

# Celebrations & Announcements

## Team Member Birthdays

Devyn Shuler	1
Jerry Brooks	2
Jacob McCauley	7
Sarah Hopkins	12
Gus Lopez-Montano	15
Eloisa Brodeur	20
Katherine Guffey	28
Alec Ralston	24



## Team Member Contacts

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

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# THE Summit UP

## Just Another Day...



...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



## New Artist at Summit Square

Susan Sarver is a nurse turned writer and painter, who works in a range of media, including encaustics, cold wax, oil, and watercolor. She is inspired by nature and human interactions with the natural world, particularly moments and images that spark hope. She has worked in watercolor, oils, and encaustics, an ancient medium involving the fusion of melted beeswax and resin. Last year, she received a mentoring grant from the International Encaustic Artists to study with a Swiss artist to explore new techniques and experiment with novel, encaustic-compatible media.



## 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**

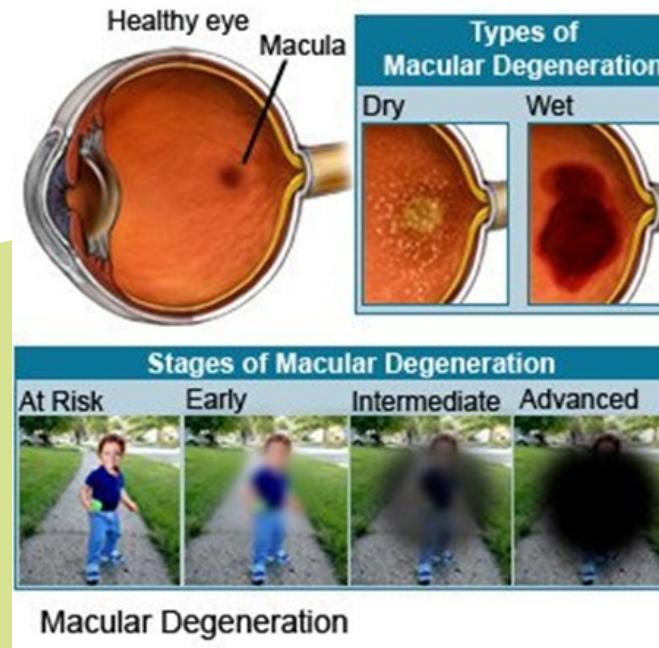
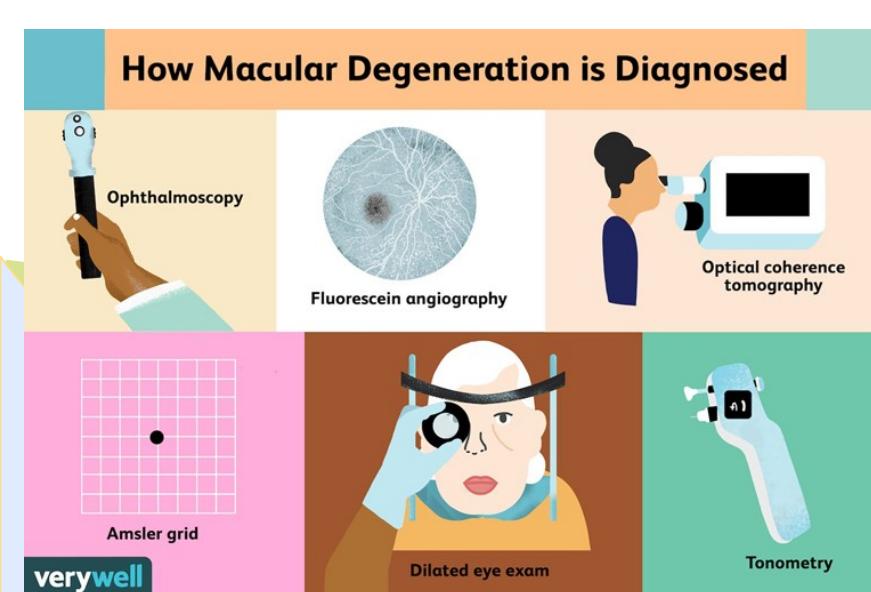
9:15 Let's Get Moving

### **Thursdays**

9:30 Better Balance

## Macular Degeneration (AMD)

Nearly two million Americans have Age-Related Macular Degeneration (AMD), which causes harm to the sufferer's central vision and limits the ability to read, write, drive and recognize faces. AMD is the leading cause of vision loss in the United States. There is currently no treatment for AMD, but the key to lowering your risk is taking steps in prevention by maintaining a healthy weight, staying physically active, maintaining healthy blood pressure, wearing sunglasses with SPF protection and maintaining regular appointments with your eye doctor. While there is no cure for macular degeneration, starting treatments early can slow the progression of the disease and make symptoms less severe. If you have any concerns of vision changes, call your eye doctor today for an appointment!



# Tammy's Corner

## Love That Changes Everything: John 3:16 and Valentine's Day

Valentine's Day often arrives wrapped in cards, chocolates, flowers, and expressions of affection. It is a day that celebrates love in many forms—romantic, familial, and friendly. Yet beneath all these symbols lies a deeper human longing: to be known, valued, and loved without condition. As a chaplain,

Valentine's Day offers a meaningful opportunity to reflect on the greatest love story ever told, captured so simply and powerfully in John 3:16.

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life."

This verse is familiar to many, but its message never grows old. John 3:16 reminds us that love is not merely something we feel—it is something we do. God's love is active, generous, and sacrificial. "God so loved...that He gave." Love, in its truest form, always gives of itself for the sake of another.

On Valentine's Day, love is often measured by gestures or gifts. John 3:16 points us to a love that goes far beyond romance or emotion. It is a love extended to "the world"—not a perfect world, but a broken one. Not a selective group, but all people. This means every person you encounter today—each colleague, patient, student, neighbor, or stranger—is someone deeply loved by God.

As a chaplain, I am often reminded that many people carry hidden wounds, loneliness, or grief—feelings that can be intensified on days like Valentine's Day. John 3:16 speaks directly into those quiet places of the heart. It tells us that no one is forgotten, no one is beyond hope, and no one is unloved. God's love meets us exactly where we are.

This verse also challenges us. If we are recipients of such great love, how are we called to share it? Perhaps this Valentine's Day, love looks less like a card and more like a kind word, a listening ear, an act of patience, or a moment of compassion. Love can be as simple—and as powerful—as showing up for someone who needs to know they matter.

Finally, John 3:16 reminds us that love is rooted in hope. God's love does not end with the present moment; it points toward eternal life—a future marked by restoration, peace, and wholeness. In a world that often feels uncertain, this promise offers steady ground beneath our feet.

This Valentine's Day, may we remember that the greatest expression of love has already been given. May we rest in that love, be strengthened by it, and allow it to flow through us to others.

Happy Valentine's Day—and may you be reminded that you are deeply and endlessly loved.

-Chaplain Tammy



## 3:30 Vespers

### February 1

Merle Fisher  
Retired Clergy  
Presbyterian Church

### February 8

Linda Kusse-Wolfe  
Retired Ordained Elder  
United Methodist Church

### February 15

Peter Choi  
Pastor Fishersville United  
Methodist Church

### February 22

John Tindall  
Minister of Christian  
Education Westminster  
Presbyterian Church

# 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

**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.

## TALES & TRAVEL: TURKEY

Monday, February 2

3:00PM-Theater Room

Explore a country that bridges eastern and western traditions. We'll check out architecture from various time periods. The cuisine of this nation will also tempt you!

## SEATED VOLLEYBALL

Wednesday, February 4

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.*

## MEET THE ARTIST: SUSAN SARVER

Thursday, February 5

3:00PM-Gallery

See page 2 for more details!

## NATIONAL WEAR RED DAY & AMERICAN HEART MONTH

Friday, February 6

Lets go red and bring greater attention to heart disease as a leading cause of death for Americans. [Meet in the Front Lobby for a group picture at 10:30am.](#)

## FIRST FRIDAY ORGAN RECITAL

Friday, February 6

12:15PM-(Bus leaves at 11:50am)

This will be a free, 30-minute performance by fan favorite, Roger Daggi, followed by a light luncheon provided by the kind folks at First Presbyterian Church. [Please sign up by Wednesday, February 4th in the Wellness Center.](#)

## SUPER BOWL PARTY

Sunday, February 8

6:00PM—Jacob's Tavern

Join us as we watch the showdown between the two top NFL Teams and enjoy the unique commercials.

## MUSIC APPRECIATION:

Monday, February 9

3:00PM—Gallery

Come spend time with your neighbors and listen to some music. Be sure to bring a song request or two. See Allen Jones for details!

## SECOND TUESDAY MEETING

Tuesday, February 10

3:30PM—Gallery

Join Executive Director, Matt Dameron, to find out all the latest happenings here at Summit Square.

## HEARING AT HOME

Wednesday, February 11

Hearing at Home will now be held in the Clinic on 1st floor. Call the **Clinic (x3304)** to schedule an appointment.

## MUSIC: THE JTR TRIO

Wednesday, February 11

3:00PM—Gallery

Jim Harrington: Accordion

Richard Adams: Horns and Bass Ukulele  
TJ Crow: Mandolin and Tenor Banjo  
This trio plays a wide variety of musical genres: Folk, Celtic, Cajun, New England Contra Dance tunes, Popular songs, German Folk songs.

## STRUDEL & STRETCHING

Friday, February 13

9:15AM-Wellness Center

Stretch it out, then treat yourself! Join us for a light stretching session followed by warm, tasty strudels. It's the perfect mix of movement and a little something sweet.

## PRESIDENTIAL TRIVIA

Monday, February 16

2:00PM—Gallery

Think you know your presidents? Come play and find out!

## VALENTINE'S DAY DINNER

Monday, February 16

4:00PM-The Brunswick

Friends and families are welcome. This dinner will be by reservation only. [Please call Jason Gray \(x3310\) to reserve a seating time by Monday, February 2nd.](#)

## MADRI GRAS CELEBRATION

Tuesday, February 17

3:00PM-Jacob's Tavern

Come socialize with your neighbors and enjoy a special Mardi Gras drink and beignets to celebrate!

## ASH WEDNESDAY SERVICE

Wednesday, February 18

10:30AM-Chapel

February 5th marks the beginning of Lent. To start the season, we will have an Ash Wednesday Service led by Samantha Coggins. We hope you will join us for this special service.

## SEATED VOLLEYBALL

Wednesday, February 18

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.*

## PELVIC FLOOR/ INCONTINENCE THERAPY PRESENTATION

Thursday, February 19

1:00PM—Gallery

Pelvic floor and incontinence therapy is a specialized form of occupational therapy that supports bladder and bowel control, reduces pelvic pain, and improves overall pelvic health through personalized techniques such as targeted exercises, biofeedback, manual therapy, and gentle stretching for all genders.

## BOOK CLUB

Thursday, February 19

6:15PM-4th Floor Solarium

The group will be discussing Braiding Sweetgrass. This group will be meeting the 3rd Thursday of every month in the 4th Floor Solarium at 6:15pm.

## LUNCH OUTING: EL BARCO BAR & GRILL

Friday, February 20

11:15AM-(Bus leaves at 11:15am)

El Barco Bar and Grill, is a casual dining destination offering delicious Mexican food, fast service, and a vibrant atmosphere. [Please sign up by Wednesday, February 18th in the Wellness Center.](#)

## LIFE MATTERS WITH ANNIE FOERSTER: DIVING DEEP

Friday, February 20

3:15PM—Gallery

By now you know what you value in life--what matters to you and what you most value. But when was the last time you took your values out of the vault, dusted them off really admired them? I'll share with you the spiritual technique I call 'Diving Deep' that allows you to put a shine on your most *valuable* assets.

## WAYNESBORO SYMPHONY ORCHESTRA: ROMEO & JULIET

Sunday, February 22

3:00pm-(Bus leaves at 2:15pm)

Join the Waynesboro Symphony as they usher in the 2026 Winter Season with a concert featuring the an evolution of symphonic interpretations of the iconic love story Romeo and Juliet. [Please sign up by Wednesday, February 18th in the Wellness Center.](#)

## FULL SPECTRUM WELLNESS & MASSAGE

Monday, February 23

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, February 23

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, February 24

3:00PM—Gallery

Join us as we celebrate our January birthdays with refreshments! Come to the Gallery and celebrate with your neighbors and friends.

## MOVIE: "SWEET DREAMS (1985)"

Wednesday, February 25

2:30PM-Theater Room

The story of Patsy Cline, the velvet-voiced country music singer who died in a tragic plane crash at the height of her fame.

## WHY NOT SING SINGERS

Thursday, February 26

2:00PM—Gallery

Carol Byrd and company will bring their singing talents and humor with them to share with us.

## SUMMIT SQUARE'S WINE CLUB

Friday, February 27

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.

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