm Chasin the Bases Walk – FF 5:30pm Perplexing Puzzles-L	10:00am Craft Club-L 10:00am Mug-A-Lug-ML 10:30am Golf the Card Game-L 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 6:00pm Kings On The Corner-L
9:00am St. Joseph’s Catholic Mass-FL 10:00am Dominoes-CH 10:30am Presbyterian Church Service-FL 1:00pm Depart:: Giving Tree Theater-FF 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Moneyball -FL 7:30pm Indiana Fever Game-CH						