

# Sports Corner

## MARCH MADNESS SCHEDULE

### 2026 Men's NCAA Tournament Schedule

**Selection Sunday:** March 15 (6 p.m. ET)

**First Four:** March 17-18 (Dayton, OH)

**First Round:** March 19-20

**Second Round:** March 21-22

**Sweet 16/Elite Eight:** March 26-29

**Final Four:** April 4 (Indianapolis, IN)

**Championship Game:** April 6 (Indianapolis, IN)

### 2026 Women's NCAA Tournament Schedule

**Selection Sunday:** March 15 (8 p.m. ET)

**First Four:** March 18-19

**First Round:** March 20-21

**Second Round:** March 22-23

**Sweet 16/Elite Eight:** March 27-30

**Final Four:** April 3 (Phoenix, AZ)

**Championship Game:** April 5 (Phoenix, AZ)

### Men's Hawkeye Basketball

March 5th 7pm

March 8th 4pm

### Women's Hawkeye Basketball

March 1st 2pm

### Hawkeye Wrestling

March 7-8th Big Ten Championships

March 19-21st NCAA Championships



# March 2026



## Life Choices: It's all about Living

*From your leadership team*

It's March, the time of year where we trade the winter blues for shamrock greens! This month brings the promise of warmer weather...well then again, we do live in Iowa. We got a full calendar of activities, celebrations, and community fun ahead- because nothing says "March" like shaking off the winter cobwebs and welcoming a fresh season of connection. Here's to a month filled with laughter, luck and maybe even a friendly leprechaun or two. Happy March, Summit Pointe family!

**Irish Humor:**  
Why do leprechauns dislike running?

**Because they'd rather jig than jog!**



**Irish Proverb:**  
May your troubles be less,  
your blessings be more,  
and nothing but laughter  
come through your door.



### Brain Health Tidbits for February

Short, simple actions can make a meaningful difference over time.

**Physical activity**-Movement increases blood flow to the brain and supports memory and thinking. Even light walking or chair exercises count.

**Quality sleep**-Rest supports memory, mood, and concentration.

**Hearing health**-Treating hearing loss can support memory and reduce cognitive strain.

**Balanced Nutrition**-colorful fruits, vegetables, whole grains, and healthy fats provide fuel for cognitive function.



**Eat Right**

**Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics**

**20 Ways to Enjoy More Fruits & Vegetables**

**Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, favor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.**

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.\*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffles.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.\*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

\*See "Smart Tips to Build a Healthy Salad" at for more tips on creating healthy salads.

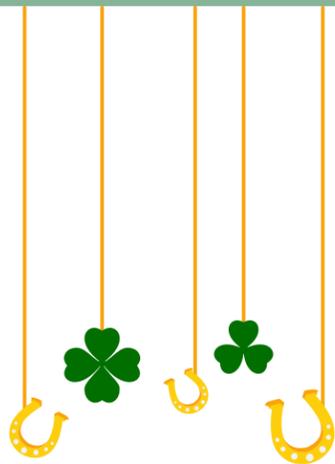
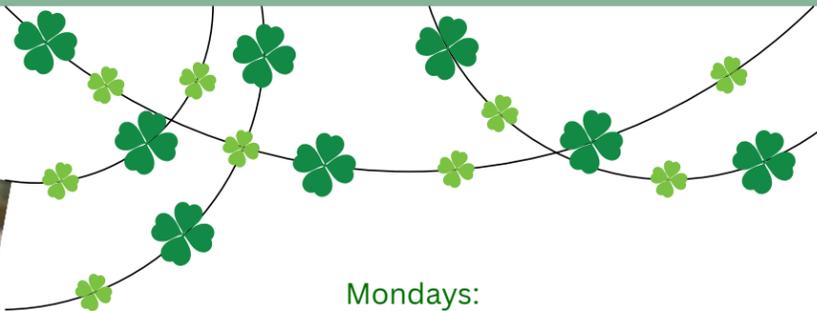


*March Blessing*

**"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things." Philippians 4:8**

**We live in a fallen world—one where sin is prevalent—perhaps seeming more prevalent than ever as we have access to news and social media that expose it like never before. Recently, I have found myself needing to repent of my fixation on the evils of this world. I find myself getting angry with Satan for the things he does. I find myself getting angry with people who fall into Satan's temptations and allow him to use them for evil. I seek knowledge and information about things that aren't meant for me—things that ultimately shine a light on evil rather than on goodness. Do you ever find yourself wanting to expose evil more than you want to shine light on God? I encourage all of us to be people who fix our eyes and hearts on the things of the Lord—on good things. We should be people who worship and point to the Lord despite the chaos surrounding us. Ecclesiastes 1:9 says, "What has been will be again, what has been done will be done again; there is nothing new under the sun." God is not surprised by the evil in this world. There is nothing occurring now that hasn't been happening since the beginning of creation. This week, how can you overcome the temptation to fall into Satan's trap by fixating on God's goodness instead?**

# Life Enrichment's Shamrock Shenanigans



**Mondays:**  
 -Men's Morning Joe  
 -Summit Pointe Connects Volunteer Opportunity  
 -Lifelong Learning  
 Vintage Wine, Timeless Tales

**Tuesdays:**  
 Spiritual Sunrise with Suz 3/3, 3/17, and 3/31  
 Daily Drama with D 3/10 and 3/24  
 -Morning Micro-reads  
 3/3 Passport Travels  
 3/10 Irish Blessings  
 3/17 We're all Irish Social  
 3/24 Funny Irish Limericks  
 4/2 Easter Traditions Around The World

**Wednesdays:**  
 -Ladies Latte Coffee Group  
 -Handyman's Corner  
 -Grow with us Garden Club  
 -3/4 Lucky Charms and Superstion Trivia  
 -3/11 St. Patricks Scavenger Hunt  
 3/25 Irish Jokes

**Thursdays:**  
 -Bible Study with Steve- Over the Book of John  
 -History & Heritage  
 -Cheers and Chats!

**Friday:**  
 Fish Fry at the American Legion 3/13 & 3/27  
 Tenant Open House's  
 -Larry Unash 326

We have a nail tech (3/5) and a massage therapist (3/19) coming this month. There will be a limited number of spots. Please sign up in the activity book.



# Summit Pointe Celebrations!

## HAPPY BIRTHDAY

## ANNIVERSARY

2yrs Carla D 3/8

Tyr Savannah W. 3/20

### Staff Birthdays!

3/1 Dee V

3/6/ Logan F.

3/13 Allison G.

3/15 Amy E.

3/17 Dustin A.

3/17 Savannah W

3/22 Evan G.

3/26 Michael R.

3/ 31 John S.

### Tenant Birthdays!

3/4 Sharon E.

3/12 Rollie R.

3/21 Mary H.

3/26 Sandy A.

3/29 Evie M.

3/30 Carol P.

3/31 Joyce S.



Welcome

Judy T. Mary K. Ed K.

new tenants



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30Presbyterian Service-FL 1:30 Penny Bingo-FL 2pm Iowa vs Wisconsin-CH 3Non-denomintional Church Service-FL</p>	<p>2 9am Rosary-PDR 9:15 Men's Morning Joe-FL 10:15 Getting to Know the Calender-L 12:30pm Summit Step Circuit: 3 flrs/3rds 1-Bookworms-L 1:30 Summit Pointe Connects -FL 2 Dominoes-CH 2:45 Lifelong Learning: Better then or Now?- L 3:30 MAC Fitness-FL 4:00-5:15 Vintage Wine, Timeless Tales-FL 5:30 Monday Matinee- The Proposal-FL 6 Cribbage-L</p>	<p>3 9am Depart: Hyvee 9:15 Spiritual Sunrise -FL 10:15 Morning Micro-reads- L 10:30 Live 2b Healthy-FL 12:30pm After Lunch Connections with Abby on 3<sup>rd</sup> floor big hall 1:00pm Chef Chat -FL 2 Passport Travel: Ireland-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 After Dinner Sips-FL</p>	<p>4 1-3pm Podiatrist 9:15am Ladies Latte Coffee Group-CH 9:30am Christian Worship-FL 9:45 Handyman's Corner-L 10:00 Prayer Group-ML 1pm It's my life: Susan -FL 1:30pm Catholic Communion- L 2:00pm Dominoes-CH 2:15pm Circle of Friends: Cabin Fever-FL 3:30pm MAC Fitness-FL 4:15-5:15 Lucky Charms and Superstion Trivia-FL 6:00pm Symphonettes-FL</p>	<p>5 8:30am Depart: Walmart -FF 9:15 Bible Study with Steve -L 10:30 MAC Fitness-FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 12:30pm Nailed it! -Nail care for all-Salon 1:30 History &amp; Heritage: Grand Tour of Peru with Floyd -FL 3 DIY: Latte Bar with Baked Goods 4-5:15 Cheers and Chats -FL 6:15 Penny Bingo-FL 7pm Iowa vs Michigan-CH</p>	<p>6 Eat the Middle First Day National Oreo Day 9:15am Wake up &amp; make it-FL 10:30 Live 2B Healthy-FL 1pm SP Game Day: *New Game* Blank Slate -FL 1pm Dominoes-CH 2pm Happy Hour Terry McCauley -DR 3:30-4:15pm Oreo Tasting -FL 6:00 500-L</p>	<p>7 National Cereal Day 9:15am Cereal Bar-FL 10:15 Workout with Darrel-FL 10 am Golf the card game-L 12:30pm Depart: It's Maple Syrup Time at Indian Creek Nature Center 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L</p>
<p>8 Daylight Savings 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 3 Non-denominational Church service- FL 4pm Iowa vs Nebraska- CH</p>	<p>9 9am Rosary-PDR 9:15 Men's Morning Joe-FL 10:15 Storm and Fire Safety w/ Kayla-FL 12:30pm Summit Step Circuit: 3 flrs/3rds 1:30pm Summit Pointe Connects -FL 2 Dominoes-CH 2:45 Lifelong Learning: Light Debate-L 3:30 MAC Fitness-FL 4:00-5:15 Vintage Wine, Timeless Tales-FL 5:30 Monday Matinee: The Game Plan- FL 6 Cribbage-L 6:30 Depart: Paramount *Ticket Holder*</p>	<p>10 9am Depart: Fareway-FF 9:15 Daily Drama with D-FL 10:15 Morning Micro-reads-L 10:30 Live 2b Healthy-FL 12:30 After lunch connections with D on 1<sup>st</sup> floor 1pm Lala Ladies-FL 2 Irish Blessings-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 After Dinner Sips-FL</p>	<p>11 9:15am Ladies Latte Coffee Group-CH 9:30am Christian Worship-FL 9:45 Handyman's Corner-L 10:00 Prayer Group-ML 1pm Grow with Us: Garden Club-FL 1:30pm Catholic Communion- L 2:15pm Circle of Friends: Chip Chat - FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 4:15-5:15 St. Patricks Scavenger Hunt -FL 6:00pm Symphonettes-FL</p>	<p>12 8:30am Depart: Target 9:15 Bible Study with Steve -L 10:00 Tech Made Easy with CJ-L 10:30 MAC Fitness-FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 1:30 History and Heritage: Irish Dancing-FL 3 DIY: Lumbar Support Pillow-L 4-5:15 Cheers and Chats -FL 6:15 Penny Bingo-FL</p>	<p>13 9:15am Wake up &amp; make it-FL 10:30 Live 2B Healthy-FL 1pm SP Game Day: *New Game* Letter Drop -FL 1pm Dominoes-CH 2pm Happy Hour David Poggenklass -DR 3:30-4:15pm Words in Words Game -FL 4:45pm Depart: American Legion Fish Fry-FF 6:00 500-L</p>	<p>14 Pi Day 10am Join Me: Larry Unash-Apt 326 10:15 Workout with Darrel-FL 10 am Golf the card game-L 1pm Pie Tasting-FL 2pm Dominoes-CH 2pm Red Cedar-DR 6pm Kings on corner-L</p>
<p>15 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 3 Non-denomintional Church Service-FL 6pm March Madness Selection-CH</p>	<p>16 9am Rosary-PDR 9:15 Men's Morning Joe-FL 10:15 Getting to Know SP: Car Wash Port-FL 12:30pm Summit Step Circuit: 3 flrs/3rds 1-Bookworms-L 1:30pm Summit Pointe Connects -FL 2 Dominoes-CH 2:45 Lifelong Learning: What's Your Verdict?-L 3:30 MAC Fitness-FL 5:30 Monday Matinee: The Good, the bad and the Ugly -FL 6 Cribbage-L</p>	<p>17 9am Depart: Aldi-FF 9:15 Spiritual Sunrise -FL 10:15 Morning Micro-reads -L 10:30 Live 2b Healthy-FL 12:30 After Lunch Conversation with Suz on 2<sup>nd</sup> floor big hall 1:00pm Magic Show with TJ -FL 2pm We're all Irish Social- FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 After Dinner Sips-FL 6:30 Depart: Paramount *Ticket Holder*</p>	<p>18 9:15am Ladies Latte Coffee Group-CH 9:45am Handman's Corner-L 10:00am Prayer Group-ML 1pm Chopped Cooking Challenge: Anthony Vs Mike -FL 1pm Vitals-2nd Floor Nurse Station 1:30pm Catholic Communion- L 2:45pm Circle of Friends: 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL</p>	<p>19 9:15 Bible Study with Steve -L 10:30 MAC Fitness-FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds-Lobby 1pm-3pm Massages *Limited spots* -L 1:30 History and Heritage: Irish American -FL 3 DIY: Acai/ Yogurt Bowl-L 4-5:15 Cheers and Chats -FL 6:15 Penny Bingo-FL</p>	<p>20 International Day of Happiness 9:15am Wake up &amp; make it-FL 10:30 Live 2B Healthy- FL 1pm SP Game Day: Blank Slate-FL 1pm Dominoes-CH 2pm Happy Hour Larry Jensen-DR 3:30-4:15pm International Day of Happiness Collage -FL 6:00 500-L</p>	<p>21 10am Golf the card game-L 10:15 Workout with Darrel-FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L</p>
<p>22 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 3Non-denominational Church Service-FL</p>	<p>23 9am Rosary-PDR 9:15 Men's Morning Joe-FL 10:15 Art Club: Heart of Kindness-FL 12:30 pm Summit Step Circuit:3 floors,3 rounds 1:30pm Summit Pointe Connects -FL 2 Dominoes-CH 2:45 Lifelong Learning: 20 questions About Your 20's-L 3:30 MAC Fitness-3<sup>rd</sup> FL 4:15-5:15 Vintage Wine, Timeless Tales -FL 5:30 Monday Matinee: Rocky-FL 6 Cribbage-L</p>	<p>24 9am Depart: Dollar Tree-FF 9:15 Daily Drama with D-FL 10:15 Music by Sara Ulmer-L 10:30 Live 2b Healthy- FL 10:30 Lunch Bunch- Mandarin Spice 1:30pm Funny Irish Limericks-FL 2 Diamond Divas-L 3 Penny Bingo-FL 4:15-5:15 After Dinner Sips-FL</p>	<p>25 9:15 Ladies Latte Coffee Group-CH 9:30am Christian Worship-FL 9:45am Handyman Corner-L 10:00am Prayer Group-ML 1pm Grow with Us:Garden Club-FL 1:30pm Catholic Communion- L 2:15pm Circle of Friends: Sitcom Theme Shows -FL 2:00pm Dominoes-CH 3:30pm MAC Fitness- FL 4:15-5:15 Irish Jokes-FL 6:00pm Symphonettes-FL</p>	<p>26 9:15am Bible Study with Steve -L 9:30 Depart: The Create Exchange-FF 10:30 MAC Fitness- FL 12:30 pm Summit Step Circuit: 3 floors, 3 rounds 1:00pm Tenant Coucil-FL 2 History and Heritage: Civil War Reenactment- FL 3 DIY: Spring Wreath For Door-L 4-5:15 Cheers and Chats -FL 6:15 Penny Bingo-FL</p>	<p>27 9:15am Wake up &amp; make it-FL 10:30 Live 2B Healthy- FL 1pm SP Game Day: Letter Drop-FL 1pm Dominoes-CH 2pm Happy Hour Kevin Morgan -DR 3:30-4:15pm Classic Car Triva-FL 4:45pm Depart: American Legion Fish Fry-FF 6:00 500-L</p>	<p>28 7:30 Depart: Maple Syrup Festival: Pancake Breakfast at Indian Creek Nature Center 10 am Golf the card game-L 10:15 Workout with Darrel-FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 6pm Kings on corner-L</p>
<p>29 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 3 Non-denomintional Church Service-FL</p>	<p>30 9am Rosary-PDR 9:15 Men's Morning Joe-FL 10:15 Art Club: Recycled Dream Tree-FL 12:30pm Summit Step Circuit: 3 floors, 3 rounds 1:30pm Aaron Shoemaker Music-FL 2 Dominoes-CH 2:45pm Lifelong Learning: Choose Two-L 3:30 MAC Fitness-FL 4:15-5:15 Vintage Wine, Timeless Tales-FL 5:30 Monday Matinee: Caddy Shack-FL 6 Cribbage-L</p>	<p>31 9am Depart: Dollar General-FF 9:15 Spiritual Sunrise-FL 10:15 Morning Micro-reads-L 10:15-Riverside Casino 10:30 Live 2b Healthy-FL 2 Diamond Divas-L 2pm Easter Traditions around the World-FL 3pm Penny Bingo-FL 4:15-5:15pm After Dinner Sips-FL</p>	<h1>MARCH</h1>			<p>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</p> <p>Green activities need sign up</p>