

The Graceful Connection

DECEMBER 2025



IT'S A WONDERFUL LIFE: THE RADIO SHOW

Saturday, December 13th at 3pm & 7pm. Experience the beloved holiday classic reimagined as a live 1940s radio broadcast, complete with vintage microphones, sound effects, commercials and YOU as the studio audience! Enjoy hot cocoa and Christmas cookies at the performance. Open to the public. Tickets are required, but event is free to residents

Admission is a free-will donation which will go to support the Iowa City Community Theater's next performance and a suggested non-perishable food item for our food drive. Email to reserve your spot at rsvp@thesummitofcoralville.com

LUNCH-N-LEARN WITH GREEN COUNSELING

"Mental Health Considerations & Strategies for Older Adults"

Friday, December 5th at 11am. Mental Health Counselors from Green Counseling, Leah Gehlsen Morlan and Katie Pollpeter, will speak on the emotional well-being and unique mental health needs of older adults. Their presentation will cover recognizing signs of depression, anxiety, and memory changes, along with practical coping tools for grief, life transitions, and finding purpose. They will also highlight mindfulness, meditation, and yoga-based wellness techniques to support overall wellness.



2ND ANNUAL HOLIDAY TOUR OF HOMES

Wednesday, December 17th 1:00-2:45pm.

Sign up to be on our 2025 Holiday Tour of Homes! Show off your holiday decorations and your lovely home to other residents. Viewing is only open to current residents of The Summit of Coralville. Please join us after the Home Tour for the 3pm holiday concert with Lena Adams.

A WORD FROM OUR EXECUTIVE DIRECTOR, DARA FISHNICK



December reminds us of the blessings we each have in our lives and the fond memories we have of the holidays we have spent with loved ones.

It may be easy to focus upon what has been lost over the years, but try to readjust your thoughts to see the good you have around you. Each of you is truly a gift to the staff and to each other! The fun and holiday traditions are made extra special when done with friends both new and old. To quote Charles Dickens, "There is nothing in the world so irresistibly contagious as laughter and good humor."

Spread some good cheer this season to those around you. Please let us know if there is anything we can do to improve your day! We value each and every one of you- your input and traditions- and want to make your home the best it can be for you. Happy holidays!

HOLIDAY BREAKFAST WITH SANTA

Saturday, December 13th from 7am-10am. \$15/guest.

RSVP by December 10th. Invite your kids, grandkids and great grandkids for a delicious breakfast in Cafe Bridgewater and a photo session with Santa Claus! You might even see some of Santa's elves helping that day!



ELEGANT CHRISTMAS DINNER



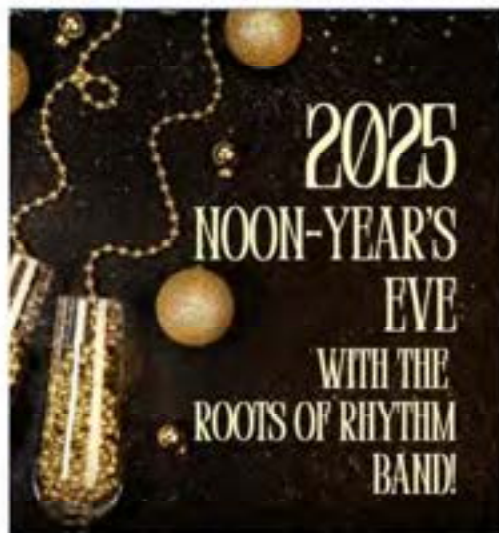
Christmas Day dinner on December 25th will be an elegant affair, open only to residents. This will replace a Christmas Buffet.

DECEMBER EVENTS

- 12/1-12/31 Food Bank Collection
- 12/1 Veteran's VA Benefits Info Event
- 12/2 Duke Zecco Music
- 12/2 Village Family Christmas Party
- 12/3 Silver Point Drawing w/ Don B.
- 12/3 Craig Dove- pianist
- 12/4 Voices of Experience Concert
- 12/4 Mt. Vernon Brass Concert
- 12/5 Green Counseling Lunch-N-Learn
- 12/6 Pearl Harbor Talk
- 12/7 White Christmas Theater Outing
- 12/8 Gingerbread House Making
- 12/9 Barefoot Becky Polka
- 12/9 Holiday Lights at the Lake Bus 1
- 12/10 Author Talk- Judy Krell
- 12/11 Culinary Chat
- 12/11 Bell Choir Concert
- 12/12 Christmas Traditions & Carols
- 12/12 Preucil School of Music Perform
- 12/13 Breakfast with Santa
- 12/13 It's a Wonderful Life: Radio Show
- 12/14 Menorah Lighting Ceremony
- 12/15 Communion Service
- 12/15 John Murphy- Book Talk
- 12/15 Old Capital Bones Concert
- 12/16 Christmas Mixer with Dave Wirtz
- 12/16 Parkinson's Support Group
- 12/17 Holiday Tour of Homes
- 12/17 Lena Adams Concert
- 12/17 Holiday Lights at the Lake Bus 2
- 12/18 Old Capital Barbershop Group
- 12/22 Make Christmas Cookies/Candy
- 12/21 Winter Solstice Events
- 12/22 12 Days of Fitness Challenge
- 12/22 Iowa Brass Ensemble
- 12/23 Sing Christmas Carols
- 12/23 Resident Gift Exchange
- 12/23 Resident Meeting
- 12/24 Twas the Night Before Christmas reading with Cocoa
- 12/25 Plated Elegant Christmas Dinner
- 12/29 Keeping Their Candle Lit
- 12/30 A Year in Review Slideshow
- 12/31 Sip & Sparkle Noon-Year's Eve with Roots of Rhythm Band



SPARKLE & SIP NOON-YEAR'S EVE PARTY



Wednesday, December 31st at 11am,
Dress to impress in your sparkly best and join us, as the Roots of Rhythm jazz band helps us ring in the New Year! They will finish their set at 11:55 then play Auld Lang Syne as we toast the "Noon-Year" at 12pm!

HOLIDAY TOURS OF LIGHTS AT THE LAKE



Experience the magic of the season with an outing to see these fabulous holiday experiences!

- **Sunday, Dec. 7th: Christmas Cabaret: Christmas at the Movies** (special senior living rate of \$10/ticket) presented by Rich Heritage of Cedar Rapids Theatre Company. Sign up by 12/4.
- **Tuesday, December 9th: Our 1st Holiday Tour of Lights at the Lake** (free, but any donation at the gate goes to The Birdhouse hospice program). Sign up in mailroom.
- **Sunday, December 14th: White Christmas** at the Coralville Center for Performing Arts (\$32/ticket). Sign up by 12/10.
- **Wednesday, December 17th: Our 2nd Holiday Tour of Lights at the Lake** (free, but any donation at the gate goes to The Birdhouse hospice program). Sign up in mailroom.

RESIDENT AMBASSADORS

Thank you to our many residents who have volunteered to be a part of our Resident Ambassador Program! These residents have gladly jumped in to welcome and show around our new residents while helping them find their niche in the community. Ambassadors may help as it best fits their schedule. Please see resident, Dee Johnson, for a nametag. Contact either Shawna Klein or Katie Chism if you are interested.



December Birthdays

Olga Sassine 12/8

Lois Lembke 12/8

Jean Hall 12/9

Barb Brown 12/9

Dave Kyllingstad 12/10

Karla G. (Med Tech) 12/12

Bob Brenner 12/13

Melissa S. (Server) 12/13

Josie C. (Med Tech) 12/14

Tee W. (Care Aide) 12/18

Xya H. (Med Tech) 12/18

Danielle Erickson 12/20

Khila B. (Housekp.) 12/20

Gerry Krezek 12/21

Bob Olney 12/23

Jean Lynn 12/24

Carole Bloeser 12/25

Chris Rushton 12/25

Carol R. (Front Desk) 12/26

Wanda Crombie 12/29

Yazan E. (Server) 12/30



THE JOY OF GIVING

December brings a special kind of energy to our community; a blend of generosity, celebration, and togetherness that truly embodies the spirit of the season. We're excited to launch the **Graceful Giving Food Drive**, a meaningful opportunity to support local families and organizations

during a time when need is often greatest. To deepen our collective impact, **Grace Management will proudly match community food donations of up to 100 pounds, helping each contribution go even further.** Throughout the month, we also recognize and honor the rich traditions celebrated by many, including Christmas, Hanukkah, and the Winter Solstice, each offering its own way of bringing light, hope, and connection into our lives. Thank you to all staff, residents and family members who helped give back to our surrounding communities this year!



2025 Summit of Coralville Volunteer/Donations this year:

- *****Every month we have 4-5 residents volunteer at Houses into Homes 4-5 times a month so they volunteer a total of 20-25 hours each month total.**
- **Dec 2024- Wreath Festival funds to Iowa City Alzheimer's Association: We raised \$1095**
- **Dec 2024- Donated 45 Blessing Bags to Shelter House of food, gloves, socks and hand warmers**
- **Jan- dog beds for shelters- Safe Haven Animal Shelter Donation: 6 dog beds made by residents, dog toys, food & snacks**
- **Feb- The Heart Foundation \$482 donation from baskets at Let's Taco Bout Heart Health**
- **Feb- American Red Cross Donation- 26 pints of blood in Blood Drive**
- **Mar- Alzheimer's Pancake Breakfast- \$907 donation to benefit Alzheimer's Association of Iowa City**
- **Mar- Donated chef-prepared pastries and coffee to the Coralville Fire Depts- delivered by our Village Residents**
- **Apr- Good Friday Fish Fry & "The Old Man Band" – donations for Alzheimer's raised \$265 for Alzheimer's Association of Iowa City**
- **Apr- Donated chef-prepared pastries and coffee to the Coralville Police Dept- delivered by our Village Residents**
- **May- Hosted a Chef-prepared Lunch for ROTC with 20 of our veterans- hosted 10 Cadre and Cadets**
- **June- Food Drive- Donated 115 pounds of non-perishable foods to the HACAP Food Reservoir, which provides food to families of children who use the food backpack program**
- **June- Donated \$300 to Classy Chassis Car Club for their car show- this donation goes to Iowa City Hospice**
- **July- Donated \$200 to the University of Iowa Saxophone program for their performance**
- **Aug- School backpack drive- donated supplies to fill 10 backpacks for Kirkwood Elementary School and \$70 in cash donations**
- **Aug- American Red Cross Blood Drive- donated 31 pints of blood**
- **Aug- donated 180 baby hats to the University of Iowa for newborns (so far this year)**
- **Sept- Donated \$150 for a presentation from the RARE Group- dedicated to the rescue, rehabilitation, and conservation of birds of prey throughout Iowa.**
- **Oct- Donated \$150 for Wildthunder Wild Animal Rescue and Rehabilitation presentation**
- **Oct- made bracelets for Breast Cancer Awareness- raised \$170 for University of Iowa Cancer Center**
- **Oct- donated 51 baby hats to the University of Iowa for newborns**
- **Nov- Clothing Drive for The Shelter House- donated (15) 30 gallon trash bags of clothing- including over 100 shirts, 15 warm coats, 10 pair of shoes, towel sets, several pairs of gloves and numerous pairs of pants for men and women**
- **Dec- Food Drive- Donation will go to the Coralville and North Liberty Food Banks**
- **Dec- Wreath Festival- 8 wreaths for silent auction. Proceeds will go to the Alzheimer's Association of Iowa City.**

SO MANY LEARNING OPPORTUNITIES

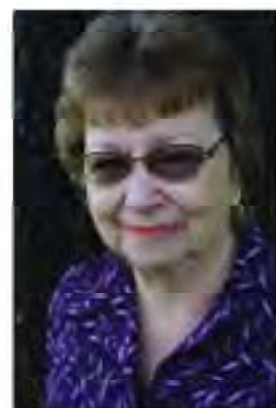


DON BUFFINGTON PRESENTS HIS SILVERPOINT DRAWINGS OF NATIVE AMERICANS

Wednesday, December 3rd at 11am. Learn about Don's artistic talent in Silverpoint Drawing. We are excited to hear about this unique technique and see the many intricately detailed pictures he has created of Native Americans over the years. **His artwork will be on display (as a show, not for sale) in the Gift Shop throughout December.**

AUTHOR TALK WITH JUDY ANN KRELL MORSE

Wednesday, December 10th at 1pm. Pastor, Judy Ann Krell Morse was originally published in the daily devotionals- *The Upper Room* and *The Secret Place*, and then decided to write her own books. Her easily relatable everyday situations touched readers and they enjoyed the scripture verses and simple prayers related to each devotion. Enjoy her presentation of her short stories in her books "Experiencing God's Love Every Day" and "Simple Signs of God's Love." Books will be available for sale and signing at the presentation. Books are \$12 each or 2/\$20.



A 'HAWK' FOR ALL SEASONS



Earle "Murph" Murphy
Ten decades of memories from a loyal
Hawkeye fan and Iowa City business owner
Written by Earle Murphy, Ann Murphy, Frances and Ann Murphy

JOHN MURPHY- TALKS ABOUT "A HAWK FOR ALL SEASONS"

Monday, December 15th at 2pm- Join us for an insightful delve into the book "A Hawk for All Seasons," co-authored by staff member John Murphy. This book is filled with ten decades of memories from a loyal Hawkeye fan and Iowa City business owner, Earle "Murph" Murphy.

MARCI'S MEMORABLES: TRADITIONS OF CHRISTMAS

Friday, December 12th at 2pm.

Marci Wittles presents as a one-woman play! Discover the history of the traditions many of us observe and participate in Christmas carol singing during this session!



CONTINUE THE TRADITIONS

Why do we love the traditions we had throughout childhood?

Traditions are important because they provide a sense of belonging, create lasting memories, and connect us to our past while shaping our identity. We look forward to providing you the same fun and lasting memories this season! Twas the night before Christmas, cookie making, decorating a gingerbread house, a gift exchange, Holiday Spirit week, collecting food for those without, making ornaments, singing carols, Christmas Eve church service, seeing the holiday lights, watching Christmas plays, lighting the Menorah and ringing in the New Year will all be on our calendar this December! Please join us for the fun and fellowship!



KEEPING THEIR CANDLE LIT CEREMONY

Monday, December 29th at 3pm. Unite with fellow residents in the Forum Theater as we remember and honor each of the residents we have lost in 2025.

A YEAR IN REVIEW SLIDESHOW

Tuesday, December 30th at 3pm in the Forum Theater. Participate in a fun skip down memory lane as we watch a picture slideshow from the events of 2025!

NOON-YEAR'S EVE PARTY

Wednesday, December 31st at 11am. Wear your fancy attire and tap your toes to the jazz music of the Roots of Rhythm band as we ring in the new year with a toast at NOON! (No one wants to stay up 'til midnight!)

NEW YEAR'S DAY PAJAMAS AND PANCAKES

Thursday, January 1st at 7am-10am in Cafe Bridgewater. Chef's making pancakes with all the toppings! Wear your pajamas or a robe to breakfast! We'll all be in our jammies too!



HANUKKAH: THE FESTIVAL OF LIGHTS

Join us at 4pm in the Grand Lounge, each day of Hanukkah (December 14th - 21st) for the daily blessing and the lighting of the next candle on the Menorah.

DECEMBER 2025

Like us on Facebook: [thesummitofcoralville](https://www.facebook.com/thesummitofcoralville)

View the Resident Directory at:

summitdirectory.my.canva.site/-

Contact Life Enrichment for the password

The Village News

The Village Gardens: 1st Floor Memory Care Neighborhood with men and ladies.

The Village Views: 2nd Floor Memory Care Neighborhood with only ladies.

Weekly activities include brain games, story telling, sensory sessions, team cuisine, music therapy, hydration sessions, arts and crafts, pet therapy, bus outings, daily fitness in the neighborhoods and some external fitness classes. **Families are welcome to attend any activity and we especially invite families to attend the music and theater events with your resident in the community!**

Village Bus Outings

Scenic Drives every Monday & Wednesday (one neighborhood each day)

Bus Tour Holiday Lights at the Lake: 12/8 (Village Gardens) 12/16 Village Views



The Village Family Events

The Village Neighborhoods Combined Family Holiday Party: Tuesday, December 2nd at 6pm in the Forum Theater. Enjoy fun, snacks, and singing with your loved one. Please bring a smile to their face and plan to attend if you are able.

Breakfast with Santa: Saturday, December 13th from 8:30-9:30am in each neighborhood. Santa will be rotating between both neighborhoods and Cafe Bridgewater from 7am-10am. All guests are \$15. Photos available with Santa also!

It's A Wonderful Life: the Radio Show: Saturday, December 13th at 3pm & 7pm. This is a free-will donation at the door to support the Iowa City Theater Company.

Ugly Holiday Sweater Party with Dave Wirtz Music: Tuesday, December 16th @ 3:15pm in the Forum Theater. Sing along with Dave and enjoy festive snacks!

Cookie & Candy Making: Monday, December 22nd from 9am-12pm in the Bistro. Family volunteers would be very helpful!

T'was the Night Before Christmas Hot Cocoa Social- Wednesday, December 24th @ 2pm in the Forum Theater.

Sparkle & Sip Noon-Year's Eve Party- Wednesday, December 31st from 11am - 12pm. Dress in your sparkly, fancy attire and enjoy music from the Roots of Rhythm jazz band and then help us count down to the new year as we raise a toast at 12 NOON.

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12 Days of Fitness Challenge

Stay active over through the holiday season and start the New Year strong with our 12 Days of Fitness Challenge! Each day features a new challenge, with simple at-home activities or in-person classes designed to support your whole-body well-being—physical, mental, emotional, and social. From fun movement challenges and easy strength exercises to nutrition tips, mindfulness moments, and ways to stay socially connected, every day offers something fresh and engaging. Learn small, realistic habits that make a big impact on your health—while having fun along the way! Want to join? Grab your challenge sheet in the mailroom and start the countdown to a healthier, happier you!



Reminders

- **Doctor appointments:** Please make sure to give Robbie, Wellness Director, your After-Appointment follow up notes. We can not implement new medicines or care procedures if we do not have the doctor's orders.
- **Reserve your family gathering rooms now for the holidays.** Contact Shawna Klein, Life Enrichment Director at X4007.
- **No live wreaths or live Christmas trees in your apartment or on your door due to fire hazard.**
- **Sign up for the LifeLoop app!** Shawna will need your phone number and e-mail to set you up.

STAFF CONTACT LIST

Title	Staff Member	Phone Extension	E-mails are @thesummitofcoralville.com
Executive Director	Dara Fishnick	X4004 X4001 X4002	Dfishnick
Front Desk	Jami Tandy / Tina Reynolds	X4013	Jtandy
Business Office Manager	Jenny Vang	X4010	JVang
Director of Health & Wellness	Robbie Hinz, RN	X4015	Rhinz
Asst. Director of Health & Wellness	Sami Barlow, RN	X4015	SBarlow
The Village Nurse	----	-----	-----
Sales Counselor	Katie Chism	X4006	KChism
Sales Counselor	----	X4014	-----
Sales & Marketing Coordinator	----	X4005	-----
Director of The Village	Meriyah Jenkins	X4020	MJenkins
Director of Life Enrichment	Shawna Klein	X4007	SKlein
Director of Fitness	Amberly Bult	X4008	ABult
Executive Chef	Austina Smith	X4003	ASmith
Dining Room Manager	Allen Norton	X4018	ANorton
Director of Housekeeping	Angelique Morales	-----	AMorales
Director of Maintenance	Chuck Cherry	Contact Front Desk for work requests.	
FOX Therapy	PT, OT & Speech Therapy	X4034	Breanna.Bender @ FOXrehab.org
Graceful Spa	Vanessa Patterson (M & W)	319-325-4217	----
Graceful Spa	Elizabeth Sanchez (T & Th)	319-800-3986	----
Graceful Spa	Kelsey Szeto (F)	563-608-1812	----