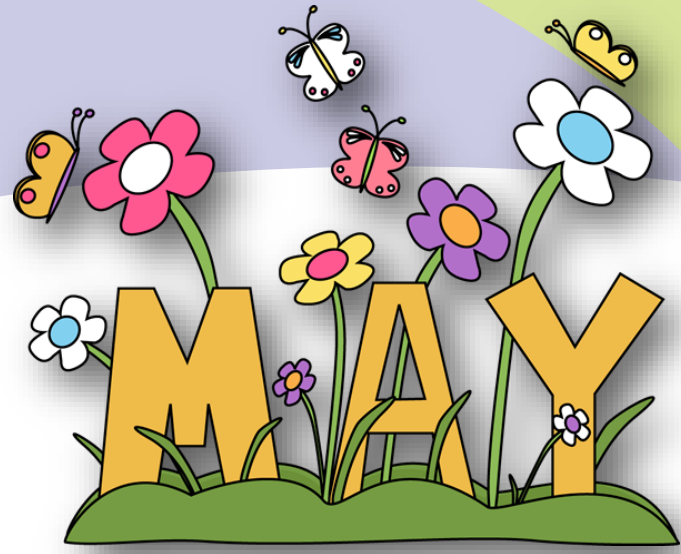


Celebrations & Announcements

Team Member Birthdays

Ashley Flock	2
Braelyn Sims	4
Madison Workman	5
April Remer	9
Wanda Simmons	10
Avery Knight	15
Kalissa Myers	15
Jocelyn Holley	17
Jacob Bell	22
Dominique Lee	28
Jessy Wingfield	29
Kathy Condolff	29
Emily Lozano	30



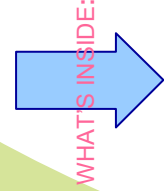
Resident Birthdays

Joan Pullen	1
Don Short	3
Ted Boyd	9
Eleanor Duncan	12
Jeane Custin	14
Gene Mosier	15
Jerry Reese	21
Dan Ross	28



Team Member Contacts

Front Desk (0) * IL Activities (3119) * Wellness Center (3116) * Activities (3300) *
Pastoral Care (3141) * Life Enrichment (3123) * Transportation (3118)



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May 2024

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.**

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 Artwork coming to Summit Square at the beginning of May!

Welcome To Our New Residents

Merium Miles	x3344	Apt. 207
Betsy Carrier	x3212	Apt. 204



Weekly Classes offered in the Wellness Center:

Mondays

9:15 Strength & Stretch
11:00 Cardio Drumming

Wednesdays

9:15 Strength & Stretch
10:30 Chair Yoga
12:00-3:00 Pickleball

Fridays

9:15 Strength & Stretch

Tuesdays

9:15 Let's Get Moving

Thursdays

9:15 Let's Get Moving
10:30 Better Balance
2:30 Line Dancing

THE BENEFITS OF EATING YOUR COLORS:

Red- These contain lycopene, which improves heart health, decreases prostate and breast cancer risk, contributes to stroke prevention and increases brain function. Good sources of lycopene include tomatoes, beets, radish, cherries, strawberries, red onions and red peppers.

Orange/ Yellow -These contain carotenoids, which reduce the risk of heart disease and inflammation, strengthen the immune system, build healthy skin and improve vision. Good sources of carotenoids include carrots, winter squash, apricots, yellow peppers, sweet potatoes, bananas, pineapple, mangoes, pumpkins, peaches and oranges.

Green- These contain indoles and isothiocyanates, which may help prevent cancer. Typically, these foods are high in vitamin K, potassium, fiber and antioxidants. They also contain folic acid, which helps prevent neural tube defects in babies. Good sources include spinach, arugula, broccoli, brussels sprouts, avocados, kiwis, green tea, asparagus, fresh green herbs, kale and artichokes.

Blue/Purple- These contain anthocyanins and antioxidants, which are associated with improved brain health and memory. They also help lower blood pressure and reduce the risk of stroke and heart disease. Good sources include blueberries, blackberries, eggplant, figs, purple cabbage, concord grapes and plums.



Happenings: trips, events, activities.

FIRST FRIDAY ORGAN RECITAL

Friday, May 3

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

This will be a free, 30 minute performance by fan favorite, Roger Dagey, followed by a light luncheon provided by the kind folks at First Presbyterian Church. [Please sign-up by Wednesday, May 1st.](#)

SCHOLA CANTORUM OF WAYNESBORO

Sunday, May 5

3:00PM-(BUS LEAVES AT 2:30PM)

Adam C. Phillips, conductor featuring the music of Aaron Copland, Samuel Barber, Charles Ives, Morten Lauridsen, Jester Hairston, Hall Johnson, Robert Shaw and Alice Parker, Peter Wilhousky, and more. This is a free event. [Please sign-up by Wednesday, May 1st.](#)

MOVIE NIGHT: THE MIRACLE CLUB

Monday, May 6

6:00PM—Theater Room

In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes— and navigate unexpected revelations along the way.

HEARING AT HOME

Wednesday, May 8

10:00AM— Theater Room

Do you have trouble hearing? Do you wear a hearing aid? Do you need your hearing checked? Have you noticed that your hearing aid might need a little maintenance or possibly a new battery? Hearing At Home will be at Summit Square to provide hearing checks and/or hearing aid maintenance. *No appointment necessary unless you would like a hearing test.*

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LUNCH OUTING: MICALI'S TRATTORIA

Wednesday, May 8

11:45AM-(BUS LEAVES AT 11:30AM)

Serving this area since 2001, Micali's Trattoria has its own unique style of Italian cuisine. Enjoy time with your neighbors as we head to Stuarts Draft for lunch! [Please sign up by Monday, May 6th.](#)

MUSIC PERFORMANCE: ME & MARTHA

Thursday, May 9

3:30PM-Gallery

The talented Me & Martha is back! Playing and singing a variety of tunes, we never get tired of this dynamic duo! Join us in the Gallery for some toe tappin' entertainment.

MOTHER'S DAY BRUNCH & SPA

Friday, May 10

10:30AM—Brunswick

Calling ALL ladies! Today, we celebrate you! Join us as we honor you with a special brunch! Complete with "Momosa's", you won't want to miss this opportunity to be recognized and socialize with all the other ladies. Be sure to bring your appetite. We can't wait to celebrate with you!

PROJECT GROWS PLANT SALE & OPEN HOUSE

Friday, May 10

4:00pm-(BUS LEAVES AT 3:30PM)

You will have the opportunity to purchase seedlings for your garden including herbs and annual vegetables. Don't have a garden? They will also be selling fresh veggies out of the GROW Mobile. Come along to support this non-profit organization's mission to grow a healthy community. [Please sign-up by Wednesday, May 8th.](#)

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SECOND TUESDAY MEETING

Tuesday, May 14

3:30PM-Gallery

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

SIP 'N DIP

Wednesday, May 15

2:00PM—Gallery

Bobbi Folk is back for another fun painting opportunity. No need to feel intimidated, this is a step-by-step process designed for beginners and advanced painters alike! Tickets are **\$25.00 per person** and will be charged to your account. The tickets include all painting materials needed and a glass of wine or non-alcoholic beverage. [Please sign-up by Wednesday, May 8th.](#)

SUMMIT SQUARE'S WINE CLUB

Friday, May 17

2:00PM-Jacob's Tavern

The Summit Square wine club will be tasting wines from a select local vineyard each month. If you are interested in joining but have not signed up, please call Savannah Hull x3119 for more information.

SPRING BAND CONCERT- CHARLOTTEVILLE

Saturday, May 18

3:00PM-(BUS LEAVES AT 2:00PM)

Enjoy an afternoon with the Senior Center Bands -Flashbacks, Second-Wind and First -Wind Band, under the direction of Bob Dunnenberger. This event is open to the community and is **FREE**. You will even spot one of our very own residents from Summit Square! [Please sign-up by Wednesday, May 15th.](#)

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TALES AND TRAVEL- BRAZIL

Monday, May 20

3:00PM—Theater Room

Discover the beauty of Brazil on this trip. We will explore interesting landscapes, learn about unique creatures, and see cultural dances.

DOCUMENTARY SERIES: "LOST CITY OF THE INCAS"

Wednesday, May 22

2:30PM- Theater Room

Nestled high in the Peruvian Andes, Machu Picchu stayed hidden until Hiram Bingham stumbled on it in 1911.

WALKING CLUB:

Friday, May 24

11:00AM-(BUS LEAVES AT 10:45AM)

It's always better together! This club is to encourage everyone to get up and get moving. Every month we will take a trip to a different walking destination. Coyner Springs Park will be our third adventure. [Please sign-up by Wednesday, May 22nd.](#)

BLOCK PARTY

Friday, May 24

4:00PM-Front Parking Area

What better way to kick off the summer season than with your friends at the Square? We will fire the grill up at 4:00pm to get us started at 4:30pm. Little Walters and the Convictions will play from 5pm-6pm. You can also grab you a dessert from the Sweet Treat Ice Cream truck!

MEMORIAL DAY SERVICE

Monday, May 27

10:30AM-Chapel

Join us in the Chapel as we hold a service in remembrance of those that have gone before us.

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BIRTHDAY SOCIAL

Tuesday, May 28 (Note Date Change)

3:00PM—Gallery

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

GRATITUDE MASSAGE AND WELLNESS

Wednesday, May 29

Theater Room

Appointments can be made by calling Savannah (x3119). Please call by Wednesday, May 15th to schedule your appointment.

Prices are as follows:

\$50 for 30 min

\$65 for 45 min

\$80 for 60 min

\$95 for 75 min

SHERANDO LAKE KAYAKING & LUNCH TRIP

Friday, May 31

10:45AM-(BUS LEAVES AT 10:15AM)

Join Savannah and Anna on a beginner kayaking adventure! No experience necessary and if you have questions do not hesitate to ask Savannah. Lunch will be \$7.50 and will be charged to your account. [Please sign-up by Wednesday, May 15th.](#)

LOOKING AHEAD

ANTIQUÉ CAR SHOW

Saturday, June 1-Fundraising Event

9:30AM-11:30AM-Front Parking

See some of the area's best classic and antique cars on display. Learn the history of these timeless and vintage cars from the owners. Enjoy a morning filled with fun, food, and music. Breakfast items will be for sale. All proceeds will benefit the Alzheimer's Association.

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

David's Corner

“For the Lord is good and his love endures forever; his faithfulness continues through all generations.” Psalm 100: 5

At 108 Charlie White knew something about living! David Von Drehle spells out the wisdom of his remarkable life in “The Book of Charlie.” At age 107 he was asked about his philosophy of life. He looked surprised for he had been too busy to stop and think about this. After he passed away his family found the following list that distilled his philosophy of life. I would like to pass this list on to you. Tell me what you think of it.

Think freely.	Practice Patience.	Smile Often.
Savor Special Moments.	Feel Deeply.	
Observe Miracles.	Make Them Happen.	
Be Soft Sometimes.	Cry When You Need To.	
Make Some Mistakes.	Learn from Them.	
Work Hard.	Spread Joy.	

Charlie was a doer. He and three buddies upon graduation from high school in 1922 (he was 16) drove a Model T to the west coast before any road system existed. He went to medical school before penicillin when a doctor's bedside manner was the most therapeutic item in his medical kit. He was trained in anesthesiology, a new discipline, during the war while in the service and was a pioneer in the field. After his first two wives died a medical colleague's wife set him up for a date with a “younger woman” in her 80's. He was 102. Get the picture?
This list is worth sticking to the mirror in the bathroom so you can read it to start the day! Perhaps, you can pick one of these each day to focus upon.

-Chaplain David



3:30 Vespers

May 5

Linda Kusse-Wolfe
Retired United Methodist
Elder

May 12

David Wolfe & Luke Hayes

May 19

Brint Keyes
Pastor at Tinkling Springs

May 26

Merle Fisher
Retired Presbyterian 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

Thirteen

6:00PM—Front Lobby

Tuesdays:

Kroger/ Martins Alternating Shopping Trip
2:00PM - Front Lobby

Thursdays:

Coffee & Conversation
1:00PM-Theater Room
Contact: Savannah Hull

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

Thirteen
6:00PM—Front Lobby

Saturdays:

Heartland
6:15PM– Theater Room
Contact: Louise Sweet



First Walking Club trip to the Grand Caverns, located in Grottoes, VA.

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.