

“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.

Spring is one of my favorite times of the year. The cool breeze on my face, the fresh air in my lungs, the days getting longer, the sunshine streaming down. Spring brings beauty and refreshment-and it also brings new life. I love seeing the colors of flowers start to bloom, the vibrancy of green after months of bare trees. In the spring, creation sings a song of new life bursting forth.

As Christians, we also sing a song of new life. 2 Corinthians 5:17 tells us that when we come to faith in Christ, we are a new creation. The old you, the old me, the people who were corrupted by sin, have passed away and we are made new. The new us, the people we are in Jesus, are holy and blameless, no longer slaves to sin. Like the spring brings new life, so Jesus gives new life to those who believe in Him.

This is an amazing reality for us. Often we are held back by our past. We carry around the shame of who we were before we knew Jesus. But the Bible tells us that the old us has passed away! We don't have to carry that shame around anymore. We are no longer defined by what we have done or what we have left undone. Instead we are defined by what Jesus did for us on the cross. We are new creations in Him!

Spend some time reflecting on this with the Lord today. Are you carrying shame around from your past? Are you heavy-laden with regrets? Do you struggle to believe you are completely forgiven and clean? Take these feelings to God, and ask Him to bring the truth to your heart.

As you go about this month, seeing and experiencing the signs of spring, ask God to make new life in Him more personal to you. Pray this verse over yourself, and spend time this month reflecting on it. Maybe you need to write it out and put it somewhere that you will see it often. Ask God to make this reality personal to you.



Life Choices. It's All About Living



May your troubles be less and your blessings be more, and nothing but happiness come through your door!

Updates around the building...

- As you may have noticed the supply of coffee cups have been replenished, you are welcome to grab a cup and enjoy the coffee bar. When finished, please return the cup to the coffee bar to be cleaned and reused.
- The weather is getting warmer BUT we live in Iowa so we will continue to be prepared for a cold front. This means we will wait to bring seat cushion out for the back furniture.
- If you are able, please break down your boxes when adding them to the trash room.
- Additional books have been added to the library. You're welcome to grab a book and return it when finished. Let us know what book you enjoyed reading!
- Remember, you can call the front desk to get help and information to and from any department. They will connect you to the kitchen, nurses, transportation and housekeeping. Dial 102 on your landline. If you do not have a landline program 319-373-4242 on your cell phone. You can call the front desk anytime during the day.
- Oddly enough, there were several clocks that need to be replaced. They are on order and will hopefully be up within the first week of March.



Activity Sign ups

Make sure you sign up for these fun experiences and shopping opportunities below. The sign up book can be found under the television in the lobby.

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|---|---|----------------------------|
| 3/4 Aldi depart at 9:15am | 3/13 Half Price Books 9:45 am | 3/18 Fareway 9:15am |
| 3/5 Podiatrist 1:00pm | 3/15 IA Brass Concert 6:00pm | 3/18 GoldFinsh 11am |
| 3/6 Michaels 9:15am | | 3/20 DaaBIN 9:15am |
| 3/10 CR Community Concert: ticket holders only 5:15pm | | 3/20 Scenic Drive 1:45pm |
| 3/11 Dollar Tree 9:15am | 3/17 CR Comm Concert: ticket holders 6:15pm | 3/25 Hy-Vee 9:15am |
| | | 3/25 Riverside Casino 11am |
| | | 3/27 Goodwill 9:15am |

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

~Calling Artists of ALL Kinds~

Wednesday, March 12th we will be having an Artist Showcase.

All Artists are welcome to bring their masterpieces to the Fireside lounge between the hour of 11:00am – 12:00pm. Then come and see the displays starting at 1:30pm.

All art is welcomed: drawings, paintings, sculptures, quilting, sewing, knitting, loop yarn, diamond art, punch art, button art, flower arrangements, YOU get the picture!

We can't wait to enjoy all your creativity.

Looking to learn a new game? Learn how to play 5 Crowns this month. Look for it on a few Monday nights at 6pm.

Annie Get Your Gun! Marci will be giving a presentation on Annie Oakley on Tuesday, March 4th at 2pm in the Fireside lounge.

Are you a ticket holder for the Cedar Rapids Community Concert series? If so, there are two concerts this month. The first being Monday, March 10th with the second being Monday, March 17th. Don't forget your ticket!

Armchair traveler Floyd will be giving a presentation entitled: "Looe, Lockington and Tintern Abbey" You can find him in the Fireside lounge at 1:30pm on Thursday, March 13th.

Iowa Brass presents Unity Through Music. This concert is on Saturday, March 15th with a start time of 7pm. The concert takes place in the Concert Hall at College Community. Sign up to enjoy this concert celebrating resilience, connection, and hope with works from composers across the globe.

Young At Harp will be sharing their gift of music with us on Wednesday, March 19th at 2pm in the Fireside lounge.

NEW to Summit Pointe! Welcome singer Aaron Shoemaker Monday, March 24th at 1pm in the Fireside lounge. Join us to see if he hits all the right notes.

A note from the Director of Nursing: Jennifer

Although Spring is just around the corner, we continue to be in cold and flu season until late-Spring, although these viruses can surface during any time of year. Influenza, or more commonly known as "the flu" can cause mild to severe symptoms and come on suddenly. Influenza is a respiratory virus that affects the nose, throat and lungs.

According to the Centers for Disease Control (CDC) Common symptoms include:

1. fever* or feeling feverish/chills
2. cough
3. sore throat
4. runny or stuffy nose
5. muscle or body aches
6. headaches
7. fatigue (tiredness)
8. vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

While flu vaccination is one of the most important actions you can take each year to lower your risk for developing complications from the flu, there are simple ways to stop the spread of germs in our community. These include covering your cough or sneeze, avoid close contact with people who are sick, if you are sick, limit contact with others, avoid touching your eyes, nose, and mouth, washing your hands often with soap and water, and seeking medical attention promptly from your medical provider. Seeking treatment right away may help lower your risk for severe illness.



A note from Kayla Hawk-Erwin

During the month of March we have two marketing events taking place.

These community events are open to the public, If you know of someone who would be interested in learning more about Summit Pointe or the type of activities we offer invite them to join one of our community events below!

March 11th @ 1pm Green Thumbs & Golden year's

We will go to Culver's to for a planting workshop!

There are limited spaces so sign up at the front desk.

March 18th Down-Sizing & Moving with Heck's Transfer and lunch. Limited seating available

Remember, every Tuesday and Fridays at 10:30am Live 2 B Healthy hosts an exercise program in our Fireside Lounge

We cannot talk about a healthy lifestyle without talking about our brains. The brain is an integral part of our health, as the brain controls everything in our bodies, from physical ability to cognition to emotions. We rely on our brains for learning, moving, working, making decision, and even doing simple activities, such as watching TV!

Keeping a healthy brain

Taking care of your brain can be simple and involves having healthy habits. Here are some ideas to keep a healthy brain:

- Eat nutritious food: avoid highly processed foods, and give preference to vegetables, fruits, whole grain foods, organic and protein foods. Canada's Food Guide is a useful source of information for healthy eating.
- Exercise regularly: physical activity improves blood flow and can help you think, learn, problem-solve, and enjoy an emotional balance. Studies suggest that a simple exercise, like walking, can help increase creativity.
- Sleep well: sleeping 7-8 hours a day helps our brain reorganize and recover.
- Learn new things: when we learn new things, the brain creates new pathways, keeping it active and healthy!
- Be creative: creative activities such as reading, writing, making puzzles, playing a musical instrument, singing, and creating art and crafts are fun ways to keep the brain active.
- Reduce stress: stress can prematurely age the brain. Take steps to reduce stress in your life such as using relaxation techniques, deep breathing, positive thinking, meditation/praying, visualization, and enjoying nature.
- Stay socially connected: staying connected socially helps you stay connected mentally. Research shows that regularly interacting with others may help reduce your risk of developing dementia.
- Wear helmets: when playing sports that involve moving quickly or using a ball or a puck. Falls are the leading cause of brain injury, followed by striking or being struck by an object.
- Wear PPE at work: a hard hat and other protective equipment can prevent a brain injury at physically active jobs.

CELEBRATIONS!

Tenant Birthdays

Sharon Easler 3/4
Rollie Raims 3/12
Sandy Abodeely 3/26
Evie McLeod 3/29
Carol Prehm 3/30
Joyce Saville 3/31

Anniversaries

1 year Carla Davenport 3/8
1 year Brooke Werner 3/18
1 year Chris Jensen 3/24
5 years Frankie Stoffer 3/24

Staff Birthdays

Amy Ealy 3/15
Chris Jensen 3/22
Evan Getta 3/22
Michael Ryan 3/26
Scott Bell 3/27



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



March 2025

<p>9:00am St. Joseph's Catholic Mass-FL</p> <p>10:00am Dominoes-CH</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: Coal Miner's Daughter-FL</p> <p style="text-align: right;">2</p>	<p>9:00am Rosary-PDR</p> <p>9:30am Ladies Grind & Shine-FL</p> <p>10:30am Peaceful Pampering-L</p> <p>1:00pm Bookworms-L</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm You Take The "King" Cake-FL</p> <p>3:30pm MAC Fitness-FL</p> <p>5:30pm If You Could. . .-Lobby</p> <p>6:00pm New Game: 5 Crowns-FL</p> <p style="text-align: right;">3</p>	<p>9:15am Depart For: Aldi-FF</p> <p>10:00am The Classic Oreo-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>1:00pm Quality Food Council-FL</p> <p>2:00pm Marci's Memorables-FL</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Guy Talk-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>5:15pm Yahtzee-FL</p> <p style="text-align: right;">4</p>	<p>9:00am Walkabout Wednesday-FF</p> <p>9:30am Christian Worship-FL</p> <p>10:00am Prayer Group-FL</p> <p>10:30am Card Bingo-FL</p> <p>1:00pm Podiatrist</p> <p>1:30pm Catholic Communion-L</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">5</p>	<p>Sign Up Activity</p> <p>Tenant Lead Activity</p> <p>9:15am Depart For: Michaels-FF</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Bible Study: The Power Of Contentment-L</p> <p>1:45pm Scenic Drive-FF</p> <p>3:15pm Musical Memories: Guess The Movie By The Song-FL</p> <p>5:00pm What Are You Talking About?-Lobby</p> <p>6:15pm Penny Bingo-FL</p> <p style="text-align: right;">6</p>	<p>BP= Back Patio</p> <p>CH= Club House</p> <p>DR= Dining Room</p> <p>FF= Front Foyer</p> <p>FL= Fireside Lounge</p> <p>FP= Front Patio</p> <p>L= Library</p> <p>ML= Memory Lane</p> <p>PDR= Private Dining Room</p> <p>9:30am Brewtiful Friends-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>1:00pm Giant Jenga-FL</p> <p>1:00pm Loop Yarn/Hat Making/Punch Art-L</p> <p>1:00pm Dominoes-CH</p> <p>2:00pm Happy Hour With Harold Gray-DR</p> <p>3:30pm Walkie Talkie-FF</p> <p>5:00pm March IQ-Lobby</p> <p>6:00pm 500-L</p> <p style="text-align: right;">7</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>6:00pm Kings On The Corner-L</p> <p style="text-align: right;">1</p>
<p>9:00am St. Joseph's Catholic Mass-FL</p> <p>10:00am Dominoes-CH</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: Walk The Line-FL</p> <p style="text-align: right;">9</p>	<p>9:00am Rosary-PDR</p> <p>9:30am Ladies Grind & Shine-FL</p> <p>10:30am Perplexing Puzzles-L</p> <p>1:00pm Bookworms-L</p> <p>2:00pm It's A "Wunnerful, Wunnerful" Day-FL</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p> <p>5:15pm Depart For: CR Comm. Concert-FF</p> <p style="text-align: right;">10</p>	<p>9:15am Depart For: Dollar Tree-FF</p> <p>10:00am Knock Offs-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>1:00pm More Than Just Cookies!-L</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Guy Talk-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>5:15pm Rummikub-FL</p> <p>7:00pm Wine Not-FL</p> <p style="text-align: right;">11</p>	<p>9:00am Walkabout Wednesday-FF</p> <p>9:30am Christian Worship-FL</p> <p>10:00am Prayer Group-FL</p> <p>1:00pm Vitals With Nursing-PDR</p> <p>1:30pm Artist Showcase-FL</p> <p>1:30pm Catholic Communion-L</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">12</p>	<p>9:45am Depart For: Half Price Books-FF</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Photographic Memory-L</p> <p>1:30pm Armchair Travels With Floyd Sandford-FL</p> <p>3:15pm Musical Memories: Jim Croce-FL</p> <p>5:00pm Who Can It Be Now?-Lobby</p> <p>6:15pm Penny Bingo-FL</p> <p style="text-align: right;">13</p>	<p>9:30am Brewtiful Friends-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>1:00pm Bowling-FL</p> <p>1:00pm Loop Yarn/Hat Making/Punch Art-L</p> <p>1:00pm Dominoes-CH</p> <p>2:00pm Birthday Happy Hour With Terry McCauley-DR</p> <p>3:30pm Walkie Talkie-FF</p> <p>5:00pm Truth Or Blarney?-Lobby</p> <p>6:00pm 500-L</p> <p style="text-align: right;">14</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>6:00pm Kings On The Corner-L</p> <p>6:00pm Depart For: Iowa Brass Concert-FF</p> <p style="text-align: right;">15</p>
<p>9:00am St. Joseph's Catholic Mass-FL</p> <p>10:00am Dominoes-CH</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: Dolly Parton's Coat Of Many Colors-FL</p> <p style="text-align: right;">16</p>	<p>9:00am Rosary-PDR</p> <p>9:30am Ladies Grind & Shine-FL</p> <p>10:30am St. Patrick's Day Around The World-L</p> <p>1:00pm Bookworms-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm We're All Irish Today!-FL</p> <p>3:30pm MAC Fitness-FL</p> <p>5:00pm Farkle-FL</p> <p>6:15pm Depart For: CR Comm. Concert-FF</p> <p style="text-align: right;">17</p>	<p>9:15am Depart For Fareway-FF</p> <p>10:00am All About Air Plants-L</p> <p>11:00am Depart For: Lunch Out: Gold finch-FF</p> <p>1:00pm A Wee Bit O' Irish Humor-L</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Guy Talk-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>5:15pm Yahtzee-FL</p> <p style="text-align: right;">18</p>	<p>9:00am Walkabout Wednesday-FF</p> <p>9:30am Christian Worship-FL</p> <p>10:00am Prayer Group-FL</p> <p>10:30am Card Bingo-FL</p> <p>1:30pm Catholic Communion-L</p> <p>2:00pm Young At Harp-FL</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">19</p>	<p>9:15am Depart For: DaaBIN Store-FF</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: Pat Boone-FL</p> <p>5:00pm Where In The World?-Lobby</p> <p>6:15pm Penny Bingo-FL</p> <p style="text-align: right;">20</p>	<p>9:30am Brewtiful Friends-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>1:00pm Cornhole-FL</p> <p>1:00pm Loop Yarn/Hat Making/Punch Art-L</p> <p>1:00pm Dominoes-CH</p> <p>2:00pm Happy Hour With Larry Jensen-DR</p> <p>3:30pm Walkie Talkie-FF</p> <p>5:00pm Tickle My Funny Bone-Lobby</p> <p>6:00pm 500-L</p> <p style="text-align: right;">21</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>6:00pm Kings On The Corner-L</p> <p style="text-align: right;">22</p>
<p>9:00am St. Joseph's Catholic Mass-FL</p> <p>10:00am Dominoes-CH</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: Sweet Dreams-FL</p> <p style="text-align: right;">23</p> <hr/> <p style="text-align: right;">30</p> <p>9:00am St. Joseph's Catholic Mass-FL</p> <p>10:00am Dominoes-CH</p> <p>10:30am Presbyterian Church Service-FL</p> <p>1:30pm Penny Bingo-FL</p> <p>6:00pm Sunday Cinema: George & Tammy-FL</p>	<p>9:00am Rosary-PDR</p> <p>9:30am Ladies Grind & Shine-FL</p> <p>10:30am Peaceful Pampering-L</p> <p>1:00pm Aaron Shoemaker-FL</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p> <p>5:30pm Hidden In Plain Sight-Lobby</p> <p>6:00pm New Game: 5 Crowns-FL</p> <p style="text-align: right;">24</p> <hr/> <p style="text-align: right;">31</p> <p>9:00am Rosary-PDR</p> <p>9:30am Ladies Grind & Shine-FL</p> <p>10:30am Perplexing Puzzles-L</p> <p>1:00pm Spring Has Sprung-FL</p> <p>2:00pm Dominoes-CH</p> <p>3:30pm MAC Fitness-FL</p> <p>5:30pm -Lobby</p> <p>6:00pm Farkle-FL</p>	<p>9:15am Depart For: Hy-Vee-FF</p> <p>10:00am A Painting Is Worth 1,000+Words-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>11:00am Depart For: Riverside Casino-FF</p> <p>1:00pm Chef Demo-FL</p> <p>2:00pm Diamond Dot Divas-L</p> <p>2:15pm Guy Talk-CH</p> <p>3:00pm Penny Bingo-FL</p> <p>5:15pm Rummikub-FL</p> <p style="text-align: right;">25</p>	<p>9:00am Walkabout Wednesday-FF</p> <p>9:30am Christian Worship-FL</p> <p>10:00am Prayer Group-FL</p> <p>10:30am Card Bingo-FL</p> <p>1:30pm Catholic Communion-L</p> <p>2:00pm Dominoes-CH</p> <p>2:00pm Too Good To Be True-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">26</p>	<p>9:15am Depart For: Goodwill-FF</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Bible Study: Gratitude-L</p> <p>2:00pm Reader's Theater-L</p> <p>3:15pm Musical Memories: Victor Borge-FL</p> <p>5:00pm Who Can It Be Now?-Lobby</p> <p>6:15pm Penny Bingo-FL</p> <p style="text-align: right;">27</p>	<p>9:30am Brewtiful Friends-L</p> <p>10:30am Live 2B Healthy-FL</p> <p>1:00pm Shuffleboard-FL</p> <p>1:00pm Loop Yarn/Hat Making/Punch Art-L</p> <p>1:00pm Dominoes-CH</p> <p>2:00pm Happy Hour With Kevin Morgan-DR</p> <p>3:30pm Walkie Talkie-FF</p> <p>5:00pm Movie Character Guess Who?-Lobby</p> <p>6:00pm 500-L</p> <p style="text-align: right;">28</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>6:00pm Kings On The Corner-L</p> <p style="text-align: right;">29</p>