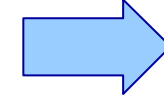


Celebrations & Announcements



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Resident Birthdays

Bob Kuykendall	7
Lynn Foster	11
Jean Farmer	13
Lucy Colbert	15
Jean Miller	17
Pat Tuttle	19
Bill Harouff	25
Ken Piller	27



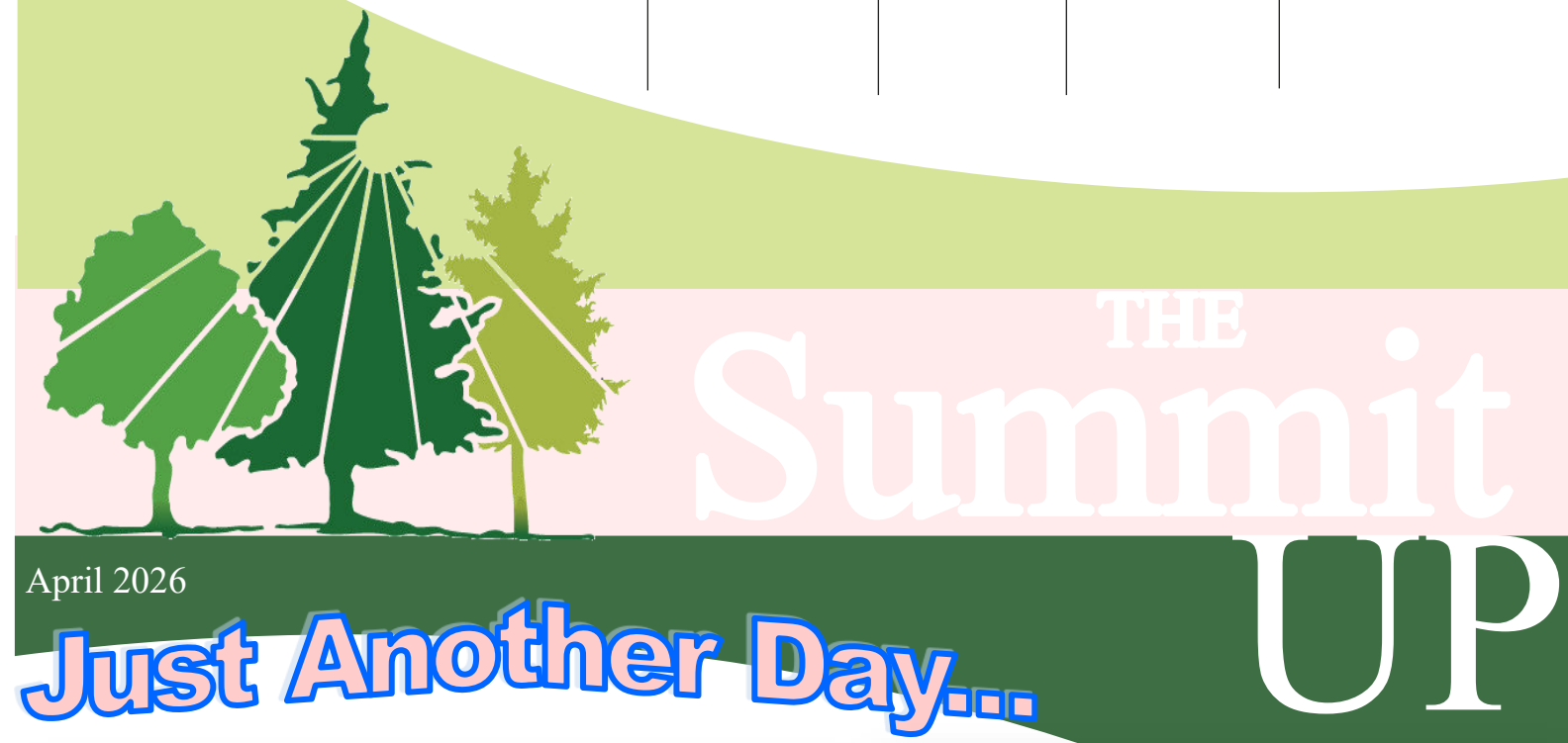
Team Member Birthdays

Liz Knight	1
Jayne Morris	1
Annette Scott	3
Bella Davis	3
Max Davis	3
Patrice Puritt	5
Sam Fitzgerald	10
Savannah Hull	11
Cathy Pugh	20
Mary Nesselrodt	21
Janet Smith	22
John Heffner	24
Arya Pinnamaneni	24
Miyah McClure	27
Joanne Palmer	29



Team Member Contacts

Front Desk & Transportation (0) | Life Enrichment (3119) |
Wellness Center (3116) | MS, AL, & HC Activities (3300) | Pastoral Care (3141)



...at the Square

Transportation For Your Info...

Resident Services provides residents with transportation to their medical appointments. The start time of the appointment needs to occur during the time frames listed below. Medical transports will leave from the front lobby. All other transportation needs are subject to approval and will be at the resident's expense. **Call Sara or Emily at the Front Desk Monday-Friday by dialing "0". No appointments will be scheduled on the weekends or Summit Square holidays.**

Medical appointment time frames:

If you are needing transportation, please keep these times in mind when scheduling your appointments.

Mondays, Wednesdays, and Fridays:

8:15 - 3:30 in Waynesboro

8:30 - 3:00 in Augusta County

Tuesdays and Thursdays:

8:15 - 12:30 in Waynesboro

8:30 - 12:00 in Augusta County



Weekly Classes offered in the Wellness Center:

Mondays

9:15 Strength & Stretch
11:00 Cardio Drumming
2:30 Strength & Stretch

Wednesdays

9:15 Strength & Stretch
12:00-2:00 Pickleball
2:30 Seated Volleyball
(every other week)

Fridays

9:15 Strength & Stretch
11:00 Cardio Drumming

Tuesdays

9:15 Let's Get Moving

Thursdays

9:30 Better Balance

The Nutrition Corner

by Jodi Taylor, Registered Dietician Nutritionist at Summit Square

April is National Florida Tomato Month and there is no better time to point out the health benefits of eating tomatoes. Did you know that prior to the 18th Century tomatoes were thought to be poisonous? After the 18th Century tomatoes gained popularity once they were discovered to be safe. Florida supplies the United States with about 50% of our tomatoes. So, let's celebrate the tomato this April!

The tomato has many nutritional benefits. One medium Tomato has about 22 calories and 1 gram of Protein. In addition, tomatoes include Vitamin C, Vitamin A, potassium, and lycopene. Tomatoes can help improve Cardiovascular Health by lowering blood pressure, reducing cholesterol, and preventing strokes. Tomatoes help to protect skin from UV damage, support our immune system, and aid in preventing certain types of cancers.

Some Fun Facts about the Tomato:

- The name "tomato" thought to originate from the Aztec word Tomatl, when Spanish explorers discovered them and brought them back to Europe where they became known as the "Tomato".
- Did you know that Heinz Tomato Ketchup has a speed limit? When Heinz Ketchup is tested in the factory, it must pour at a rate of 0.028 mph. If it is too runny it is rejected. Who knew?
- There are 10,000 varieties of tomatoes worldwide.
- Tomatoes are really classified as a fruit, but they are considered a vegetable in the culinary industry.

There are many ways to enjoy tomatoes. Large tomatoes such as Beefsteak can be sliced and used on sandwiches. Roma tomatoes can be cut and used in salads and make great tomato paste. Try adding at breakfast by adding to an omelet or putting a slice on your English muffin with a bit of mayo. You can try adding chopped tomatoes and cucumbers to cottage cheese, or just eat them plain like an apple.

I hope you find this information on the tomato helpful. Now that these tasty fruits are coming into season try some of these tips to add flavor and health benefits to your diet. Remember, "When life gives you Tomatoes... just say Thank You!"

Contact information: 540-941-3320 or jtaylor@summitsquare.cc

Welcome to Summit Square



Bill & Lorain Harouff

Apt 502

x3257

Moments of Reflection

By Chaplain Tammy Persinger

Hope That Transforms

As spring arrives, the season itself seems to whisper the message of Easter. Trees that looked lifeless through winter begin to bud again. Flowers push up through the soil. Light lingers longer each evening. Creation reminds us that life can emerge where we once saw only endings.

Easter stands at the very heart of the Christian faith because it proclaims a truth that changes everything: death does not have the final word. The resurrection of Jesus is not simply an event remembered once a year; it is a promise that hope, renewal, and new life are always possible.

For the disciples, the days before Easter were filled with fear, confusion, and grief. Their teacher had been crucified, and their expectations had been shattered. Yet Easter morning transformed their despair into courage and purpose. What seemed like defeat became the beginning of a movement grounded in love, forgiveness, and unshakeable hope.

That same message speaks to us today. Each of us experiences moments of loss, uncertainty, and disappointment. Easter reminds us that even in the darkest moments, God is still at work. The resurrection invites us to trust that renewal can come in ways we may not expect.

Easter is also a call to live differently. It calls us to embrace a love that matters more than fear, a compassion that matters more than judgment, and reconciliation that matters more than division. We are invited to carry the light of hope into our families and our communities.

As we celebrate Easter this year, may we take time to reflect on the quiet but powerful promise it holds: that in Christ new life is always possible, that hope is stronger than despair, and that love ultimately triumphs.

May the joy and peace that Christ brings renew our hearts and guide us in the days ahead.

-Chaplain Tammy



**3:30
Vespers**

April 5 Easter Sunday

Linda Kusse-Wolfe
Retired Ordained Elder
UMC

April 12

Tom DuMontier
Rector St. John's
Episcopal Church

April 19

Tammy Persinger
Chaplain

April 26

Jim Harris
Pastor

Weekly Events & Groups

Mondays:

Uno Group
10:00AM-Front Lobby
Contact: Betty Allen

**4th Monday:
Bingo Night**
6:00PM-Gallery
Contact: Betty Allen

Tuesdays:

Uno Group
1:30PM-Front Lobby
Contact: Betty Allen

Shopping Trip
2:00PM-Front Lobby
No Sign-Up Necessary

Thirteen
6:00PM-Front Lobby

Thursdays:

Chatting with Friends
1:00PM-Theater Room
Contact: Rachel Smitton

Shopping Trip
2:00PM-Front Lobby
No Sign-Up Necessary

Thirteen
6:00PM-Front Lobby

Fridays:

Mexican Train Dominoes
1:00PM-3:00PM-Front Lobby
Contact: Ruth Ann & Charlie Warner

**Saturdays:
Creativity & Conversation**
1:30PM-3:30PM-4th Floor Solarium
Contact: Annie Foerster

Thirteen
6:00PM-Front Lobby

Sundays:

Poetry Out Loud
6:00PM-Gallery
Contact: Leah Pack and Annie Foerster



**Greeting cards are
available for purchase at the
Front Desk!**

**Cost is 75¢ each.
We have seasonal, sympathy,
birthday, and much more!**

Above is a list of weekly trips, clubs, groups, and happenings. If you do not see your group listed here and would like it advertised in The Summit UP, please contact Savannah Hull at ext. 3119.

Happenings: trips. events. activities.

SPRING CLEANING

Monday, March 30th-Friday, April 3rd
Second Floor Stairwell
Need to do some spring cleaning? You're in luck! **Bring your unwanted items to the 2nd floor stairwell (next to the storage units) by noon on Friday, April 3rd.** The items will be donated to a local thrift store.

SEATED VOLLEYBALL

Wednesday, April 1
2:30PM-Wellness Center
We will be playing a modified version of volleyball, seated! We will use a beach ball and a lowered net. This is a great opportunity for some exercise and friendly competition! *No experience necessary.*

WAYNESBORO LIBRARY BOOK BIKE VISIT

Thursday, April 2
2:00PM-2:30PM-Front Lobby
Come check out the Waynesboro Public Library's book bike. You can get a library card, renew one, and check out books at this visit.

GOOD FRIDAY SERVICE

Friday, April 3
11:00AM-Chapel
Join us in the Chapel for a time of prayer and reflection as we recognize Good Friday. This service will be led by Chaplain, Tammy Persinger.

TALES & TRAVEL: NEW ZEALAND

Monday, April 6
3:00PM-Theater Room
Take in the breath-taking natural views! Explore caves that glow, glaciers that glisten, and learn about the Maori culture with Waynesboro Public Library.

WAYNESBORO CHORAL SOCIETY

Monday, April 6
7:00pm-(Bus leaves at 6:30pm)
Waynesboro Choral Society presents Melodies on the Move. **Tickets are \$12.00 and will be charged to your account.**
[Please sign up by Friday, April 3rd.](#)

MUSIC: KIMBALL SWANSON

Tuesday, April 7
3:00PM-Gallery
The talented Kimball Swanson is back! Playing the guitar and singing a variety of tunes, we never get tired of his musical talents. Join us in the Gallery for some musical entertainment.

WHY I HATE MY HEARING AIDS

Wednesday, April 8
11:00AM-Gallery
Join Hearing at Home as they address and overcome the common frustrations individuals experience with hearing aids. Experience hands-on help and guidance on adapting to and managing hearing aids effectively.

HIGH TEA

Thursday, April 9
1:30PM-3:00PM-Gallery
Join us in the Gallery for an afternoon of socializing over hot tea and light refreshments.

MUSIC APPRECIATION

Monday, April 13
3:00PM-Gallery
Learn & listen about: Early folk to modern folk, top folk songs, musicians like Wood, Guthrie, Pete Seeger, Joni Mitchell, Simon & Garfunkel, Kingston Trio, Peter, Paul & Mary, Cat Stevens, John Prine, Bob Dylan, Joan Baez, John Deaver, and Odetta.

SECOND TUESDAY MEETING

Tuesday, April 14
3:30PM-Gallery
Join Executive Director, Matt Dameron, to find out all the latest happenings here at Summit Square.

SEATED VOLLEYBALL

Wednesday, April 15
2:30PM-Wellness Center
We will be playing a modified version of volleyball, seated! We will use a beach ball and a lowered net. This is a great opportunity for some exercise and friendly competition! *No experience necessary.*

*NEW*MUSIC: REBECCA RAINES

Wednesday, April 15
3:00PM-Gallery
Accompanying herself on autoharp, Rebecca performs a variety of English and American Folk songs, early 20th Century parlor songs and early Broadway.

BOOK CLUB WITH LEAH PACK

Thursday, April 16
6:15PM-4th Floor Solarium
This month's book will be *The Greater Journey: Americans in Paris* by David McCullough. This group meets the 3rd Thursday of every month in the 4th Floor Solarium at 6:15pm.

LUNCH OUTING: PIZZA LUCA

Friday, April 17
12:00PM-(bus leaves at 11:30am)
Nestled in Staunton's Historic Auto Architecture District, Pizza Luca celebrates family and food in a beautifully adorned space while offering warm casual service. Their Italian American menu offers brick fired pizzas, pastas, and more!

LIFE MATTERS: KWAN-YIN: BODHISATTVA OF COMPASSION

Friday, April 17
3:15PM-Gallery
If you want a new hero to inspire you, let me introduce you to Kwan-Yin, a Buddhist ancient, whose story will amuse and sustain you.

AUGUSTA HEALTH FOUNDATION PRESENTATION

Wednesday, April 22
3:00PM-Gallery
This presentation will highlight the growing impact of Augusta Health's community-centered programs—the Mobile Medical Unit, Community Clinic, and Graduate Medical Residency program—each playing a vital role in expanding access to care across the region.

SUMMIT SQUARE'S WINE CLUB

Friday, April 24
2:00PM-Jacob's Tavern
If you are interested in joining the wine club for 2026 *please see Savannah Hull (x3119)*. The membership fee is \$100.00 and will be charged to your account.

WAYNESBORO SYMPHONY ORCHESTRA: CELEBRATING AMERICA

Sunday, April 26
3:00PM-(Bus leaves at 2:15pm)
For this season's final Waynesboro concert, we welcome Grammy nominated piano soloist **John Novacek** for a special WSO 30th Anniversary concert of American music! [Please sign up by Friday, April 24th.](#)

FULL SPECTRUM WELLNESS & MASSAGE

Monday, April 27
Theater Room
30-minute-\$50.00
45-minute-\$60.00
60-minute-\$90.00
Call Savannah (x3119) if you would like to schedule an appointment.

BINGO NIGHT

Monday, April 27
6:00PM-Gallery
Come enjoy great company and classic bingo fun! You may even win a baked good made by our very own resident, Betty Allen.

BIRTHDAY SOCIAL

Tuesday, April 28
3:00PM-Gallery
Join us as we celebrate our April birthdays with refreshments! Come to the Gallery and celebrate with your neighbors and friends.

SEATED VOLLEYBALL

Wednesday, April 29
2:30PM-Wellness Center
We will be playing a modified version of volleyball, seated! We will use a beach ball and a lowered net. This is a great opportunity for some exercise and friendly competition! *No experience necessary.*

Sign up on the counter in the WELLNESS CENTER.
Dial ext. 3119 w/ questions.