

Sports Corner

Hawkeye Wrestling

2/6 Ohio vs Iowa 7pm
2/8 Michigan State vs Iowa 12pm
2/13 Iowa vs Michigan 8pm
2/15 Purdue vs Iowa 12pm
2/22 Oklahoma State vs Iowa 5pm

2/8/2026

SUPER BOWL LX SUNDAY
5:30PM

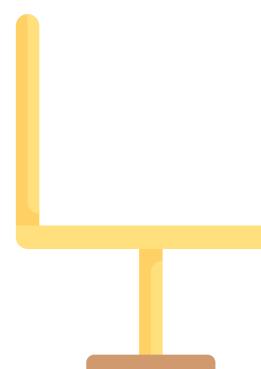


Hawkeye Men's Basketball

2/1 Iowa vs Oregon 7pm
2/4 Iowa vs Washington 10pm
2/8 Northwestern vs Iowa 2pm
2/11 Iowa vs Maryland 5pm
2/14 Purdue vs Iowa TBD
2/17 Nebraska vs Iowa 8pm
2/22 Iowa vs Wisconsin 3pm
2/25 Ohio State vs Iowa 8pm
2/28 Iowa vs Penn State 11am



seahawks
VS
PATRIOTS



Hawkeye Women's Basketball

2/1 Iowa vs UCLA 3PM
2/5 Minnesota vs Iowa 6pm
2/11 Washington vs Iowa 6:30pm
2/16 Iowa vs Nebraska 11am
2/19 Iowa vs Purdue 6pm
2/22 Michigan vs Iowa TBD
2/26 Illinois vs Iowa 8pm

February 2026

Summit Pointe
Senior Living



Life Choices: It's all about Living
From your leadership team

February is here, and we've officially entered the season of "Is it winter, or is it pretending to be spring again?" While the weather can't make up its mind, we can promise on thing: Summit Pointe is staying cozy, lively, and full of fun! This month brings Valentine's Day, which means love is in the air...along with the faint smell of chocolate we're all pretending not to eat before dinner. Whether you're joining an activity, sharing a laugh with neighbors, or proudly declaring that this is the year you finally win at Bingo (we believe in you), we're glad you're here. Thanks for keeping our community warm, even when the temperatures aren't. Let's make February fabulous.

Welcome New Summit Pointe Tenants!



Pat L.



Tom F.



Rita F.



Karen H.



Norbe B.

Brain Health Tidbits for February

Keep Stress in Check: Chronic stress can affect memory and thinking.

- Deep breathing, gentle stretching, or quiet moments of reflection can help.
- Laughter is also a powerful stress reliever!

Stay Social: Connecting with others supports cognitive health and emotional well-being

- Join a group activity, chat with neighbors, or attend community events.
- Social engagement is one of the strongest protectors against cognitive decline.

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

Keeping Your Heart Strong: Simple Ways to Support Heart Health

February is American Heart Month, making it the perfect time to check in on the incredible organ that keeps us going every day. While heart disease becomes more common with age, the good news is that small, steady habit can make a big difference in keeping your heart healthy and strong.

Why Heart Health Matters

As we get older, the heart and blood vessels naturally change—arteries may stiffen, blood pressure can rise, and the heart may need to work a little harder. But lifestyle choices still play a powerful role in protecting heart function and lowering the risk of heart disease.

Move a Little More

You don't need intense workout to support your heart. Gentle, regular movement helps improve circulation and strengthen the heart muscle.

- Try walking, stretching, or chair exercises
- Even 10-15 minutes at a time adds up.

Eat with Your Heart in Mind

A heart-healthy diet doesn't have to be complicated.

- Choose colorful fruits and vegetables.
- Opt for whole grains, lean proteins, and heart-healthy fats like olive oil.
- Limit salt and highly processed foods when possible

Stay Connected

Believe it or not social engagement is good for your heart. Spending time with others can reduce stress, boost mood, and support overall well-being.

- Join an activity, attend an event, or simply enjoy a chat with a neighbor.

Know Your Numbers

Keeping track of key health indicators helps you stay ahead of potential issues.

- Blood pressure
- Cholesterol
- Blood sugar
- Weight changes

Manage Stress with Small Moments of Calm

Chronic stress can affect heart health, but simple relaxation techniques can help.

- Deep breathing
- Gentle stretching
- Listening to Music
- Enjoying a quiet moment with a warm drink

Sleep Matters

Quality sleep gives your heart time to rest and repair.

A consistent sleep schedule and relaxing bedtime routine can improve sleep quality.



Welcome Megan Swanson,

Megan has graciously agreed to add to Summit Pointe's Newsletter and continue with the Christian Corner!

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." 2 Corinthians 5:17

Hello, Summit Pointe residents! My name is Megan Swanson and it is my honor to be writing in the Christian Corner from here on out. I am excited for God to challenge me to slow down and meditate on His Word, and am excited for what this will hopefully bring to some of you.

Besides being a wife, mother of two, and follower of Jesus, I am a birth doula, which means I

have the honor of walking alongside families as they bring their babies into the world. As I witness a child being born, I can't help but be in awe of the life God can create. Life is created the moment a child is formed in the womb and reveals itself physically the moment that child is born into the world, but that isn't the only way God creates life. God also creates spiritual life— a life that cannot be earned but is freely given if we put our trust in Jesus. This spiritual life doesn't manifest itself physically (at least not yet), but is shown through the Fruits of the Spirit— love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Jesus turns what Satan intends for death and destruction into restoration, victory, and life.

While witnessing a child being born is a beautiful experience, I have also had the pleasure of witnessing people be brought to life after years of spiritual death. And, I myself have been

brought to life after years of darkness, selfishness, and sin. Let me tell you— watching someone come to know Jesus and become a new creation is a much different "birth" experience. Today, I want you to reflect on this: Have you been turned into a new creation? While you have been given physical life, have you been granted the spiritual life that can only come from Jesus Christ? I pray that if your answer isn't a resounding "yes", that you will call on the name of Jesus today and choose to put your trust in him. Romans 10:9 says, "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."



Alan works in the transportation department. He has enjoyed meeting everyone at Summit Pointe and thanks you for welcoming him so kindly.



Levette works in the nursing department, she loves spending time with her 3 kids and 3 grandchildren. Besides dancing, she also enjoys opportunities to travel to Africa on vacation. Levette graduated high school in Liberia. She enjoys working at Summit Pointe as it helps her provide for her family.

Mondays:

- Winter Olympics
- Summit Step Circuit
- Create Valentines Workshop (2/9)
- Together we create SP challenge
- Monday Matinee

Tickets for the Create Valentines Workshop:

be my VALENTINE

Tuesdays:

- Famous Love Stories
- 3rd Floor Connections with Suz
- Post Lunch Crew with D (2/10)
- 1st floor Chat with Suz (2/17)

Wednesdays:

- Blanket of hope volunteer opportunity
- History of Valentines Day (2/4)
- Journeys & Stories (2/4 & 2/11)
 - Famous Love Letters (2/18)
- Acts of Kindness (2/18 & 2/25)

Thursdays:

- Ladies Cards & Company
- Men's Cards & Cocktails
- DIY Projects

Saturdays:

- Men's Workout Club
- Tenant Open House's
 - Karen M. 109 (2/7)
 - Esther Olson 126 (2/21)

We have a nail tech (2/12) and a massage therapist (2/19) coming this month. There will be a limited number of spots. Please sign up in the activity book.

February Birthdays & Anniversaries!

Happy Birthday Summit Pointe Staff! Happy Birthday Summit Pointe Tenants!

2/1 Tiffany P.
2/11 Joy E.
2/16 Sofia G.
2/20 Halee K.

2/1 Carter K.
2/6 Janaan K.
2/10 Esther O.
2/11 Jo D.
2/12 June N.
2/13 Dorothy H.
2/13 Yvonne P.
2/15 Gloria H.
2/23 Janice H.
2/26 Carolyn M.
2/27 Pat G.
2/27 Patti J.

Celebrating 2 years at Summit Pointe
Congratulations
Stephanie M.!

PAGE 3

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



FEBRUARY



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
 SR= Sewing Room

Highlighted activities need sign up

Black History Month is observed during February originating in the United States. It began as a way of remembering important people and events in African American history.

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 Groundhog Day Watch Party-FL 10:15 Winter Olympics- Puck Rush-FL 12:30pm Summit Step Circuit: 3 flrs/3rds 1-Bookworms-L 2 Dominoes-CH 2 National Inventors Month: Spotlight-Patrick J Lawler + Inventions that changed my life-FL 3:30 MAC Fitness-FL 4:00-5:15 Together we create SP Collage (staff & tenant project)-homes & hearts -FL 5:30 Monday Matinee- Ford vs Ferrari-FL 6 Cribbage-L	9am Depart: Target 9:15 Famous Love Stories: Sailor Smooch in Times Square -FL 10:15 Men's Micro Reads & coffee break -L 10:30 Live 2b Healthy-FL 1:30 Floyd Sandford- FL 1:45 Third floor connections with Suz-big hallway 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 Before/ After Dinner Radio Broadcast-FL	1-3pm Podiatrist 9:15am Journey's & Stories with coffee & snacks-L 9:30am Christian Worship-FL 9:45 Blanket of Care of Volunteer of Opportunity - SR 10:00 Prayer Group-ML 1pm The History of Valentines Day-FL 1:30pm Catholic Communion- L 2:15pm Circle of Friends: Wine & Fondue - FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 4:15-5:15 Guess the Famous Couple-FL 6:00pm Symphonettes-FL	9:15 -Men's Coffee Crew-BW 9:30am Depart: Salvation Army-FF 10:30 MAC Fitness-FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 1:30 DIY: Truffle Making -FL 3 Ladies Cards & Company-L 2:15pm Circle of Friends: Wine & Fondue - FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-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-FL 1pm SP Game Day: Rummy Cube -FL 1pm Dominoes-CH 2pm Happy Hour Harold Gray-DR 3:30-4:15pm Music Trivia-FL 6:00 500-L	10am Join Me: Karen Madsen -APT 109 10:15 Men's Workout with Darrel-FL 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 5:00pm Superbowl Tailgate-FL	9am Rosary-PDR 9:15 Morning Joy- Ladies Coffee-BW 10:15 Winter Olympics-Box Flow Fitness -FL 12:30pm Summit Step Circuit: 3 flrs/3rds 1pm Create a Valentines Workshops -FL 2 Dominoes-CH 2 National Inventors Month: Spotlight-George Nissen PLUS throwback tools-FL 3:30 MAC Fitness-FL 4:15-5:15 Together we create SP Collage: Friendships/love/respect-FL 5:30 5:30 Monday Matinee- Hidden Figures-FL 6 Cribbage-L	9am Madly in love Monday 9am Depart: Hy-Vee 9:15 Famous Love Stories the Trumans -FL 10:15 Men's Micro Reads & coffee break -L 10:30 Live 2b Healthy-FL 12:15 Second floor post lunch crew w/Dee-big hallway 1pm Chef Chat- BW 1:45pm Sweetheart Social-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 Before/After Dinner Radio Broadcast-FL	9am Famous Couples Day! 9am Depart: Hy-Vee 9:15 Famous Love Stories the Trumans -FL 10:15 Men's Micro Reads & coffee break -L 10:30 Live 2b Healthy-FL 12:15 Second floor post lunch crew w/Dee-big hallway 1pm Chef Chat- BW 1:45pm Sweetheart Social-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 Before/After Dinner Radio Broadcast-FL	9:15am Journey's & Stories with coffee & snacks -L 9:30am Christian Worship-FL 9:45am Blanket of Care of Volunteer of Opportunity - SR 10:00am Prayer Group-ML 1pm Cooking Challenge: Chopped-FL 1pm Vitals-2nd Floor Nurse Station 1:30pm Catholic Communion- L 2:15pm Circle of Friends: Valentine's Day -FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 4:15-5:15 Chocolate or Not? -FL 6:00pm Symphonettes-FL	9:15 -Men's Coffee Crew-BW 9:30am Depart: Dollar Tree-FF 10am Tech made easy-L 10:30 MAC Fitness-FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 1:30 DIY: Fruit infused water-FL 2 Nailed it! -Nail Care for ALL - PDR 3 Ladies Cards & Company-L 3:15 Men's Cards & Mocktails & Cocktails-CH 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wear Hearts Day! 9:15am Wake up & make it-FL 10:30 Live 2B Healthy- FL 11 couples Lunch-FL 1pm SP Game Day: Taboo-FL 1pm Dominoes-CH 2pm Happy Hour Craig Dove-DR 3:30-4:15pm Valentines Day Trivia - FL 6:00 500-L	9am Valentines Day! 10am Golf the card game-L 10:15 Men's Workout with Darrel-FL 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 5:00pm Superbowl Tailgate-FL	9am Presidents Day 9am Rosary-PDR 9:15 Morning Joy w/Kayla-FL 9:15 Storm & Fire Safety w/Kayla-FL 9:15 Morning Joy- Ladies Coffee-BW 10:15 Winter Olympics Basketball Knockout-FL 12:30 pm Summit Step Circuit:3 floors,3 rounds 1pm -Bookworms-L 2 Dominoes-CH 2 National Inventors Month: Spotlight-president inventors Lincoln, Jefferson, and Washington AND throwback tools-FL 3:30 MAC Fitness-3 rd FL 4:15-5:15 Together we create SP Collage: Acts of Kindness-FL 5:30 5:30 Monday Matinee- Aviator-FL 6 Cribbage-L	9am Depart: Fareway 9:15 Famous Love Stories the Robinsons -FL 10:15 Men's Micro Reads & coffee break -L 10:30 Live 2b Healthy- FL 12:15 1 st floor chats with Suz-lobby 12:45 Tenant Council-FL 1:45 Mardi Gras Mascaraed Social-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 Before/After Dinner Radio Broadcast-FL	9am Depart: Fareway 9:15 Famous Love Stories the Robinsons -FL 10:15 Men's Micro Reads & coffee break -L 10:30 Live 2b Healthy- FL 12:15 1 st floor chats with Suz-lobby 12:45 Tenant Council-FL 1:45 Mardi Gras Mascaraed Social-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 Before/After Dinner Radio Broadcast-FL	9:15 Acts of Kindness Challenge -L 9:30am Christian Worship-FL 9:45am Blanket of Care of Volunteer of Opportunity - SR 10:00am Prayer Group-ML 1pm Famous Love Letters-FL 1:30pm Catholic Communion- L 2:15pm Circle of Friends: French Café -FL 2:00pm Dominoes-CH 3:30pm MAC Fitness- FL 4:15-5:15 Valentines would you rather -FL 6:00pm Symphonettes-FL	9:15 -Men's Coffee Crew-BW 9:30am Depart: Home Goods-FF 10:30 MAC Fitness- FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 1pm-3pm Massages- L 1:30pm DIY: Fruit Pizza - FL 3 Ladies Cards & Company-L 3:15 Men's Cards & Mocktails & Cocktails-CH 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wake up & make it-FL 10:30 Live 2B Healthy- FL 1pm SP Game Day: *New Game* Bendomino -FL 1pm Dominoes-CH 2pm Happy Hour Janet Lieb-DR 3:30-4:15pm Minute to Win it - FL 6:00 500-L	9am Join Me: Esther Olsen -APT 126 10 am Golf the card game-L 10:15 Men's Workout with Darrel-FL 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 5:00pm Superbowl Tailgate-FL	9am Rosary-PDR 9:15 Morning Joy- Ladies Coffee-BW 10:15 Winter Olympics-Tennis Smash-FL 12:30pm Summit Step Circuit: 3 floors, 3 rounds 2 Dominoes-CH 2 National Inventors Month: spotlight: George Washington Carver patent sketches 3:30 MAC Fitness-FL 4:15-5:15 Together we create SP Collage: Connections with Nature-FL 5:30 5:30 Monday Matinee- Current war-FL 6 Cribbage-L	9am Depart: Aldi 9:15 Famous Love Stories June and Johnny Cash -FL 10:15 Men's Micro Reads & coffee break -L 10:15-Meskwaki Casino 10:30 Live 2b Healthy-FL 1:45pm The Bold & Beautiful Gem Stories-FL 3pm Penny Bingo-FL 4:15-5:15pm Before/After Dinner Radio Broadcast-FL	9am Depart: Aldi 9:15 Famous Love Stories June and Johnny Cash -FL 10:15 Men's Micro Reads & coffee break -L 10:15-Meskwaki Casino 10:30 Live 2b Healthy-FL 1:45pm The Bold & Beautiful Gem Stories-FL 3pm Penny Bingo-FL 4:15-5:15pm Before/After Dinner Radio Broadcast-FL	9:15am Acts of Kindness Challenge -L 9:30am Christian Worship-FL 9:45am Blanket of Care of Volunteer of Opportunity - SR 10:00am Prayer Group-ML 1:00pm Cheesecake Challenge-FL 1:30pm Catholic Communion- L 2:15pm Circle of Friends: Sports fan social-FL 2:00pm Dominoes-CH 3:15-4:15 3:30pm MAC Fitness- FL 4:15-5:15 Love Song Line Match-FL 6:00pm Symphonettes-FL	9:15 -Men's Coffee Crew-BW 9:30am Depart: Marion Public Library-FF 10:30 MAC Fitness-FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 1:30 DIY: Soap Making 3 Ladies Cards & Company-L 3:15 Men's Cards with Mocktails & Cocktails-CH 4-5:15 Vinyls & Various Sips-FL 6:15 Penny Bingo-FL	9:15am Wake up & make it-FL 10:30 Live 2B Healthy-FL 1pm SP Game Day: Taboo-FL 1pm Dominoes-CH 2pm Happy Hour Jessica Mar Duo-DR 3:30-4:15pm Classic tv show trivia -FL 6:00 500-L	