

Celebrations & Announcements

Team Member Birthdays

Maddie Loan	3
Zohra Giles	3
Emilie Chappell	4
Bea Benson	4
Bo Madison	9
Danie Robinson	9
Brad Wyant	9
Dawnette Young	11
Melissa Yniguez	12
Mary Jones	16
Julia Rocke	16
Kyleigh Staton	20
Wendy Scarbrough	22
Anna Manikus	22
Carrie Montijo	28
Emilee Brasseur	30



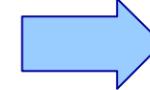
Resident Birthdays

Jim Clark	2
Alan Bemis	4
Bernice Archambeault	5
John Morse	8
Lyn Short	20
Allen Jones	21
Helen Morse	25
Dollie Hanback	27
Peggy Marks	30



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

March 2026

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



Welcome to Summit Square

Ron & Patricia (Trish) Higgins

Apt 507

x3271



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 **Its National Nutrition Month**

I want to introduce myself to all the residents at Summit Square. I am the new Dietitian for Summit and I am very excited to be here, and I hope to be a resource for your nutritional needs. I have been a Registered Dietitian for 29 Years and have worked for Sunnyside Retirement Community for 28 years and very happy to continue being part the Sunnyside Communities.

What better way to kick off the Month of March by celebrating National Nutrition Month. The Academy of Nutrition and Dietetics has selected this year's theme. It is: **Discover the Power of Nutrition.** Nutrition has the power to help both individuals and communities thrive.

This year each week has a different Nutrition Focus. Follow these weekly suggestions to boost your knowledge of nutrition and to build health habits into your day to improve your health and build healthy eating habits.

Week 1: Choose healthy foods from all of the food groups. By alternating and selecting varying foods you are adding a variety of nutrients into your diet. Avoid Fad diets that promote restrictions.

Week 2: Find accurate and reputable sources for nutrition information, those written by nutrition professionals such as a Registered Dietitian Nutritionist. Talk with an RDN who can help you to meet your unique nutrition needs and your health goals.

Week 3: Learn new ways to prepare meals that work with the resources you have. Maybe you eat breakfast or lunch at home, but eat the same thing on a regular basis. This could be as easy as finding new fruits or vegetables to eat with a sandwich, or an easy way to prepare a healthy dish. It is a fun way to add variety and nutrients to your daily intake.

Week 4: Practice good food safety at home, washing fruits and vegetables as well as storing meats, cheese, and dairy properly in your refrigerator. Also, include physical activity that works for you. Maybe it is working out in the Wellness Center, group exercise, or a stroll around Summit Square.

Whatever you choose to do, remember every change you make to your diet is an improvement to your overall health and well-being. Happy National Nutrition Month!

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

Moments of Reflection

By Chaplain Tammy Persinger

“You Are Never Truly Alone”

There are seasons in life when loneliness feels heavier than we expected. As the years pass, we may experience the loss of loved ones, changing health, distance from family, or quieter days than we once knew.

The silence can sometimes feel overwhelming.

But I want to gently remind you of a beautiful truth: **God has not stepped away from you.**

In **Psalm 27:10**, David wrote, “*When my father and my mother forsake me, then the Lord will take me up.*” Even when earthly relationships change, the Lord’s presence remains steady. He is not distracted. He is not distant. He is near.

Jesus promised in **John 14:18**, “*I will not leave you comfortless.*” The word “comfortless” can also mean “orphaned.” Our Savior assures us that we are not abandoned children. We belong to Him.

Loneliness does not mean you are forgotten. Sometimes it is in the quieter seasons that we hear His voice more clearly. The same God who walked with David in lonely caves, who stood with Paul in prison, and who comforted widows and the weary still walks beside you today.

You may not always feel His presence—but His promises are not based on feelings. They are based on His faithfulness.

If today feels especially heavy, try these small steps:

- Speak one scripture aloud.
- Call or write one person.
- Thank God for one memory that makes you smile.
- Sit quietly and say, “Lord, I know You are here.”

Remember: your life still matters. Your prayers still carry power. Your wisdom still blesses others. And your presence in this world is still part of God’s plan.

You are seen.

You are valued.

You are loved.

And you are never alone.

-Chaplain Tammy



3:30 Vespers

March 1

Meredith Webb
Associate Pastor at
Calvary United
Methodist Church

March 8

Brent Keyes
Pastor at Tinkling Spring
Presbyterian Church

March 15

Rodney Gibson
Rockbridge Baptist

March 22

Gene Williams
Retired Clergy United
Methodist Church

March 29

Teresa Sours
Director of Isaiah 61
Ministries

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.

TALES & TRAVEL: CZECH REPUBLIC

**Monday, March 2
3:00PM-Theater Room**
Discover the beautiful architecture of Prague, learn about the world-renowned beer, and more on this tour of the Czech Republic!

SEATED VOLLEYBALL

**Wednesday, March 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.*

FIRST FRIDAY ORGAN RECITAL

**Friday, March 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, March 4 in the Wellness Center.](#)

WAYNESBORO SYMPHONY ORCHESTRA: CHAMBER MUSIC SPRING CONCERT

**Sunday, March 8
3:00pm-(Bus leaves at 2:15pm)**
Join the Waynesboro Symphony Orchestra for their Spring concert of Chamber Music performed by Waynesboro Symphony Orchestra musicians. [Please sign up by Friday, March 6th.](#)

MUSIC APPRECIATION

**Monday, March 9
3:00PM-Gallery**
The 1990 inductees to the Rock N Roll Hall of Fame. There are six groups. Come to the program and find out who they are and listen to some of their songs with other music aficionados-be a devotee along with the rest of us wild and crazy guys and gals.

SECOND TUESDAY MEETING

**Tuesday, March 10
3:30PM-Gallery**
Join Executive Director, Matt Dameron, to find out all the latest happenings here at Summit Square.

HEARING AT HOME

Wednesday, March 11
Hearing at Home will now be held in the Clinic on 1st floor. Call the **Clinic (x3304)** to schedule an appointment.

MUSIC: ELLEN SCHORSH

**Friday, March 13
3:00PM-Gallery**
Ellen Schorsh, pianist, is returning to share her talents with us. Come to the Gallery to relax and listen to her beautiful music.

MUSIC: NICKEL PLATE BRASS QUINTET

**Sunday, March 15
2:15PM-Gallery**
This will be a 30-40 minute program of an all Bach setlist. This will be a practice performance before their group takes on the "Bach Around the Clock" music festival in Staunton.

IRISH PUB | HAPPY HOUR

**Tuesday, March 17
3:00PM-Jacob's Tavern**
Join us for a Happy Hour and St. Patrick's Day treats to celebrate this Irish holiday!

SEATED VOLLEYBALL

**Wednesday, March 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.*

BOOK CLUB WITH LEAH PACK

**Thursday, March 19
6:15PM-4th Floor Solarium**
This month's topic will be a book of your choosing about Lyndon Johnson. This group meets the 3rd Thursday of every month in the 4th Floor Solarium at 6:15pm.

SHOPPING: THE CHEESE SHOP

**Friday, March 20
10:30AM-(Bus leaves at 10:00am)**
Check out the unique cheese and snack selection, and hard-to-find baking ingredients that The Cheese Shop has to offer. [Please sign up by Wednesday, March 18th.](#)

THEATRE IN THE SQUARE

**Friday, March 20
3:15PM-Gallery**
"Dad-Joke Intervention" by Wade Bradford, is a play about a man whose family thinks he goes too far with his sense of humor. His wife and three children have called in a mediator for a joke intervention. That doesn't keep the jokes from flying throughout the play, but you might be surprised at the outcome of the electronic re-setting of dad's brain. The one-act play will be followed by the comedy routine of Pangburn and Pressley on the subject of--wait for it--Mom Jokes.

MUSIC PERFORMANCE: CYNTHIA BOTKIN & GEORGE GOODLOE

**Saturday, March 21
3:00PM-Gallery**
Come see this amazing piano & guitar duo! These two come highly recommended from some of our very own residents. We hope you join us for this weekend's performance.

FULL SPECTRUM WELLNESS & MASSAGE

**Monday, March 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.

MUSIC PERFORMANCE: LISE KEITER AND AMADI AZIKIWE

**Monday, March 23
3:00PM-Gallery**
Let's welcome Professor of Music at Mary Baldwin University, Lise Keiter, Pianist, and Amadi Azikiwe, violin and viola, as they share their wonderful musical talents with us.

BINGO NIGHT

**Monday, March 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, March 24
3:00PM-Gallery**
Join us as we celebrate our March birthdays with refreshments! Come to the Gallery and celebrate with your neighbors and friends.

LUNCH OUTING: PIERS SEAFOOD & GRILL (CHARLOTTESVILLE)

**Wednesday, March 25
11:00AM-(Bus leaves at 11:00am)**
Try the signature seafood boils packed with crab, shrimp, and lobster, as well as lobster rolls, shrimp rolls, steaks, pastas, sandwiches, salads, and more! [Please sign up by Monday, March 23rd.](#)

SUMMIT SQUARE'S WINE CLUB

**Friday, March 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.

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.

HEARING WELL, LIVING WELL PRESENTATION

**Tuesday, March 31
3:00PM-Gallery**
Join Hearing at Home as they discuss the benefits of hearing well, the importance of protecting and maintaining hearing health, and why hearing care matters. They will also discuss how hearing loss impacts, not only the individual, but also their loved ones-emotionally, mentally, and physically.

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