

Moments & people *worth* Celebrating



Tenant Birthdays

10/6 Larry U 10/29 Barb C
10/12 Betty K 10/30 Sharon A
10/15 Dixie M 10/30 Penny G
10/28 Sue T 10/30 Theresa K

Staff Birthdays

10/5 Caleb B
10/5 Dana M
10/7 Kayla H-E



Tenant Anniversaries

10/1 Sally H 1 Year
10/7 Theresa K 6 Years
10/11 Sharon E 8 Years
10/18 Glenda S 3 Years
10/22 Joyce S 4 Years
10/27 Shirley M 1 Year
10/27 Linda R 1 Year
10/28 Jane N 1 Year
10/28 James K 3 Years
10/29 Mary K 1 Year



Staff Anniversaries

10/17 Abby R 13 Years
10/27 Michael C 3 Years



Brendan



Harrison



Jack

Cheering on the Gridiron Crew

A shoutout to our staff who've been hitting the field this season with determination! Let's send them all the luck, good vibes, and maybe a few strategic wind gusts in their favor as they tackle the rest of the season.
Let's go Linn Mar!

CoNgRaTuLaTiOnS

Join us in congratulating Caleb on his recent engagement! We're thrilled to celebrate this joyful milestone and wish the happy couple a future filled with love!



A Spook-tacular October Hello from Your Leadership Team

Welcome to October-the month when the sweaters get fluffier, the leaves get sassier, and mysterious pumpkin-spice scents appear without explanation. Around Summit Pointe, we're fully embracing the season of cozy chaos and harmless hauntings.

Our team has brewed up a calendar full of fall fun, festive treats, and just a pinch of spooky shenanigans (the friendly kind...mostly). Thanks for bringing your warmth, humor, and community spirit to our halls-even when the ghosts try to rearrange the furniture.

We hope this month lingers in all the best ways: in the cozy moments shared with neighbors, in the crisp air that sneaks in when the doors open, and in the little sparks of magic that seem to settle into the corners of Summit Pointe. October has a way of staying with you-a gentle, mischievous presence that reminds us to enjoy the season!

Here's to a month of magic,
Your Summit Pointe Leadership Team



Empowering Your Well-Being: Celebrating Health Literacy and Vitality This October

As the crisp autumn air settles in and the leaves begin to turn, October brings more than just seasonal changes. It is officially recognized nationwide as Health Literacy Month and National Physical Therapy Month, alongside important observances like Breast Cancer Awareness Month.

For our senior living community, October is the ideal time to focus on what matters most: staying informed, keeping active, and taking charge of our personal health journeys.

1. Health Literacy: Knowledge is Power

Health Literacy Month highlights the importance of understanding medical information so we can make the best possible choices for our bodies. As we age, our health needs naturally evolve.

Navigating new medications, understanding insurance details, or talking through a new diagnosis with a physician can sometimes feel overwhelming.

Ask Questions: Never hesitate to ask your doctor or pharmacist to explain things in plain, simple terms. Asking, “What are the key takeaways I should know about this new routine?” can clear up confusion instantly.

Keep a Health Log: Maintaining a written list of your current medications, dosages, and medical history makes doctor visits smoother and ensures your care team is always on the same page.

2. Moving with Purpose: National Physical Therapy Month

October also puts a national spotlight on physical therapy and rehabilitation. Staying mobile is one of the single most powerful tools we have to preserve independence, protect our joints, and prevent falls.

Strength and Balance: Gentle, consistent movement helps maintain muscle strength and joint flexibility. Whether it’s a morning stretching class, a walking club, or targeted physical therapy after an injury, keeping active fuels stamina.

Listen to Your Body: Aches and stiffness can happen, but sharp or persistent pain shouldn’t be ignored. Consulting with a physical therapist can provide tailored exercises designed to keep you moving safely and confidently.

3. Preventive Care and Awareness

October’s focus on Breast Cancer Awareness Month serves as a vital reminder that preventive care matters at every stage of life. Risk can change with age, making regular conversations with your primary care provider about screening guidelines—such as mammograms or wellness checks—essential for early detection and peace of mind.

Small Steps for a Healthy October

You don’t need a complete lifestyle overhaul to reap the benefits of Health Literacy Month. Try focusing on one small habit this week:

Write down one health-related question you want to ask at your next appointment.

Join a community fitness or balance class.

Drink an extra glass of water and take a brisk 10-minute walk outside to enjoy the

Here is to a vibrant, healthy, and informed October!



It’s Halloween season, which means that scariness is being celebrated. Scary movies, spooky decorations and creepy costumes are common to see and many people seek out opportunities to be scared. In the midst of all of the manufactured fear of the season, it would be easy to focus on the many earthly things that cause fear.

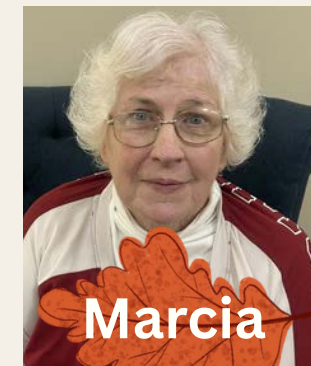
But as I think about what is truly scary, I realize that there is one thing that is worse than anything else.

The truth is, the scariest thing in the universe is the idea of being separated from God. The idea of going through life without Him and then spending eternity separated from Him sends shivers down my spine. And it should! Separation from Him is truly terrifying. But the best news is that through Christ, we don’t ever have

to fear this! When we believe in Jesus, His love and presence with us here on earth and in eternity are guaranteed. And because we have that guarantee, we don’t have to fear anything else because we know that no matter what happens in life, God will be with us in it. In Christ, we are invited to live a fearless life.

It is not always easy to live this way. There are many things in life that cause me worry and fear. But 1 John 4:18 says that “perfect love casts out all fear.” 2 Timothy 1:7 says “God has not given us a spirit of fear, but a spirit of power, love and self-discipline.” When I am afraid of anything, I can run to God and ask Him to help me through it. And He does! Through His love, what used to scare me will be cast out of my life and replaced by peace. God has more for us than a life that is dictated by fear. He wants us to live life fearlessly.

Welcome to our new tenants!



Darlene

Sharon

Donna

Ron

Life Enrichment:

For the month of October, we have some different themes throughout the month. The themes include gratitude & giving, harvest festival, fall football frenzy, pumpkin palooza, and Halloween, mysteries and costumes.

For gratitude and giving week we have the Linn Mar Venture Students here to do discussion groups. We will also be driving to donate the pop tabs we have collected.

For harvest festival week we will be having a caramel apple bar, pet visit with Sunny, pie tasting, and making colorful corn craft.

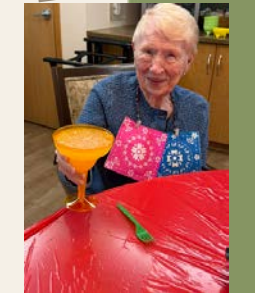
For football frenzy week we will be doing football trivia, guess the team logo, trail mix bar, building scarecrows, and a stadium showcase.

For pumpkin palooza we will be doing pumpkin trivia, fall popcorn bar, family feud Halloween edition, making pumpkin center pieces, a pumpkin spice social, pumpkin decorating, musical memories over Halloween music, and going to Bart's Pumpkin Farm.

Halloween, Mysteries and Costumes we will be doing a build a monster challenge, fall charcuterie board, trick or treat trivia, learning about famous witches, and solving cold cases.

On October 21st Kayla will be hosting an "What to do in emergencies" class. This is a class where you can learn any new storm procedures. This is also a great opportunity for you to come ask to questions/learn about procedures throughout the building.

Floyd Sandford will be here October 27th. His topic will be Switzerland.



Iowa Hawkeyes Football:

October 2026 Schedule

Get ready to cheer on the black and gold! October brings a thrilling lineup of Big Ten matchups for the Hawkeyes. Whether you're watching from the comfort of the community lounge or tuning in from home, keep this schedule handy so you never miss a kickoff.

Saturday, Oct. 3 2:30 PM vs. Ohio State Buckeyes

Friday, Oct. 9 8:00 PM at Washington Huskies Husky

Saturday, Oct. 24 12:00 PM at Minnesota Golden Gophers

Saturday, Oct. 31 12:00 PM vs. Wisconsin Badgers Kinnick Stadium



Indiana Fever: October Postseason Schedule

The WNBA regular season wraps up in September, meaning October is all about the postseason and the WNBA Finals!

Because specific dates, times, and opponents for October depend on how the playoff brackets unfold, exact matchups are determined as teams advance through the First Round and Semifinals. Below is the general framework for the October postseason calendar:

WNBA Semifinals Early to Mid-October Best-of-five series featuring the remaining top teams fighting for a spot in the championship.

WNBA Finals Mid to Late October (Tentatively starting ~Mid-October)
The ultimate championship series to crown the WNBA Champion.

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 SR= Sewing Room ER=Exercise Room				Gratitude & Giving Week 9:45am Depart: Stuff Etc-FF 10:10 Morning Brew Crew with Linnmar Students-L 10:30 MAC Fitness-FL 1:00 Depart:Scenic Drive-FF 2:15 Connections & Conversation with Linnmar Students-FL 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	Gratitude & Giving Week 10:10 Gratitude & Grounds with Linnmar Students -L 10:30 Live 2b healthy-FL 12:30pm Sole Sisters & Misters-FF 1 Afternoon Glue Crew-FL 1 Dominoes-CH 2 Happy Hour with Harold Gray with Caramel Cidar Slushies -FL 2:15 Connections & Conversation with Linnmar Students-FL 6 500-L	Gratitude & Giving Week 9am Depart: Drop Pop Tab Donations Off-FF 10am Golf the card game-L 10:15 Workout with Darrel-FL 1pm Memory Table Show & Tell-FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 2:30pm Iowa Tailgate Party-FL 4:15-5pm Cocktails & Conversation-Lobby 5:30 Saturday Screener: - FL 6pm Kings on corner-L
Harvest Festival Week 9am St. Joseph’s Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 2:45pm Harvest Trivia-L 3 Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	Harvest Festival Week 9am Rosary-L 9:15am Life Long Learning: The Farmers who Founded America-FL 10:30 Remember When...Harvesting-L 12:30pm Sole sister & mister walk-a-thon-FF 1:00 Bookworms - L 2 Dominoes-CH 2pm DIY: Caramel Apple Bar-FL 3:30 MAC Fitness-FL 4:15-5:15pm Vino & Vinyl’s-L 5:30 Monday Matinee Song Sung Blue-FL 6:15 Depart: Community Concert-FF *Ticket Holder Event* 6:00pm Eurchre-FL	Harvest Festival Week Podiatrist 1-3 *Change For this Month* 8:45 Depart: Aldi-FF 9:15 Name That Fall Tune-FL 10:30 Live 2b Healthy-FL 10:45 Depart: Lunch Bunch: Irish Democrat-FF 1 pm Harvest Creation: Colorful Corn-L 2 Marcie’s Memorables: Tales and legends of Halloween-FL 2 Sparkle & Shine Diamond Dots-L 3:15pm Penny Bingo-FL 4:30-5:15 Cozy Connections by the Fireplace Lobby	Harvest Festival Week 9:30am Christian Worship-ML 10-11 Marion Library Book Mobile-FF 12:30 pm Sole Sister & Misters- FF 1pm Pet Visit-FL 2:30Circle of Friends: Leaves, Lattes & Laughter-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 4:15-5:15 Spooky Sips Radio Show-Lobby 6:00pm Symphonettes -FL	Harvest Festival Week 9am Depart: Hobby Lobby 10:30 MAC Fitness-FL 12:30 Nailed it! Nail Care for All- *Sign up* 1:00pm Pie Tasting-FL 2:15 Musical Memories: Dolly Parton-FL 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	Harvest Festival Week 9:15 Harvest Brews & Chats-L 10:30 Live 2b healthy-FL 12:30pm Sole Sisters & Misters-FF 1 Afternoon Glue Crew-FL 1 Dominoes-CH 2 Happy Hour with Jon R Serving Candy Corn Slushies -DR 6 500-L 8:00pm Iowa Tailgate-FL	Harvest Festival Week 9am Depart: Boat Racing -FF 10am Golf the card game-L 10:15 Workout with Darrel -FL 1:00pm Depart:Scenic Drive-FF 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 2:30 Autumn Cheers-FL 4:15-5pm Cocktails & Conversation-Lobby 6pm Kings on corner-L
Fall Football Frenzy Week 9am St. Joseph’s Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 2:45 Remember When...Football Memories-L 3 Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	Fall Football Frenzy Week 9am Rosary-L 9:15 Life Long Learning: The Founding Father of Football-FL 10:30 Football Trivia-FL 12:30 pm Sole Sister & Misters- FF 1 pm Name that NFL Team Logo-FL 2 Dominoes-CH 2:15 DIY: Trail mix-FL 3:30 MAC Fitness-FL 4:15-5:15 Vino & Vinyl’s-L 5:30 Monday Matinee: Friday Night Lights-FL	Fall Football Frenzy Week 9am Depart: Dollar Tree-FF 9:15am Sports Stadium Showcase-FL 10:30 Live 2b Healthy-FL 12:30 Football Conditioning-FL 1:00pm Scarecrow Building-FL 2 Sparkle & Shine Diamond Dots-L 3 Penny Bingo-FL 4:15-5:15 Cozy Connections by the Fireplace-Lobby	Fall Football Frenzy Week 9:30am Christian Worship-ML 10-11Marion Library Book Mobile-FF 12:30pm Sole Sister & Misters- FF 1pm Tailgate Party Games-FL 1:30pm Catholic Communion- L 2:30pm Circle of Friends: Sweater Weather Social-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 4:15-5:15 Spooky Sips Radio Show-Lobby 6:00pm Symphonettes -FL	Fall Football Frenzy Week 8:45am Depart: Target-FF 10:30 MAC Fitness-FL 1:00pm Tech Made Easy with CJ-FL 2:15 Musical Memories: The Day the Music Died-FL 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	Fall Football Frenzy Week 9:15 Morning Huddle-FL 10:30 Live 2B Healthy- FL 11 Fast Food Friday Depart:Chick-fil-a-FF 12:30pm Sole Sister & Misters- FF 1 The Afternoon Glue Crew-FL 1pm Dominoes-CH 2pm Birthday Happy Hour with Janet Lieb Serving Spooky Shirley Temple -DR 6:00 500-L	Fall Football Frenzy Week 9am Scenic Drive: Look at Leaves-FF 10am Golf the card game-L 10:15 Workout with Darrel -FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 2:45pm Saturday Night Lights Social-FL 4:15-5:15pm Cocktails & Conversation-Lobby 5:30pm Saturday Screener: The Blind Side-FL 6pm Kings on corner-L
Pumpkin Palooza 9am St. Joseph’s Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 2:45pm Pumpkin Trivia-L 3Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	Pumpkin Palooza 9am Rosary-L 9:15 Life Long Learning: Halloween Edition-FL 10:30 The Great Pumpkin Weight Game-FL 12:30pm Sole Sister & Misters- FF 1:00 Pumpkin Bowling-FL 2 Dominoes-CH 2:15pm DIY: Fall Popcorn Bar-FL 3:30 MAC Fitness- FL 4:15-5:15 Vino & Vinyl’s-L 5:30 Monday Matinee: It’s the Great Pumpkin, Charlie Brown -FL	Pumpkin Palooza 9am Depart: Fareway-FF 10:30 Live 2b Healthy- FL 12:30 Sunshine Stretches -BP 1:00pm Family Feud Halloween Edition-FL 2 Sparkle & Shine Diamond Dots-L 2:00 Summit Pointe Gives Back: Creating Pumpkin Centerpieces-FL 3 Penny Bingo-FL 4:15-5:15 Cozy Connections by the Fireplace-Lobby	Pumpkin Palooza 9:30am Christian Worship-ML 10-11Marion Library Book Mobile-FF 12:30pm Sole Sister & Misters- FF 1Vitals w/ Nursing-2 nd Floor Nurse Office 1pm What to do in Emergencies-FL 1:30pm Catholic Communion- L 2:30pm Circle of Friends: Pumpkin Spice & Everything Nice-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness- FL 4:15-5:15 Spooky Sips Radio Show-Lobby 6:00pm Symphonettes-FL	Pumpkin Palooza 8:45am Depart: The Grand Resale-FF 10:30 MAC Fitness- FL 1pm Pumpkin Decorating-FL 2:15pm Musical Memories: Halloween Music-FL 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	Pumpkin Palooza 9:15am Pumpkin Spice Coffee Group-L 10:30 Live 2B Healthy- FL 12:30 pm Sole Sister & Misters- FF 1pm The Afternoon Glue Crew-FL 1pm Dominoes-CH 2pm Happy Hour with Jessica Mar Duo Serving Spider Web Drink- DR 6:00 500-L	Pumpkin Palooza 9amDepart: Barts Pumpkin Farm-FF 10 am Golf the card game-L 10:15 Workout with Darell-FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 2:45 Depart: Scenic Drive-FF 4:15-5pm Cocktails & Conversation-Lobby 5:30 Saturday Screener: FL 6pm Kings on corner-L TBD Iowa Tailgate Party
Halloween, Mysteries & Costumes 9am St. Joseph’s Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL 2:45pm Mystery Game-L 3 Non-denomintional Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	Halloween, Mysteries & Costumes Dress up: Monster Monday 9am Rosary-L 9:15am Learning about Frankenstein-FL 10:30 Brian Games: Halloween Word Find-FL 2:30pm Sole Sister & Misters- FF 1 Build a Monster Challenge-FL 2 Dominoes-CH 2:30 DIY: Fall Charcuterie Boards-FL 3:30 MAC Fitness-FL 4:15-5:15 Vino & Vinyl’s-L 5:30 Monday Matinee: Hocus Pocus 1-FL	Halloween, Mysteries & Costumes Dress up: Orange & Black 8:45am Depart: Hyvee-FF 10:15 Riverside Casino-FF 10:30 Live 2b Healthy- FL 12:30 Trick or Treat Trivia-L 1:30pm Floyd Sandford: Switzerland -FL 2 Sparkle & Shine Diamond Dots-L 3pm Penny Bingo-FL 4:15-5:15 Cozy Connections by the Fireplace-Lobby	Halloween, Mysteries & Costumes Dress up: Witchy Wednesday 9am Cedar Rapids Hearing-PDR *Sign up* 9:30am Christian Worship-ML 10-11 Marion Library Book Mobile-FF 12:30pm Sole Sister & Misters- FF 1pm Learning about Famous Withches-FL 1:30pm Catholic Communion- L 2:30pm Circle of Friends: Costume Connections-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness- FL 4:15-5:15 Spooky Sips Radio Show-Lobby 6:00pm Symphonettes-FL	Halloween, Mysteries & Costumes Dress up: Thriller Thursday- 80’s 8:45am Depart: Walmart-FF 10:30 MAC Fitness- FL 12:30pm Depart: Rockwell Craft Fair-FF 1pm Discussion Detectives: Solving Cold Cases-FL 1:30-3:30 Massages *Must Sign Up* 2:15pm Musical Memories: Michael Jackson/The Jackson 5- FL 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	Halloween, Mysteries & Costumes Dress up: Freaky Friday 9:15am Boo Brews & Banter-L 10:30 Live 2B Healthy- FL 12:30 pm Sole Sister & Misters- FF 1pm The Afternoon Glue Crew-FL 1pm Dominoes-CH 2pm Happy Hour with Craig Dove Serving Frankenstein Slush-DR 6:00 500-L	Halloween, Mysteries & Costumes 9am Spooky Sounds- Guess that Sound-FL 10 am Golf the card game-L 10:15 Workout with Darell-FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 2:45 Spooky Social-FL 4:15-5pm Cocktails & Conversation-Lobby 5:30 Saturday Screener: Hocus Pocus 2-FL 6pm Kings on corner-L TBD Iowa Tailgate Party