



# SUMMIT AT SARATOGA

Monthly Newsletter

October 2021

Happy 5th Anniversary!



# THE Manager's Message

Dear Residents,

Happy 5th Anniversary!! It is hard to believe that we opened the doors to this wonderful community five years ago. Meeting so many fabulous people has made this experience a glorious journey. After getting to know each other, we grew together, we laughed together and most importantly we became a true community. Residents became neighbors and then friends.

I cherish most how all of you continue to welcome new residents and make them feel welcome and make them feel like their new apartment is truly home. The staff and I love what we do and most importantly care for all of you.

Join us for our 5th Year Anniversary gathering on Wednesday, October 13th at 2pm.. And stop in the Great Room on Tuesdays from 11:30am-12:30pm to view all of the great photos taken over the last five years. So many wonderful memories!

This year we will be donating the handmade hats, scarves and mittens to local families in need through the Franklin Community Center. Many thanks to all of those who donated their time to knit or crochet.

Happy Anniversary and cheers to many more!



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 Stroebe  
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

## Cheers to 5 Years!

Please join us for an  
**ANNIVERSARY CELEBRATION**

Honoring  
**Summit at Saratoga**

**Wednesday, October 13 at 2:00pm**  
Please RSVP in the Great Room.

Photos over the past 5 years will be  
shown in the Great Room on Tuesdays  
from 11:30am-12:30pm.

## SUMMIT SERVICE CLUB

*"Volunteering is a work of heart"*

The knitting group has continued making scarves, hats, and mittens for the past year. There is a plethora of handmade items and they are ready to be delivered to Franklin Community Center.

Franklin Community Center is always looking for donations of other types.

Drop off will take place on  
**Thursday, October 14 at 2:00pm.**



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

Don Sheffer	10/02
Bob Goodwin	10/03
Jim Coyne	10/06
Ann Jennings	10/19
Andrea Flannery	10/23
Marianne Shields	10/23
Barbara Healy	10/24
Diane Cutting	10/26
Judy Brecher	10/28

Help us celebrate our monthly birthdays on  
**Wednesday, October 27 at 3:00pm**  
in the Great Room.  
**Cake & ice cream for all!**



**Monday, October 4**  
**10:30am**

Join us as we head to the orchard and farm market. They sell a wide variety of apples, peaches, plums, pears, cider, fresh baked goods, and produce. Perfect for future baking!



**Breakfast at Sweeney's**  
**Wednesday, October 13**

The bus will leave the Summit at 8:15am.  
10 residents minimum,  
14 maximum

## Excursions

**Take a trip to Whitehall, NY**  
**Sunday, October 16**

Bus leaves at 10:50am

Join us for  
**Lunch at Skene Manor,**  
a Victorian Gothic-style mansion.  
10 residents minimum,  
14 residents maximum



**Lunch at Prime at Saratoga National**  
**Monday, October 18**

*prime*  
At Saratoga National

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

**Rivers Casino & Resort**

**Wednesday, October 20**



The bus will leave the Summit at 9:30am and  
pick you up at 1:00pm.  
10 residents minimum, 14 maximum

**Lunch at The Peppermill Family Restaurant**

**Monday, October 25**



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



**Wednesday, October 27**

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



S	M	T	W	TH	F	S
	<b>Location Key</b> 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	 <b>Caring &amp; Sharing</b> Residents looking to get and give support from fellow residents with their medical conditions (i.e.: Parkinson's, diabetes, osteoporosis etc.). <b>Tuesdays at 10:30am Great Room</b>	 <b>5th Annual Saratoga Recycles Day is October 2.</b> All labeled items collected in September will be delivered to this event. Thank you for recycling responsibly!	<b>Thursday &amp; Sunday Night Football @ 8:20pm</b>  Join fellow residents in the movie theater to see the brightest stars, the biggest NFL games, & the fiercest rivalries.	<b>1</b> 10:00am - 1:00pm FLU VACCINE CLINIC 10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation LIB 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	<b>2</b> 10:30am Board Games TAV 1:00pm Apple Cider GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR <b>Saratoga Recycles Day</b>
<b>3</b> 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	<b>4</b> <b>10:30am Saratoga Apple</b> 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 MOV	<b>5</b> 10:00am Podiatrist Visits: Dr. Masias 10:30am Caring & Sharing GR 12:30pm Shultz Farm Stand PAT 1:30pm Quarter Bingo TAV 3:30pm Pinochle GR 5:30pm Poker Night GR	<b>6</b> 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee MOV 2:00pm Art Class: Fall Fabric Pumpkin 2:00pm Lip Reading Class GR  <b>3:00pm Mike Canoin presents: Battle of Saratoga GR</b> 6:00pm Hand & Foot Card Game TAV All Hot Meal Dinner & Prepared Meal Orders <b>DUE TODAY</b>	<b>7</b> 11:00am Bridge TAV <b>11:30am Adirondack Cruise &amp; Charter Fall Cruise on Saratoga Lake</b> 1:00pm Netflix Series: <i>The Heartland</i> MOV 3:00pm Resident Program Meeting GR 4:30pm Chef Mickey's Shrimp Alfredo Dinner TAV 5:00pm Fireside Chats PAT 8:20pm Thursday Night Football MOV	<b>8</b> 10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b>  <b>1:00pm AGS Call &amp; Learn: A Local Gem, Five Rivers Environmental Center</b> 1:30pm Mindfulness Meditation LIB 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	<b>9</b> 10:30am Board Games TAV 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
<b>10</b> 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	<b>11</b>  <b>Office is Closed</b> 2:00pm Movie Matinee: Magnificent Voyage of Christopher Columbus MOV 5:00pm Mahjong TAV	<b>12</b> 10:30am Caring & Sharing GR 11:00am Book Club: <i>Cannery Row</i> LIB 12:30pm Shultz Farm Stand PAT 1:30pm Quarter Bingo TAV 3:30pm Pinochle GR 4:30pm Chef Mickey's Salisbury Steak Dinner TAV 5:30pm Poker Night GR	<b>13</b> <b>8:15am Breakfast at Sweeney's</b> 9:30am Pickleball PAV 11:00am Social Knitting & Crochet LIB  <b>11:00am Alpacas from Woodland Meadow Farm</b> 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB <b>2:00pm 5th Anniversary Party PAT/GR</b> 6:00pm Hand & Foot Card Game TAV	<b>14</b> 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV <b>2:00pm Franklin Community Center Drop-off</b> 3:00pm Trivia Thursday with DJ Mark Hersh GR 4:15pm Primo's Stuffed Shells Dinner TAV 5:00pm Fireside Chats PAT 8:20pm Thursday Night Football MOV	<b>15</b> 10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation LIB 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	<b>16</b> 10:30am Board Games TAV <b>10:50am Lunch at Skene Manor, Whitehall, NY</b> 1:00pm Creamsicle Floats GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR <b>National Bosses Day</b>
<b>17</b> 8:30am Waffle Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	<b>18</b> 11:03am Hand and Foot Card Game TAV 11:00am Theatre How-to MOV <b>11:30am Lunch Outing at Prime at Saratoga National</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	<b>19</b> 10:30am Caring & Sharing GR 11:30am-12:30pm 5 Years of Photos GR 12:30pm Shultz Farm Stand PAT 1:30pm Quarter Bingo TAV <b>3:00pm Saratoga Library Visits GR</b> 3:30pm Pinochle GR 4:30pm Chef Mickey's Pot Roast Dinner TAV 5:30pm Poker Night GR	<b>20</b> 9:30am Pickleball PAV <b>9:30am Rivers Casino &amp; Resort</b> 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee: MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class GR <b>3:00pm Chili Cook-off and Joe Gorman Entertains</b> 6:00pm Hand & Foot Card Game TAV	<b>21</b> 8:30am Fresh Belgian Waffle Station GR 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 4:30pm Dickinson's Delights Chicken Cordon Bleu Dinner TAV 5:00pm Fireside Chats PAT 8:20pm Thursday Night Football MOV	<b>22</b> <b>9-11:00am Annual Medicare Enrollment GR</b> 10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation LIB 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	<b>23</b> 10:30am Board Games TAV 1:00pm Apple Cider GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
<b>24/31</b> 8:30am Pancake Breakfast GR 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV  <b>Halloween</b>	<b>25</b> 10:30am Scrabble TAV <b>11:30am Lunch at The Peppermill Family Restaurant</b> 1:00pm Hand and Foot Card Game TAV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	<b>26</b> 10:30am Caring & Sharing GR 11:30am-12:30pm 5 Years of Photos GR 12:30pm Shultz Farm Stand PAT 1:30pm Quarter Bingo TAV 3:30pm Pinochle GR 4:15pm Take-out 99 Restaurant TAV 5:30pm Poker Night GR	<b>27</b> 9:30am Pickleball PAV <b>10:30am Bowling &amp; Lunch at Saratoga Strike Zone</b> 11:00am Social Knitting & Crochet LIB  <b>1:00pm Home Instead presents Living with Depression: GR</b> 1:30pm Movie Matinee: MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class GR <b>3:00pm Monthly Birthday Party GR/TAV</b> 6:00pm Hand & Foot Card Game TAV	<b>28</b> 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV <b>3:00pm Halloween Party with DJ Mark Hersh GR</b> 4:30pm Simply Foods Turkey Dinner TAV 5:00pm Fireside Chats PAT 8:20pm Thursday Night Football MOV	<b>29</b> 10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation LIB 2:00pm Dog Costume Parade PAT 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	<b>30</b> 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
  <b>FITNESS</b>	<b>Every Monday</b> Water Aerobics P 8:30am Hydro Rider Bike P 9:30 Beginner Tai Chi FS 9:30am Strength Training FS 10:30am	<b>Every Tuesday</b> 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	<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 FS 10:30am Yoga FS 11:00am Low Impact Aerobics with Weights FS 11:30am	<b>Every Friday</b> Intermediate Tai Chi FS 9:30am Beginner Tai Chi FS 10:30am Buddy Swim P 10:00am	

# Community Activities

Get Your Flu Shot  
**Here**

Friday, October 1

Please bring your signed waiver and your two insurance cards (prescription card & Medicare card) to the Tavern at your assigned time between 10:00am and 1:00pm.

## Resident Informational Meetings

Resident Meeting with Christy

Monday, October 4, 1:00pm

Zoom/Great Room

Resident Program Meeting

Thursday, October 7, 3:00pm, Great Room

Theatre How-To/Movie Committee

Monday, October 18, 11:00am



## Summit Book Club

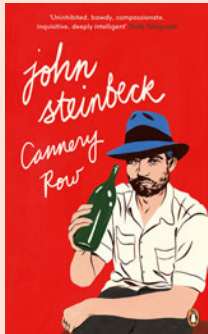
Tuesday, October 12

11:00am

Library

This month we are reading and discussing *Cannery Row* written by John Steinbeck. All residents are welcome. No sign up necessary.

Happy Reading!



**CHILI  
COOK OFF!**

Wednesday, October 20 at 3:00pm

Residents compete for the ultimate chili.

Dress for fall and join us on the back patio near the fireplace. You can sample a variety of chili and vote for your favorite. Please sign up if you will be participating and cooking chili! Music by Joe Gorman.

*Fireside Chat*

Join us on Thursday evenings at 5:00pm.

Bring your beverage of choice and come enjoy the warm outdoor fireplace and good company on the patio.

## October Art Class



DIY Easy Fabric  
Pumpkin

Thursday, October 21

2:00pm

Craft Room

DJ, Mark Hersh  
presents

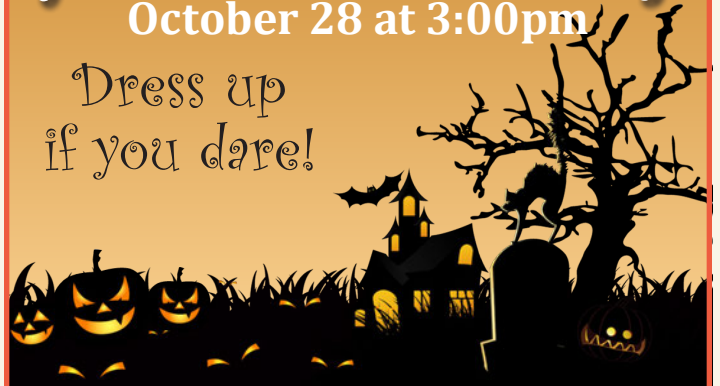
**TRIVIA**  
HURSDAY?

October 14 at 3:00pm

*Halloween Party*

October 28 at 3:00pm

Dress up  
if you dare!







**Lunchtime Chat at 1:00pm**  
Call 518-992-6661

This is a listen & learn, no computer needed.

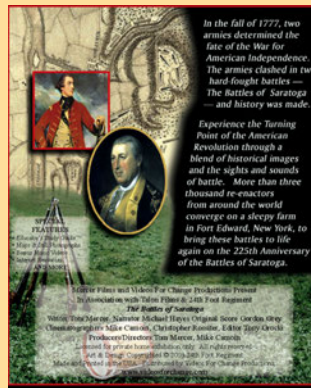
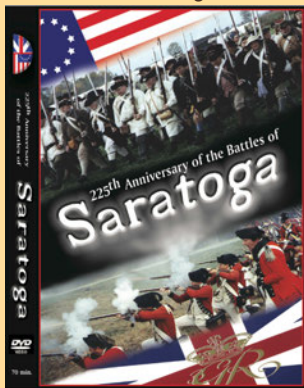
**Friday, October 1**

**Five Rivers Environmental Center**

A local gem located in Delmar. This is a living museum comprising of over 450 acres of fields, forests, and ponds. There are also 10 miles of trails.



## Battles of Saratoga By Mike Camoin



**Wednesday, October 6**  
**3:00pm in the Great Room**

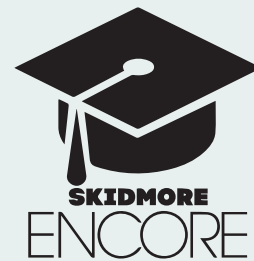
Experience the turning point of the American Revolution through a blend of historical images and the sights and sounds of battle. More than three thousand reenactors from around the world converge on a sleepy farm in Fort Edward, New York, to bring these battles to life again on the 225th anniversary of the Battles of Saratoga.

The Battles of Saratoga is presented by the filmmakers Mike Camoin of Videos For Change Productions and joined by fellow producer, Tom Mercer of Mercer Film Studios, co-creator of the documentary DVD.

## Alpacas Visit from Woodland Meadow Farm

**Wednesday, October 13, 11:00am**

Check out the alpacas near the maintenance garage. There will be yarn to purchase.



Free classes through Zoom,  
links will be emailed weekly.

## October 12: Pairing Wine with Confucius

10:15-11:10am Wine & the French Sense of Place  
11:25am-12:20pm Confucius: The Man & The Myth

## October 19: Global Focus

10:15-11:10am Building Resilience in the  
Food Systems  
11:25am-12:20pm Carbon & Beyond:  
The Biogeochemistry of Climate  
in a Rapidly Changing Amazon

**SKIDMORE**  
C O L L E G E

## October is National Depression Education & Awareness Month

**Join Maria Spagnola**  
**Home Instead Home Care Consultant**  
**Wednesday, October 27**  
**1:00pm**  
**Great Room**

Depression is a common problem among older adults, but clinical depression is not a normal part of aging. Learn about the risk factors, signs, and symptoms of depression - and what you can do to maintain optimum mental AND physical health.

**Home Instead**  
**SENIOR CARE**  
*To us, it's personal.*

# 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

**Tuesday, October 21 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