

Special Events

Fieldtrip: Fannie Mae Chocolate Factory
February 3

Client Council
February 13

Rainbow Room Meeting
February 24

Movers Room Meeting
February 25



February Birthdays

Stan February 6
Alice February 6
Emmett February 9
Catherine February 11
Louise February 14
Charlene February 23
Pat February 23

Holiday Closures

February 16 – Presidents' Day
April 3 – Good Friday
May 25 – Memorial Day
July 3 – Independence Day
September 7 – Labor Day
November 26 – Thanksgiving Day
November 27 – Day after Thanksgiving
December 24 – Christmas Eve
December 25 – Christmas Day
December 31 – New Year's Eve

Caregiver Support

Are you a caregiver for a loved one attending Summit Adult Day Services? Feeling overwhelmed or isolated? Join us to connect with other family caregivers, access online and mailed resources.

If you plan on attending, please RSVP to the center at 330-762-2000.

Date: February 11th, 2026
Time: 10:00am-11:00am
Location: Summit Adult Day

Stay in Touch!

ccsummitcounty.org
Phone: 330-762-2000
Fax: 234-334-4059
facebook.com/CCSummitCounty

Transportation Call Off Procedure

Please report all absences, early departures and late arrivals to Summit ADS as soon as possible. You may also call your own transportation provider.
SCAT (330) 376 - 5353
Provide-a-Ride (216) 475 - 1001

Devotions

February 12 at 11am
February 18 at 11am
February 24 at 11am



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Name That Baby	3 Let's Go Racing	4 BINGO	5 Birthday Recognition	6 Cornhole
9 BINGO	10 Honoring Black History Month Summit County Historical Society	11 Tallyoop	12 Couple's Match	13 Valentine's Party Entertainment: Gerald Harris
16 CLOSED	17 Bingo Store	18 Jarts	19 BINGO Ceramics	20 Summit Olympics Game Showdown
23 Target Toss	24 Poker Chip Pitch	25 Sense-a-tional Spa Day	26 It's Dicey	27 BINGO



Monday	Tuesday	Wednesday	Thursday	Friday
2 BINGO	3 Name Ten	4 Washer Toss	5 Birthday Recognition	6 Games of the Heart
9 Ceramics	10 Honoring Black History Month Summit County Historical Society	11 Chocolate Lover's Day	12 BINGO	13 Valentine's Party Entertainment: Gerald Harris
16 CLOSED	17 Bingo Store	18 Human Slot Machine	19 Human Slot Machine	20 Summit Olympics Game Showdown
23 Basketball Pong	24 BINGO	25 Beach Ball Volleyball	26 Frisbee Toss	27 Bumper Ball



Rainbow Room

Daily Schedule

- 9:30 - Breakfast
- 10:00 - Crafts
- 11:00 - Current Events
- 11:30 - Lunch
- 12:30 - Exercise
- 1:00 - Activity
(see calendar for daily activity)

*Alternate activities available throughout the day!

= Strength & Fitness

Movers & Shakers Room

Daily Schedule

- 9:30 - Breakfast
- 10:00 - Crafts
- 11:00 - Exercise
- 11:30 - Lunch
- 12:30 - Current Events/Trivia
- 1:00 - Activity

(see calendar for daily activity)

*Alternate activities available throughout the day!

= Strength & Fitness

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger Corn French Fries Peaches Milk 2	Chili Mixed Vegetables Applesauce Cornbread Milk 3	Baked Chicken Gravy Mashed Potatoes Mixed Vegetables Bread & Butter Fruit Cocktail Milk 4	Rigatoni Meat Sauce Green Beans Rolls & Butter Hot Apples Milk 5	Chicken Noodle Casserole Carrots Rolls & Butter Mixed Fruit Cup Milk 6
Chicken Filet Gravy Green Beans Rice Pilaf Rolls & Butter Pineapples Milk 9	Ribbed Pork Patty BBQ Sauce Potatoes Mixed Vegetables Bread & Butter Pears Milk 10	Beef Stew Beets Pears Cornbread Milk 11	Meatloaf Mashed Potatoes Rolls & Butter Applesauce Milk 12	Hot Dog Baked Beans Mixed Vegetables Potato Chips Fruit Cocktail Milk 13
 CLOSED 16	Chicken Noodle Casserole Corn Rolls & Butter Mixed Fruit Cup Milk 17	Mac & Cheese Casserole Stewed Tomatoes Hot Apples Rolls & Butter Milk 18	Baked Chicken Gravy Mashed Potatoes Steamed Broccoli Bread & Butter Fruit Cocktail Milk 19	Tuna Salad Minestrone Soup Steamed Broccoli Chips Peaches Milk 20
Hamburger Corn French Fries Applesauce Milk 23	Hot Dog Baked Beans Carrots Peaches Tater Tots Milk 24	Chili Mac Corn Rolls & Butter Applesauce Milk 25	Spaghetti Meat Sauce Tossed Salad Rolls & Butter Hot Apples Milk 26	Breaded Pollock Mixed Vegetables Scalloped Potatoes Rolls & Butter Oranges Milk 27

USDA Nondiscrimination Statement: Effective May 2022

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> c, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1. (mail) U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or 2. (fax): (833) 256-1665 or (202) 690-7442; or 3. (email): Program.Intake@usda.gov. This institution is an equal opportunity provider.

Additional financial support is provided in part by: Area Agency on Aging 10B, Inc., County of Summit DD Board, Louis Stokes Cleveland VAMC, Ohio Child and Adult Care Food Program, Ohio Department of Job and Family Services, United Way of Summit County, foundations and individual contributions.



The Spotlight

Summit Adult Day Services

Volume 47, Issue 2
February 2026

February News

Hello Everyone!

January was full of smiles, laughter, and special memories at our center! Throughout the month, we enjoyed a variety of activities that kept everyone active, social, and smiling, especially our much-loved Cheesecake Lovers Day, which was a big hit. On the 22nd, we had a fantastic time welcoming back Zeke and Tobe, whose entertaining performance brought lots of joy, music, and laughter to everyone. To wrap up the month on a high note, we enjoyed a fun and heartwarming slideshow on the 30th, sharing some of our favorite moments from last year. It was a wonderful way to reminisce and celebrate all the great times we've shared together!

We're looking forward to another exciting month! The Summit County Historical Society will be joining us on the 10th to honor and celebrate Black History Month with a special presentation. Then on the 13th, we'll be spreading some love at our Valentine's Day Party, complete with entertainment by Gerald Harris. In addition to these highlights, we have plenty of other fun and engaging activities planned throughout the month, like Chocolate Lover's Day, our Human Slot Machine and so much more, so be sure to keep an eye out for all the exciting things coming up!

Until Next Time,
Laura and Crystal

From the Nurses

Heart Health Awareness Month

Heart disease is a leading cause of death for both men and women in the United States. Two of the major risk factors for heart disease are high blood pressure and high blood cholesterol. If either of these numbers is high, work with your doctor to get them into a healthy range. There is a lot you can do to keep your heart healthy.

Heart-healthy eating involves choosing nutrient-rich foods while limiting sodium, saturated fats, added sugars, and alcohol. A strong foundation includes:

- Vegetables: leafy greens, broccoli, carrots
- Fruits: apples, bananas, oranges, pears, grapes
- Whole grains: oatmeal, brown rice, whole-grain bread
- Low-fat dairy: milk, cheese, yogurt
- Lean proteins: fish (salmon, tuna, trout), skinless chicken or turkey, lean beef

Stay Active

Move more and sit less throughout the day. Some physical activity is better than none, and the more active you are, the more you benefit.

Prioritize Sleep

Quality sleep helps repair your heart and blood vessels, supports hormone balance and immunity, and lowers the risk of heart disease, high blood pressure, diabetes, obesity, and stroke.

As always, contact your primary care physician with any questions or concerns.

Thank You!
Linda, Brooke, & Ky'esha