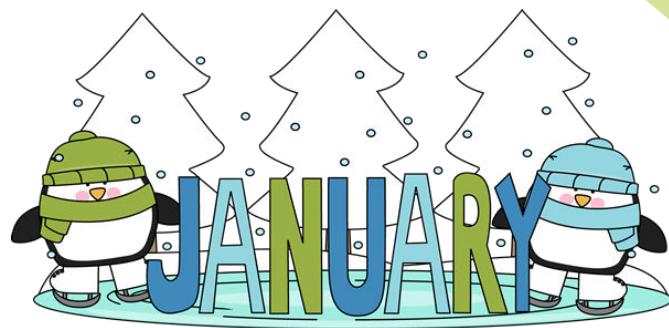


# Celebrations & Announcements

## 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



*I think I made too many New Year's resolutions this year. It took me almost a full day to break them all.*



## 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)

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January 2026

# 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



## 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 Pastor

# Weekly Events & Groups

### Mondays:

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

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

# 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'S 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.](#)

[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.*

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

## 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'S 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.](#)