

# SUMMIT AT SARATOGA

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Monthly Newsletter

May 2021





THE  
Manager's Message

*"All that I am or ever hope to be, I owe to my mother."*  
— Abraham Lincoln

Welcome month of May, where the plants are budding and the sun shines over us ushering in summer. The same is true here at The Summit, as we ready our outside areas to enjoy. Join us on the patio for a friendly game of bocce or corn hole or head out to play the fastest growing sport in the US, pickleball. Pickleball instruction and games with Betty start on June 2nd. Racquets will be available in the Pavilion storage room.

This month we honor not only the hard work of our mothers but those who gave their life while serving in our armed forces protecting our country. We will celebrate both of these special days this month. Come to our Tea & Dessert Buffet on May 6th to honor our mothers. And later in the month, we will celebrate and honor those patriots who gave their lives for us at our Red, White and Blue Party on May 26th.

So many other fun events planned as well... 4 Hands Spring Piano concert, a Violin and Cello Duo performance, a lecture on Clara Barton, Cactus Art Painting and much more!

As we get back to "normal", please join us at our many informational meetings this month as well as a Fire Drill on May 5th and check out the interest sheets on the Great Room table.

Warm Regards,

*Christy Durant*  
Christy Durant  
Community Manager

4-Hand Spring Piano Concert by Four Hands and a Foot  
Judith Thomas & John Ackley

Wednesday, May 5

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



Community Manager  
Christy Durant  
CDurant@SummitSeniorLife.com

Resident Services  
Coordinator  
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Maintenance  
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Skip Vickery  
George Moss

Weekend Concierge  
Jennifer Stroebe  
Shelly Pooler  
Sandi Pickens

The Summit At Saratoga  
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518-430-2136  
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**MAY BIRTHDAYS**  
Join us in wishing the following residents a very Happy Birthday.

- 5/03 Charlotte Bermas
- 5/03 Tom Gould
- 5/10 David Hoadley
- 5/10 Adrianna Gruber
- 5/10 Alice Lissow
- 5/17 Peg Duell
- 5/18 Lois Zink
- 5/19 Beth Caruso
- 5/19 Peter Gove
- 5/23 Gloria Radziseski
- 5/25 Joan Prins
- 5/25 Joanna Fisher
- 5/26 Joyce Sova-Gervais
- 5/31 Jane Yandoh

Help us celebrate our monthly birthdays on  
Thursday, May 20 at 3:00pm  
in the Great Room.  
**Cake & Ice Cream for all!**

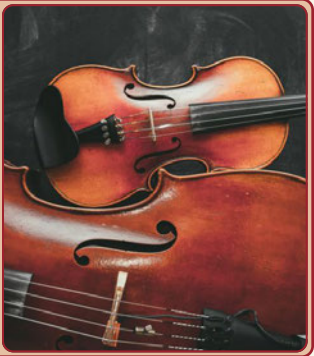
*Mother's Day  
Tea & Desserts*

Thursday, May 6  
3:00pm

All residents are invited to join us for a delightful afternoon featuring an array of desserts and teas.

Violin & Cello Duo

Wednesday, May 19  
Two repeated programs to accommodate more residents:  
11:30am & 12:30pm  
Great Room



Excursions



Wednesday, May 12

The bus will leave the Summit at 9:15am and return about 1:00pm.

Join us for some fun of gambling and lunch. With over 1,700 exciting time slots and electronic table games, your fun may never stop! Plenty of dining options for you to enjoy.



Saturday, May 15

The bus will leave the Summit at 10:00am and return pick up at 11:15am.

Browse the farmers' market located in the Wilton Mall's Bon-Ton parking area. Great food, plants, crafts and more!!

For your own shopping pleasure, check it out any Saturday from 9:30am - 1:30pm.



Wednesday, May 26

The bus will leave the Summit at 1:30pm.

Join us as we head to Schuylerville to enjoy delicious homemade ice cream. There is a farm store that you can browse through also.



S	M	T	W	TH	F	S
	<b>Location Key</b> BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool PAT-Patio TAV-Tavern	 <b>BE GREEN</b> & recycle <b>CLEAN</b> plastics, tin, aluminum, paper and glass. 		Next pen pal letter due Thursday, May 27!! 		1 10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard & Popcorn TAV 6:00pm Hand & Foot Card Game ML 6:30pm Kentucky Derby MOV
2 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	3  <b>9:30am Albany Guardian Society presents A Great Night's Sleep LIB/Zoom</b> 10:30am Scrabble TAV <b>11:00am FIRE DRILL REVIEW MEETING GR/ZOOM</b> 1:00pm Hand and Foot Card Game ML 3:00pm Cinco de Mayo Happy Hour GR/TAV/PAT 5:30pm Mahjong TAV 6:15pm Monday Night Movie MOV	4 9:30am Tai Chi LIB 10:00am Podiatrist, Dr. Masias Visits 11:00am New Resident Orientation MOV 1:30pm Quarter Bingo TAV 3:00 Tech Hour GR 5:30pm Poker Night GR	5 11:00am Social Knitting & Crochet LIB <b>1:00pm FIRE DRILL</b> 2:00pm - 2:30pm 4-Hands Spring Concert (1st seating) GR 2:30pm Lip Reading Class LIB 2:45 - 3:00pm 4-Hands Spring Concert (2nd seating) GR 6:00pm Hand & Foot Card Game TAV <b>All Hot Meal Dinner &amp; Prepared Meal Orders DUE TODAY</b>	6 10:30am Scrabble TAV  <b>12:30pm Historic Interpretation of Clara Barton GR/Zoom</b> 2:00pm Netflix Series: Heartland MOV 3:00pm Mother's Day Tea & Desserts GR 4:30pm Chef Mickey's Baked Haddock Dinner TAV 6:15pm Billiards BR	7 9:30am Intermediate Tai Chi LIB <b>10:30am Shopping Shuttle</b> 10:30am Tai Chi Informative Session & Demonstration FS 1:30pm Mindfulness Meditation FS 3:00pm Ice Cream Novelties PAT 5:30pm Poker Night GR 6:00pm Rummikub TAV	8 10:30am Board Games TAV 1:00pm Storytelling with Betty LIB 1:30pm Movie Matinee MOV 2:00pm Root Beer Floats GR 2:00pm Shuffleboard TAV 6:00pm Hand & Foot Card Game ML
9 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV 	10 10:30am Scrabble TAV 1:00pm Resident Meeting with Christy GR/Zoom 1:00pm Hand and Foot Card Game ML 3:00pm Happy Hour GR/TAV/PAT 5:30pm Mahjong TAV 6:15pm Monday Night Movie MOV	11 9:30am Intermediate Tai Chi LIB 11:00am Book Club LIB 11:30am Theatre How-to MOV 1:30pm Quarter Bingo TAV 3:15pm Resident Program Meeting GR 4:30pm Chef Mickey's Chicken Parmesan Dinner TAV 5:30pm Poker Night GR	12 8:30am French Toast Sticks GR <b>9:15am Saratoga Casino &amp; Raceway</b> 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee: The Current War MOV 2:00pm Mexican Train TAV 2:30pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV	13 10:30am Scrabble TAV 12:00-1:00pm Food Florist Delivery 1:15pm Blood Pressure Clinic GR 2:00pm Netflix Series: Heartland MOV 2:00pm Relaxation Hour with Sandi LIB 3:00pm Trivia Thursday with DJ, Mark Hersh GR 4:15pm Simply Foods Turkey Dinner TAV 6:15pm Billiards BR	14 9:30am Intermediate Tai Chi LIB <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation GR 3:00pm Miracle Ear Hearing Aid Clinic GR 3:00pm Ice Cream Novelties PAT 5:30pm Poker Night GR 6:00pm Rummikub TAV	15 <b>10:00am Farmers' Market at Wilton Mall</b> 10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard & Popcorn TAV 6:00pm Hand & Foot Card Game ML
16 8:30am Belgium Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	17 10:30am Scrabble TAV 1:00pm New Resident Handbook Review GR/Zoom 1:00pm Hand and Foot Card Game ML 3:00pm Happy Hour GR/TAV/PAT 5:30pm Mahjong TAV 6:15pm Monday Night Movie MOV	18  <b>9:30am Albany Guardian Society presents: Eat More of This. Less of That by Patty McGee LIB/Zoom</b> 9:30am Intermediate Tai Chi LIB 1:30pm Quarter Bingo TAV 4:15pm Dickinson's Delights Shepherd's Pie Dinner LO 5:30pm Poker Night GR	19 11:00am Social Knitting & Crochet LIB 11:30am Violin & Cello Duo Concert (1st seating) GR 12:30am Violin & Cello Duo Concert (2nd seating) GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV	20 10:30am Scrabble TAV  <b>1:30pm Albany Guardian Society presents Enriching Your Life with Podcasts LIB/Zoom</b> 2:00pm Netflix Series: Heartland MOV 3:00pm Monthly Birthday Party GR/TAV 4:00pm Eddie F's Fried Shrimp Basket Dinner TAV 6:15pm Billiards BR	21 9:30am Intermediate Tai Chi LIB <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation GR 3:00pm Ice Cream Novelties PAT 5:30pm Poker Night GR 6:00pm Rummikub TAV	22 10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard TAV 2:00pm Root Beer Floats GR 6:00pm Hand & Foot Card Game ML
23/30 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	24 10:30am Scrabble TAV 1:00pm Craft Class: Cactus Art Project CR 1:00pm Hand and Foot Card Game ML 3:00pm Happy Hour GR/TAV/PAT 5:30pm Mahjong TAV 6:15pm Monday Night Movie MOV 31  <b>Memorial Day Office is Closed</b> 10:30am Scrabble TAV 1:00pm Hand and Foot Card Game ML 5:30pm Mahjong TAV	25 9:30am Intermediate Tai Chi LIB 1:30pm Quarter Bingo TAV  <b>3:15 Recycling Review Meeting GR</b> 4:30pm Chef Mickey's Salisbury Steak Dinner LO 5:30pm Poker Night GR	26 11:00am Social Knitting & Crochet LIB <b>1:30pm King Brothers Dairy Ice Cream Outing</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm Lip Reading Class LIB 3:00pm Red, White & Blue Party with Guitarist, Joe Gorman PAT 6:00pm Hand & Foot Card Game TAV	27 10:30am Scrabble TAV 1:30pm Introduction to Bocce Ball PAT 2:00pm Netflix Series: Heartland MOV 3:0pm Trivia Thursday with DJ, Mark Hersh GR 4:45-5:00pm Three Vines Bistro 6:15pm Billiards BR <b>PEN PAL LETTERS DUE</b>	28 9:30am Intermediate Tai Chi LIB <b>10:30am Shopping Shuttle</b> 12:00pm Patio Gardening PAT 1:30pm Mindfulness Meditation GR 3:00pm Ice Cream Novelties PAT 5:30pm Poker Night GR 6:00pm Rummikub TAV	29 10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard & Popcorn TAV 6:00pm Hand & Foot Card Game ML
<b>CONNECTED life</b>  <b>FITNESS</b>	<b>Every Monday</b> Water Aerobics P 8:30am Hydro Rider Bike P 9:30/10am Strength Training GR 11:00am	<b>Every Tuesday</b> 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	<b>Every Wednesday</b> Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:30am Buddy Swim P 1:00pm	<b>Every Thursday</b> 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	<b>Every Friday</b> Water Aerobics P 8:30am Strength Training TAV 9:30am Buddy Swim P 1:00pm	



Resident Informational Meetings



**New Resident Orientation**  
Tuesday, May 4 at 11:00am

**Resident Meeting with Christy**  
Monday, May 10 at 1:00pm  
*Zoom or sign-up for Great Room as seating is limited.*

**Theatre How-To**  
Tuesday, May 11 at 11:30am

**Resident Program Meeting**  
Tuesday, May 11 at 3:15pm

**New Resident Handbook Review**  
Monday, May 17 at 1:00pm  
*Zoom or sign-up for Great Room as seating is limited.*

**Recycling Review**  
Tuesday, May 25 at 3:15pm



**Tai Chi Informative Session & Demonstration**

Come and learn about the benefits of Tai Chi on  
**Friday, May 7, at 10:30 AM**  
in the Fitness Studio.  
(Please sign up in the Lobby.)

**Intermediate-level Tai Chi**  
Tuesdays and Fridays at 9:30 AM  
Library

*We cannot currently accommodate new participants in this class. If you are interested, please put your name on the wait-list in the Great Room.*



**Fire Drill Review Meeting**  
Monday, May 3 at 11:00am  
Zoom or sign-up for Great Room as seating is limited

**FIRE DRILL**  
Wednesday, May 5 at 1:00pm

**Story Telling with Betty Cassidy**  
Saturday, May 8 at 1:00pm Library

Discover....  
..what amazing stories we all have.  
..why storytelling is good for tellers and listeners.  
..how it will be a fun hour.  
Join us!!

Summit Book Club Meeting

Tuesday, May 11  
11:30am  
Library

Alas, our club is gathering again and we are excited for newcomers to join. Let's discuss what books will be getting our attention.  
  
All residents are welcome. No sign up necessary. Happy Reading!



**MAY ART CLASSES**



**Mounted Watercolor Cactus**  
Monday, May 24  
1:00pm  
In the Craft Room

**TRIVIA THURSDAY**

with  
DJ, Mark Hersh

May 13 & 27 at 3:00pm  
Please sign up,  
there is limited seating  
in the Great Room.

**AGS Albany Guardian Society**

*Zoom Video Conference Library*

**A Great Night's Sleep**  
Monday, May 3  
9:30am - 10:30am

Learn about recent findings and the benefits of getting a good night's sleep. Explore ways to get peaceful, revitalizing, uninterrupted sleep.

**Eat More of This, Less of That**  
Presented by Patty McGee, RN, MSN  
Integrative HealthCoach

Tuesday, May 18  
9:30am - 10:30am

Feel fit and look vibrant with these nutrition tips. With thousands of food options available and packaging that makes food look healthy, it can be hard to know what food is best for our bodies.

**Enriching Your Life with Podcasts**  
Thursday, May 20  
1:30 - 2:30pm

With podcasts you can listen on your own schedule. Listen and learn in this session about the great variety of podcasts and podcast apps, how to subscribe to them and download for free.

Zoom link will be sent separately to your email.  
No computer? No problem. You are welcome to join us in the library.

**Historic Interpretation of Clara Barton**  
"Angel of the Battlefield"  
by Phyllis Chapman

Thursday, May 6  
12:30pm  
Great Room/Zoom

As determined as she was fearless, Clara chose to serve her country during the Civil War by helping Union soldiers where they needed it most - on the battlefield. Collecting needed supplies from civilians and assisting doctors in the field, she set the stage for her post-War career: founding the American Red Cross.



*Coming in June*

**Pickleball with Betty**

Begins Wednesday, June 2 at 9:30am.



**SILENT WINGS**  
RAPTOR REHAB AND EDUCATION

**SILENT WINGS presents BIRDS OF PREY**

See live birds of prey up close and learn about wildlife rehabilitation.

# Concierge Services

## CONTINENTAL BREAKFAST

8:30 AM until 10:30 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.

## Resident Transportation

Tuesdays and Thursdays 9am - 3pm.

Please notify the office at least one week ahead of time.

It 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 great room table.

**New Stop!**



Hearing Aid Clinic

Friday, May 14 at 3:00pm in the Great Room