

Have you seen mosaic art before? Mosaics can look many different ways, and what makes them unique is that they are composed of small pieces of different kinds of materials. These materials are distinct textures and colors, and when the artist combines them, all of the unique segments blend together into a cohesive piece of beautiful art. In Ephesians 2, Paul paints us a picture of Jesus building His church. When this letter was written, there was hostility between the Jews and the Gentiles (anyone who was not Jewish). They struggled in knowing how to relate to and be part of a family with people so different from them. Paul was reminding the people that God has worked in both groups- Jew and Gentiles- and has saved them the same way: through Jesus. He was challenging both groups to recognize that while they used to be defined by hostility, now they are part of the same group, the body of Christ. Though they once were separate, now they are brought together.

Sometimes we can struggle with the same thing. We tend to gravitate towards people who are “like” us-who share our interests, opinions, etc. But the beauty of the church is that it is composed of people from all kinds of backgrounds, ages, opinions, cultural experiences, etc. The church is a mosaic of diversity, unique people unified through what Christ has done for us on the cross. And that mosaic is beautiful!

I have seen this beauty in my own life. God has blessed me with friends who are all very different from each other, and different from me. I love how He uses their unique perspectives to encourage others, including myself, and how even though our lives are very different, our common love for Jesus bonds us together. It is an example of a mosaic; God taking unique people and bringing them all together into one group so that His beauty can be displayed.

Ask the Lord to show you the beauty of the church, His mosaic, this month.

Men's Basketball

- 2/4 Purdue vs Iowa 6pm
- 2/8 Wisconsin vs Iowa 12pm
- 2/12 Iowa vs Rutgers 5:30pm
- 2/16 Iowa vs Maryland 4pm
- 2/19 Oregon vs Iowa 7:30pm
- 2/22 Washington vs Iowa 3pm
- 2/25 Iowa vs Illinois 8pm
- 2/28 Iowa vs Northwestern 8pm



Women's Basketball

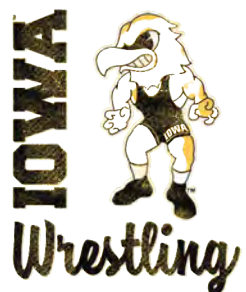
- 2/2 USC vs Iowa 12:30pm
- 2/6 Iowa vs Minnesota 7pm
- 2/10 Iowa vs Nebraska 7pm
- 2/13 Rutgers vs Iowa 6:30pm
- 2/17 Iowa vs Ohio 11am
- 2/23 UCLA vs Iowa 1pm
- 2/26 Iowa vs Michigan 6pm

Men's Wrestling

- 2/2 Maryland vs Iowa 1pm
- 2/7 Iowa vs Nebraska 7pm
- 2/14 Iowa vs Minnesota 8pm
- 2/16 Iowa vs Northwestern 1pm
- 2/23 Iowa vs Oklahoma State 7:30pm

Women's Wrestling

- 2/1 Iowa vs Grand View Open
- 2/22 Iowa vs NCWWC Regions



February 2025



Summit Pointe Senior Living

Life Choices. It's All About Living



A note from the Executive Director Melinda



Hello Summit Pointe tenants, We are getting to the end of a busy holiday season, and maybe towards some warmer weather (I hope I didn't just jinx our February)! I wanted to touch base and remind and update you on a couple of practices.

1. As tax season approaches, I wanted to let you know that SP provides monthly invoices for tax purposes. In the event that you are missing a month. Let the front desk know AND please allow 7-10 business days to get it to you.
2. Emergency pendant cords on bedroom and bathroom walls should not be blocked or wrapped around anything

3. We ask that extension cords are not used in apartments. A metal, surge protector power strip is allowed. Appliances such as microwaves, refrigerator, should be plugged directly to the wall.
4. We have recently installed fire safe doors in the trash room and laundry room in order to make access to these rooms more convenient.
5. BINGO is being set up to support MORE tenants to play.
6. On Wednesdays, you can pick up your newspapers at the front desk.
7. The first floor bathrooms are still in the remodeling stage...more to come!
8. Happy Valentine's Day!

THE CEDAR RAPIDS GAZETTE IS REDUCING PRINT TO 3 DAYS PER WEEK.

STARTING FEBRUARY 17TH. THE GAZETTE WILL PUBLISH THEIR PAPER ON WEDNESDAY SATURDAY AND SUNDAY.



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

Hello February! I would like to welcome Kassidy to the Life Enrichment team. Head to an activity to meet our newest assistant. Due to the increased interest in Dominoes, there have been additional times added to the calendar. Please be conscious of how many times you are playing so everyone gets a chance and feels included. Just a reminder that EVERY activity is available to EVERY tenant at Summit Pointe. We hope to see you at an activity soon!

Ladies, come enjoy the company of each other at 9:30am on Monday mornings. A different member of the leadership team will be joining you each week this month. Relax with delightful conversation and a cup of coffee if you please.

Men, we didn't forget about you! Guy Talk on Tuesday afternoons at 2:15pm will also be hosted by members of the Summit Pointe team. I wonder if they will be talking about sports, fishing, history or... well the possibilities are endless.

February 4th Marci will be here speaking about All Things Valentines and sharing a craft with you as well. Join her that day at 2:00pm in the Fireside lounge.

Non-denominational church service is EVERY Wednesday morning at 9:30am in the Fireside lounge. I know they would love to have you join them in song and word.

Bookworms book club will be starting a new book. It would be a great time to join them in the library at 1:00pm on Monday afternoons. Happy reading!

Looking for a new hobby? Come and find out what punch art is all about. Fridays at 1:00pm in the library. We can't wait to see your creations!

Armchair Traveler Floyd will be taking us to Africa this month on Thursday the 13th at 1:30pm in the Fireside lounge. Oh, the places we go!

Would you like to add a new game to your rotation? Learn how to play Farkle on Monday the 3rd at 6:00pm. Then play again on Monday the 17th to sharpen your skills.

Looking for something to do on your spare time? Games have been added to the table in the Clubhouse for your use. Play them with family and friends.

Sign up activities

2/4 Aldi 9:15am	2/11 Dollar Tree 9:15am	2/20 Michaels 9:15am
2/5 Podiatrist 1pm	2/13 Goodwill 9:15am	2/20 Scenic Drive 1:45pm
2/6 Joann Fabric 9:45am	2/13 Artist Talk 11am	2/25 Hy-Vee 9:15am
2/6 Scenic Drive 1:45am	CR Museum of art	2/25 Isle Casino 11am
2/7 Heart Market 3pm	2/18 Fareway 9:15am	2/27 Kohl's 9:15am
	2/18 Tommy's 11:00am	

- sedentary jobs. Dr. Skali encourages looking for pockets of time where you can work in extra steps every day. Short walking sessions can add up to reach the overall goal.
- “We spend so much time sitting at computers and in our cars. Now, with more people working from home, we are even less likely to actually walk. Every little bit helps,” Dr. Skali says.
- Park far away from stores and walk to the front door. Take frequent breaks from your desk to go to the bathroom. If you're in an office building, go to the bathroom on the floor above or below you, and make sure you take the stairs. At the supermarket, try taking the long way around to get to the section you need.
- Try these other tips to step up your walking for **cardiovascular health**:
- Multitask during longer walks. You can talk to a friend on the phone or listen to a podcast to help pass time.
- Recruit friends or coworkers for a daily walk or start a walking club.
- Set a timer to remind you to get up and move several times throughout the day.
- Walk your pet – or someone else's.
- Wear a pedometer or use a smartphone or smartwatch to keep track of steps and set goals.
- Walking for people with a heart condition
- Dr. Skali emphasizes that walking can even help people whose heart muscle is already damaged. And exercise will not make a cardiac condition worse, he emphasizes. Talk to your doctor about implementing a safe, effective, individualized walking plan.
- “Many people think that if they already have a heart condition, the damage is done or it's too late,” he says. But walking can help people with existing heart disease in many ways. “It can make heart muscle stronger, ease symptoms over time, and decrease the risk of death from cardiovascular events. It's better than any pill out there,” Dr. Skali says.

Celebrations

Tenant Birthdays

- 2/6 Janaan K.
- 2/10 Joan H.
- 2/12 June N.
- 2/13 Dorothy H.
- 2/13 Yvonne P.
- 2/15 Gloria H.
- 2/23 Jan H.
- 2/26 Carolyn M.
- 2/27 Pat G.
- 2/27 Pat J.

Staff Birthdays

- 2/5 Kassidy W.
- 2/6 Haley B.
- 2/9 Bobbi A
- 2/10 Beth S.
- 2/12 Remy A.

Anniversaries

- 2/12 Stephanie
- 2/18 Alivia C.
- 2/19 Gail M.

A Walking for Heart Health

Walking is a very simple way to maintain or improve your cardiovascular health. It's free. You don't need any special skills or equipment. It's one of the safest ways to be active, and it comes with many additional mental and physical benefits.

"Walking has been essential to human health and survival, from the hunter-gatherer tradition to working on farms. But we've been living a sedentary lifestyle the past 100 years, and it's led to higher rates of heart disease, stroke, heart attacks, high blood pressure or hypertension, and high cholesterol," says Hicham Skali, MD, MSc, a Mass General Brigham cardiologist who treats patients at Brigham and Women's Hospital. "Walking is one of the necessary functions of our bodies, and it can help prevent those conditions. It comes naturally, and it's just as important to survival now as it was 100 years ago."

How is walking good for your heart?

The cardiovascular benefits of regular walking include:

- Lower cholesterol
- Lower blood pressure
- Lower risk of premature death
- Improvements in the health of your arteries
- Prevention of weight gain

It also has many additional benefits. It can:

- Boost energy and mood
- Help you think more clearly
- Improve your sleep
- Prevent other diseases, such as diabetes, dementia, and some cancers and infectious diseases
- Reduce inflammation throughout the body
- Reduce stress
- Strengthen bones

"All these health issues interact with each other. Patients who have obesity are more likely to have high blood pressure, and patients who have high blood pressure are more likely to have diabetes, sleep apnea, and depression. And they're at

higher risk of cancer and premature death," Dr. Skali says. "Walking improves all of those issues, which eventually leads to better health."

How much do I need to walk?

If you're just starting a walking program, consider talking to your primary care provider (PCP), your cardiologist, an exercise physiologist, or a physical therapist. They can help you create a customized "walking prescription" that best meets your needs and abilities, Dr. Skali says. Your plan might answer questions such as: What intensity and pace? How long? How frequently?

In general, Dr. Skali recommends that you start with short, less intense walks. Then progressively increase the duration and pace over time. Ultimately, aim to build up to the American Heart Association's recommendation of at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week.

The National Heart, Lung, and Blood Institute has a 12-week Sample Walking Program to help people slowly build up to 175 minutes of walking per week. You start with simple 10-minute strolls four days a week, including a warmup and cool down. You increase your duration and intensity gradually to 35 minutes of brisk walking 5 days a week.

Although we hear a lot about walking 10,000 steps a day, Dr. Skali says you don't have to hit that number to achieve benefits. "Any walking is better than not walking. If 10,000 steps is too overwhelming a goal, you might think it's not even worth it to try. But studies show that even with 4,000 steps, people are deriving benefits," he says.

"We spend so much time sitting at computers and in our cars. Now, with more people working from home, we are even less likely to actually walk. Every little bit helps.

Tip to get more steps

It can be difficult to find time to be active, especially for people with busy schedules and

Notes from MARKETING WITH KAYLA

I am so excited for some of our up and coming community events! Starting in February, you are invited to join a quest for healthier living. **Live 2B Healthy** will be hosting additional exercise on Tuesdays and Fridays. This is not to replace another program but to be in addition to...we have heard amazing things about them SO PLEASE JOIN!

Notes from HOUSEKEEPING

We want to hear your feedback on how we are performing. Please leave a comment in the suggestion box.

Notes from ASSISTANT DIRECTOR

Every Wednesday, we gather for a prayer group. This group is ALWAYS open to anyone who would like to join. There is a prayer box located outside the private dining room. If you or anyone else needs a prayer, let us know.

Notes from FRONT DESK

We hope you have all been enjoying the popcorn, trivia and puzzles at the front desk. Let us know if you have a trivia or joke you'd like us to share!

Notes from MAINTENANCE

Don't forget to lock your windows, locking your windows help seal your windows from the cold air.

Notes from CULINARY Valentine's Lunch Menu

Prime Rib with Au Jus
Chicken Parmesan w/
angel hair pasta
Baby Red potatoes
w/herb butter
Roasted Asparagus Spears
Imperator Carrots
Roll w/ seasonal tops
Strawberry Cream Pie
Chocolate Lava Cake



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



February 2025



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

1
 10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML
 6:00pm Kings On The Corner-L

9:00am St. Joseph's Catholic Mass-FL 2
 10:00am Dominoes-CH
 10:30am Presbyterian Church Service-FL
 12:30pm Caitlyn Clark Jersey Retirement Game-CH
 1:30pm Penny Bingo-FL
 6:00pm Sunday Cinema: Hidden Figures-FL

9:00am Rosary-PDR 3
 9:30am Ladies Coffee and Fireside Chat With Jenn, Your DON-FL
 10:30am Relaxation and Pampering-L
 1:00pm Bookworms-L
 2:00pm Dominoes-CH
 2:00pm Fast Friends, I "Mustache" You A Question-FL
 3:30pm MAC Fitness-FL
 5:30pm Would You Rather-Lobby
 6:00pm New Game: Farkle-FL

9:15am Depart For: Aldi-FF 4
 10:00am Snickers & Eye In The Sky-L
 10:30am Live 2B Healthy-FL
 1:00pm Food Quality Council-FL
 2:00pm Marci's Memorables-FL
 2:00pm Diamond Dot Divas-L
 2:15pm Guy Talk With Rod-CH
 3:00pm Penny Bingo-FL
 5:15pm Yahtzee-FL

9:00am Walkabout Wednesday-FF 5
 9:30am Church Service-FL
 10:00am Prayer Group-ML
 10:30am Getting To Know Your Calendar-FL
 1:00pm Podiatrist
 1:30pm Catholic Communion-L
 2:00pm Science Lab: Part 1-L
 2:00pm Dominoes-CH
 3:30pm MAC Fitness-FL
 6:00pm Symphonettes-FL

9:45am Depart For: JOANN Fabric And Crafts-FF 6
 10:00am Science Lab: Part 2-L
 10:30am MAC Fitness-FL
 1:00pm Bible Study-L
 1:45pm Scenic Drive-FF
 3:15pm Musical Memories: Commercial Jingles-FL
 5:00pm Who Can It Be Now?-Lobby
 6:15pm Penny Bingo-FL

9:30am Brewtiful Friends-L 7
 10:30am Live 2B Healthy-FL
 1:00pm Mini Golf-FL
 1:00pm Loop Yarn/Hat Making/Punch Art-L
 1:00pm Dominoes-CH
 2:00pm Happy Hour With Larry Jensen-DR
 3:00pm Depart For: From The Heart Market-FF
 3:30pm Walkie Talkie-FF
 5:00pm Trivia Night: Sweets-Lobby
 6:00pm 500-L

8
 10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML
 6:00pm Kings On The Corner-L

9:00am St. Joseph's Catholic Mass-FL 9
 10:00am Dominoes-CH
 10:30am Presbyterian Church Service-FL
 1:30pm Penny Bingo-FL
 5:00pm Super Bowl Party-FL

9:00am Rosary-PDR 10
 9:30am Ladies Coffee And Fireside Chat With Karla-FL
 10:30am Drama Club-L
 1:00pm Bookworms-L
 2:00pm Gal-entine's Gathering-FL
 2:00pm Dominoes-CH
 3:30pm MAC Fitness-FL
 5:30pm Finish The Line-Lobby
 6:00pm Candy Lovers Dice Game-FL

9:15am Depart For: Dollar Tree-FF 11
 10:00am Peppermint Patty & You Are What You Eat-L
 10:30am Live 2B Healthy-FL
 1:00pm Summit's Serenity Spa-L
 2:00pm Diamond Dot Divas-L
 2:15pm Guy Talk With Chris -CH
 3:00pm Penny Bingo-FL
 5:15pm Rummikub-FL
 7:00pm Wine Not-FL

9:00am Walkabout Wednesday-FF 12
 9:30am Church Service-FL
 10:00am Prayer Group-ML
 10:30am Card Bingo-L
 1:00pm Vitals With Nursing-PDR
 1:30pm Catholic Communion-L
 2:00pm Dominoes-CH
 2:00pm Art Joy Connect-FL
 3:30pm MAC Fitness-FL
 6:00pm Symphonettes-FL

9:15am Depart For: Michaels-FF 13
 10:30am MAC Fitness-FL
 11:00am Depart For: Artist Talk and Presentation CR Museum Of Art-FF
 1:00pm Be Fit & Factual-FL
 1:30pm Armchair Travels With Floyd Sandford-FL
 3:15pm Musical Memories: The Greatest Love Songs-FL
 5:00pm What In The World?-Lobby
 6:15pm Penny Bingo-FL

9:30am Brewtiful Friends-L 14
 10:30am Live 2B Healthy-FL
 12:00pm - 2:00pm Valentine's Day Celebration -FL
 1:00pm Loop Yarn/Hat Making/Punch Art-L
 1:00pm Dominoes-CH
 2:00pm Happy Hour With David Poggenklass-DR
 3:30pm Walkie Talkie-FF
 5:00pm Trivia Night: Presidents-Lobby
 6:00pm 500-L

15
 10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML
 6:00pm Kings On The Corner-L

9:00am St. Joseph's Catholic Mass-FL 16
 10:00am Dominoes-CH
 10:30am Presbyterian Church Service-FL
 1:30pm Penny Bingo-FL
 6:00pm Sunday Cinema: The Help-FL

9:00am Rosary-PDR 17
 9:30am Ladies Coffee And Fireside Chat With Kayla-FL
 10:30am Relaxation And Pampering-L
 1:00pm Bookworms-FL
 2:00pm Dominoes-CH
 2:00pm Cabin Fever Reliever-FL
 3:30pm MAC Fitness-FL
 5:30pm Craft Creation-FL
 6:00pm New Game: Farkle-FL

9:15am Depart For Fareway-FF 18
 10:00am Mini Cinnis & Gadgets & Gizmos-L
 10:30am Live 2B Healthy-FL
 11:00am Depart For: Lunch Out: Tommy's-FF
 1:00pm Jessica Mar Father Daughter Duo-FL
 2:00pm Diamond Dot Divas-L
 2:15pm Guy Talk With Loren-CH
 3:00pm Penny Bingo-FL
 5:15pm Yahtzee-FL

9:00am Walkabout Wednesday-FF 19
 9:30am Church Service-FL
 10:00am Prayer Group-ML
 10:30am Card Bingo-FL
 1:30pm Catholic Communion-L
 2:00pm Dominoes-CH
 3:30pm MAC Fitness-FL
 6:00pm Symphonettes-FL

9:45am Depart For: The Create/Exchange-FF 20
 10:30am MAC Fitness-FL
 1:00pm Bible Study-L
 1:45pm Scenic Drive-FF
 3:15pm Musical Memories: Songs Of Heartbreak-FL
 5:00pm What First Lady Am I?-Lobby
 6:15pm Penny Bingo-FL

9:30am Brewtiful Friends-L 21
 10:30am Live 2B Healthy-FL
 1:00pm Washer Toss-FL
 1:00pm Loop Yarn/Hat Making/Punch Art-L
 1:00pm Dominoes-CH
 2:00pm Birthday Happy Hour With Janet Lieb-DR
 3:30pm Walkie Talkie-FF
 5:00pm Trivia Night-Lobby
 6:00pm 500-L

22
 10:00am Craft Club-L
 10:00am Mug-A-Lug-ML
 2:00pm Dominoes-CH
 2:00pm Red Cedar Chamber Music-FL
 6:00pm Kings On The Corner-L

9:00am St. Joseph's Catholic Mass-FL 23
 10:00am Dominoes-CH
 10:30am Presbyterian Church Service-FL
 1:30pm Penny Bingo-FL
 6:00pm Sunday Cinema: The Pursuit Of Happiness-FL

9:00am Rosary-PDR 24
 9:30am Ladies Coffee And Fireside Chat With Melinda-FL
 10:30am Cranium Crunches-L
 1:00pm Bookworms-L
 2:00pm Dominoes-CH
 2:00pm This Is My Life-FL
 3:30pm MAC Fitness-FL
 5:30pm Hidden In Plain Sight-Lobby
 6:00pm First To 25-FL

9:15am Depart For: Hy-Vee-FF 25
 10:00am Granola Bars & Only Human-L
 10:30am Live 2B Healthy-FL
 11:00am Depart For: Isle Casino-FF
 1:00pm Chef Demo-FL
 2:00pm Diamond Dot Divas-L
 2:15pm Guy Talk With Randy-CH
 3:00pm Penny Bingo-FL
 5:15pm Rummikub-FL

9:00am Walkabout Wednesday-FF 26
 9:30am Church Service-FL
 10:00am Prayer Group-ML
 10:30am Card Bingo-FL
 1:30pm Catholic Communion-L
 2:00pm Dominoes-CH
 2:00pm Young At Harp-FL
 3:30pm MAC Fitness-FL
 6:00pm Symphonettes-FL

9:15am Depart For: Kohls-FF 27
 10:30am MAC Fitness-FL
 1:00pm Tenant Council-FL
 2:00pm Glenn Miller Dance Workout-FL
 3:15pm Musical Memories: Who Sang It? Tennessee Ernie Ford Or Johnny Cash-FL
 5:00pm What Are You Talking About?-Lobby
 6:15pm Penny Bingo-FL

9:30am Brewtiful Friends-L 28
 10:30am Live 2B Healthy-FL
 1:00pm Coney Island Target Toss-FL
 1:00pm Loop Yarn/Hat Making/Punch Art-L
 1:00pm Dominoes-CH
 2:00pm Happy Hour With Ron Burgess-DR
 3:30pm Walkie Talkie-FF
 5:00pm Trivia Night-Lobby
 6:00pm 500-L

Sign Up Activity
 Tenant Lead Activity
 New Activity