



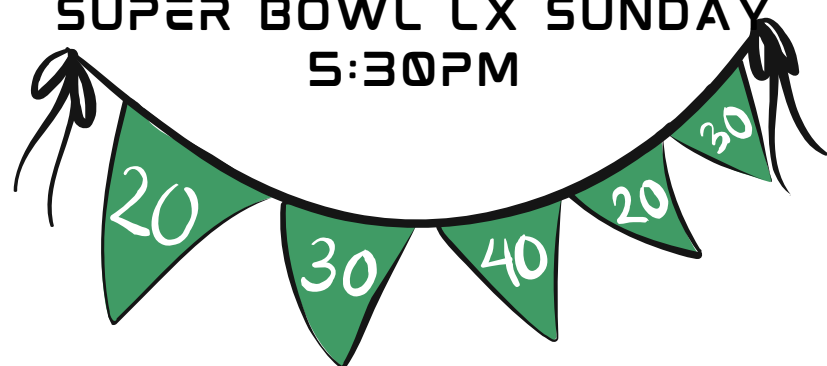
# Sports Corner



## 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

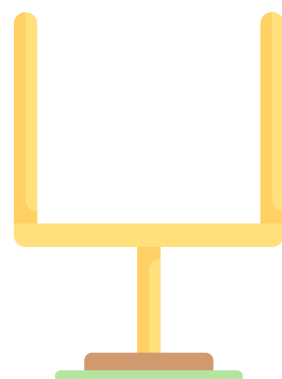
2/8/2026  
SUPER BOWL LX SUNDAY  
5:30PM



**seahawks**

**VS**

**PATRIOTS**



## Hawkeye Men's Basket ball

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

## Hawkeye Women's Basket ball

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

**Tuesdays:**

- Famous Love Stories
- 3<sup>rd</sup> Floor Connections with Suz
- Post Lunch Crew with D (2/10)
- 1<sup>st</sup> 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.

Carter K. 2/1

Janaan K. 2/6

Esther O. 2/10

Jo D. 2/11

June N. 2/12

Dorothy H. 2/13

Yvonne P. 2/13

Gloria H. 2/15

Janice H. 2/23




Carolyn M. 2/26

Pat G. 2/27

Patti J. 2/27

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
  					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.
<b>9am</b> St. Joseph's Catholic Mass-FL 1  <b>10am</b> Dominoes-CH <b>10:30</b> Presbyterian Service-FL  <b>1:30</b> Penny Bingo-FL	<b>9am</b> Rosary-PDR 2 <b>9:15</b> Groundhog Day Watch Party-FL <b>10:15</b> Winter Olympics- Puck Rush-FL <b>12:30pm</b> Summit Step Circuit: 3 flrs/3rds <b>1-Bookworms-L</b> <b>2 Dominoes-CH</b> <b>2</b> National Inventors Month: Spotlight-Patrick J Lawler + Inventions that changed my life-FL <b>3:30</b> MAC Fitness-FL <b>4:00-5:15</b> Together we create SP Collage (staff & tenant project)-homes & hearts -FL <b>5:30</b> Monday Matinee- Ford vs Ferrari-FL <b>6 Cribbage-L</b>	<b>9am</b> Depart: Target 3 <b>9:15</b> Famous Love Stories: Sailor Smooch i Times Square -FL <b>10:15</b> Men's Micro Reads & coffee break -L <b>10:30</b> Live 2b Healthy-FL <b>1:30</b> Floyd Sandford- FL <b>1:45</b> Third floor connections with Suz-big hallway <b>2 Diamond Divas-L</b> <b>3</b> Penny Bingo-FL <b>4:15-5:15</b> Before/ After Dinner Radio Broadcast-FL	<b>1-3pm</b> Podiatrist 4 <b>9:15am</b> Journey's & Stories with coffee & snacks-L 9:30am Christian Worship-FL <b>9:45</b> Blanket of Care of Volunteer of Opportunity - SR <b>10:00</b> Prayer Group-ML <b>1pm</b> The History of Valentines Day-FL 1:30pm Catholic Communion– L <b>2:15pm</b> Circle of Friends: Wine & Fondue - FL <b>2:00pm</b> Dominoes-CH <b>3:30pm</b> MAC Fitness-FL <b>4:15-5:15</b> Guess the Famous Couple-FL <b>6:00pm</b> Symphonettes-FL	<b>9:15-Men's</b> Coffee Crew-BW 5 <b>9:30am</b> Depart: Salvation Army-FF <b>10:30</b> MAC Fitness-FL <b>12:30 pm</b> Summit Step Circuit: 3 floors, 3 rounds <b>1:30</b> DIY: Truffle Making -FL <b>3</b> Ladies Cards & Company-L <b>3:15</b> Men's Cards with Mocktails & Cocktails-CH <b>4-5:15</b> Vinyls & Various Sips-FL <b>6:15</b> Penny Bingo-FL	<b>9:15am</b> Wake up & make it-FL 6 <b>10:30</b> Live 2B Healthy-FL <b>1pm</b> SP Game Day: Rummy Cube -FL <b>1pm</b> Dominoes-CH <b>2pm</b> Happy Hour Harold Gray-DR <b>3:30-4:15pm</b> Music Trivia-FL <b>6:00</b> 500-L	<b>10am</b> Join Me: Karen Madsen -APT 109 7 <b>10:15</b> Men's Workout with Darrel-FL <b>10 am</b> Golf the card game-L <b>2pm</b> Dominoes-CH <b>2pm</b> Candy Bar Bingo-ML <b>6pm</b> Kings on corner-L
<b>9am</b> St. Joseph's Catholic Mass-FL 8  <b>10am</b> Dominoes-CH <b>10:30</b> Presbyterian Service-FL  <b>1:30</b> Penny Bingo-FL  <b>5:00pm</b> Superbowl Tailgate-FL	<b>Madly in love Monday</b> 9 <b>9am</b> Rosary-PDR <b>9:15</b> Morning Joy- Ladies Coffee-BW <b>10:15</b> Winter Olympics-Box Flow Fitness -FL <b>12:30pm</b> Summit Step Circuit: 3 flrs/3rds <b>1pm</b> Create a Valentines Workshops -FL <b>2 Dominoes-CH</b> <b>2</b> National Inventors Month: Spotlight-George Nissen PLUS throwback tools-FL <b>3:30</b> MAC Fitness-FL <b>4:15-5:15</b> Together we create SP Collage: Friendships/love/respect-FL <b>5:30 5:30</b> Monday Matinee- Hidden Figures-FL <b>6 Cribbage-L</b>	<b>Famous Couples Day!</b> 10 <b>9am</b> Depart: Hy-Vee <b>9:15</b> Famous Love Stories the Trumans -FL <b>10:15</b> Men's Micro Reads & coffee break -L <b>10:30</b> Live 2b Healthy-FL <b>12:15</b> Second floor post lunch crew w/Dee-big hallway <b>1pm</b> Chef Chat- BW <b>1:45pm</b> Sweetheart Social-FL <b>2 Diamond Divas-L</b> <b>3</b> Penny Bingo-FL <b>4:15-5:15</b> Before/After Dinner Radio Broadcast-FL	<b>On Wednesday we wear Pink (and red)</b> 11 <b>9:15am</b> Journey's & Stories with coffee & snacks -L 9:30am Christian Worship-FL <b>9:45am</b> Blanket of Care of Volunteer of Opportunity - SR 10:00am Prayer Group-ML <b>1pm</b> Cooking Challenge: Chopped-FL <b>1pm</b> Vitals-2nd Floor Nurse Station 1:30pm Catholic Communion– L <b>2:15pm</b> Circle of Friends: Valentine's Day -FL <b>2:00pm</b> Dominoes-CH <b>3:30pm</b> MAC Fitness-FL <b>4:15-5:15</b> Chocolate or Not? -FL <b>6:00pm</b> Symphonettes-FL	<b>Dress to impress Day!</b> 12 <b>9:15-Men's</b> Coffee Crew-BW <b>9:30am</b> Depart: Dollar Tree-FF <b>10am</b> Tech made easy-L <b>10:30</b> MAC Fitness-FL <b>12:30 pm</b> Summit Step Circuit: 3 floors, 3 rounds <b>1:30</b> DIY: Fruit infused water-FL <b>2 Nailed it! -Nail Care for ALL - PDR</b> <b>3</b> Ladies Cards & Company-L <b>3:15</b> Men's Cards & Mocktails & Cocktails-CH <b>4-5:15</b> Vinyls & Various Sips-FL <b>6:15</b> Penny Bingo-FL	<b>Wear Hearts Day!</b> 13 <b>9:15am</b> Wake up & make it-FL <b>10:30</b> Live 2B Healthy- FL <b>11</b> couples Lunch-FL <b>1pm</b> SP Game Day: Taboo-FL <b>1pm</b> Dominoes-CH <b>2pm</b> Happy Hour Craig Dove-DR <b>3:30-4:15pm</b> Valentines Day Trivia -FL <b>6:00</b> 500-L	<b>Valentines Day!</b> 14 <b>10am</b> Golf the card game-L <b>10:15</b> Men's Workout with Darrel-FL <b>2pm</b> Dominoes-CH <b>2pm</b> Candy Bar Bingo-ML <b>6pm</b> Kings on corner-L
<b>9am</b> St. Joseph's Catholic Mass-FL 15  <b>10am</b> Dominoes-CH <b>10:30</b> Presbyterian Service-FL  <b>1:30</b> Penny Bingo-FL	<b>Presidents Day</b> 16 <b>9am</b> Rosary-PDR <b>9</b> Storm & Fire Safety w/Kayla-FL <b>9:15</b> Morning Joy- Ladies Coffee-BW <b>10:15</b> Winter Olympics Basketball Knockout-FL <b>12:30 pm</b> Summit Step Circuit:3 floors,3 rounds <b>1pm-Bookworms-L</b> <b>2 Dominoes-CH</b> <b>2</b> National Inventors Month: Spotlight-president inventors Lincoln, Jefferson, and Washington AND throwback tools-FL <b>3:30</b> MAC Fitness-3 <sup>rd</sup> FL <b>4:15-5:15</b> Together we create SP Collage: Acts of Kindness-FL <b>5:30 5:30</b> Monday Matinee- Aviator-FL <b>6 Cribbage-L</b>	<b>9am</b> Depart: Fareway 17 <b>9:15</b> Famous Love Stories the Robinsons -FL <b>10:15</b> Men's Micro Reads & coffee break -L <b>10:30</b> Live 2b Healthy- FL <b>12:15</b> 1 <sup>st</sup> floor chats with Suz-lobby <b>12:45</b> Tenant Council-FL <b>1:45</b> Mardi Gras Mascaraed Social-FL <b>2 Diamond Divas-L</b> <b>3</b> Penny Bingo-FL <b>4:15-5:15</b> Before/After Dinner Radio Broadcast-FL	<b>9:15</b> Acts of Kindness Challenge -L 18 <b>9:30am</b> Christian Worship-FL <b>9:45am</b> Blanket of Care of Volunteer of Opportunity - SR 10:00am Prayer Group-ML <b>1pm</b> Famous Love Letters-FL 1:30pm Catholic Communion– L <b>2:15pm</b> Circle of Friends: French Café -FL <b>2:00pm</b> Dominoes-CH <b>3:30pm</b> MAC Fitness- FL <b>4:15-5:15</b> Valentines would you rather -FL <b>6:00pm</b> Symphonettes-FL	<b>9:15-Men's</b> Coffee Crew-BW 19 <b>9:30am</b> Depart: Home Goods-FF <b>10:30</b> MAC Fitness- FL <b>12:30 pm</b> Summit Step Circuit: 3 floors, 3 rounds <b>1pm-3pm</b> Massages- L <b>1:30pm</b> DIY: Fruit Pizza - FL <b>3</b> Ladies Cards & Company-L <b>3:15</b> Men's Cards with Mocktails & Cocktails-CH <b>4-5:15</b> Vinyls & Various Sips-FL <b>6:15</b> Penny Bingo-FL	<b>9:15am</b> Wake up & make it-FL 20 <b>10:30</b> Live 2B Healthy- FL <b>1pm</b> SP Game Day: *New Game* Bendomino -FL <b>1pm</b> Dominoes-CH <b>2pm</b> Happy Hour Janet Lieb-DR <b>3:30-4:15pm</b> Minute to Win it -FL <b>6:00</b> 500-L	<b>10am</b> Join Me: Esther Ols 21 -APT 126 <b>10 am</b> Golf the card game-L <b>10:15</b> Men's Workout with Darrel-FL <b>2pm</b> Dominoes-CH <b>2pm</b> Candy Bar Bingo-ML <b>6pm</b> Kings on corner-L
<b>9am</b> St. Joseph's Catholic Mass-FL 22  <b>10am</b> Dominoes-CH <b>10:30</b> Presbyterian Service-FL  <b>1:30</b> Penny Bingo-FL	<b>9am</b> Rosary-PDR 23 <b>9:15</b> Morning Joy- Ladies Coffee-BW <b>10:15</b> Winter Olympics -Tennis Smash-FL <b>12:30pm</b> Summit Step Circuit: 3 floors, 3 rounds <b>2 Dominoes-CH</b> <b>2</b> National Inventors Month: spotlight: George Washington Carver patent sketches <b>3:30</b> MAC Fitness-FL <b>4:15-5:15</b> Together we create SP Collage: Connections with Nature-FL <b>5:30 5:30</b> Monday Matinee- Current war-FL <b>6 Cribbage-L</b>	<b>9am</b> Depart: Aldi 24 <b>9:15</b> Famous Love Stories June and Johnny Cash -FL <b>10:15</b> Men's Micro Reads & coffee break -L <b>10:15-Meskwaki Casino</b> <b>10:30</b> Live 2b Healthy-FL <b>1:45pm</b> The Bold & Beautiful Gem Stories-FL <b>3pm</b> Penny Bingo-FL <b>4:15-5:15pm</b> Before/After Dinner Radio Broadcast-FL	<b>9:15am</b> Acts of Kindness Challenge -L 25 9:30am Christian Worship-FL <b>9:45am</b> Blanket of Care of Volunteer of Opportunity - SR 10:00am Prayer Group-ML <b>1:00pm</b> Cheesecake Challenge-FL <b>1:30pm</b> Catholic Communion– L <b>2:15pm</b> Circle of Friends: Sports fan social-FL <b>2:00pm</b> Dominoes-CH 3:15-4:15 <b>3:30pm</b> MAC Fitness- FL <b>4:15-5:15</b> Love Song Line Match-FL <b>6:00pm</b> Symphonettes-FL	<b>9:15-Men's</b> Coffee Crew-BW 26 <b>9:30am</b> Depart: Marion Public Library-FF <b>10:30</b> MAC Fitness-FL <b>12:30 pm</b> Summit Step Circuit: 3 floors, 3 rounds <b>1:30</b> DIY: Soap Making <b>3</b> Ladies Cards & Company-L <b>3:15</b> Men's Cards with Mocktails & Cocktails-CH <b>4-5:15</b> Vinyls & Various Sips-FL <b>6:15</b> Penny Bingo-FL	<b>9:15am</b> Wake up & make it-FL 27 <b>10:30</b> Live 2B Healthy-FL <b>1pm</b> SP Game Day: Taboo-FL <b>1pm</b> Dominoes-CH <b>2pm</b> Happy Hour Jessica Mar Duo-DR <b>3:30-4:15pm</b> Classic tv show trivia -FL <b>6:00</b> 500-L	<b>10 am</b> Golf the card game-L 28 <b>10:15</b> Men's Workout with Darrel-FL <b>2pm</b> Dominoes-CH <b>2pm</b> Candy Bar Bingo-ML <b>6pm</b> Kings on corner-L