

# SUMMIT AT SARATOGA

---

Monthly Newsletter

September 2020





# THE Manager's Message

What a fabulous summer! Mother nature must have realized that we deserved some gorgeous weather to brighten our days. The garden beds are looking plentiful and bursting with fresh vegetables and herbs. We still have many beautiful, sunny days left to enjoy the outdoors and the start of spectacular Fall foliage. We are excited to share some exciting September programs with you!

We will start the month off by thanking our local fire, police and emergency responders on 9/11 for all they do for our community every day. Lunch and baked goods will be delivered by local establishments.

Also, on September 11th, Patty McGee, RN, MSN Certified Health Coach will be presenting "Is This Your Wake-up Call"- focusing on the emotional and physical toll of COVID-19. She will also be explaining a 6-week Healthy Living Workshop opportunity that she is offering. More information to come.

An "End of Summer" cookout celebration will be held on Wednesday, September 30th. Enjoy BBQ favorites, lawn games and more. Residents will be able to eat outside, inside or take the meal to go.

Welcome to all of our new residents! We look forward to meeting you and getting to know you.

Warm Regards,



Christy Durant  
Community Manager

## Community Manager

Christy Durant  
CDurant@SummitSeniorLife.com

## Resident Services Coordinator

Rebecca Detora  
RDetora@SummitSeniorLife.com

## Concierge

Jessica Pratt  
Concierge@SummitSeniorLife.com

## Maintenance

Jerry Gideon  
Clyde Moore Jr.  
Skip Vickery

## Weekend Concierge

Jennifer Stroebel  
Shelly Pooler  
Sandi Pickens

The Summit At Saratoga  
1 Perry Road  
Saratoga Springs, NY 12866  
518-430-2136  
www.summitsaratoga.com

# End of Summer BBQ

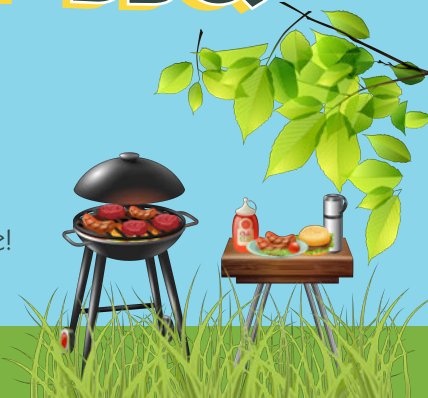
As the end of Summer approaches, it's time to end the season with a big cookout!

**Wednesday, September 30**

**12:00pm**

There will be BBQ favorites, lawn games and sunshine!

Please sign up in the binder.





Join us in wishing the following residents a very Happy Birthday.

Mary Ann Evans	9/01
Marie Fantauzzi	9/06
Betty Thornton	9/07
Gloria Scaramozzino	9/07
Rondelle Rosato	9/12
Jo Flessner-Filzen	9/15
Gail Norris	9/18
Joris Reintsema	9/19
Frank Igoe	9/26
Vivien Callison	9/28
Bill Mooney	9/30

All residents are welcome to join us on Thursday, September 24 at 3:00pm to celebrate this months birthdays.

## Resident Informational Meetings



Resident Meeting with Christy  
Wednesday, September 2 at 1:00pm or 3:00pm

Theatre/Streaming How-to  
Monday, September 14 at 11:00am

New Resident Meeting  
Monday, September 14 at 2:00pm

Zoom or sign-up for Great Room  
as seating is limited.

## Virtual Lectures with **ROAD SCHOLAR**<sup>®</sup>

*Adventures in Lifelong Learning*

Road Scholar is committed to making learning possible even when travel is not.

These online lectures will give you a taste of some of the most popular Road Scholar programs right from the comfort of your own home.

**Tuesday, September 1 at 3:00pm**

**The Introduction to Falconry:** Learn the basics of falconry and dive into the origins and evolution of this hunting practice to find out how falconry impacts things we love, from air travel to wine grapes!

**Tuesday, September 8 at 3:00pm**

**Biodiversity & Conservation in Baja California:** Learn about the unique biodiversity of the Baja California peninsula and how it has managed to remain one of the best-preserved and most pristine places on Earth.

**Tuesday, September 15 at 3:00pm**

**Intro to Bear Behavior & Physiology:** Get an insider's look at the history and biology of American Black bears and Grizzly bears.

**Tuesday, September 22 at 3:00pm**

**The Origins of Early Civilization in the Fertile Crescent:** Why did we abandon hunting and gathering to become sedentary 12,000 years ago?? This lecture will largely focus on just that!

**Tuesday, September 29 at 3:00pm**

**Secrets of Normandy:** Learn about the influence that the Vikings left on the people, culture and identity of Northern France.

Lectures will be sent to your email.

Interested, but no computer?

Please contact the office.

Closed Caption available

S	M	T	W	TH	F	S
<b>FIRE DRILL</b> <b>September 3 at 1pm</b> The COVID-19 fire drill protocol is to stand in front of your apartment door until the alarm is disabled.	<b>Location Key</b> BR - Billiards Room (3rd Floor) CR - Craft Room (2nd Floor) GR - Great Room LO - Lobby MOV - Movie Theatre P - Pool PAT - Patio PP - Pickleball Pavilion In the event it is raining, the back patio location will change to the great room.	1 9:30am Tai Chi FS 10:00am Podiatrist, Dr. Masias Visits 1:30pm Quarter Bingo PAT/Zoom  <b>3:00pm Road Scholar Lecture: The Introduction to Falconry</b> 4:15pm Pizza Time 2 Slices To-Go LO	2 9:30am Pickleball with Betty 11:00am Knitting Group 1:00pm Resident Meeting with Christy Zoom/GR 1:30pm Movie Matinee: <i>King of Hearts</i> MOV 3:00pm Resident Meeting with Christy Zoom/GR <b>All Food Florist Orders DUE TODAY</b> <b>All Hot Meal Dinner &amp; Prepared Meal Orders DUE TODAY</b>	3 11:00am Voting Table GR <b>1:00pm Fire Drill</b> 2:00pm TV Series: <i>The Crown</i> MOV <b>3:00pm Entertainment by Brooks &amp; Jackson Duo PAT</b> 4:15pm Chef Mickey's Stuffed Pepper Dinner LO	4 9:30am Tai Chi Fitness FS 10:30am Shopping Shuttle 11:00am Saturday Movie Committee PAT 1-1:30pm Beginner's Line Dancing FS 1:30-2:00pm Advanced Line Dancing FS 3:00pm Root Beer Floats PAT	5 11:00am - 1:00pm Bingo GR 1:30pm Movie Matinee MOV
<b>Coming up September 14th</b> <b>Fall Plant Care</b> As the seasons change, so do your plant's needs. Come with questions and get answers on easy steps to take to keep those plants healthy and thriving.	 <b>HAPPY LABOR DAY</b> Office is Closed	8 9:30am Tai Chi FS 11:00am Book Club GR 1:30pm Quarter Bingo PAT/Zoom  <b>3:00pm Road Scholar Lecture: Biodiversity &amp; Conservation in Baja California</b> 4:15pm Chef Mickey's BBQ Chicken Dinner LO	9 9:30am Pickleball with Betty 11:00am Knitting Group 1:00pm Grandparent/Child Photo Due 1:30pm Movie Matinee: <i>The 15:17 to Paris</i> MOV 3:00pm Bocce Ball & Lemonade Fizzies PAT	10 11:00am Voting Table GR 2:00pm TV Series: <i>The Crown</i> MOV <b>3:00pm Entertainment by Brian Zapel PAT</b> 4:15pm Primo's Stuffed Shells Special LO	11 9:30am Tai Chi Fitness FS 10:30am Shopping Shuttle 1-1:30pm Beginner's Line Dancing FS 1:30-2:00pm Advanced Line Dancing FS  <b>2:00pm Healthy Living Lecture &amp; Workshop Opportunity GR</b> 3:00pm Ice Cream Novelties PAT <b>Patriot Day</b>	12 1:30pm Movie Matinee MOV 3:00pm Ice Tea Cart PAT
13  <b>GRANDPARENTS DAY</b>	14  <b>11:00am Fall Plant Care by Master Gardener Jessica Holmes PAT</b> 1:00pm Original Broadway Production of <i>Hamilton</i> MOV <b>2:00pm New Resident Meeting PAT</b> 3:00pm Happy Hour PAT	15 9:30am Tai Chi FS 1:30pm Quarter Bingo PAT/Zoom  <b>3:00pm Road Scholar Lecture: Intro to Bear Behavior &amp; Physiology</b> 4:15pm Chef Mickey's Salisbury Steak Dinner LO	16 9:30am Pickleball with Betty 11:00am Knitting Group 1:30pm Movie Matinee: <i>Butch Cassidy and the Sundance Kid</i> MOV 2:00pm 2-3 Ingredient Cooking Class GR 3:00pm Corn Hole & Brew Tasting PAT	17 11:00am Voting Table GR 12:00-1:00pm Food Florist Delivery 1:00pm Craft Class: Hot Plate/Trivet Painting PAT/GR 2:00pm TV Series: <i>The Crown</i> MOV <b>3:00pm Jazz Hour with Cole Broderick PAT</b> 5:15pm Three Vines Bistro LO	18 9:30am Tai Chi Fitness FS 10:30am Shopping Shuttle 1-1:30pm Beginner's Line Dancing FS 1:30-2:00pm Advanced Line Dancing FS 3:00pm Ice Cream Novelties PAT <b>Rosh Hashanah begins at sundown</b>	19 11:00am - 1:00pm Bingo GR 1:00pm Storytelling with Betty PAT 1:30pm Movie Matinee MOV
20	21 11:00am Theatre/Streaming How-To MOV 1:00pm Original Broadway Production of <i>Hamilton</i> MOV 2:00pm Tech Hour PAT 3:00pm Happy Hour Drop-Off <b>Peace Day</b>	22 9:30am Tai Chi FS 11:00am Learn How-To Zoom GR 1:30pm Quarter Bingo PAT/Zoom  <b>3:00pm Road Scholar Lecture: The Origins of Early Civilization in the Fertile Crescent</b> 4:15pm Chef Mickey's Pork Loin Dinner LO <b>Autumn begins</b>	23 9:30am Pickleball with Betty <b>9:30am Flu Shot Clinic TAV (by appointment only)</b> 11:00am Knitting Group 1:30pm Movie Matinee: <i>As Good As It Gets</i> 3:00pm Bocce Ball & S'more Bar PAT	24 11:00am Voting Table GR 1:00pm Garden Club: Fall Planters PAT 2:00pm TV Series: <i>The Crown</i> MOV <b>3:30pm September Birthday Celebration PAT</b> 4:30pm Dickinson's Shepherds Pie LO	25 9:30am Tai Chi Fitness FS 10:30am Shopping Shuttle 1-1:30pm Beginner's Line Dancing FS 1:30-2:00pm Advanced Line Dancing FS 3:00pm Ice Cream Novelties PAT	26 1:30pm Movie Matinee MOV 3:00pm Ice Tea Cart PAT
27 <b>Yom Kippur begins at sundown</b>	28 11:00am Wilton EMS Safety Presentation PAT 1:00pm Original Broadway Production of <i>Hamilton</i> MOV 2:00pm Grandparent/Child Photo Contest Reveal PAT 3:00pm Happy Hour PAT	29 9:30am Tai Chi FS 1:30pm Quarter Bingo PAT/Zoom  <b>3:00pm Road Scholar Lecture: Secrets of Normandy</b> 4:15pm Chef Mickey's Salmon Dinner LO	30 9:30am Pickleball with Betty 11:00am Knitting Group <b>12:00pm End of Summer BBQ PAT</b> 2:00pm Movie Matinee: <i>Ryan's Daughter</i>	<div> <div>  <b>What's New</b> </div> <div> <p>* Water Aerobic Classes now on Mondays, Wednesdays and Fridays at 8:30am.</p> <p>* Hydro Rider Classes now Tuesdays, Thursdays and Fridays. Check schedule for times.</p> </div> </div>		
<b>CONNECTED life</b>  <b>FITNESS</b>	<b>Every Monday</b> Water Aerobics P 8:30am Strength Training FS 9:30am Water Walking P 2:00pm ***	<b>Every Tuesday</b> Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Circuit Training GYM 11:30am Low Impact Aerobics with Weights FS 12:00pm	<b>Every Wednesday</b> Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:00am Water Walking P 11:00am/2:00pm *** Buddy Swim P 1:00pm ***	<b>Every Thursday</b> Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Circuit Training GYM 11:30am Low Impact Aerobics with Weights FS 12:00pm	<b>Every Friday</b> Water Aerobics P 8:30am Hydro Riders P 9:30/10:00am	*** Swim Buddy and Water Walking are not instructor led, please call neighbor from swim buddy list.***



# Community Activities

## Entertainment this Month

**Brooks & Jackson Duo**

**Thursday, September 3**

**Brian Zapel**

**Thursday, September 10**

**Jazz Hour with Cole Broderick**

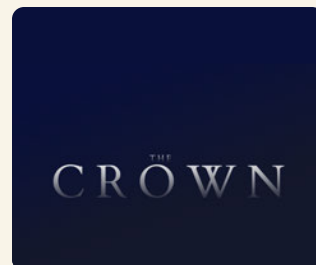
**Thursday, September 17**

**Mondays at 1:00pm**

The original Broadway production of the award-winning musical that tells the story of Alexander Hamilton.

**Thursdays at 2:00pm**

Based on an award-winning play, this lavish, Netflix-original drama chronicles the life of Queen Elizabeth II from 1940's to modern times.



## Summit Book Club

**Tuesday, September 8**

**At 11:00am**

**Library**

This month we are reading and discussing *Olive, Again* by Elizabeth Strout.

The chosen book for October is *The Vanishing Half* by Brit Bennett.

All residents are welcome. No sign up necessary. Happy Reading!



## Grandparent/Child Photo Contest

Bring your photo down to the office by Wednesday, September 9.

Residents and staff will submit a photo of them with a grandparent or a grandchild. Photo will be displayed in the lobby.

Reveal:  
Monday, September 28  
at 2:00pm



## Healthy Living Lecture on The Effects of COVID-19 & Workshop Opportunity

Presented by  
**Patty McGee RN, MSN**  
*Integrated Health Coach*

**Friday, September 11**  
**at 2:00pm**  
**Great Room**

## SEPTEMBER ART CLASS



**Paint on  
Hot Plates/Trivets**

**Thursday,  
September 17  
at 1:00pm**

**Back Patio/Great Room**

## Wilton EMS Safety Presentation

**Monday, September 28**  
**at 1:00pm**  
**Back Patio**

Learn about the importance of the Vial of Life, how to stay safe during COVID and our emergency system.

**VIAL OF LIFE**



SEE REFRIGERATOR DOOR FOR  
COMPLETE MEDICAL INFORMATION

# Summit Supper Club

## Hot Entrees Offered

**Tuesday, September 1**

**Pizza Time \$2**

2 Slices of cheese pizza

**Thursday, September 3 - Chef Mickey \$13**

Stuffed pepper over pasta, sauce, salad, roll

**Tuesday, September 8 - Chef Mickey \$13**

Quarter BBQ chicken, mashed potato,  
grilled vegetable, salad, roll

**Thursday, September 10**

**Primo's Special \$15**

Stuffed shells, salad, bread

**Tuesday, September 15 - Chef Mickey \$13**

Salisbury steak, mashed potato, gravy,  
vegetable, salad, roll

**Thursday, September 17 - Three Vines Bistro**

Eggplant Parmesan \$16 or

Sausage & Mushroom Pizza \$10

**Tuesday, September 22 - Chef Mickey \$13**

Roasted pork loin, mashed potato, pork  
gravy, vegetable, salad, roll

**Thursday, September 24**

**Dickinson's Delights \$14**

Shepherd's Pie, mashed potatoes,  
apple walnut cake

**Tuesday, September 29 - Chef Mickey \$13**

Pan seared salmon, white grain mustard  
sauce, rice, vegetables, salad, roll

**All dinner orders are due by  
Wednesday, August 2**

Order ALL meals by telephone, rent box or email  
Jessica at [concierge@summitseniorlife.com](mailto:concierge@summitseniorlife.com)  
by due dates.

Residents can drop a check for the entire month of  
dinners **made out to CASH** in the rent box.

Residents will need to pick up dinners on tables in  
the lobby between 4:15pm - 4:30pm.



**Too busy to grocery shop? Too tired to cook?**

Food Florist meals are available on a first come/first serve basis. The below dishes are frozen and ready to be simply heated. Each two-person serving is \$11.

**This month's choices:**

Chicken Pot Pie

Traditional Sausage Lasagna

Chicken, Corn and Bacon Casserole

Chicken Tetrazzini

**Pre-ordered meals off their extensive menu  
must be received by Wednesday, September 2.  
Monthly delivery is Thursday, September 17.**

## Are you registered to vote at the Presidential Election?

We will have an information voting table  
in the Tavern throughout the month on  
Thursdays at 11:00am.

There will be change of address forms,  
registration forms and absentee ballot  
applications available. There will be early  
voting details as well.

To check on your voting status go to  
[www.iwillvote.com](http://www.iwillvote.com) or call the voter  
hotline at 833-336-8683 with any  
questions.



# Concierge Services



You are welcome to set up  
a pedicure, manicure or hair  
appointment.

**Stylist, Patricia Keefe**  
**518-992-4904**

at The Summit at Saratoga

♥ **Gift Certificates Available** ♥

**Therapeutic Massage**  
**Shari Parslow 518-879-9365**

**Esthetician & Manicurist**  
**Bhavani Kurtz 518-290-6780**

**Residents receive 20% off regular rates**

## SPA GARMENT CARE

### Valet Pick-up & Delivery

Please call to notify Spa Garment Care that  
you have items to be cleaned at

**(518) 935-0525**

**10% off on all orders**

## Senior Grocery Hours

BJ's: .....M/W/F 8-9am	Rite Aid: ..... 9-10am
Fresh Market: ..... 8-9am	Target: ..... T/W 8-9am
Hannaford: T/W/Th 7-8am	Walgreens: ..... Tu 8-9am
Market 32: ..... 6-7am	Walmart: ..... Tu 6-7am



## Get Your Flu Shot Here Wednesday, September 23



Please sign up for a 15-minute appointment slot in the  
binder on the lobby table. Bring your insurance card to  
the tavern at your designated appointment time.

## Medical Transportation

Personal transportation for medical  
appointments will be on Tuesdays &  
Thursdays between 9:00am and 3:00pm.

A limited number of residents will be  
transported at a time. Please try to schedule  
with Jess in the office at least one week in  
advance.

Appointments must be  
within a 12-mile radius.



## ♥ CVS pharmacy™

Now delivering Rx+ more!

We offer two convenient delivery options,  
so you can get what you need within hours or 1 to 2 days.

Residents can set up an account at CVS.com.

Please see office for more details if needed.

## Pharmacy Delivery



**STONE'S PHARMACY**

1 Main St.,  
Lake Luzerne, NY 12846

P: (518) 696-3214

F: (518) 696-5192

Residents can set up an account  
in advance and Stone's will  
deliver free of charge in the  
Saratoga area Monday—Friday  
between 5:30pm and 6pm.

You must be home  
to accept delivery.

## Route 50 Shopping

Please sign up for Fridays Shopping Shuttle  
on the lobby table. You will be informed of  
your time slots.



**TARGET**

**Walmart**

**MARKET**  
BY PRICE  
CHOPPER