

Seasons of Engagement-What's happening in activities!

On Sunday November 2nd we will be celebrating Day of the Dead. We will have a special meal.

On Tuesday November 4th we will be going to vote in the local/school election. We will depart at 9:00am. Please sign up in the activity book.

Chef Chat with Athony will be on November 4th at 1pm in Fireside Lounge.

On Tuesday November 4th at 2pm in Fireside Lounge Marcie's Memorable will be here doing a presentation on Elizabeth Hopkins.

On Wednesday November 5th Corrine will be here with Art, Joy, Connect. We will be decorating Pottery.

On Thursday November 6th we will be going to the Mercy Mistletoe Market. We will depart at 8:45am.

On Thursday November 6th we will be going to the St. Pauls Market. We will depart at 1:00pm.

On Monday November 10th Aaron Shoemaker will be here. He will be in Fireside Lounge at 1:30pm.

On Tuesday November 11th we will be going to Hy-Vee for the free Veterans Day breakfast. We will depart at 7:45am.

The Lala ladies will be here November 11th at 1pm in Fireside Lounge.

On November 12th we will be going to set up our tree at the Festival of Tree's. We will depart at 1pm.

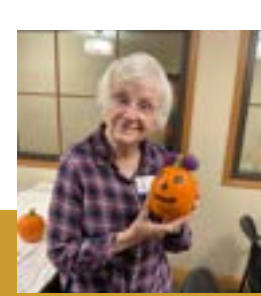
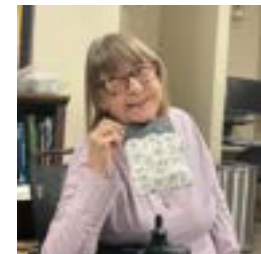
On Friday November 14th we will go to the community concert at the Paramount. This is a ticket holder only event. We will depart at 6:30pm.

On Monday November 17th Floyd Sandford will be here doing a presentation on the Grand Canyon at 1:30pm in Fireside Lounge.

On Tuesday November 18th Lunch Bunch will be going to The Eat Shop in uptown Marion. We will Depart at 10:30.

On Tuesday November 25th we will be going to Meskwaki Casino. We will depart at 10:15am.

On Thursday November 27th we will have the Macy's Day Parade showing in Fireside Lounge.





Summit Pointe  
Senior Living

# November 2025

Life Choices. It's All About Living

As the leaves turn and the scent of pumpkin spice fills the air, we're reminded that November is all about gratitude, gathering and good company. This month, we're serving up a hearty helping of seasonal cheer-from cozy crafts and festive feasts to stories that warm the heart. Whether you're sharing a laugh over coffee or lending a hand in the kitchen, every moment adds flavor to our community. So grab a blanket, pour a cup, and let' celebrate the season together!





## 11/23Happy Birthday 101st Bea K.!



### Tenant Birthdays

**11/9 Nancy R.**  
**11/10 Meg D.**  
**11/10 Alty M.**  
**11/22 James E.**  
**11/22 Mary R.**

### Staff Birthdays

**11/4 Jessica K.**  
**11/12 Megan B.**  
**11/13 Madison H.**  
**11/15 DaZsa A.**  
**11/18 Dakota M.**  
**11/20 Delcontee W.**

### Staff Anniversaries

**11/1 Julie N. 3 years**  
**11/13 Amanda S. 2 years**  
**11/24 Harrison S. 1 year**





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

## What are 'healthy' bones?

Healthy bones are bones that are dense, strong, and able to heal effectively.

Your bones are a living part of your body, and despite their strength, they are flexible. They can heal themselves when broken, and are constantly renewed by your body.

Your bones grow throughout childhood and adolescence. Bone renewal (known as 'remodelling') occurs throughout life.

## Bones are made from:

calcium

collagen

bone marrow

Your bones are affected by your diet and lifestyle. Looking after your general health will help to keep your bones healthy.

## Why is bone health important?

Bone health is important as your bones support your body, help you to move around. They also protect sensitive organs like your heart and lungs.

As you get older, your bone strength slowly decreases. This can sometimes lead to osteoporosis. Osteoporosis is a chronic (long-term) disease in which your bones become hollow and fragile, so that even a minor injury or fall can result in a broken bone. This can lead to a lower quality of life.

## What happens to my bones as I get older?

Your bones continuously renew themselves. Your body breaks down and rebuilds bone tissue throughout your life. However, from your 30s onward, more bone is broken down than rebuilt. This leads to your bones becoming weaker over time.

Weaker bones are more likely to break even from a small injury. They may also develop tiny fractures, which can be painful.

**Osteopaenia (osteopenia)** is more common in older people. It means that your bones are less dense than normal, but not so fragile as to be diagnosed with osteoporosis.

If you have osteopaenia, you are at greater risk of developing osteoporosis. It's an early warning sign that you should take action to improve your bone health. This can lower your chance of breaking a bone in future.

Osteoporosis is a chronic (long-term) disease of your bones. They become porous and fragile, so that even a minor injury can damage the bone.

What can I do to improve my bone health?

You can improve your bone health by:

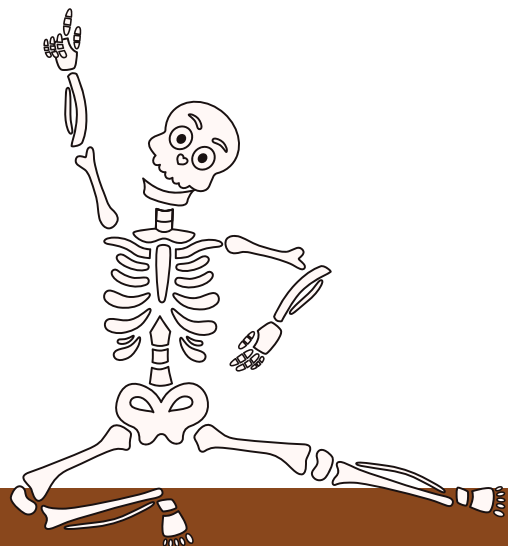
having enough calcium, vitamin D and protein in your diet

keeping active

reducing or stopping smoking or vaping

drinking alcohol in moderation

doing regular weight bearing exercise



**“give thanks in all circumstances; for this is God’s will for you in Christ Jesus” 1 Thessalonians 5:18.**

**It is the time of year again when giving thanks is encouraged. We start the holiday season with a celebration of gratitude, reflecting on all of the blessings we have and the things we are thankful for. Thanksgiving is a great day, and one of my favorite holidays to celebrate. Having a grateful heart is important, and even has mental and physical health benefits! But often we forget that being thankful isn’t just something for the month of November. It is supposed to be a regular practice, something we intentionally do in our regular lives throughout the year. 1 Thessalonians instructs us to always give thanks, in every circumstance. This can certainly be hard to do, because many of our circumstances in life are not ones we want and are definitely not circumstances we feel grateful for! That is where Jesus changes things for us. We might not feel thankful for certain things happening in our lives, and we don’t have to pretend that we are. But even in our worst circumstances, we can still find ways to practice thanksgiving. No matter what, we can be thankful for our salvation in Jesus! We can be thankful that God is with us and will never forsake us. We can be grateful that He promises to use the hardships that we face for good, and that He is a God of redemption and can bring beauty out of even the worst situations. Thanksgiving is a spiritual discipline, and it takes practice. But the reason Paul tells us to do it in this verse is because he knows that practicing gratitude, even in our worst seasons, will transform our hearts and change our perspective. As we enter into a season of thanksgiving, let’s use this time to start a regular practice of gratitude, and see how God uses it to change our hearts and draw us closer to Him.**

## Brain Health Tidbits



Here’s some food for thought--**The Mind Diet** was created to support brain health and reduce the risk of neurogenerative diseases like dementia. It focuses on specific brain-healthy foods like leafy greens, berries, nuts, whole grains, and fish, while limiting foods high in saturated fat and sugar, such as red meat, butter, cheese, and sweets!



# Hearts Behind the Name Tags: Staff Stories!

**Meet the hearts behind the smiles - a glimpse into the lives of our incredible team!**

This month, Stephanie and her family celebrated as they lovingly gave her daughter's hand in marriage! A big congrats as her daughter, Raven, begins a new chapter in her life!



Caleb-maintenance, has a couple exciting happenings to share-1. he will be decorating the planters for Christmas! As we have all seen this summer, he knows his way around plant life! And this summer, he'll be able to use his skill around his HOUSE! Caleb has recently become a first time home owner! Congrats!

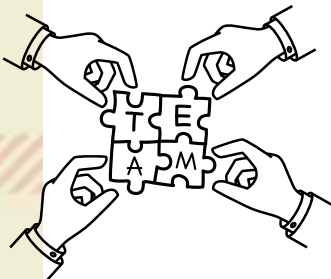
Rod-Maintenance Director, is excited to spend Thanksgiving with his son, Nolan, in Texas!

Nolan is engaged and his finance is part of the prestigious Dallas Cowboys Cheerleaders. Not only does he get to enjoy the game but the corporation also puts on a Christmas special, only 8 of 36 cheerleaders get picked to perform, and she's one of them!



The Culinary team have recently had some great opportunities. Kayla C. joined culinary director, Anthony at a educational session expanding on their skills in baking a variety of desserts. Kayla also recently completed her serve safe certification-which isn't a easy task. Congrats Kayla!

Jose and Michael will start their certification process next month-good luck Jose and Michael!



# Health Article: Healthy Bones!

**Calcium**  
Eating healthy foods is one of the most important things you can do for your bones. A healthy diet provides your body with all the nutrients it needs. The needs of your body change depending on your stage of life.

**Your diet should include at least 3 servings every day of a calcium rich food such as:**  
milk, cheese, yogurt, almonds, firm tofu

**Choosing low fat cheese and milk doesn't reduce the amount of calcium you get. It can help you keep a healthy weight.**

**Getting enough Vitamin D**  
Vitamin D allows your body to absorb the calcium in your food. This keeps your bones from becoming weaker.

Getting enough vitamin D is important to keep your bones strong and healthy. In the winter, try to spend up to half an hour in the sun in the middle of the day. If your skin is darker, or you are 70 years or older, you may need to spend longer in the sun to get enough vitamin D.

**Vitamin D is found in foods such as:**  
liver, fatty fish, egg yolks

**Getting enough protein**  
Protein is vital for bone and muscle health. Eating enough animal and plant proteins helps reduce your chance of fractures.

**Exercise**  
Staying active helps keep your bones healthy. A combination of different exercises is important. Weight bearing exercise uses your skeleton to support the weight of your body. This is an effective way to keep or increase bone density. Weight bearing exercise can include:

- brisk walking
- hiking
- stair climbing
- running
- skipping

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## New faces, warm welcomes

We're excited to welcome new neighbors to Summit Pointe -each one adding warmth to our community

Bill M.



Shirley M.



Mona O.



Jane N.



Mary K.



Linda R.



| SUNDAY                                                                                                                                                                                                                                        | MONDAY                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                     | SATURDAY                                                                                                                                                                                     |
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|                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                         | BP= Back Patio<br>CH= Club House<br>DR= Dining Room<br>FF= Front Foyer<br>FL= Fireside Lounge<br>FP= Front Patio<br>L= Library<br>ML= Memory Lane<br>PDR= Private Dining Room                                                                                                                                                                                   | Sign Up Activity<br>Tenant Lead Activity                                                                                                                                                                                                                                                                                                                                                                   | 10:00am Craft Club-L 1<br>10:00am Day of the Dead Craft-ML<br>10:00am Golf the Card Game –L<br>2:00pm Dominoes-CH<br>2:00pm Candy Bar Bingo-ML<br>6:00pm Kings On The Corner-L               |
| Day of The Dead 2<br>9:00am St. Joseph’s Catholic Mass-FL<br>10:00am Dominoes-CH<br>10:30am Presbyterian Church Service-FL<br>11:00am Day of the Dead Special Meal– DR<br>1:30pm Penny Bingo-FL<br>6:00pm Sunday Cinema: Saving Mr. Banks -FL | 9:00am Rosary-PDR 3<br>10:00am Sewing Club Meeting-CH<br>10:15am Monday Manicures –FL<br>1:00pm Bookworms-L<br>1:00pm Creating Jenga Pumpkins– FL<br>2:00pm Dominoes-CH<br>2:30pm Ladies Tea Party -FL<br>3:30pm MAC Fitness-FL<br>5:30 Perplexing Puzzles-L<br>6:00pm Cribbage-L                                        | Election Day 4<br>9:00am Depart For: Fareway -FF<br>9:00am Depart For: Voting<br>10:00am Breakfast Club-L<br>9:30am History of Election Day-FL<br>10:30am Live 2B Healthy-FL<br>1:00pm Chef Chat with Anthony -FL<br>1:45 pm Brew Crew –CH<br>2:00pmMarcies Memorables Elizabeth Hopkins-FL<br>2:00pm Diamond Dot Divas-L<br>3:15pm Penny Bingo-FL<br>5:15pm Hangman- Lobby                                    | International Space Station Anniversary 5<br>9:00am –History of the ISS-L<br>9:30am Christian Worship-FL<br>10:00am Prayer Group-ML<br>10:30am Getting to Know the Calendar– L<br>1:00pm Podiatrist<br>1:00pm Art , Joy, Connect –FL<br>1:30pm Catholic Communion– L<br>2:30pm–Secrets of the International Space Station FL<br>2:00pm Dominoes-CH<br>3:30pm MAC Fitness-FL<br>6:00pm Symphonettes-FL   | 8:45am Depart For: Mistletoe Market at Mercy -FF 6<br>9:30am Talkin Turkey Travel-FL<br>10:30am MAC Fitness-L<br>1:00pm Depart: Holiday Market at St Paul’s Church-FF<br>1:15pm Scarecrow Décor– FL<br>2:15pm Create Festival of Tree Ornament's -FL<br>3:15pm Musical Memories: Linda Ronstadt FL<br>5:15pm Rhyme Time with D - Lobby<br>6:15pm Penny Bingo-FL | Monopoly Day 7<br>9:15am History of Monopoly -FL<br>10:30am Live 2B Healthy-FL<br>1:00pm Playing Marion-opoly –FL<br>1:00pm Loop Yarn/Hat Making/Punch Art-L<br>1:00pm Dominoes-CH<br>2:00pm Birthday Happy Hour With Harold Gray -DR<br>3:30pm Talkin’ Tokens -FL<br>5:15 Mixed up Monopoly Puzzle– L<br>6:00pm 500-L  | 10:00am Craft Club-L 8<br>10:00am Lug-A-Mug-ML<br>10:00am Golf the Card Game –L<br>2:00pm Dominoes-CH<br>2:00pm Candy Bar Bingo-ML<br>6:00pm Kings On The Corner-L<br>TBA Iowa Tailgate-FL   |
| 9:00am St. Joseph’s Catholic Mass-FL 9<br>10:00am Dominoes-CH<br>10:30am Presbyterian Church Service-FL<br>1:30pm Penny Bingo-FL<br>6:00pm Sunday Cinema: I’ll See You in My Dreams - FL                                                      | 9:00am Rosary-PDR 10<br>10:00am Sewing Club Meeting-CH<br>10:15am Storm Orientation -FL<br>1:00pm Bookworms-L<br>1:30pm Aaron Shoemaker-FL<br>2:00pm Dominoes-CH<br>2:45pm Creating Chic Pumpkins-L<br>3:30pm MAC Fitness-FL<br>3:30pm Therapy Dog-ML<br>5:15pm-Fast Friends- Lobby<br>6:00pm Cribbage-L                 | 7:45am Depart For: Hy-Vee Veteran Breakfast 11<br>9:00am Depart For: Dollar Tree -FF<br>9:30am Learning about the Dolittle Raid– FL<br>10:30am Live 2B Healthy-FL<br>1:00pm Lala Ladies-FL<br>2:00pm Diamond Dot Divas-L<br>2:15pm Brew Crew -CH<br>3:00pm Penny Bingo-FL<br>5:15pm Pictionary -FL<br>6:00pm Wine Not-FL  | Days of Our Lives Day 12<br>9:00am Soap Oprea Trivia -FL<br>9:30am Christian Worship-FL<br>10:00am Prayer Group-ML<br>10:30am Creating Sand Art-FL<br>1:00pm—Depart: Tree of Festival Set up-FF<br>1:00pm Vitals with Nursing-2nd Floor Nurses Station<br>1:30pm Catholic Communion-L<br>2:00pm Dominoes-CH<br>2:30pm Days of Our Lives Marathon- FL<br>3:30pm MAC Fitness-FL<br>6:00pm Symphonettes-FL | Candy Day 13<br>9:00am Depart For: TJ Maxx-FF<br>9:15am History of Candy– FL<br>10:00am- Visiting Veteran's-L<br>10:30am MAC Fitness-FL<br>1:00pm Candy Facts– FL<br>1:45pm Depart For: Marion Chocolate Shop-FL<br>3:15pm Musical Memories: Movie Music of the 1940 s -FL<br>5:15pm After Dinner Conversation - Lobby<br>6:15pm Penny Bingo-FL                 | National Pickle Day 14<br>8:45am Depart for Festival of Trees–FF<br>10:30am Live 2B Healthy-FL<br>1:00pm Pickle Tasting -FL<br>1:00pm Loop Yarn/Hat Making/Punch Art-L<br>1:00pm Dominoes-CH<br>2:00pm Happy Hour With Terry McCauley –DR<br>3:30pm Pass the Pickle --FL<br>5:15pm After Dinner Games -Lobby<br>6:00pm 500-L<br>6:30pm Depart: Community Concert Series-FF                                 | 10:00am Craft Club-L 15<br>10:00am Lug-A-Mug-ML<br>10:00am 5Golf the Card Game –L<br>2:00pm Dominoes-CH<br>2:00pm Candy Bar Bingo-ML<br>6:00pm Kings On The Corner-L<br>TBA Iowa Tailgate-FL |
| 9:00am St. Joseph’s Catholic Mass-FL 16<br>10:00am Dominoes-CH<br>10:30am Presbyterian Church Service-FL<br>1:30pm Penny Bingo-FL<br>6:00pm Sunday Cinema: A Family Thanksgiving -FL                                                          | 9:00am Rosary-PDR 17<br>10:00am Sewing Club Meeting-CH<br>10:15am Creating Beaded Pumpkins –FL<br>1:00pm Bookworms-L<br>2:00pm Dominoes-CH<br>1:30pm Floyd Sandford Grand Canyon National Park -FL<br>2:45pm Show and Tell with Reminiscing-L<br>3:30pm MAC Fitness-FL<br>5:30 Perplexing Puzzles-L<br>6:00pm Cribbage-L | 9:00am Depart For : Hyvee-FF 18<br>9:15am Creating Scarecrow’s -FL<br>10:30am Live 2B Healthy-FL<br>10:30am Depart Lunch Bunch: The Eat Shop in Uptown Marion -FF<br>1:00pm– Chef’s Demo With Anthony-FL<br>2:00pm Diamond Dot Divas-L<br>2:15pm Brew Crew -CH<br>3:00pm Penny Bingo-FL<br>5:15pm Hangman -FL<br>6:00pm The Super Club-L                                                                       | Dutch Heritage Day 19<br>9:00am Learning about the Dutch Wooden Clog -FL<br>9:30am Christian Worship-FL<br>10:00am Prayer Group-ML<br>10:30am FL Learning about the Netherlands –FL<br>1:00pm Create a Klomp Ledge Décor- FL<br>1:30pm Catholic Communion-L<br>2:00pm Dominoes-CH<br>2:15pm Learn How to Play: Gazenbord -FL<br>3:30pm MAC Fitness-FL<br>6:00pm Symphonettes-FL                         | Great Wall Day 20<br>8:45am Depart For: Kohls -FF<br>9:15am History of the Great Wall of China -FL<br>10:30am MAC Fitness-FL<br>1:00pm Tenant Council-FL<br>1:30pm Armchair Travel to the Great Wall -FL<br>2:15pm Building the Great Wall-FL<br>3:15pm Musical Memories: Women of the 1960 s -FL<br>5:15pm Fast Friends - Lobby<br>6:15pm Penny Bingo-FL       | Jetter Named Rookie of the Year– Wear a Jersey 21<br>9:15am History of the Rookie of the Year-FL<br>10:30am Live 2B Healthy-FL<br>1:00pm IT’s all in the Baseball Cards -FL<br>1:00pm Loop Yarn/Hat Making/Punch Art-L<br>1:00pm Dominoes-CH<br>2:00pm Happy Hour With Larry Jensen -DR<br>3:30pm Baseball Trivia –L<br>5:15pm What am I ? -Lobby<br>6:00pm 500-L                                          | 10:00am Craft Club-L 22<br>10:00am Lug-A-Mug-ML<br>10:00am Golf the Card Game –L<br>2:00pm Dominoes-CH<br>2:00pm Candy Bar Bingo-ML<br>6:00pm Kings On The Corner-L<br>TBA Iowa Tailgate-FL  |
| 9:00am St. Joseph’s Catholic Mass-FL 23/30<br>10:00am Dominoes-CH<br>10:30am Presbyterian Church Service-FL<br>1:30pm Penny Bingo-FL<br>6:00pm Sunday Cinema: The Great Turkey Town Mircle / Mircle on 34th street -FL                        | Aviation History Day 24<br>9:00am Rosary-PDR<br>10:00am Sewing Club Meeting-CH<br>10:00am History of Aviation-FL<br>1:00pm Bookworms-L<br>1:30pm Learning about Famous Aviators -FL<br>2:00pm Dominoes-CH<br>2:30pm Creating Model Planes-FL<br>3:30pm MAC Fitness-FL<br>5:15pm Turkey Trot- Lobby<br>6:00pm Cribbage-L  | 9:00am Depart For: Aldi -FF 25<br>10:00am History of Thanksgiving -L<br>10:30am Live 2B Healthy-FL<br>10:15am Depart Casino: Meskwaki -FF<br>1:00pm Sip and Paint Party -FL<br>2:00pm Diamond Dot Divas-L<br>2:15pm Brew Crew -CH<br>3:00pm Penny Bingo-FL<br>5:15pm Turkey Toss -FL                                                                                                                           | 9:00am -FF History of Thanksgiving Foods– FL 26<br>9:30am Christian Worship-FL<br>10:00 Prayer Group-ML<br>10:30am Learning about the Mayflower -FL<br>1:15pm History of the Macy’s Day Parade -FL<br>1:30pm Catholic Communion-L<br>2:00pm Dominoes-CH<br>2:00pm Musical Memories: Barry Manilow -FL<br>3:30pm MAC Fitness-FL<br>6:00pm Symphonettes-FL                                                | 8:30am Macy’s Day Parade Showing-FL 27<br>                                                                                                                                                                                                                                 | Hope Dimond Day 28<br>9:00am History of the Hope Dimond -FL<br>10:30am Live 2B Healthy-FL<br>11:00am Iowa Tailgate-FL<br>12:45 pm Costume Jewelry Christmas Trees-FL<br>1:00pm Loop Yarn/Hat Making/Punch Art-L<br>1:00pm Dominoes-CH<br>2:00pm Happy Hour With Dave Poggenklass -DR<br>3:30pm Gemstone Trivia –FL<br>5:15pm Elevator Games-Lobby<br>6:00pm 500-L                                          | 10:00am Craft Club-L 29<br>10:00am Lug-A-Mug-ML<br>10:00am Golf the Card Game –L<br>2:00pm Dominoes-CH<br>2:00pm Candy Bar Bingo-ML<br>6:00pm Kings On The Corner-L                          |