

Sunday

Monday

Tuesday

Wednesday

Thursday

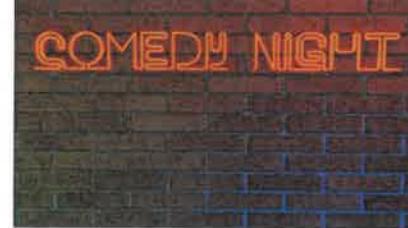
Friday

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

1

**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**

2

**10 am** Golf the card game-L  
**2pm** Dominoes-CH  
**2pm** Candy Bar Bingo-ML  
**6pm** Kings on corner-L

3

**9am** St. Joseph's Catholic Mass-FL  
**10am** Dominoes-CH  
**10:30** Presbyterian Service-FL  
**1:30** Penny Bingo-FL 4  
**6 Cribbage-L**

**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

7

**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**

8

**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**

9

10

**9am** St. Joseph's Catholic Mass-FL  
**10am** Dominoes-CH  
**10:30** Presbyterian Service-FL  
**1:30** Penny Bingo-FL 11  
**6 Cribbage-L**

**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

13

**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**

14

**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**

15

16

**9am** St. Joseph's Catholic Mass-FL  
**10am** Dominoes-CH  
**10:30** Presbyterian Service-FL  
**1:30** Penny Bingo-FL 18  
**6 Cribbage-L**

**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 Rosemaling-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

21

**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**

22

**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**

23

24

**9am** St. Joseph's Catholic Mass-FL  
**10am** Dominoes-CH  
**10:30** Presbyterian Service-FL  
**1:30** Penny Bingo-FL 25  
**6 Cribbage-L**

**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

28

**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**

28

**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**

30

31

# 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 fiance 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-an 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.