

SUMMIT AT SARATOGA

Monthly Newsletter

September 2021



THE Manager's Message

What a fabulous summer! A little rainy but that is all good for our grounds here at the Summit! The Saratoga racetrack season has ended, the tourists and traffic are gone and 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!

September is *Healthy Aging* month. Dare to try a new fitness class or learn a new game such as Pinochle, Mexican Train or Hand and Foot. Join us for a presentation on "Enhancing Your Memory" on September 15th and "How to Prevent Falls" on September 17th.

Shultz's Farm Stand will be at the Summit every Tuesday from 12:30 – 1:30 pm on the front porch. Come and partake in their abundant harvest and welcome the Saratoga community to your beautiful home.

Join us in thanking our local fire, police and emergency responders on 9/11 for all that they do for our community every day. We will be dropping off casseroles and lasagnas from The Food Florist. A well-deserved gift from us.

Lastly, definitely hop on the motor coach for a cruise of Saratoga Lake, try the homemade ice cream at King's Dairy or perhaps lunch at The Local, Olive Garden or Red Lobster.

We hope to see you out and about enjoying the last days of summer and the early days of fall!!

Warm Regards,



Christy Durant
Community Manager

**There is nothing quite like a
summer in Saratoga!**



**As the season comes to an end
please join us for a Saratoga
theme happy hour on Monday,
September 20, at 3:00pm.**

Saratoga Lake Boat Cruise

Wednesday,
September 15



Sit back and relax while your Captain takes you on a scenic one-hour cruise around Saratoga Lake. See Saratoga's best kept secrets and learn the rich history of Saratoga Lake on this narrated cruise.

\$25.00 per person. The bus will leave The Summit at 3:15pm for the 4:00pm cruise.

14 residents minimum

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 Stroebe

Deb Kroslak

The Summit At Saratoga

1 Perry Road

Saratoga Springs, NY 12866

518-430-2136

www.summitsaratoga.com

Emergency Maintenance Number

518-925-0905

SEPTEMBER

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

Mary Ann Evans	9/01
John Ostrowski	9/04
Marie Fantauzzi	9/06
Betty Thornton	9/07
Gloria Scaramozzino	9/07
Margi Goodwin	9/11
Rondelle Rosato	9/12
Jo Flessner-Filzen	9/15
Gail Norris	9/18
Joris Reintsema	9/19
Pat Covey	9/27
Vivien Callison	9/28
Bill Mooney	9/30

Help us celebrate our monthly birthdays on **Wednesday, September 22, at 3:00pm** in the Great Room.

Cake & ice cream for all!

Last Chance for A Day at The Races Wednesday, September 1



Before the first race at 1:00pm, you will have plenty of dining options. Depending on your personal preferences you can purchase Grandstand or Clubhouse tickets once you arrive.

The bus will leave the Summit at 12:00pm.
5 residents minimum, 14 maximum

Excursions

Lunch at Kinjo Japanese Steakhouse



Wednesday, September 8

The bus will leave the Summit at 11:30am.
10 residents minimum, 14 maximum

Ice Cream at King Brothers Dairy Monday, September 13



The bus will leave the Summit at 1:30pm.
10 residents minimum, 14 maximum

Your Choice...Olive Garden or Red Lobster



Monday, September 20

The bus will leave the Summit at 11:30am.
10 residents minimum, 14 maximum

Wednesday, September 22

The bus will leave the Summit at 9:30am and pick you up at 1:00pm.

10 residents minimum,
14 maximum



Lunch at The Local

Monday, September 27

The bus will leave the Summit at 11:30am.
10 residents minimum, 14 maximum

S	M	T	W	TH	F	S
	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	 New Saturday Office Hours 9:00am - 3:00pm	1 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 12:00pm Saratoga Race Course 1:30pm Movie Matinee MOV 2:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game TAV	2 11:00am Bridge TAV 11:00am New Resident Gathering GR 1:00pm Netflix Series: <i>The Heartland</i> MOV 1:30pm Wilton EMS 3:00pm Screwdrivers at the Bar TAV	3 All Hot Meal Dinner & Prepared Meal Orders DUE TODAY 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	4 10:30am Board Games TAV 1:00pm Creamsicle Float GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Worship & Music GR
5 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	6  Office is Closed 2:00pm Movie Matinee: <i>Matewan</i> 5:00pm Mahjong Rosh Hashanah begins at sundown	7 10:00am Podiatrist Visits: Dr. Masias 11:00am Theatre How-to MOV 12:30pm Shultz Farm Stand 1:30pm Quarter Bingo TAV 3:00pm Laura Collins Entertains PAT 3:30pm Pinochle GR 5:30pm Poker Night GR	8 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 11:30am Lunch Kin Jo Japanese Steak House 1:30pm Movie Matinee MOV 2:00pm Lip Reading Class LIB 3:00pm Corn Hole GR 6:00pm Hand & Foot Card Game TAV	9  11:00am Bridge TAV 12:00pm Storyteller Kate Dudding presents: <i>Lighting the Way Home</i> GR 1:00pm Netflix Series: <i>The Heartland</i> MOV 3:00pm Resident Program Meeting GR 4:30pm Summit Supper Club Pizza Night TAV	10 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	11  10:30am Board Games TAV 11:30am Mike DeMasi presents: <i>Italy to America</i> GR 1:00pm Storytelling with Betty LIB 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Worship & Music GR Patriot Day
12 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV Grandparent's Day	13 10:30am Hand and Foot Card Game TAV 11:00am Resident Meeting with Christy GR/Zoom 1:30pm Ice Cream at King Brothers Dairy 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie: <i>Sully</i> MOV	14 11:00am Book Club: <i>The Plot</i> LIB 12:30pm Shultz Farm Stand 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Chef Mickey's Haddock Dinner TAV 5:30pm Poker Night GR	15  9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:00pm Enhancing Your Memory GR 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Corn Hole GR 3:15pm Saratoga Lake Boat Cruise 6:00pm Hand & Foot Card Game TAV Yom Kippur begins at sundown	16 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	17  10:15am Scrabble TAV 10:30am Shopping Shuttle 12:30pm How to Prevent Falls FS 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	18 10:30am Board Games TAV 1:00pm Root Beer Floats GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Worship & Music GR
19 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	20 10:30am Hand and Foot Card Game TAV 11:30am Lunch Outing at Olive Garden or Red Lobster 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	21 12:30pm Shultz Farm Stand 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 Chicken Parmesan Dinner TAV 5:30pm Poker Night GR	22 9:30am Pickleball PAV 9:30am Saratoga Casino & Raceway 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 Autumn begins	23 8:30am Fresh Bagels GR 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 2:00pm Art Class: Fall Wine Glass Painting CR 3:00pm Voting Table GR 5:15pm Three Vines Specialty Menu TAV	24 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindfulness Meditation ML 2:15pm Line Dancing FS 3:00pm Tim Farkas Entertains PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	25 10:30am Board Games TAV 1:00pm Iced Coffee GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Worship & Music GR
26 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV	27 10:30am Scrabble TAV 11:30am Lunch at The Local 1:00pm Hand and Foot Card Game TAV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	28 12:30pm Shultz Farm Stand 1:30pm Quarter Bingo TAV 3:00pm Bocce Ball PAT 3:30pm Pinochle GR 4:30pm Chef Mickey's Meatloaf Dinner TAV 5:30pm Poker Night GR	29  9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:00pm Informational Medicare Class GR 1:30pm Movie Matinee: MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game TAV	30 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 2:00pm Voting Table GR 3:00pm Trivia Thursday with DJ Mark Hersh GR 4:30pm Dickinson's Delights Dinner TAV		Remembering 9/11 In honor of September 11, 2001, we will be delivering dinner from Food Florist to our local responders. The Fire Department, the Police Department and the Wilton Emergency Squad are always there for us and we want to show them that their service to us is always appreciated.
CONNECTED <i>life</i>  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	

Community Activities

Resident Informational Meetings



Theatre How-To/Movie Committee
Tuesday, September 7, at 11:00am

Resident Program Meeting
Thursday, September 9, at 3:00pm

Resident Meeting with Christy
Monday, September 13, at 11:00am
Zoom / Great Room

Shultz Farm Stand



Tuesdays 12:30-1:30pm
Front Porch

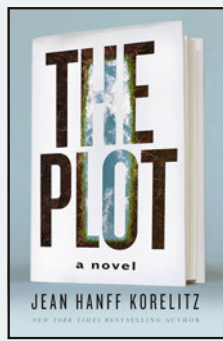
Local and fresh fruit & produce.

Summit Book Club

Tuesday, September 14
11:00am

This month we are reading and discussing *The Plot* written by Jean Hanff Korelitz. All residents are welcome. No sign up necessary.

Happy Reading!



September Art Class

Fall Wine Glass
Painting

Thursday,
September 23
2:00pm
In the Craft Room



Trivia Thursday

with DJ Mark Hersh

September 16 & 30 at 3:00pm

Join us in the Great Room where the competition is friendly and the trivia is fun!!

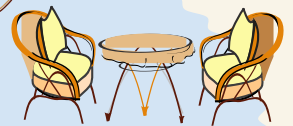
Registered to Vote?

Are you registered to vote in this district? There will be change of address forms, registration forms and absentee ballot applications available.

Stop by the voting table
on Thursday,
September 23
at 3:00pm
in the Great Room.



Entertainment on the Patio



Tuesday, September 7, at 3:00pm
Guitarist & Vocalist, Laura Collins

Friday, September 24, at 3:00pm
Guitarist & Vocalist, Tim Farkas

WEAR "BEST OF" T-SHIRTS!!

Pastor Paul Ryan

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

Saturdays at 6:00pm
Great Room



SEPTEMBER IS
HEALTHY AGING
MONTH



Award-winning Storyteller
Kate Dudding Returns
Lighting the Way Home:
Stories of Lighthouses and Their Keepers

Thursday, September 9
12:00pm
Great Room

Lighthouses have been in existence for thousands of years, some of them marking harbors, others marking hazards. Listen as Kate Dudding brings to life some lighthouses and the people who worked in them.



How To Prevent Falls

by Barb Howansky

Friday, September 17, at 12:30pm
Fitness Studio

Come and listen to how to prevent falls and how to get up if you do fall.



INFORMATIONAL MEDICARE CLASS

Wednesday, September 29, at 1:00pm
Great Room

Presented By Mike Stanton

Healthcare Specialist
at Revolutionary Financial Planning

Join us to learn about...

- When & how to sign up
- What each part of Medicare covers
- Additional benefits
- Supplemental vs. Advantage Plans

ITALY TO AMERICA

— my family's immigration journey —



Michael DeMasi

Local author and speaker,
Mike DeMasi presents:

"Italy to America: My Family's Immigration Journey"

Saturday, September 11 at 11:30am
in the Great Room

Italy to America: My Family's Immigration Journey" tells the story of Giovanni and Maria DeMasi and their two oldest children, who moved from a small town in southern Italy in 1963 and settled in Troy, New York. They are among the tens of millions of people who left behind everyone and everything they knew for the promise of a better life in the United States, contending with laws that for 140 years have restricted who can enter the country. Their story is both unique and universal.

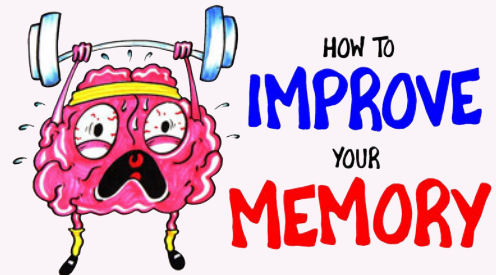


Michael DeMasi has been a newspaper reporter in upstate New York since graduating from Ithaca College in 1991. Born and raised in Troy, he now lives in Clifton Park with his wife and twin daughters.

Enhancing Your Memory

By Dan Leffingwell

Wednesday, September 15
1:00pm in the Great Room



Memory loss in older adults is sometimes thought to be an inevitable consequence of getting older. This health talk will explore this myth of aging and explore the common causes of reversible memory loss and outline strategies to enhance our memory as we age.

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.



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

Fresh Market Plaza, 56 Marion Avenue,
Saratoga Springs, NY 12866

(518) 935-0525

Dry Cleaning, Shoe Repair & Tailoring
Free Pick-up and Delivery
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.

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.

Route 50 Shopping

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



Saratoga Springs Public Library Outreach
September 21st 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