

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Room Key: BP=Back Patio CH= Club House DR=Dining Room BW=Brentwood Dining Room FF=Front Foyer FL=Fireside lounge FP=Front Patio L=Library ML=Memory Lane PDR=Private Dining Room  Highlighted activities need sign up	  1-3pm LUCILLE BALL Marathon	9:15am Wake up & Make it-FL 10:30 Live 2B Healthy-2 <sup>nd</sup> floor 1pm SP Game Day: Rummy Cube-FL 1pm Dominoes-CH 2pm Happy Hour-DR 3:30-4:15pm Comedy clips-FL 6:00 500-L	10 am Golf the card game-L 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L
9am St. Joseph's Catholic Mass-FL  10am Dominoes-CH 10:30 Presbyterian Service-FL  1:30 Penny Bingo-FL	9am Rosary-PDR 9:15 Morning Joy- Ladies Coffee-BW 10:15 Musical Memories-FL 1pm-Bookworms-L 1pm Explore SP: Library 2 Dominoes 2:30 Cultural history & art: Native American beading-FL 3:30 MAC Fitness-3 <sup>rd</sup> Floor 6 Cribbage-L	9am Depart: Walmart 9:15 Time Hop: Monks walk 4 peace-FL 10:15 Photography Club-FL 10:30 Live 2b Healthy-2 <sup>nd</sup> floor 1 Chef Chat & Healthy Choices-FL 2 Prairie Patch Llamas Visits-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15 Before/ After Dinner Radio Broadcast-FL	1-3pm Podiatrist 9:15am Men's micro-reads club-BW 9:30am NO Christian Worship-CXL 10:00am Prayer Group-ML 1:00pm Art , Joy, Connect -FL 1:30pm Catholic Communion- L 2:15pm Circle of Friends-Reminiscing Jar- FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-3rd Floor 6:00pm Symphonettes-FL	9:15-Men's Coffee Crew-BW 10am Tech made easy-L 10:30 MAC Fitness-2 <sup>nd</sup> floor 12:15 pm Summit Step Circuit: 3 floors, 3 rounds 2pm DIY: Tea blending-FL 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wake up & Make it-FL 10:30 Live 2B Healthy-2 <sup>nd</sup> floor 1pm SP Game Day: Solve the case-FL 1pm Dominoes-CH 2pm Happy Hour-DR 3:30-4:15pm Misheard lyrics-FL 6:00 500-L	10am Join Me: Carol Prehm-APT 220 10 am Golf the card game-L 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L
9am St. Joseph's Catholic Mass-FL  10am Dominoes-CH 10:30 Presbyterian Service-FL  1:30 Penny Bingo-FL	9am Rosary-PDR 9:15 Morning Joy- Ladies Coffee-BW 10:15 Musical Memories-FL 1pm-Bookworms-L 1pm Explore SP: Clubhouse 2 Dominoes 2:30 Cultural history & art: Japanese "Kintsugi or Kintsukuroi" FL 3:30 MAC Fitness-3 <sup>rd</sup> Floor 6 Cribbage-L	9am Depart: Hy-Vee 9:30-Time Hop: King Tut's Tomb-FL 10:15 Photography Club-FL 10:30 Live 2b Healthy-2 <sup>nd</sup> floor 1 Lala Ladies-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 Before/After Dinner Radio Broadcast-FL	9:15am Men's micro-reads club-BW 9:30am Christian Worship-FL 10:00am Prayer Group-ML 1pm Something New Tech: Wii - FL 1:00pm Vitals-2nd Floor Nurse Station 2:15pm Circle of friends: Picture this-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-3rd Floor 6:00pm Symphonettes-FL	9:15-Men's Coffee Crew-BW 10:30 MAC Fitness-2 <sup>nd</sup> floor 12:15 pm Summit Step Circuit: 3 floors, 3 rounds 2pm DIY: Building a charcuterie board-FL 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wake up & Make it-FL 10:30 Live 2B Healthy-2 <sup>nd</sup> floor 1pm SP Game Day: Song Burst-FL 1pm Dominoes-CH 2pm Happy Hour-DR 3:30-4:15pm Sports fan trivia-FL 6:00 500-L	10am Golf the card game-L 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L
9am St. Joseph's Catholic Mass-FL  10am Dominoes-CH 10:30 Presbyterian Service-FL  1:30 Penny Bingo-FL	9am Rosary-PDR 9:15 Morning Joy- Ladies Coffee-BW 10:15 Musical Memories-FL 1pm-Bookworms-L 1pm Exploring SP: Library 2 Dominoes 2:30 Cultural history & art- Nordic rrosemaling-FL 3:30 MAC Fitness-3 <sup>rd</sup> Floor 6 Cribbage-L	9am Depart: Fareway 9:15-Time Hop: Spooky Iowa-FL 10:15 Photography Club-FL 10:30 Live 2b Healthy-2 <sup>nd</sup> floor 2 Diamond Divas-L 2pm Ladies of Delight-FL 3pm Penny Bingo-FL 4:14-5:15pm Before/After Dinner Radio Broadcast-FL	9:15am Men's micro-reads club-BW 9:30am Christian Worship-FL 10:00am Prayer Group-ML 1pm Something New Tech: Virtual You-FL 1:00pm Vitals-2nd Floor Nurse Station 2:15pm Circle of Friends: Story Cubes-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-3rd Floor 6:00pm Symphonettes-FL	9:15-Men's Coffee Crew-BW 10:30 MAC Fitness-2 <sup>nd</sup> floor 12:15 pm Summit Step Circuit: 3 floors, 3 rounds 2pm DIYw/Chef Anthony-FL 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wake up & Make it-FL 10:30 Live 2B Healthy-2 <sup>nd</sup> floor 1pm SP Game Day: Code Names-FL 1pm Dominoes-CH 2pm Happy Hour-DR 3:30-4:15pm Ridiculous riddles-FL 6:00 500-L	10am Join Me: Dolores Dunker-APT 226 10 am Golf the card game-L 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L
9am St. Joseph's Catholic Mass-FL  10am Dominoes-CH 10:30 Presbyterian Service-FL  1:30 Penny Bingo-FL	9am Rosary-PDR 9:15 Morning Joy- Ladies Coffee-BW 10:15 Musical Memories-FL 1pm-Bookworms-L 1pm Exploring SP: Woodshop/sewing room 2 Dominoes 2:30 Cultural history & art-Talavera Tiles-FL 3:30 MAC Fitness-3 <sup>rd</sup> Floor 6 Cribbage-L	9am Depart: Aldi 9:15-Time Hop: Sutter Mill's Gold-FL 10:15 Photography Club-FL 10:15-Riverside Casino 10:30 Live 2b Healthy-2 <sup>nd</sup> floor 1pm Chef Demo-FL 2 Diamond Divas-L 2pm Gentlemen of Good Cheer-FL 3pm Penny Bingo-FL 4:14-5:15pm Before/After Dinner Radio Broadcast-FL	9:15am Men's micro-reads club-BW 9:30am Christian Worship-FL 10:00am Prayer Group-ML 1pm Something New Tech: VR Trip - FL 1:00pm Vitals-2nd Floor Nurse Station 2:15pm Circle of Friends: Story Builders-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-3rd Floor 6:00pm Symphonettes-FL	9:15-Men's Coffee Crew-BW 10:30 MAC Fitness-2 <sup>nd</sup> floor 12:15 pm Summit Step Circuit: 3 floors, 3 rounds 2pm DIY-Mini Dessert Cups 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wake up & Make it-FL 10:30 Live 2B Healthy-2 <sup>nd</sup> floor 1pm SP Game Day: Taboo-FL 1pm Dominoes-CH 2pm Happy Hour-DR 3:30-4:15pm Caption This-FL 6:00 500-L	10 am Golf the card game-L 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L



## January Birthdays & Anniversaries!

### Tenant Birthdays

Charlotte A. 1/5  
Kaye F. 1/10  
Paul R. 1/11  
Amelia T. 1/20  
Dale S. 1/21  
Ray M. 1/22  
Rob H. 1/23  
Noma L. 1/24  
Richard A. 1/25  
Sue H. 1/29

### Staff Birthdays

Cecilia H. 12/10  
Michael C. 12/15  
Susan S. 12/17  
Sydney W. 12/17  
Stephanie 12/22  
Tammy S. 12/31



## Health Article: Winter Wellness: 10 Self-Care Tips for Senior

Enjoy warming meals like soups, stews, and casseroles packed with vegetables, lean proteins, and whole grains. These nourishing foods can provide energy and support your immune system.

### Protect Your Skin

Cold weather can cause dry, chapped skin. Use a good moisturizer and lip balm daily, and consider using a humidifier to add moisture to indoor air.

### Prioritize Quality Sleep

Aim for 7-8 hours of sleep each night to let your body recharge. Create a cozy bedtime routine with calming activities like reading or listening to soft music, and avoid screens an hour before bed.

### Connect with Loved Ones

Stay socially active to ward off isolation. Call or video chat with family and friends, or plan indoor gatherings. Joining a hobby group or participating in community activities can also foster meaningful connections.

### Try Mindfulness or Relaxation Techniques

Combat winter stress with mindfulness practices like meditation, deep breathing, or gentle yoga. Simple activities like journaling or enjoying a warm bath can also help you unwind.

### Bundle Up and Venture Outside

Fresh air can do wonders for your mood. Dress warmly and take short walks, or enjoy winter activities like birdwatching or sitting in a sunny spot to soak up nature's beauty.

### Make Time for Joy

Engage in activities that bring you happiness, whether it's baking, crafting, reading, or watching classic movies. Rediscover childhood joys like board games or painting to keep your spirits high.

### Embrace Winter With Self-Care and Community

Self-care is not selfish—it's essential for seniors to live healthy, fulfilling lives. Winter can be challenging, but with thoughtful self-care practices, you can stay energized, connected, and positive throughout the season.



Winter brings shorter days, colder weather, and unique challenges for maintaining our health and well-being. For seniors, it's essential to prioritize self-care during this season to combat the effects of reduced sunlight, lower energy levels, and the potential for seasonal affective disorder (SAD). By focusing on intentional practices that nourish the body and mind, seniors can stay resilient and thrive all winter long.

### Why Self-Care Is Essential in Winter

The cold months can bring about physical and emotional changes, including lethargy, mood dips, and stress. For seniors, these challenges are compounded by a greater risk of isolation, decreased activity levels, and skin dryness due to the cold air. Self-care during winter helps seniors:

Boost their immune system to fend off illnesses.

Manage seasonal mood changes.

Stay active and socially connected despite the weather.

Improve overall quality of life.

### 10 Winter Self-Care Tips for Seniors

Here are ten practical self-care tips to help seniors maintain their physical, mental, and emotional health this winter:

#### Stay Active Indoors

Regular exercise keeps your body strong and your spirits high. When outdoor walks aren't feasible, try chair yoga, indoor walking routines, or light strength training. Many senior living communities offer group classes that combine fitness and fun.

#### Hydrate, Even When You're Not Thirsty

Winter air can be dehydrating, and many people feel less thirsty in colder weather. Aim to drink plenty of water throughout the day. Warm herbal teas or infused water with fruits can make hydration more enjoyable.

#### Get Your Daily Dose of Natural Light

Lack of sunlight during winter can lead to SAD. To counter this, sit by a sunny window, go outside on bright days, or use a light therapy lamp. Even a brief walk outdoors can boost your mood and energy.

#### Eat Nutritious Comfort Foods

"For I know the plans I have for you" declares the Lord. "Plans to prosper you and not to harm you, plans to give you a hope and a future." Jeremiah 29:11.

This verse from Jeremiah is a very well known verse in the Bible. And why wouldn't it be?! God's promise to His people of prosperity and hope, of protection and a joyful future, is one that all of us want to claim in our lives. What is interesting about this verse is that the context of it is not one we would expect. This verse was actually given to God's people as a promise in the midst of great turmoil and trial. God's people had been taken into captivity by Babylon because they had rebelled against God and chosen to live like the world, not like people set apart by the Lord. But even in the middle of horrific circumstances, circumstances God warned them about and gave them a chance to avoid, God still promised hope and a future, and plans for their lives that were for good. This shows us that God's plans for us are dependent on His faithfulness, not ours. Even when we struggle, doubt, and go against His way, He still offers us grace, love and hope for a future filled with His goodness. Praise God for His kindness to us that never changes and never runs out!

I've seen this be true in my own life. I can testify to it. God's goodness and faithfulness to me has been evident every step of my journey, even in the times when I have doubted Him, gone against Him, and tried to do things my own way. He continues to guide me and offer me grace, and has proved over and over again that

His plans for me are good.

It is with that in mind that I share that this will be my last article for The Christian Corner. This is a bittersweet moment, because while I am sad to step away from this space, it is for a joyous reason. In March, a short two months away, I will be getting married! God has been so kind to bring my fiancé and me together in a beautiful way, and we are thrilled to start our lives together. We have seen Jeremiah 29:11 be so real to us as we have dated, gotten engaged, and prepare to marry. We covet your prayers as I move to Madison WI to be with him, start a new job and get ready for our wedding and marriage. I am thankful to have journeyed with you all these past few years through this corner of the newsletter, and I am grateful for every single moment you have spent reading these articles. I truly hope God has used them to encourage you! I end with a prayer for you from 1 Peter 1:2. "May grace and peace be multiplied to you." With love, Selah



## What's New in Activities

Join us for a plethora of activities:

Every day of the week, will have a themed idea, each day will focus on an opportunity...

- TO LEARN
- HAVE HANDS ON ACTIVITIES
- INVOLVE MUSIC
- OPPORTUNITIES TO SOCIALIZE
- EXERCISE

Join us on the following days for these new opportunities....

Mondays:

- Ladies coffee in the small Brentwood dining room
- Musical Memories
- Cultural history & art opportunities

Tuesdays:

- Time hop: history on ...
- Photography club
- Ladies group (1/20)
- Mens group 1/27)
- Radio Broadcast before and after dinner

Wednesdays:

- Mens' short reads-club
- Something new with technology!
- Circle of friends social

Thursdays:

- Mens' coffee crew in small Brentwood dining room
- Walking club-3 rounds on 3 floors after lunch
- Do it yourself projects (DIY)
- Listen to records and enjoy a beverage before & after dinner: Vinyls & Various Sips

Friday

- Wake up & Make it-loop yarn, sewing club, crafters all meet to CREATE
- SP Game Day-join us for a fun NEW GAME
- Before dinner fun 3:30-4:15

Saturday: 1/10 & 1/24

Tenant open house: Carol Prehm will open her doors for visitors on 1/10. Dolores Dunker will open her doors on 1/24! Stop by from 10-11am for snacks and a visit!

THE ABOVE ACTIVITIES ARE INTRODUCTIONS TO NEW ACTIVITIES IN JANUARY, THEY DO NOT EXCLUDE REGULARLY SCHEDULED ACTIVITIES THROUGH THE MONTH LIKE: EXERCISE AND BINGO.



### Life Choices: It's all about Living

*From your leadership team*

As we step into January, our leadership team wants to extend heartfelt wishes for a bright and meaningful year ahead. There's something special about this season-a sense of renewal, reflection, and possibility-and we're grateful to begin 2026 together as a community.

This year is especially meaningful as Summit Pointe celebrates **20 years of serving seniors with connection, care and community.**

Throughout 2026, we'll be honoring our history, spotlighting our tenants and hosting an activity calendar of anniversary celebrations and new activities. We can't wait to share this milestone year with you!

### Welcome New Friends Home

December, welcomed the following new tenants!



Craig B.



Peggy R.



Jo D.



Dale S.

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