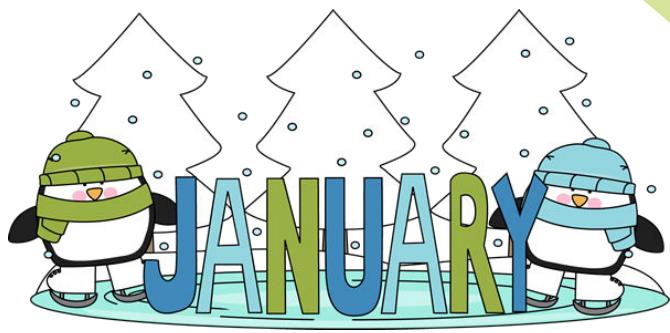


Celebrations & Announcements

Team Member Birthdays

MaKayla Word	1
Rodney Gibson	3
Ginger Martin	11
Ruth Morris	12
Vanessa Davis	13
Jason Gray	14
Heather Wells	14
Magy Altamirano Silva	22
Linda Owens	31



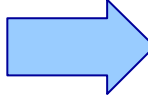
Resident Birthdays

Hal Davis	3
Bob Frank	6
Mark McCall	9
Ronald Knicely	13
Pam Freed	15
Mike Meadows	16
Marjorie Eggleston	18
Garland Mattox	20
Phyllis Kite	21
John Slechta	22
Rudy Yobs	22
Dennis Barnes	27
Nancy McCall	30
Becky Moore	31



Team Member Contacts

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



WHAT'S
INSIDE

FYI's:

Happenings:
Page 4

Tammy's
Corner:
Page 6

Community
News:
Page 7

Celebrations &
Announcements:
Page 8



January 2026

Just Another Day...

THE
Summit
UP



...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



Resident Services and Activity Professionals Week January 19th-23rd

Please take a minute during this week to say **THANK YOU** to our Resident Services Team!

This team includes:

- Front Desk
- Transportation
- Activities
- Wellness Center
- Pastoral Care

Resident Services is the heart and spirit of our community providing a holistic and person-directed approach to caring for all of our residents.

Thank you for the opportunity to serve you!

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

Are we ever too old to make a New Year's Resolution?

In short, no. By making a resolution, you are looking towards the future. While your life might look different now than it did when you were younger, it's never too late to set goals and improve yourself. Resolutions can help set the stage to improve your life by not settling for things the way they are.

A few examples of resolutions can include:

- Eat more nutritious foods to help you feel better and have more energy and stay hydrated!
- Move joyfully! Find a method of exercise you truly enjoy and incorporate it into your daily habits
- Learn something new or pick up old hobbies you may have previously dropped
- Spend more time with friends or family
- Create a better sleep routine so you awake feeling well rested!
- Try to keep up with new technology to better stay connected to the world and loved ones
- Memorialize your life story for your grandchildren and great-grandchildren
- Make and maintain regular appointments with healthcare professionals



How to Keep Your New Year's Resolutions

Actually



Stick to picking just one



Write out a detailed plan



Try new goals each year



Ask for support from loved ones



Be realistic and specific



Try a resolutions journal

verywell

Tammy's Corner

MOMENTS OF REFLECTION from the Chaplain

Happy New Year!!

What change and transition has come to my life over the last few months! God has opened the door of opportunity for me to be a part of such a warming community here at Summit Square. Thank you for opening your hearts to me.

Oh, those words, “change and transition!” They’re easy to say, but most of us cringe at the thought of what might come! As the calendar turns a page and a new year dawns, we begin to reflect on the past twelve months and make resolutions and set new goals for ourselves. With these changes and transitions come a new year of mix of emotions. We might feel excitement about the unknown, while also feeling apprehension and anxiety about what lies ahead.

So, what can we do with this bag of mixed emotions? First and foremost, we can trust God’s plan for our lives. We can approach the future with confidence because we know the One who holds the future. Jeremiah 29:11 reminds us, "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.'" We need to remember that courage isn’t the absence of fear, but it is a moving forward in the presence of fear, trusting God’s guidance in all. Committing our plans and aspirations to God is a powerful way to start the year with purpose.

Next, we can find strength in our weakness. We may face new struggles or obstacles in this year, but we are not alone. Isaiah 40:31 assures us that "those who wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Our strength for change and transition comes from relying on Him, not ourselves. Within our own strength we can do nothing, but within Him we can tackle the challenges that lie ahead. Philippians 4:13 states, “I can do all things through him who strengthens me.”

Lastly, we can learn from our past and press forward into the future that God has for us. The past is important for the wisdom and experience it provides, but we must not dwell on failures. The Apostle Paul gives us this example in Philippians 3:13-14 when he writes, “... But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” Can you forget what is behind you, and move forward into 2026... into the future God has for you?

Let us choose to trust God each day as we walk through 2026! Blessings!
-Chaplain Tammy



3:30 Vespers

January 4

Al Tuten
New Hope United
Methodist Church

January 11

Samantha Coggins
First Presbyterian in
Waynesboro

January 18

Janet Knott
Retired Methodist Pastor

January 25

Joe Klotz
Retired Methodist Paster

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: ICELAND
Monday, January 5
3:00PM-Theater Room
Stunning natural landscapes make Iceland a must see! We'll explore the Golden Circle, one of the most famous sightseeing routes. We'll learn about the wildlife found in this cold region.

SEATED VOLLEYBALL
Wednesday, January 7
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.*

MUSIC: THE JTR TRIO
Wednesday, January 7
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.

OUTING: BONOBO BAKERY
Friday, January 9
9:00AM-(Bus leaves at 8:50am)
Bonobos Bakery is all about bold flavors, high-quality ingredients, and fresh, handcrafted pastries. Lets go try this new bakery that went viral on social media!
[Please sign up by Wednesday, January 7th in the Wellness Center.](#)

MUSIC: ROCKFISH PRESBYTERIAN CHILDREN'S CHOIR
Saturday, January 10
2:00PM-Gallery
Come support the Children's Choir of Rockfish Presbyterian as they spread some cheer to close out the holiday season!

MUSIC APPRECIATION: PATSY CLINE
Monday, January 12
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, January 13
3:00PM-Gallery
(NOTE TIME CHANGE)
Join Executive Director, Matt Dameron along with CEO, Josh Lyons and CFO Cathy Symanski to find out all the latest happenings here at Summit Square.

HEARING AT HOME
Wednesday, January 14
Hearing at Home will now be held in the Clinic on 1st floor. Call the **Clinic (x3304)** to schedule an appointment.

LUNCH OUTING: DANI'S PIZZA
Wednesday, January 14
12:00PM-(Bus leaves at 11:30am)
Dani's Pizza offers a diverse menu with more than 100 items, including New York-style thin-crust pizzas, specialty pizzas, calzones, Stromboli, subs, burgers, wraps, seafood, and traditional pasta entrees. [Please sign up by Wednesday, January 7th in the Wellness Center.](#)

LIFE MATTERS WITH ANNIE FOERSTER
Friday, January 16
3:15PM-Gallery
Beginnings. Every day is a new beginning and every new year a chance to make a new start, new resolutions of good behavior. Why are we so fascinated with beginnings? They're as old as time itself.

FULL SPECTRUM WELLNESS & MASSAGE
Monday, January 19
Theater Room
30-minute-\$50.00
45-minute-\$60.00
60-minute-\$90.00

WAYNE THEATRE SIGNATURE SPEAKER SERIES: SCIENCE TALK
Tuesday, January 20
7:00PM-(Bus leaves at 6:40pm)
Join guest speakers Tom Benzing and David Verde to hear the story about the adventures of a rubber duck floating from South River's headwaters to the Chesapeake Bay. [Please sign up by Friday, January 16th in the Wellness Center.](#)

SEATED VOLLEYBALL
Wednesday, January 21
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.*

SHOPPING: HOBBY LOBBY & BELK
Thursday, January 22
2:00PM-(Bus leaves at 1:30pm)
We will be going to Hobby Lobby and Belk in Harrisonburg for anyone wanting to shop for the new year! [Please sign up by Tuesday, January 20th in the Wellness Center.](#)

SUMMIT SQUARE'S WINE CLUB
Friday, January 23
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.

BINGO NIGHT
Monday, January 26
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, January 27
3:00PM-Gallery
Join us as we celebrate our January birthdays with refreshments! Come to the Gallery and celebrate with your neighbors and friends.

DOCUMENTARY SERIES: "AMERICA WEALTHIEST FAMILY"
Wednesday, January 28
2:30PM-Theater Room
The fabulously wealthy Du Pont family built an empire in chemicals. Find out why most Du Ponts have shunned publicity, and discover the story of John E. Du Pont, who shot and killed Olympic gold medal-winner Dave Schultz.

MUSIC: JOHN LOCKRIDGE
Thursday, January 29
3:00PM-Gallery
Let's welcome back music performer John Lockridge to Summit Square! You can expect to hear some old country, gospel, and folk songs.

OUTING: SIP CITY SODA SHOP
Friday, January 30
2:00PM-(Bus leaves at 1:45pm)
Enjoy this modern twist on a classic soda counter serves "dirty sodas." You can build your own drink with flavored syrups and cream or pick from the menu of house favorites. [Please sign up by Wednesday, January 28th in the Wellness Center.](#)

LOOKING AHEAD

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!

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 Daggy, 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.](#)

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