

SUMMIT AT SARATOGA

Monthly Newsletter

December 2020



THE
Manager's Message

The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us. Holiday spirit is contagious and is always felt throughout our community. It is a wonderful time of year. This year will be different, but we can still celebrate in safe ways.

In lieu of our annual Holiday Party, we will be having a Holiday Concert with music by 4 Hands Pianists on Thursday, December 3rd. We will have two seatings in our Great Room. You will also be able to enjoy this on Zoom. Dinner will be delivered that evening and catered by Chef Mickey and Eden Gourmet Catering. Please sign up for your spot.

We will also be featuring many other holiday programs such as our annual Yankee Swap Gift Exchange and Holiday Tea, a new violin and cellist duo, trimming our tree, bagels and lox for Hanukkah and much more. Please join in the holiday fun around Summit.

We are so proud of our spirit of giving and Summit continues this as we collect unwrapped toys for the “Toys for Tots” program for local needy children. Look for the box in the Lobby. The donations will be picked up by December 21st. We want to extend a special thank you to all who generously donated to the Code Blue Homeless Shelter, Saratoga County Animal Shelter, the Franklin Community Center Thanksgiving Food Drive, and the Saratoga County Children’s Committee’s Empty Stocking Project. All contributions were greatly appreciated! In addition, many thanks to all of our resident volunteers who assist us in so many ways every day. We are truly a “community” because of all of our caring residents!

Lastly, let’s ring in a new year at our Piano Concert on Wednesday, December 30th with live music by Frank Manning.

Happy Holidays to you and your families!

Christy Durant
Christy Durant
Community Manager

Community Manager
Christy Durant
CDurant@SummitSeniorLife.com

Resident Services
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Clyde Moore Jr.
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Weekend Concierge
Jennifer Stroebe
Shelly Pooler
Sandi Pickens

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

Marvelous, Merry & Masked Music of the Season, with 4-hand pianist team,
Judith Thomas & John Ackley

Thursday, December 3

Two repeated programs to accommodate more residents: 1:45 - 2:15pm and 2:30 - 3:00pm

Holiday Dinner Delivery provided by the Summit

Thursday, December 3 at 4:30pm

Choice of stuffed sole or sliced roast beef, served with mashed potatoes, glazed carrots, salad, dinner roll and dessert.



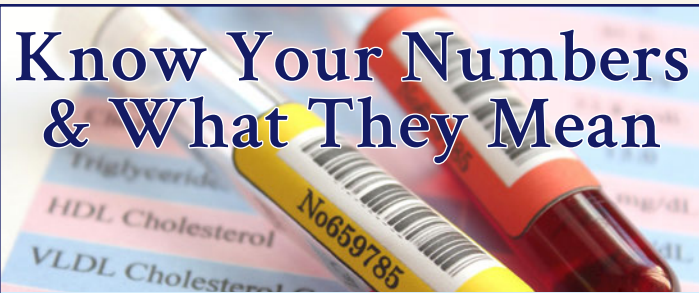
December Birthdays

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

Lorraine Leguire	12/03
Marion Cassidy	12/04
Ken Welcome	12/08
Linda Sheffer	12/09
Carol Sakrison	12/18
Eva Redling	12/23
Bill O'Dwyer	12/30

All residents are welcome to join us on
Wednesday, December 23, at 2:00pm to
celebrate this months birthdays!

Know Your Numbers
& What They Mean



Presented by
Patty McGee,
RN, MSN
Integrative
Health Coach

Thursday, December 10
1:00pm
Great Room/Zoom

This topic covers making sense of lab work & your results, blood pressure & vital signs, glucose levels & A1C, cholesterol/HDL/LDL, insurance numbers & our personal finances.



Thursday, December 17th 1:00pm
Great Room/Zoom

See live birds of prey up close and learn about wildlife rehabilitation from Trish Marki, wildlife educator at The Wildlife Institute of Eastern New York.



Lynda Shrager
OTR, MSW
presents
Stay Safe
at Home

Friday, December 18
2:15pm
GR/Zoom

An individual's continued physical activity and involvement in activities of daily living is an indicator of happiness. One way to enhance that is to ensure that their home is more livable and safer so if physical limitations develop they will be still able to adequately function at home.

Learn what's involved with an environmental assessment beginning with an evaluation of both the exterior and interior of the home, recommendations for necessary decluttering, potential modifications/ adaptations, organizing strategies to decrease potential for falls and gadgets and equipment that improve accessibility and increase ease with activities of daily living .

S	M	T	W	TH	F	S
	Location Key GR - Great Room LO - Lobby MOV - Movie Theatre P - Pool TAV - Tavern	1 9:30am Tai Chi FS 10:00am Podiatrist, Dr. Masias Visits 1:30pm Quarter Bingo GR  2:30pm Road Scholar Lecture: The Life of Mary Todd Lincoln Webinar 4:15pm Chef Mickey's Baked Ziti Dinner LO	2 10:30am Trim the Trees & Deck the Halls GR/LIB 11:00am Knitting Group GR 1:30pm Movie Matinee: <i>Home Alone</i> MOV 3:00pm Shuffleboard GR All Hot Meal Dinner & Prepared Meal Orders DUE TODAY	3  9:30am AGS Lecture: Test Your Diabetes IQ Zoom 1:45pm - 2:15pm Holiday Concert (1st seating) GR 2:00pm TV Series: <i>Longmire</i> MOV 2:30 - 3:00pm Holiday Concert (2nd seating) GR 4:30pm Holiday Dinner Delivery	4 9:30am Tai Chi FS 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation GR 2:30pm Craft Class: Candy Cane Wreath GR 3:00pm Ice Cream Novelties	5 10:45am Quarter Bingo GR 1:30pm Holiday Classic: <i>Miracle on 34th Street</i> MOV 3:00pm Festive Flavored Coffee GR
6	7 1:00pm People's Choice Movie MOV 1:00pm Resident Meeting with Christy GR/Zoom  1:30pm AGS Lecture: How to Troubleshoot your Computer/Mobile Devices Zoom 3:00pm Resident Meeting with Christy GR/Zoom 3:00pm Happy Hour Grab 'n Go TAV Pearl Harbor Remembrance Day	8 9:30am Tai Chi FS 11:00am Book Club: <i>The Book of Lost Friends</i> GR  12:30pm Upgraded Clear Caption Telephone Information & Lunch-to-Go TAV 1:30pm Quarter Bingo GR 4:15pm Chef Mickey's Pork Loin Dinner LO	9  9:30am AGS Lecture: Coping with Grief and Loss Zoom 11:00am Knitting Group GR 12:30pm Holiday Violin & Cello Duo Concert GR 1:30pm Movie Matinee: <i>ELF</i> MOV 3:00pm Shuffleboard GR	10  1:00pm Know Your Numbers & What They Mean by Patty McGee GR/Zoom 2:00pm TV Series: <i>Longmire</i> MOV 4:00pm Lighting of the Menorah GR 4:30pm Dickinson's Delights Lasagna Dinner LO  Hanukkah begins at sundown	11 9:30am Tai Chi Practice FS 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation FS 2:00pm Old-Fashioned Music Box & Holiday Tea GR	12 10:45am Quarter Bingo GR 1:00pm Storytelling with Betty LIB 1:30pm Holiday Classic: <i>A Christmas Story</i> MOV 3:00pm Hot Chocolate Bar & Peppermint Schnapps PAT
13	14 UGLY SWEATER DAY 12:30pm Craft Class: Lighted Wine Bottle GR 1:00pm People's Choice Movie MOV 1:00pm Herzog Law Firm presents: Elder Law Basics Zoom 2:30pm Happy Hour Delivery & Holiday Caroling by the Staff	15 9:30am Tai Chi FS 1:30pm Quarter Bingo GR  2:30pm Road Scholar Lecture: Newfoundland & Labrador: Gateway to North America Webinar 4:15pm Great Tangs To-go Dinner LO	16 8:30am-10:00am Hanukkah Bagels & Lox GR MUST SIGN UP 11:00am Knitting Group GR 1:30pm Movie Matinee: <i>A Christmas Carol</i> MOV 2:00pm Craft Class: Paint on Wine Glass GR	17 12:00-1:00pm Food Florist Delivery  1:00pm Silent Wings presents Birds of Prey GR/Zoom 2:00pm TV Series: <i>Longmire</i> MOV 4:15pm Three Vines Bistro LO	18 9:30am Tai Chi FS 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation GR  2:15pm Stay Safe at Home with Lynda Shrager GR/Zoom 3:00pm Ice Cream Novelties	19 10:45am Quarter Bingo GR 1:30pm Holiday Classic: <i>It's A Wonderful Life</i> MOV 3:00pm Hot Apple Cider PAT
20	21 11:00am Flower Arranging TAV 1:00pm People's Choice Movie MOV 1:30pm Resident & Staff Yankee Swap GR 3:00pm Happy Hour Grab 'n Go TAV Toys for Tots Drop-off Due Today	22 9:30am Tai Chi FS 1:30pm Quarter Bingo GR  2:30pm Road Scholar Lecture: The History & Health Benefits of Native American Cuisine Webinar 4:15pm Chef Mickey's Grilled Salmon Dinner LO	23 10:30am Door Decorating Reveal GR 11:00am Knitting Group GR 1:30pm Movie Matinee: <i>White Christmas</i> MOV 2:00pm Monthly Birthday Party GR/TAV Limited Seating 3:00pm Shuffleboard GR	24 Christmas Eve Office is Closed	25  Office is Closed	26 10:45am Quarter Bingo GR 1:30pm Movie Matinee MOV 3:00pm Festive Flavored Coffee PAT
27	28 11:00am Theatre/Streaming How-To MOV 1:00pm People's Choice Movie MOV 1:30pm Storytelling by Margaret French & Betty Cassidy Zoom 3:00pm Happy Hour Drop-Off	29 9:30am Tai Chi FS 1:30pm Quarter Bingo GR  2:30pm Road Scholar Lecture: Harry Truman: How One Individual Can Change The World Webinar 4:15pm Chef Mickey's Meatloaf Dinner LO	30 11:00am Knitting Group GR 1:00pm - 1:40pm NYE Concert (1st seating) GR 1:30pm Movie Matinee: <i>An American in Paris</i> MOV 1:50pm - 2:30pm NYE Concert (2nd seating) GR 3:00pm Shuffleboard GR	31  New Year's Eve Office is Closed	Capital Region Toys for Tots Drop-off Box located in lobby. All new unwrapped toys are due by Tuesday, December 21.  Thank you for your continued support!	
CONNECTED life  FITNESS	Every Monday Water Aerobics P 8:30am Hydro Rider Bike P 9:30/10am Strength Training GR 11:00am Water Walking P 2:00pm ***	Every Tuesday Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga GR 11:00am Circuit Training GYM 11:30am Low Impact Aerobics with Weights FS/GR 12:00pm	Every Wednesday Water Aerobics P 8:30am Stretch N'Flex FS 9:45am Sit2BeFit FS 10:45am Water Walking P 11:00am/2:00pm *** Buddy Swim P 1:00pm ***	Every Thursday Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class GR 10:30am Yoga GR 11:00am Circuit Training GYM 11:30am Low Impact Aerobics with Weights FS/GR 12:00pm	Every Friday Water Aerobics P 8:30am Strength Training TAV 9:30am	*** Swim Buddy and Water Walking are not instructor led, please call neighbor from swim buddy list. ***

Community Activities



& Trim the TREE
Wednesday, December 2
10:30am
Great Room

Holiday Art Classes

Great Room
Makes for great gifts or for yourself!

Candy Cane Wreaths

Friday, December 4 at 2:30pm

Lighted Wine Bottle

Monday, December 14 at 12:30pm

Paint a Pair of Wine Glasses

Wednesday, December 16 at 2:00pm

Holiday Music Violin & Cello Duo

Wednesday, December 9
at 12:30pm Great Room

Limited seating, must sign up.



The Yankee Swap

Monday, December 21
at 1:30pm

This fun gift exchange is perfect to spread some holiday cheer. For those interested residents, all you need to do is bring a \$10 wrapped gift and let the laughs begin!!

Annual fun for residents and staff.



Resident Informational Meetings

Resident Meeting with Christy

Monday, December 7 at 1:00pm & 3:00pm

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

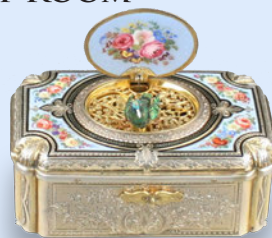
Streaming/Theatre How-To

Monday, December 28 at 11:00am

OLD FASHIONED MUSIC BOX & HOLIDAY TEA

FRIDAY, DECEMBER 11 AT 2:00PM
IN THE GREAT ROOM

Come and learn about the old-fashioned music box with resident, Joyce Thayer. Warm up with a hot cup of holiday tea while listening to a vintage music box.

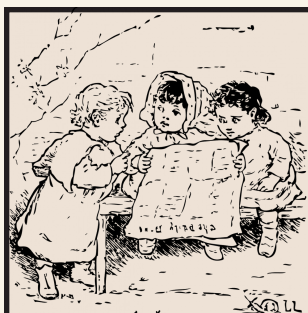


Story Telling with Margaret French and Betty Cassidy

Monday, December 28

1:30pm

Zoom



New Year's Concert by

Pianist, Frank Manning

Tuesday, December 30, 2020

1:00pm - 1:40pm 1st seating

1:50pm - 2:30pm 2nd seating

Please sign up as seating is limited.



Summit Supper Club

Hot Entrees Offered

Tuesday, December 1 - Chef Mickey \$13

Baked Ziti, meatballs, salad, roll

Thursday, December 3
Holiday Dinner Delivery

Tuesday, December 8 - Chef Mickey \$13

Sliced Pork Loin, gravy, mashed potato,
vegetable, salad, roll

Thursday, December 10
Dickinson's Delights \$14

Lasagna, salad, mini cheesecake

Tuesday, December 15 - Great Tang's
Chinese Restaurant - See Menu

Thursday, December 17
Three Vines Bistro

Margarita Pizza \$10 or Chicken Marsala \$16

Tuesday, December 22 - Chef Mickey \$13

Grilled Salmon, rice, vegetable, whole
grain mustard sauce, salad, roll

Tuesday, December 29 - Chef Mickey \$13

Meatloaf, mashed potato, vegetable,
gravy, salad, roll

All dinner orders are due by
Wednesday, December 2



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, December 2.
Monthly delivery is Thursday, December 17.

Order ALL meals by telephone, rent box or email
Jessica at conciierge@summitseniorlife.com
by due dates.

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

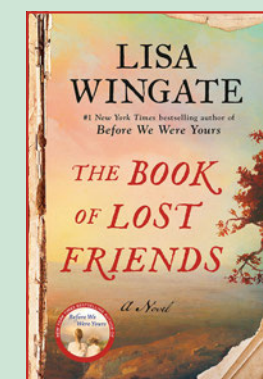
Residents will need to pick up dinners on tables
in the lobby between 4:15pm - 4:30pm.

Summit Book Club

Tuesday, December 8
At 11:30am
Library

This month we are reading
and discussing *he Book of
Lost Friends* by Lisa Wingate.

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



Clear Captions Specialist,
Deborah Grant

Tuesday, December 8 at 12:30pm Tavern

Discuss how you can receive a FREE caption phone if
you struggle with hearing on the phone.

Great raffle prizes, demo of upgraded phone & Panera
box lunch to go.

Concierge Services

CONTINENTAL BREAKFAST

8:30 AM until 10:15 AM in the Great Room

We are happy to offer a continental breakfast to our residents seven days a week. Start your morning off right with a healthy breakfast while enjoying each other's company.

There are also copies of the newspaper located in the Great Room for residents to read.



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

Stylist,
Patricia Keefe
518-992-4904

♥ 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

On-Site Podiatrist

Dr. Michael Masias, DPM

First Tuesday of every month.

To make your appointment, sign up in the Great Room. He will visit you in your apartment.

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.

