

SUMMIT AT SARATOGA

Monthly Newsletter

June 2021



THE Manager's Message

"My father gave me the greatest gift anyone could give another person, he believed in me."

— Jim Valvano

Summer has finally arrived and there is nothing quite like a summer in Saratoga. June marks the official start of the summer season and The Summit is ready to make up for last year! The racetrack will be open, SPAC will host performances, downtown will be buzzing, restaurants will be open.

Interested in helping us welcome new neighbors? Join our Welcoming Committee and be a Summit Ambassador. Learn more at our meeting this month on June 2nd at 1 pm.

This month we also celebrate all of our Dads on Father's Day. Everyone is welcome to celebrate our fathers at our Father's Day Celebration on June 15th. Join us for hot dogs, lawn games and a good time!

We will be returning to pick up summer plants at Sunnyside Gardens, cruising on the Lac du St. Sacrement up on Lake George, lunching at Lakeside Farms, and much more!

So many fun programs and trips this month as we welcome the warm weather and longer days. Saratoga is the summer place to be!

Warm Regards,



Christy Durant
Community Manager

Father's Day Celebration

Tuesday, June 15, at 12:00pm

Hotdogs, Beer & Lawn Games

The grill will be running hot, the beer flowing cold and a good old-fashioned game of bocce ball, ladder ball or washer game.

HAPPY,
Father's
DAY



Community Manager

Christy Durant
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Resident Services Coordinator

Rebecca Detora
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Concierge

Jessica Pratt
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Maintenance

Clyde Moore Jr.
Skip Vickery
George Moss

Weekend Concierge

Jennifer Stroebel
Deb Kroslak

The Summit At Saratoga
1 Perry Road
Saratoga Springs, NY 12866
518-430-2136
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Birthdays of the Month

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

- 6/11 Randi Suppes
- 6/14 Bob Daileader
- 6/14 Shirley Peyton
- 6/14 Barbara Smith
- 6/15 Carolyn Nettleship
- 6/16 Bobbie Mintzer
- 6/19 Rocco Rosato
- 6/21 Fran Schwartz
- 6/22 Ted Paprocki
- 6/22 Wallace Paprocki
- 6/22 Jeanette Penree
- 6/23 Frank Romaine
- 6/26 June Villani
- 6/28 Dorothy Wilcox

Help us celebrate our monthly birthdays on
Friday, June 18, at 3:00pm
in the Great Room.

Cake & Ice Cream for all!

Resident Informational Meetings



Resident Program Meeting
Thursday, June 3, at 3:15pm

Resident Meeting with Christy
Monday, June 7, at 1:00pm
Zoom or sign up for Great Room as seating is limited.

Theatre How-To
Thursday, June 17, at 3:00pm

Excursions

Wednesday, June 2

The bus will leave the Summit at 11:00am.

Join us as we head to this award winning garden center in Upstate, New York.



Sunnyside
GARDENS

Wednesday, June 9

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.

Wednesday, June 16

The bus will leave the Summit at 11:30am.



10 residents minimum, 14 maximum.

You will love this lunch cafe, bakery, and gift shoppe in Ballston Lake.

Luncheon Cruise on the LAC du SAINT SACREMENT

Wednesday, June 23
Bus will leave at 10:30am.

Cruise & Lunch \$42.25/Cruise only \$22.75

We will be boarding the Lac du Saint Sacrement, the largest ship of The Lake George Steamboat Co.
Lunch & entertainment provided.



Must sign up and pay by Friday, June 4th.
Tickets are non-refundable

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Are you interested in being an Ambassador?

Join us on **Wednesday, June 2, at 1:00pm.**



Location Key
BR-Billiards Room (3rd Floor)
CR-Craft Room (2nd Floor)
FS-Fitness Studio
GR-Great Room
LIB-Library
LO-Lobby
MOV-Movie Theatre
P-Pool
PAT-Patio
PAV-Pavilion
TAV-Tavern

1	8:30am French Toast Sticks GR 9:30am Intermediate Tai Chi LIB 10:00am Podiatrist, Dr. Masias Visits 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle Refresher GR 5:30pm Poker Night GR
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2	9:30am Pickleball PAV 11:00am Sunnyside Gardens 11:00am Social Knitting & Crochet LIB 1:00pm Ambassador Meeting GR 1:30pm Movie Matinee: The Help MOV 2:30pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV All Hot Meal Dinner & Prepared Meal Orders DUE TODAY
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3	8:30am Coffee & Cinnamon Buns GR 11:00am Billiards BR 1:00pm Netflix Series: The Heartland MOV 1:30am Teacher's Coffee Klatch GR 3:15pm Resident Program Meeting GR 4:30pm Summit Supper Club: Pizza Takeout TAV
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4	9:30am Intermediate Tai Chi LIB 10:15am Scrabble TAV 10:30am Shopping Shuttle 10:30am Beginner Tai Chi FS 1:30pm Mindfulness Meditation LIB 3:00pm Ice Cream Novelties PAT 3:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV
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5	10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard & Popcorn TAV 6:00pm Hand & Foot Card Game TAV
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6	8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV
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7	10:15am Beginner Tai Chi FS 10:30am Hand and Foot Card Game TAV 1:00pm Resident Meeting with Christy GR/Zoom 3:00pm Happy Hour GR/TAV/PAT 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV
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8	9:30am Intermediate Tai Chi LIB 11:00am Book Club LIB 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Chef Mickey's Pan Seared Salmon Dinner TAV 5:30pm Poker Night GR
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9	9:15am Saratoga Casino & Raceway 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee: Quartet MOV 2:00pm Vocalist, Brian Zapel Entertains PAT 2:30pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV
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10	11:00am Billiards BR 1:00pm Netflix Series: The Heartland MOV  1:30pm Home Instead presents: Let's Talk Medication PAT 3:00pm Trivia Thursday with DJ, Mark Hersh GR 4:30pm Dickinson's Delights Meatloaf Dinner TAV
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11	9:30am Intermediate Tai Chi LIB 10:15am Scrabble TAV 10:30am Shopping Shuttle 10:30am Beginner Tai Chi FS 1:30pm Mindfulness Meditation LIB 2:15pm Line Dancing FS 3:00pm Ice Cream Novelties PAT 3:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV
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12	10:30am Board Games TAV 1:00pm Storytelling with Betty LIB 1:30pm Movie Matinee MOV 2:00pm Flavored Lemonade GR 6:00pm Hand & Foot Card Game TAV
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13	8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV
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14	10:15am Beginner Tai Chi FS 10:30am Hand and Foot Card Game TAV  1:00pm Marilyn Sassi: History of American Architecture LIB 3:00pm Patriotic Happy Hour GR/TAV/PAT 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV Flag Day
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15	9:30am Intermediate Tai Chi LIB 12:00pm Father's Day Celebration GR 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Chef Mickey's Roast Pork Loin Dinner TAV 5:30pm Poker Night GR
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16	9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 11:30am Lunch at Lakeside Farms 1:30pm Movie Matinee: Like Father MOV 2:00pm Mexican Train TAV 2:30pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV
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17	11:00am Billiards BR 1:00pm Netflix Series: The Heartland MOV  1:00pm Silent Wings presents Birds of Prey GR 2:30pm Tech Hour GR 3:00pm Theatre How-to MOV 4:30pm Three Vines Penne & Meatballs
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18	9:30am Intermediate Tai Chi LIB 10:15am Scrabble TAV 10:30am Shopping Shuttle 10:30am Beginner Tai Chi FS 1:30pm Mindfulness Meditation LIB 2:15pm Line Dancing FS 3:00pm Monthly Birthday Party GR/TAV 3:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV
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19	10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard & Popcorn TAV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Christian Worship & Music GR
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20	8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV Father's Day Summer Begins
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21	10:15am Beginner Tai Chi FS 10:30am Hand and Foot Card Game TAV  1:00pm Marilyn Sassi: History of American Architecture LIB 3:00pm Happy Hour GR/TAV/PAT 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV
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22	9:30am Intermediate Tai Chi LIB 1:30pm Quarter Bingo TAV 3:00pm Saratoga Library Visits GR 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Chef Mickey's Shrimp Alfredo Dinner TAV 5:30pm Poker Night GR
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23	9:30am Pickleball PAV 10:30am Lac du St Sacrement Luncheon Cruise 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee: Quigley Down Under MOV 2:00pm Mexican Train TAV 2:30pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV
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24	11:00am Billiards BR 1:00pm Netflix Series: The Heartland MOV 2:00pm Tech Hour GR 3:00pm Trivia Thursday with DJ, Mark Hersh GR 4:30pm Simply Foods Turkey Dinner TAV  6:00pm Iceland: A Journey Around the Land of Fire & Ice GR
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25	9:30am Intermediate Tai Chi LIB 10:15am Scrabble TAV 10:30am Beginner Tai Chi FS 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation LIB 2:15pm Line Dancing FS 3:00pm Ice Cream Novelties PAT 3:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV
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26	10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Flavored Lemonade GR 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Christian Worship & Music GR
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27	8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV
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28	10:15am Beginner Tai Chi FS 10:30am Hand and Foot Card Game TAV  1:00pm Marilyn Sassi: History of American Architecture LIB 3:00pm Happy Hour GR/TAV/PAT 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV
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29	9:30am Intermediate Tai Chi LIB 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Simply Foods Taco Pie TAV 5:30pm Poker Night GR
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30	9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee: Our Souls at Night MOV 2:00pm Mexican Train TAV 2:30pm Lip Reading Class LIB 3:00pm Saxophonist, Kevin Barcomb Entertains PAT 6:00pm Hand & Foot Card Game TAV
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CONNECTED life



FITNESS

Every Monday	Water Aerobics P 8:30am Hydro Rider Bike P 9:30/10am Strength Training GR 11:00am
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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
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Every Wednesday	Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:30am Buddy Swim P 1:00pm
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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
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Every Friday	Water Aerobics P 8:30am Strength Training TAV 9:30am Buddy Swim P 10:00am
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Every Saturday	10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Shuffleboard & Popcorn TAV 6:00pm Hand & Foot Card Game TAV
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Community Activities



Teacher's Coffee Klatch
Thursday, June 3, at 1:30pm
Great Room

Were you a Nurse? Join in and share stories and experiences with other fellow residents.

Summit Book Club Meeting

Tuesday, June 8
11:00am
Library

This month we are reading and discussing *The Silent Patient* by Alex Michaelides.

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



Pickleball with Betty



Every Wednesday at 9:30am on the Pickleball courts.
Weather permitting, all levels welcome!
Appropriate sneakers are required.

Join together for... Friday's



Tavern Time
3:00pm



Country Line Dancing

Resident Joyce Sova-Gervais has returned from Florida and is ready to boot, scootin' boogie!!

Class is Fridays at 2:15pm beginning 6/11.

New Resident-led Class



Tai Chi for Beginners

Mondays at 10:15am • Fridays at 10:30am
FITNESS STUDIO

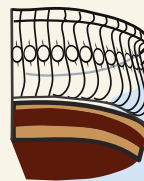
This Tai Chi class is in addition to our intermediate class.

Pinochle
Tuesdays at 3:30pm
Great Room



Triv?a THURSDAY

with DJ, Mark Hersh
June 10 & 24 at 3:00pm



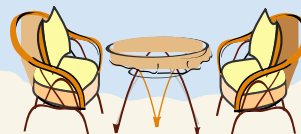
Entertainment on the Patio

Wednesday, June 9, at 2:00pm

Keyboardist & Vocalist, Brian Zapel

Wednesday, June 30, at 3:00pm

Saxophonist, Kevin Barcomb



Pastor Paul Ryan

Non-Denominational Christian service with God's Word and with music in a blended worship style.

Saturdays at 6:00pm beginning 6/19
Great Room



History of American Architecture

6-week Lecture Series

by Marilyn Sassi



Beginning Monday, June 14
1:00pm
Library

You are invited to join us each Monday for a 6-week lecture series: History of American Architecture. Recreations of the first houses built in America at Plymouth, MA and Jamestown, Virginia, will begin our series, which will cover all of the building styles used in America: from the 17th century right up to the restoration of Proctors Theatre in Schenectady. Please sign up.



Thursday, June 17
1:00pm in the Great Room

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.

Let's Talk Medication by Home Instead

Thursday, June 10, at 1:30pm
Patio

More than 100,000 older adults in North America end up in the hospital each year because of medication problems. Join us and learn about the risks and solutions.

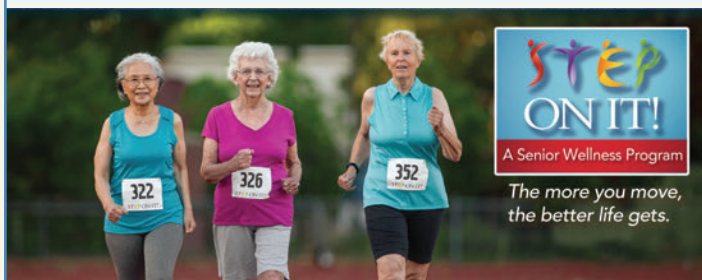


Step On It Celebration

Iceland - A Journey Around the Land of Fire & Ice

Presented by Tracey Kubis
Thursday, June 24, at 6:00pm
Great Room

Iceland is home to some of the largest glaciers and most active volcanoes in the world. Come view Tracey and her husband's road trip, which took them around "the ring" in 7 days. You'll see a few of the many waterfalls and glaciers, go inside an ice cave, float along icebergs, and enjoy the beauty of a country greatly influenced by Norway and Sweden.



Coming in July

Back to SPAC: NYC Ballet
Coming this summer...in small batches!
NYCB On and Off Stage will showcase a 75-minute

ALL BALANCHINE



NEWYORKCITYBALLET

Thursday, July 15, at 2:00pm

Amphitheatre - \$40.00
Lawn - \$30.00

Please see Rebecca if you are interested as ticket availability is limited.



Concierge Services

CONTINENTAL BREAKFAST

8:30am until 10:30am 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 in the Great Room for residents to read.



Resident Transportation

Tuesdays and Thursdays 9am - 3pm.

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

Destination must be within a 12-mile radius.



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.

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!



Saratoga Springs Public Library Outreach

Tuesday, June 22, at 3:00pm

Great Room

There will be an array of books and movies for you to browse through. If you would like to reserve a book for that date, please call the library at 518-584-7860 ext. 228.



SARATOGA SPRINGS PUBLIC LIBRARY
YOUR SOURCE FOR INFORMATION, INSPIRATION, AND ENTERTAINMENT