

For Your Info...

Weekly Events & Groups

Welcome to Our New Residents



John & Robbie Davis
Apt 229
x3256

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:

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

Kazoo Practice

3:15PM-4th Floor
Solarium
Contact: Allen Jones

Blank Slate Game

4:00PM-4th Floor
Solarium
Contact: Allen Jones

Thirteen

6:00PM-Front Lobby

Book Club- Third Thursday of the Month
6:15PM-Library
(3rd Floor)

Fridays:

Mexican Train Dominoes
1:00PM-3:00PM-Front
Lobby
Contact: Ruth Ann 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

Mexican Train Dominoes
6:00PM-Front Lobby



Team Member Contacts

*Resident Services & Transportation (3118) | Life Enrichment (3119) |
Wellness Center (3116) | MS, AL, & HC Activities (3300) | Pastoral Care (3141)
| Clinic (3304) |*

The Summit Up

September 2026

September At A Glance

Outing: Chiswell Farm and Winery
Friday, Sept. 4th

Labor Day

Monday, Sept. 7th

Back in the Groove Dance Group-Back Parking Area

Tuesday, Sept. 8th

Lunch Outing: Blue Mountain Brewery
Wednesday, Sept. 9th

First Responders Picnic-Front Parking Area
Friday, Sept. 11th

First Day of Autumn
Tuesday, Sept. 22nd

Outing: Tour of Stuart Draft (Country Connections, Dairy Queen, The Cheese Shop)
Wednesday, Sept. 23rd

Summit Square Retirement Community

Just Another Day...



...at the Square

Resident Birthdays

Shirley Nelms	7
Henry Moffett	7
Betty Porter	8
Altha Racer	13
Anne Barnes	14
Jim Wilson	16
Marilyn Durham	22
Mary Piller	27
Betsy Carrier	27
Walt Lewis	28
Fletcher Freeman	30

Team Member Birthdays

Jim Manchester	2
Michelle Johnson	12
Vaiden Hite	12
Travis Burnett	26
Ken Morris	29

Moment of Reflection

By Chaplain Tammy Persinger

Give Me This Mountain!

How do you view the challenges that come with aging? It is easy to look at a new physical limitation, a change in environment, or a loss of independence and feel like the best days are behind us. But the scriptures offer us a completely different perspective on growing older.

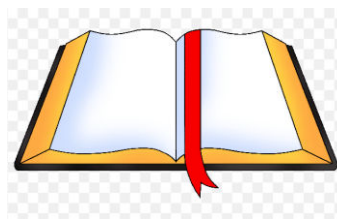
In the book of Joshua, chapter 14, we meet a man named Caleb. At 85 years old—an age when most people would expect to rest—Caleb approaches Joshua with a bold request. He looks out at a rugged, difficult hill country filled with fortified cities and giants, and he says: *"Now therefore, give me this mountain"* (Joshua 14:12). Caleb did not ask for an easy, flat valley to settle into. He asked for a mountain. He knew he was older, but he declared that he was just as full of faith and spiritual vigor as he was 45 years prior. His strength didn't come from his physical body; it came from his unwavering trust that God was still with him.

Our "mountains" change as we age. Your mountain today might be navigating a new health diagnosis. It might be adjusting to life in our community, or finding the strength to smile through chronic pain. It might simply be the daily battle against loneliness or worry. Caleb's story reminds us of three beautiful truths for our season of life:

- **Age does not diminish your value.** God still had a grand purpose for Caleb at 85, and He still has a deep, meaningful purpose for you today.
- **Your spiritual strength can still grow.** While our physical bodies change, our faith, our wisdom, and our prayers can become more powerful than ever.
- **You do not climb alone.** Caleb's confidence wasn't in his own strength, but in the promise that the Lord would be with him.

No matter what mountain is standing in front of you, do not be discouraged by its height. Take heart, lean into the presence of God, and know that the mountain is yours for the taking in and through Christ Jesus!

-Chaplain Tammy



3:30pm Vespers

September 6

Tom DuMontier
Priest at St. John's
Episcopal Church

September 13

Rodney Gibson
Pastor of Rockbridge
Baptist Church

September 20

Good Time
Gospel Quartet

September 27

Gene Williams
Retired Clergy United
Methodist Church

The Nutrition Corner

by Jodi Taylor, Registered Dietician Nutritionist at Summit Square

Food and nutrition are always making news. Especially now in a world of social media. With Google, Facebook, and Instagram at our fingertips we have been bombarded with information, especially as it relates to nutrition. This information offers us advice, how and what we should eat, how much we should exercise, and the current fad diet or the latest quick weight loss program. This information can leave us conflicted and asking, "what are my best choices?"

As we age our nutrition needs are greater than when we were younger. Aging places us at a risk for vitamin/nutrient deficiencies and disease such as diabetes and cardiovascular disease. Following some of the "latest" advice or nutrition recommendations is not always the best for older adults. Some fad diets limit or eliminate foods that are good sources of proteins and nutrients. Others restrict calories, or change eating patterns. Other information out there is given by non-nutrition professionals posing as "nutrition experts." What can you do to make sure you are getting your nutritional information from reputable sources?

First, speak to a nutrition expert such as a Registered Dietitian. Nutrition and Dietetic professionals seek out science-based information, and maintain credentialing through a nationally recognized credentialing organization of the Academy of Nutrition and Dietetics. This organization sets the standards for training and maintaining education of Registered Dietitians. Registered Dietitians are your best source to help you navigate the latest nutrition information.

Online resources such as **Eatright.org**, the Academy of Nutrition and Dietetics website offers all types of practical information to the public. In addition, make sure that things you are reading are backed by reputable sources that use science-based information. Remember, if nutrition information is promising a "quick fix" or if a web site is recommending you buy their product; question it, be skeptical, and do some research. One of the best ways to navigate information is talk to your nutrition professional. We can bring credibility and understanding to nutrition as it relates to your daily life, health care, and nutrition policies, to help you shape your decisions regarding nutrition.

Contact information: x3320 or jtaylor@summitsquare.cc



Monthly Featured Activities

DAILY LIVING ROUTINES PRESENTATION

Tuesday, September 1

3:00PM–Gallery

Join Crystal Evatt from At Home Care to learn simple tips for staying safe, organized, and independent at home. Discover ways to reduce fall risks, create helpful daily routines, and manage medications safely.

SEATED VOLLEYBALL

Wednesday, September 2

2:30PM–Wellness Center

This is a great opportunity for some exercise and friendly competition! *No experience necessary.*

MUSIC: ME & MARTHA

Wednesday, September 2

3:00PM–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.

WAYNESBORO LIBRARY BOOK BIKE VISIT

Thursday, September 3

2:00PM–2:30PM–Front Lobby

You can get a library card, renew one, and check out books at this visit.

OUTING: CHISWELL FARM & WINERY

Friday, September 4

11:30AM– (bus leaves at 11:00am)

Enjoy the peaceful scenery and the opportunity to sample locally crafted wines while taking in the charm of this historic property. **There is no lunch menu available at the winery. You are welcome to bring your own lunch or snacks to enjoy during the outing.** [Please sign up by Wednesday, September 2nd on Wellzesta](#)

SECOND TUESDAY MEETING

Tuesday, September 8

3:30PM–Gallery

Join Executive Director Matt Dameron, to find out all the latest happenings.

BACK IN THE GROOVE DANCE GROUP

Tuesday, September 8

6:00PM–Back Parking Lot

It's time to get groovy! This group of ladies range from ages 50-99. They're so excited to perform some of their new routines for us!

BLUE MOUNTAIN BREWERY

Wednesday, September 9

11:30AM–(bus leaves at 11:00am)

Enjoy the beautiful mountain scenery, great company, and a relaxing afternoon at one of the area's popular brewery destinations. [Please sign up by Monday, September 7th on Wellzesta.](#)

FIRST RESPONDER PICNIC

Friday, September 11

11:00AM–1:00PM–Front Parking Area

In honor and remembrance of Patriot Day, we will be hosting our annual First Responder's picnic. Join us in the Front Parking area as we serve local first responders' lunch. May we never forget the sacrifices that were and are made each and every day by our First Responders. God Bless America!

HEARING AT HOME OPTICAL MOBILE UNIT

Monday, September 14

9:00AM–Clinic on 1st Floor

Hearing at Home is now offering optical services including frame selection, optical measurement, prescription eyeglass ordering, and eyeglass repairs and adjustments. **Please call the clinic at x3304 to make an appointment.**

MUSIC APPRECIATION

Monday, September 14

3:00PM–Gallery

Join us for an enjoyable afternoon as we talk about some of Virginia's most famous singers and musicians, including Patsy Cline, Roy Clark, Ella Fitzgerald, Ruth Brown, Pearl Bailey, Gene Vincent, Bruce Hornsby, Steve Earle, and Ricky Van Shelton.

OUTING: RIDE TO CHURCHVILLE

Tuesday, September 15

9:30AM– (bus leaves at 9:30am)

Sit back, relax, and enjoy a leisurely road trip with no destination! We will take in the sights and scenery along the way. [Please sign up on Wellzesta by Wednesday, September 9th.](#)

SEATED VOLLEYBALL

Wednesday, September 16

2:30PM–Wellness Center

This is a great opportunity for some exercise and friendly competition! *No experience necessary.*

FALL VENDOR FAIR

Friday, September 18

11:00AM-2:00PM–Front Parking Area

Join us for our second Autumn Craft and Vendor Fair as we welcome a variety of local artists, crafters, and vendors. This event is open to the public, so invite your friends and loved ones.

LIFE MATTERS WITH ANNIE FOERSTER

Friday, September 18

3:15PM–Gallery

I don't want to put you to sleep, just help you relax. I'll be talking about the benefits of meditating and guiding you through some spoken meditations.

FULL SPECTRUM WELLNESS & MASSAGE

Monday, September 21

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.

TALES & TRAVEL: SOUTH KOREA

Monday, September 21

3:00PM-Theater Room

Join Waynesboro Public Library as we virtually explore South Korea. We will learn about how kimchi is embedded in the culture, learn more about the women divers of Jeju, and discover historical palaces.

FALL PREVENTION AWARENESS DAY WORKSHOP

Tuesday, September 22

1:00PM–Wellness Center

Join Linda Revis to learn about fall prevention, how Tai Chi can improve balance, and how therapy can help you stay strong, steady, and safe.

OUTING: DAY IN DRAFT

Wednesday, September 23

11:30AM– (bus leaves at 11:00am)

Join us for a fun day out exploring Country Connections and browsing their unique selection of local goods. We'll also stop by The Cheese Shop for delicious specialty cheeses and treats, followed by a stop at Dairy Queen! [Please sign up by Monday, September 21st on Wellzesta.](#)

WINE CLUB

Friday, September 25

2:00PM–Jacob's Tavern

If you are interested in joining the wine club for 2026 *please see Savannah Hull (x3119).*

BINGO NIGHT

Monday, September 28

6:00PM–Gallery

Come enjoy some classic bingo fun! You may even win one of the baked goods made by our very own resident, Betty Allen.

BIRTHDAY SOCIAL

Tuesday, September 29

3:00PM–Gallery

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

SEATED VOLLEYBALL

Wednesday, September 30

2:30PM–Wellness Center

This is a great opportunity for some exercise and friendly competition! *No experience necessary.*

SAVE THE DATE:

THEATRE IN THE SQUARE

Friday, October 2

3:00PM–Gallery

A new production of Theater in the Square is coming then. Be prepared for something entirely different from our usual productions.