



SUMMIT AT SARATOGA

Monthly Newsletter

August 2021

THE
Manager's Message

Saratoga Springs, the August place to be! Health and horses are the foundation of Saratoga's rise to fame, but so are history, culture and attractions. These things are abundant in our popular city, from the Saratoga Racetrack to its age-old mineral baths, Victorian culture and more. Saratoga's springs are among the few naturally carbonated waters in the nation. We are fortunate to reside in such a culturally rich area.

Today, the Spa City is still popular for its rich mineral baths and fabulous culture, but the Saratoga Race Course steals the show every summer with its live thoroughbred horse racing. Breakfast at the Track is always a favorite! Join us on August 25th for a buffet breakfast to enjoy while you can watch the horses workout.

A lot of great excursions to chose from this month such as mini golf and ice cream at Mr. Bill's and lunches out at 550 Waterfront on Saratoga Lake, The Sagamore Resort and McGregor Links Golf Course. Also a trip to the Farmer's Market.

Join us on August 18th for our first Hawaiian Luau! Lunch will be served. Residents with last names starting with N- Z please bring a dessert to share. The Island Time Steel Drum Band will start at 1 pm. Rain or shine.

Fire Drill with the Greenfield Fire Department is scheduled for Tuesday, August 24th at 7pm. A review meeting will be held earlier that day at 1 pm in the Great Room.

Welcome August!
Warm regards,
Christy Durant
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
Clyde Moore Jr.
Skip Vickery
George Moss

Weekend Concierge
Jennifer Stroebel
Deb Krosiak

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

Emergency Maintenance Number
518-925-0905



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

Fanny Karamanos	8/03
Joe Liguori	8/03
Betsy Mowry	8/05
Ronni Rosenberg	8/05
Barbara Putnam	8/06
Jane Lindberg	8/11
Marti Cogswell	8/12
Joyce Griffiths	8/15
John Sakrison	8/16
Dennis Krosky	8/16
Mary Anne Brown	8/21
Wanda Reidy	8/23
Lorraine Wilson	8/30

Help us celebrate our monthly birthdays on
Wednesday, August 25, at 3:00pm
in the Great Room.
Cake & ice cream for all!

Breakfast at The Track
Wednesday, August 25

The bus will leave the Summit at 8:00am.
10 residents minimum,
14 maximum



Breakfast is served on
The Porch of the Clubhouse.
The price is \$20 plus gratuity.

LUNCH
Monday, August 30
The bus will leave the Summit at 11:30am.
12 residents minimum,
14 maximum

LaBella VITA
RISTORANTE
THE SAGAMORE RESORT

Excursions

Lunch at 550
FIVE FIFTY
waterfront
Wednesday, August 4
The bus will leave the Summit at 11:30am.
10 residents minimum, 14 maximum

Mini Golf & Ice Cream
at Mr. Bill's Mill Creek
Friday, August 6
The bus will leave the Summit at 1:00pm.
10 residents minimum, 14 maximum

Wednesday, August 11
The bus will leave the Summit at 3:00pm.
10 residents minimum,
14 maximum



CIRCA'21
at MCGREGOR LINKS
Friday, August 13
The bus will leave the Summit at 12:30pm.
10 residents minimum, 14 maximum

Monday, August 16
The bus will leave the Summit at 9:00am and pick you up at 12:30pm.
10 residents minimum,
14 maximum



It's a LUAU!
Wednesday, August 18
12:30pm
Join us for lunch and Island Music.
Aloha!
Music by **Island Time Steel Drums**

S	M	T	W	TH	F	S
1 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	2 10:00am Visit to the Thoroughbred Retirement Foundation 10:30am Hand and Foot Card Game TAV  1:00pm Medical Marijuana by Jennifer Symon GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	3 10:00am Podiatrist Visits: Dr. Masias 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 5:30pm Poker Night GR	4 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 11:30am Lunch at 550 Waterfront 1:30pm Movie Matinee MOV 2:00pm Lip Reading Class LIB 3:00pm Guitarist & Vocalist, John Hill PAT 6:00pm Hand & Foot Card Game TAV All Hot Meal Dinner & Prepared Meal Orders DUE TODAY	5 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 1:00pm Resident Program Meeting GR 3:00pm Margaritas at the Bar TAV 4:30pm Summit Supper Club Pizza Night GR	6 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:00pm Mini Golf & Ice Cream at Mr. Bills Mill Creek 1:30pm Mindfulness Meditation ML 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	7 10:30am Board Games TAV 1:30pm Movie Matinee MOV 3:00pm Creamsicle Float GR 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Evangelical Christian Worship & Music GR
8 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	9 10:30am Hand and Foot Card Game TAV 1:00pm Resident Meeting with Christy GR/Zoom 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie: <i>12 Years A Slave</i> MOV	10 11:00am Book Club: <i>In the Garden of Beasts</i> LIB 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Dickinson's Delights Dinner TAV 5:30pm Poker Night GR	11 9:30am Stockade Architecture Field Trip 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee MOV 2:00pm Lip Reading Class LIB 3:00pm Saratoga Farmers' Market at High Rock Park 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV	12 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV  1:00pm Alpacas from Woodland Meadow Farms 3:00pm Trivia Thursday with DJ Mark Hersh GR 4:30pm Osaka Take-out TAV	13 10:15am Scrabble TAV 10:30am Shopping Shuttle 12:30pm Lunch at Circa '21 at McGregor Links 1:30pm Mindfulness Meditation ML 2:15pm Line Dancing FS 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	14 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
15 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	16 9:00am Saratoga Casino & Raceway 10:30am Hand and Foot Card Game TAV 11:00am Cooking with Christy GR  1:00pm Kathy Leonard presents Mobile Medical Alert for Active Seniors GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie: <i>Sully</i> MOV	17 1:30am Ambassador Meeting GR 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Chef Mickey's Salmon Dinner TAV 5:30pm Poker Night GR	18 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 12:30pm LUNCH & LUAU 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV	19 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 2:00pm Washer Toss Game PAT 3:00pm Trivia Thursday with DJ Mark Hersh GR 4:30pm Simply Foods Turkey Dinner TAV	20 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation ML 2:15pm Line Dancing FS 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	21 10:30am Board Games TAV 1:30pm Movie Matinee MOV 3:00pm Root Beer Floats GR 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Evangelical Christian Worship & Music GR
22 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	23 10:00am Visit to the Thoroughbred Retirement Foundation 10:30am Hand and Foot Card Game TAV 1:00pm Art Class with Angela: Tie Dye Project CR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	24 11:00am Theatre How-to MOV 1:00pm Fire Drill Review GR 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:00pm Saratoga Library Visits GR 3:30pm Pinochle GR 4:30pm Chef Mickey's Salisbury Steak Dinner TAV 5:30pm Poker Night GR 7:00pm Fire Drill	25 8:00am Breakfast at The Track 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR/TAV 6:00pm Hand & Foot Card Game TAV	26 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV  2:30pm Author David Pietrusza's novel "1920: Year of the Six Presidents" LIB 4:00pm Doggie Ice Cream Treats PAT 5:15pm Three Vines Specialty Menu TAV	27 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation ML 2:15pm Line Dancing FS 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	28 10:30am Board Games TAV 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 2:00pm Iced Coffee GR 6:00pm Non-denominational Evangelical Christian Worship & Music GR
29 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	30 10:30am Scrabble TAV 11:30am Lunch at La Bella Vita Ristorante at The Sagamore 1:00pm Hand and Foot Card Game TAV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	31 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	<div>  <div> Grab a Friend and Go! 2021 Saratoga Summer Concert Series Tuesdays @ 7:00pm at Congress Park Concerts: Skippy and the Pistons • The Schmooze • Hot Club of Saratoga Betsy and the ByeGons • Garland Nelson. </div>  </div>			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
CONNECTED life  FITNESS	Every Monday Water Aerobics P 8:30am Hydro Rider Bike P 9:30/10am Beginner Tai Chi FS 10:15am Strength Training FS 11:00am	Every Tuesday Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Intermediate Tai Chi LIB 9:30am Balance Class FS 10:30am Yoga FS 11:00am Low Impact Aerobics with Weights FS 11:30am	Every Wednesday Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:30am Buddy Swim P 1:00pm	Every Thursday Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Low Impact Aerobics with Weights FS 11:30am	Every Friday Water Aerobics P 8:30am Strength Training FS 9:30am Intermediate Tai Chi LIB 9:30am Beginner Tai Chi FS 10:30am Buddy Swim P 10:00am	

Entertainment on the Patio



Wednesday, August 4,
at 3:00pm
Guitarist & Vocalist,
John Hill

Resident Informational Meetings

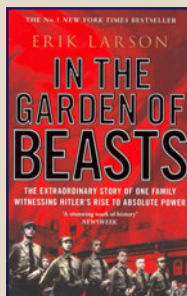


Resident Program Meeting with Rebecca
Thursday, August 5, at 1:00pm
Resident Meeting with Christy
Monday, August 9, at 1:00pm
Zoom / Great Room
Theatre How-To
Tuesday, August 24, at 11:00am

Summit Book Club

Tuesday, August 10
11:00am
Library

This month we are reading and discussing *In the Garden of Beasts* written by Erik Larson. All residents are welcome. No sign up necessary.



Tie Dye Project



with
Angela Cuozzo
Monday, August 23
1:00pm
In the Craft Room

Trivia Thursday

with DJ Mark Hersh
August 5 & 19, at 3:00pm

Join us in the great room where the competition is friendly and the trivia is fun!!

2-3 Ingredient Cooking Class

Fruit Salad

Monday, August 16
11:00am

Must sign up & bring
a large mixing bowl and spoon.

MARGARITAS AT THE BAR



Thursday, August 12, 3:00pm

Saratoga Springs Public Library Outreach
Tuesday, August 24, 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

Medical Marijuana

by Jennifer Symon
Monday, August 2
1:00pm
Great Room

Please join us for a discussion of medical marijuana - what is it and how might it help me?

Stockade Architecture Field Trip

Wednesday, August 11

The bus will leave the Summit at 9:30am.
12 residents minimum, 14 maximum

The field trip following the History of Architecture series will be a visit to the home of instructor Marilyn Sassi. The house is considered a hybrid of both early Dutch and English design, which was popular in our area by 1760. The tour will be both the exterior and interior which reflects its 18th century design. The next stops on the trip will be exterior tours of the two earliest houses in Schenectady, which were previously covered in the series. They will be the outside only.



Alpacas Visit from Woodland Meadow Farm

Thursday, August 12
1:00pm

Alpaca wool is soft, durable, and considered to be one of the warmest types of animal fibers. Come meet alpacas and learn about alpaca fiber.

We will be set up to the right of the maintenance garage.

BE PROTECTED ANYWHERE.....ANYTIME!

Monday, August 16, 1:00pm
Great Room

Presented By
Kathy Leonard

 **The Eddy**
Eddy Health Alert

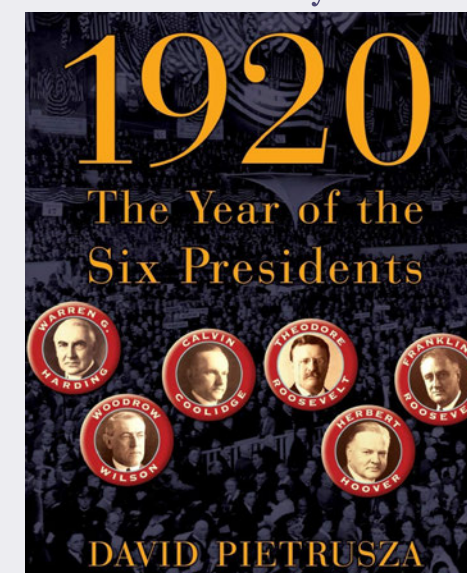
ST PETER'S HEALTH PARTNERS

Join us to learn about a mobile GPS-enabled medical alert device for active seniors. Whether you are visiting family in NJ or going across the way to the mall, you can still get HELP if needed!



Author, David Pietrusza

August 26 at 2:30pm
Library



1920: The Year of the Six Presidents

If interested, you can order this book at amazon.com or bn.com in either print or digital editions.

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.



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.



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.

Route 50 Shopping

Please sign up for Fridays Shopping Shuttle on the great room table.

New Stop!



Hearing Aid Clinic

Friday, August 20 at 3:00pm in the Great Room