

Matthew 18:19-20. "Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them."

We are at the New Year once again. I cannot believe it is already 2025, but here we are! There are a lot of things that I want to see change in the new year. Some are small, like changing my schedule, and some are big, like potentially moving to a new house. Along with wanting to see change in areas of my own life, there are things I want to see change for people I care about. There are things I want to see change in my city, in my country, in the world. The reality is that I can't really make any of these changes happen. There are certainly some things I can influence, and some of the smaller things are more in my control, but when it comes to the big stuff, I don't have power over them. Thankfully, I know someone who does. I may not have control, but Jesus has power and dominion over everything. He reigns over all. And He invites us to ask Him to intervene in our situations and concerns. In Matthew 18 Jesus tells His followers that there is power when believers pray together. And that got me thinking. I've felt the urge for the last few years to start praying regularly with a group of friends, but haven't really done it yet. This year, I want to actually start doing that. And I want to invite you to join me. What kind of difference in our lives might we see if we started praying with others regularly? If we want to see true change this year, we should start by going together to the One who can actually make it happen. So this is my challenge to you and to myself. Find a group of other Christians, it can be as small as just one or two others, and start praying together. Start at once a month and do it more if you can. Make prayer lists and keep track of answers. I really believe Jesus was serious when He said that He is with us when we gather together-so let's take Him up on His offer and start seeking Him together. Who knows what we might see happen in 2025!



Life Choices. It's All About Living

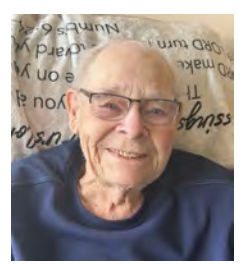


Welcome New Tenants!

It's been a busy last couple of months with new tenants joining our Summit Pointe family! Don't be shy in reaching out to introduce yourselves. Also, with so many new faces, it's sometimes helpful to wear your name badges...no this is NOT mandatory but simply helpful. If you do not have a name badge, let the front desk know and Kayla will get one for you.

Here are things you can do to welcome new tenants.

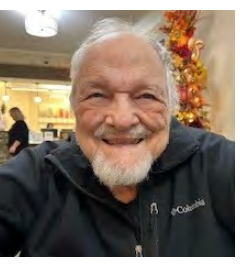
1. Invite them to join you for a meal.
2. Invite them to your favorite activity
3. Welcome them to sit at the dining room table (remember, there are no seating assignments in either of the dining rooms)
4. Spend sometime getting to know them: invite them to visit
5. Offer to show them around Summit Pointe



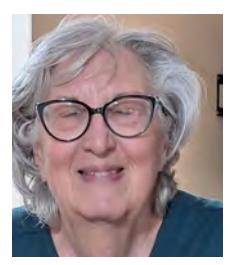
Hoytt



Jo M.



Ray M.



Amiee



Diane



Jim

Janet

Beth S.

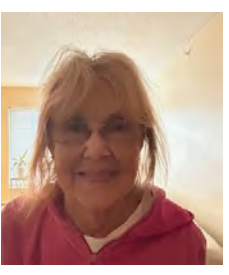
Roger S.

Joan

Mary

Cletta

Janaan



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

Happy New Year from your Life Enrichment team! Just a friendly little reminder that Bingo is scheduled as a 1-hour activity. There may be times when fewer games get played within that hour. Thank you for your understanding in this matter.

Getting to know you. Getting to know all about you. . . New Tenant Meet & Greet is scheduled for Monday, January 6th. If you are new to Summit Pointe please come and introduce yourself. If you are not, please come to share information that you would find helpful about living at Summit Pointe and the activities that are offered here.

If you are looking to exercise more in 2025, we have a plan for you! Exercise is offered 4 times a week right here at Summit Pointe! Mondays and Wednesdays at 3:30pm and Thursdays and Fridays at 10:30am. There are also opportunities to walk with others down in the basement, Wednesdays at 9:00am and Fridays at 3:30pm. We will meet in the front foyer and head down as a group.

Location, location, location Loop Yarn & Hat Making will now be held in the library as the lighting is better. Come to learn how to make many things out of loop yarn or how to make a hat with a round loom.

Thank you, thank you very much! This month's Musical Memories will feature Elvis on Thursday, January 9th. Be sure to check out the other featured artists this month as well.

Floyd will be back on Thursday, January 9th at 1:30pm with a presentation in the Fireside lounge titled "Mysterious Morocco". Come and travel from the comfort of home.

Yummy, yummy, yummy get in my tummy! Join Chef Chris for a Food Demo on Tuesday, January 14th at 1:00pm in the Fireside lounge.

Mr. Beans will be the location for this month's Lunch Out. We will depart at 11:00am on Tuesday, January 21st. Be sure to sign up in the Activity Binder in the lobby if you would like to go along. This activity is a "pay on your own" activity.

We have some NEW TO US entertainment this month. Check out Kevin Morgan at Happy Hour on Friday, January 17th, Storyteller, August Green at 10:00am on Tuesday the 28th along with the musical act Mar Duo that same day at 1:30pm.

Sign up activities

1/2 Hobby Lobby 9:15am	1/16 TJ Maxx 9:15am	1/23 Salvation Army 9:15am
1/7 Aldi 9:15am	1/16 Scenic Drive 1:45pm	1/23 Scenic Drive 1:45pm
1/9 Half Price Books 9:45am	1/21 Fareway 9:15am	1/28 Hy-Vee 9:15am
1/9 Scenic Drive 1:45pm	1/21 Mr. Beans 11:00am	1/30 Home Goods 9:15am
1/14 Dollar Tree 9:15am	1/22 CR Hearing Center 9:00am	

Health Article: Tips of New Year's Resolutions...continued

group at your local library or senior center. Or take a course at your local community college – some offer free classes for adults 65 and older. Contact Us Health In Aging 40 Fulton St., Suite 809 New York, NY 10038 Phone: 212.308.1414 Email Us ©2024 AGS Health in Aging Foundation All Rights Reserved. HealthinAging.org does not provide medical advice, diagnosis or treatment. See additional information.

Speak up when you feel down or anxious About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family. Get enough sleep Older adults need less sleep than younger people, right?

Wrong! Older people need just as much – at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website for more tips on how to sleep better. Reconsider multivitamins Reconsider using vitamins or nutrition supplements. as many older adults do not need them.

Celebrations!

Tenant Birthdays

- 1/05 Charlotte A.
- 1/05 Mary S.
- 1/06 Geri F.
- 1/10 Kaye
- 1/11 Paul R.
- 1/20 Amiee T.
- 1/22 Rob H.
- 1/24 Noma L.
- 1/25 Richard A.
- 1/29 Sue H.

Staff Birthdays

- 1/09 Zach Z.
- 1/22 Kim H.
- 1/28 Jennifer A.

Tip Sheet: Top 10 Healthy New Year's Resolutions For Older Adults Need a PDF? Tip Sheet: Top 10 Healthy New Year's Resolutions for Older Adults (128.89 KB) Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. Eat fruits, vegetables, whole grains, lowfat dairy and healthy fats In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program, and your healthcare provider, can help you make good choices. Eat at least ve servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose ber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have hearthealthy sh, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong, Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add avor when cooking, which reduces the need to add salt or fat. Be active Physical activity can be safe and healthy for older adults – even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance,

posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local tness centers. See your provider regularly You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots. Quit smoking Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website SmokeFree60+ for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good. Toast with a smaller glass Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week. Guard against falls One in every three older adults falls each year – and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and exibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night. Give your brain a workout The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion

HAWKEYE SPORTS



Women's Basketball

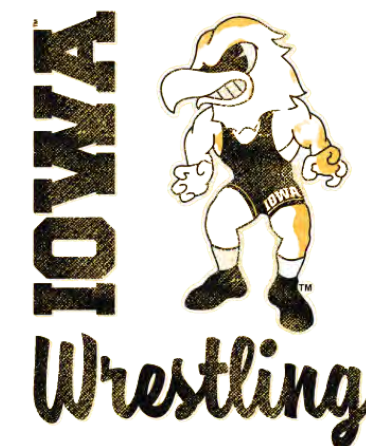
- 1/1 Iowa vs Penn State 12pm
- 1/5 Maryland vs Iowa 5pm
- 1/9 Iowa vs Illinois 6pm
- 1/12 Indiana vs Iowa 2pm
- 1/16 Nebraska vs Iowa 6pm
- 1/19 Iowa vs Oregon 4pm
- 1/22 Iowa vs Washington 8pm
- 1/28 Northwestern vs Iowa 7pm

Women's Wrestling

- 1/10-1/11 NWCA National Duals
- 1/18 Iowa Duals II
- Iowa vs Augustana College 6pm
- Iowa vs Grand Valley State 6:30pm
- 1/25 College Duals TBA
- Sacred Heart, Presbyterian, Lock Haven, Buffalo State

Men's Basketball

- 1/3 Iowa vs Wisconsin 6pm
- 1/7 Nebraska vs Iowa 7pm
- 1/11 Indiana vs Iowa 7pm
- 1/14 Iowa vs USC 9:30pm
- 1/17 Iowa vs UCLA 8pm
- 1/21 Minnesota vs Iowa 8pm
- 1/24 Penn State vs Iowa 9pm
- 1/27 Iowa vs Ohio State 7pm



Men's Wrestling

- 1/12 Wisconsin vs Iowa 2pm
- 1/17 Iowa vs Illinois 6pm
- 1/25 Iowa vs Ohio State 1pm
- 1/31 Penn State vs Iowa 6pm

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>9:00am St. Joseph's Catholic Mass-FL 5</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: Return Of The King: The Fall And Rise Of Elvis Presley-FL</p>	<p>9:00am Rosary-PDR 6</p> <p>9:30am Ladies Coffee and Fireside Chat-FL</p> <p>10:30am Happy Hands-L</p> <p>1:00pm Bookworms-L</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Getting To Know You: New Tenant Meet & Greet-FL</p> <p>3:30pm MAC Fitness-FL</p> <p>5:30pm Can You See The Big Picture?-Lobby</p> <p>6:00pm New Game: The Uzzle-FL</p>	<p>9:15am Depart For: Aldi-FF 7</p> <p>10:00am Cream Puffs & Chronicles-L</p> <p>1:00pm Chef Chat-FL</p> <p>2:00pm Marci's Memorables-FL</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Men's Brew Crew-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>5:15pm Yahtzee-FL</p>	<p>9:00am Morning Stroll-FF 8</p> <p>9:30am Church Service-FL</p> <p>10:00am Prayer Group-ML</p> <p>10:30am All Tenant Emergency Orientation-FL</p> <p>12:30pm A Man On The Inside 4 & 5-FL</p> <p>1:00pm Vitals With Nursing-PDR</p> <p>1:30pm Catholic Communion-L</p> <p>2:00pm Art Joy Connect-FL</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p>	<p>9:15am Depart For: Hobby Lobby -FF 2</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm What's New In 2025?-L</p> <p>2:00pm Dodoes Were No Dodoes-FL</p> <p>3:15pm Musical Memories: Etta James -FL</p> <p>5:00pm Who Am I?-Lobby</p> <p>6:15pm Penny Bingo-FL</p>	<p>9:30am Breakfast Treat & Morning Conversation-L 3</p> <p>10:30am Morning Exercise With Suz-FL</p> <p>1:00pm Coney Island Toss-FL</p> <p>1:00pm Loop Yarn/Hat Making-L</p> <p>2:00pm Happy Hour With Harold Gray-DR</p> <p>3:30pm Afternoon Walking & Talking-FF</p>	<p>4</p> <p>10:00am Craft Club-L</p> <p>10:00am Lug-A-Mug-ML</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Candy Bar Bingo-ML</p>
<p>9:00am St. Joseph's Catholic Mass-FL 12</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: The Ultimate Gift-FL</p>	<p>9:00am Rosary-PDR 13</p> <p>9:30am Ladies Coffee And Fireside Chat-FL</p> <p>10:30am Readers Theater-L</p> <p>1:00pm Bookworms-L</p> <p>2:00pm That's So Ducky-FL</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p>	<p>9:15am Depart For: Dollar Tree-FF 14</p> <p>10:00am Bagels & Chronicles-L</p> <p>1:00pm Chef Demo-FL</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Men's Brew Crew-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>7:00pm Wine Not-FL</p>	<p>9:00am Morning Stroll-FF 15</p> <p>9:30am Church Service-FL</p> <p>10:00am Prayer Group-ML</p> <p>10:30am Card Bingo-L</p> <p>1:00pm-3:00pm One-On One Visits</p> <p>1:30pm Catholic Communion-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p>	<p>9:15am Depart For: TJ Maxx-FF 16</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Bible Study-L</p> <p>1:45pm Scenic Drive-FF</p> <p>3:15pm Musical Memories: Engelbert Humperdinck-FL</p> <p>5:00pm What Am I?-Lobby</p> <p>6:15pm Penny Bingo-FL</p>	<p>9:30am Breakfast Treat & Morning Conversation-L 17</p> <p>10:30am Morning Exercise With Suz-FL</p> <p>1:00pm Cornhole-FL</p> <p>1:00pm Loop Yarn/Hat Making-L</p> <p>2:00pm Happy Hour With Kevin Morgan-DR</p> <p>3:30pm Afternoon Walking & Talking-FF</p>	<p>18</p> <p>10:00am Craft Club-L</p> <p>10:00am Lug-A-Mug-ML</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Candy Bar Bingo-ML</p>
<p>9:00am St. Joseph's Catholic Mass-FL 19</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: The Miracle Of The Cards-FL</p>	<p>9:00am Rosary-PDR 20</p> <p>9:30am Ladies Coffee And Fireside Chat-FL</p> <p>10:30am Happy Hands-L</p> <p>1:00pm Bookworms-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Cheese? Yes, Please!-FL</p> <p>3:30pm MAC Fitness-FL</p> <p>5:30pm Craft Creation: Framed Button Snowman-FL</p> <p>6:00pm New Game: The Uzzle-FL</p>	<p>9:15am Depart For Fareway-FF 21</p> <p>10:00am Fig Newtons & Chronicles-L</p> <p>11:00am Depart For: Lunch Out: Mr. Beans-FF</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Men's Brew Crew-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>5:15pm Rummikub-FL</p>	<p>9:00am Morning Stroll-FF 22</p> <p>9:00am CR Hearing Center-PDR</p> <p>9:30am Church Service-FL</p> <p>10:00am Prayer Group-ML</p> <p>10:30am Card Bingo-FL</p> <p>12:30pm A Man On The Inside 6 & 7-FL</p> <p>1:00pm-3:00pm One-On One Visits</p> <p>1:30pm Catholic Communion-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p>	<p>9:15am Depart For: Salvation Army-FF 23</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Tenant Council-FL</p> <p>1:45pm Scenic Drive-FF</p> <p>3:15pm Musical Memories: Lorette Lynn-FL</p> <p>5:00pm Who Am I?-Lobby</p> <p>6:15pm Penny Bingo-FL</p>	<p>9:30am Breakfast Treat & Morning Conversation-L 24</p> <p>10:30am Morning Exercise With Suz-FL</p> <p>1:00pm Bowling-FL</p> <p>1:00pm Loop Yarn/Hat Making-L</p> <p>2:00pm Happy Hour With Larry Jensen-DR</p> <p>3:30pm Afternoon Walking & Talking-FF</p> <p>5:00pm Trivia Night-Lobby</p>	<p>25</p> <p>10:00am Craft Club-L</p> <p>10:00am Mug-A-Lug-ML</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Candy Bar Bingo-ML</p>
<p>9:00am St. Joseph's Catholic Mass-FL 26</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: Miracles From Heaven-FL</p>	<p>9:00am Rosary-PDR 27</p> <p>9:30am Ladies Coffee And Fireside Chat-FL</p> <p>10:30am Mind Benders-L</p> <p>1:00pm Bookworms-L</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Hot Cocoa & Keepsakes-FL</p> <p>3:30pm MAC Fitness-FL</p>	<p>9:15am Depart For: Hy-Vee-FF 28</p> <p>10:00am Professional Story Teller: August Green-FL</p> <p>1:00pm Are You A Snake?-L</p> <p>1:30pm Mar Duo-FL</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Men's Brew Crew-CH</p> <p>3:00pm Penny Bingo-FL</p>	<p>9:00am Morning Stroll-FF 29</p> <p>9:30am Church Service-FL</p> <p>10:00am Prayer Group-ML</p> <p>10:30am Card Bingo-FL</p> <p>12:30pm A Man On The Inside 8-FL</p> <p>1:00pm-3:00pm One-On One Visits</p> <p>1:30pm Catholic Communion-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p>	<p>9:15am Depart For: Home Goods-FF 30</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Bible Study-L</p> <p>2:00pm What's Your Verdict?-L</p> <p>3:15pm Musical Memories: Barbra Mandrell-FL</p> <p>5:00pm What Am I?-Lobby</p> <p>6:15pm Penny Bingo-FL</p>	<p>9:30am Breakfast Treat & Morning Conversation-L 31</p> <p>10:30am Morning Exercise With Suz-FL</p> <p>1:00pm Shuffleboard-FL</p> <p>1:00pm Loop Yarn/Hat Making-L</p> <p>2:00pm Happy Hour With Lena Adams-DR</p> <p>3:30pm Afternoon Walking & Talking-FF</p>	<p>BP= Back Patio CH= Club House DR= Dining Room FF= Front Foyer FL= Fireside Lounge FP= Front Patio L= Library ML= Memory Lane PDR= Private Dining Room</p>