

SUMMIT AT SARATOGA

Monthly Newsletter

November 2021



THE Manager's Message

As we create our own community here at *The Summit*, we reach out to help the community we live in. Most of us look forward to the holiday season—a time of gift-giving, delicious family meals and warm memories. However, for some less fortunate residents of our Saratoga Springs community, the holidays are a stressful time. As we approach the giving season, we would like to support local families and children in need by donating items for “*The Empty Stocking Project*” coordinated by The Saratoga County Children’s Committee, learn more at the meeting on Friday, November 11th at 1:30 pm in the Tavern, and for Thanksgiving food baskets with The Franklin Community Center. Baskets will be set out in the Tavern until November 13th for needed food items.

We thank you for your thoughtfulness and gratitude and look forward to seeing you at our Harvest Gathering on November 22nd at 2 pm.

A special thank you to our Knitting & Crocheting group and tagging volunteers who worked together to provide Saratoga Springs families in need warm hats and scarves this winter. Thousands of stitches went into making the beautiful and unique scarves, hats, cowls, headbands and mittens.

Wishing you and your family a Happy Thanksgiving,



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

Weekend Concierge

Deb Krosiak
Lisa Wilson

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

Emergency Maintenance Number
518-925-0905



Transportation to the General Election on November 2
We will leave the Summit at 9:00am for Gavin Park, Wilton.
Please sign up in the Great Room.

SUMMIT SERVICE CLUB

“Volunteering is a work of heart”

We are putting together Thanksgiving food baskets for Franklin Community Center and are collecting the following food items:

Hearty soups	Beans or vegetables	Peanut butter & jelly
Canned ravioli	Spaghetti and sauce	Tuna fish
Breakfast items	Macaroni & cheese	Rice sides

The Center has limited refrigerator space. Please consider donating a gift card to a local grocery store for the purchase of turkey, fresh produce, etc.

There will be a basket in the tavern for donations.
Please drop off donations by November 13.



FRANKLIN COMMUNITY CENTER

HARVEST DINNER FOR YOU!

WEDNESDAY, NOVEMBER 10
PLEASE PICK-UP AT 4:00PM
IN THE GREAT ROOM.



TURKEY, STUFFING, MASHED
POTATOES, GRAVY, CRANBERRY
SAUCE, GREEN BEANS AND
PUMPKIN PIE.



November BIRTHDAYS

Katherine Cordovano	11/01
Gary Wilcox	11/05
Mike Duskas	11/08
Pete Putnam	11/17
Mark Cassidy	11/18
Anne Amedore	11/28
Glenn Smith	11/29

Help us celebrate our monthly birthdays
on Wednesday, November 17 at 3:00pm
in the Great Room.

Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Thursday, November 4, 2:00pm, Great Room

Snow Policy Meeting
Monday, November 8, 2:00pm, Great Room

Theatre How-To/Movie Committee
Wednesday, November 10, 1:00pm, Great Room

Resident Meeting with Christy
Monday, November 15, 2:00pm
Zoom/Great Room



Lunch & Shopping at
Clifton Park Center Mall

Boscov's

Monday, November 1

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

Excursions

**Lunch at Ripe Tomato
An American Grill**

Monday, November 8

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

10 residents minimum,
14 maximum



**Lunch at Eddie F's New England
Seafood**

Monday, November 15



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

10 residents minimum, 14 maximum

Saratoga Casino & Raceway

Wednesday, November 24



The bus will leave the Summit at 10:45am
and pick you up at 2:00pm.

5 residents minimum, 14 maximum

**Scenic drive through
Saratoga National Historical Park**



Monday, November 29

We will take a self-guided, 10-mile tour in our
motor coach through this park, which preserves
and interprets sites associated with battles fought
during the American Revolutionary War.

The bus will leave the Summit at 10:30am.
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	1 10:00am Lunch & Shopping at Clifton Park Center Mall 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	2 9:00am Transportation to Voting Poll 10:00am Podiatrist Visits: Dr. Masias 10:15am Skidmore Encore presents American Foreign Policy via Zoom 11:25am Skidmore Encore presents The Economy and Recession via Zoom 1:30pm Quarter Bingo TAV 3:30pm Pinochle TAV 5:30pm Poker Night GR	3 11:00am Social Knitting & Crochet LIB 1:00pm Outsmarting the Scammers GR 1:30pm Movie Matinee MOV 2:00pm Lip Reading Class GR 3:00pm Letters to our Veterans GR 6:00pm Hand & Foot Card Game TAV	4 11:00am Bridge TAV 11:00am Pickleball PAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 2:00pm Program Meeting with Rebecca GR 3:00pm Trivia Thursday with DJ Mark Hersh GR 5:00pm Fireside Chats & S'mores PAT 8:20pm Thursday Night Football MOV	5 10:15am Scrabble TAV 10:30am Shopping Shuttle 2:00pm Hector PT presents The Benefits of Good Posture GR 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	6 10:30am Board Games TAV 1:00pm Pumpkin Ice Cream Meetup GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
7 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV 	8 10:30am Hand and Foot Card Game TAV 11:30am Lunch at Ripe Tomato An American Grill 2:00pm Snow Removal Policy Meeting GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV All Hot Meal Dinner & Prepared Meal Orders DUE TODAY	9 10:15am Skidmore Encore presents To Your Health: Alzheimer's Disease via Zoom 11:00am Book Club: When Will There Be Good News LIB 11:25am Skidmore Encore presents Is Sitting the New Smoking via Zoom 1:30pm Quarter Bingo TAV 3:30pm Pinochle TAV 4:30pm Chef Mickey's Salmon Dinner TAV 5:30pm Poker Night GR	10 11:00am Social Knitting & Crochet LIB 1:00pm Theatre How-to MOV 1:30pm Movie Matinee MOV 1:30pm AGS presents COVID-19 Vaccine Hesitancy & More via Zoom 2:00pm Lip Reading Class GR 3:00pm Letters to our Veterans GR 4:00pm Harvest Dinner Pick-up 6:00pm Hand & Foot Card Game TAV	11  11:00am Veterans Day Sing-along GR Office is Closed	12 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Empty Stocking Project Meeting TAV 2:00pm Know Your Apples GR 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	13 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
14 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	15 10:30am Hand and Foot Card Game TAV 11:30am Lunch Outing at Eddy F's New England Seafood Restaurant 2:00pm Resident Meeting with Christy GR/Zoom 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	16 11:00am Fire Drill Review GR 1:00pm FIRE DRILL 1:30pm Quarter Bingo TAV 3:00pm Craft Class: DIY Holiday Card Making CR 3:30pm Pinochle TAV 4:30pm Chef Mickey's Roast Pork Loin Dinner TAV 5:30pm Poker Night GR	17 11:00am Social Knitting & Crochet LIB 1:00pm Don Brooks presents Whatever Happened to Bald Mountain? GR 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR 6:00pm Hand & Foot Card Game TAV	18 11:00am Bridge TAV 11:00am Pickleball PAV 1:00pm Netflix Series: <i>The Heartland</i> MOV 3:00pm Trivia Thursday with DJ Mark Hersh GR 4:15pm Dickinson's Meatloaf Dinner TAV 8:20pm Thursday Night Football MOV	19 10:15am Scrabble TAV 10:30am Shopping Shuttle 3:00pm Ice Cream Novelties PAT 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV Fall Door Decorating Ballots DUE	20 10:30am Board Games TAV 1:00pm Hot Apple Cider GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
21 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	22 10:30am Scrabble TAV 11:00am Cooking with Marie GR 1:00pm Hand and Foot Card Game TAV 2:00pm Harvest Gathering & BEST OF Door Decorating GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	23 10:30am Shopping Shuttle 1:30pm Quarter Bingo TAV 3:00pm Saratoga Library Visits GR 3:30pm Pinochle TAV 4:30pm Summit Supper Club Pizza & Friendship Salad GR 5:30pm Poker Night GR	24 10:45am Saratoga Casino & Raceway 11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee: MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class GR 6:00pm Hand & Foot Card Game TAV	25  Office is Closed	26 10:15am Scrabble TAV 2:00pm Movie Matinee MOV 4:00pm BYOB Tavern Time 5:30pm Poker Night GR 6:00pm Rummikub TAV	27 10:30am Board Games TAV 1:00pm Pumpkin Ice Cream Meetup GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
28 10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV 4:30pm Lighting of the Menorah GR Hanukkah begins at sundown	29 10:30am Scrabble TAV 10:30am Saratoga National Historical Park 1:00pm Hand and Foot Card Game TAV 3:00pm Happy Hour GR 4:30pm Lighting of the Menorah GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	30 1:30pm Quarter Bingo TAV 3:00pm Craft Class: Holiday Coasters CR 3:30pm Pinochle TAV 4:30pm Lighting of the Menorah GR 4:30pm Osaka Asian Fusion Take-out TAV 5:30pm Poker Night GR	Save the Date!  Hanukkah Discussion by Kim Stein Wednesday, December 1 at 1:00pm	The Empty Stocking Project Meeting Friday, November 12 at 1:30pm in the Tavern The Empty Stocking Project is the largest and most widely recognized project of the Saratoga County Children's Committee. There are hundreds of children living within Saratoga County who are less fortunate. A holiday wish list may include new clothes, toys, games or other items the child wants. If you want to shop for a child, please sign up. The Empty Stocking binder is located in the Great Room. Items must be in no later than December 3. 		
CONNECTED life  FITNESS	Every Monday Water Aerobics P 8:30am Hydro Rider Bike P 9:30 Beginner Tai Chi FS 9:30am Strength Training FS 10:30am	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 Intermediate Tai Chi FS 9:30am Beginner Tai Chi FS 10:30am Buddy Swim P 10:00am	

Community Activities

Fall Door Decorating Contest & Harvest Gathering



Take a stroll on all three floors and pick your favorite apartment door entrance way.

Pick up a ballot in the Great Room, and place it in the pumpkin on the conversation table.

The top 3 winners will be announced at our **Harvest Gathering on Monday, November 22 at 2:00pm.**

Trivia Thursday

with DJ Mark Hersh

November 4 & 18 at 3:00pm

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

November Art Classes In the Craft Room

Holiday Card Making

Tuesday, November 16 at 3:00pm

Holiday Coasters

Tuesday, November 30 at 3:00pm



Letters to our Veterans

Join us in writing letters to our Veterans on Wednesday, **November 3 & 10 at 3:00pm.** Supplies will be available.

Veterans Day Sing Along

Resident Mary Ann will be leading a patriotic sing along on **Thursday, November 11 at 11:00am in the Great Room.**

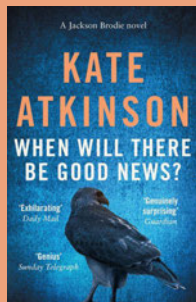
Summit Book Club

**Tuesday, November 9
11:00am Library**

This month we are reading and discussing *When Will There Be Good News* written by Kate

Atkinson. All residents are welcome. No sign up necessary.

Happy Reading!



Thanksgiving marks the start of the holiday season!

Please join your Summit family at our **Harvest Gathering on Monday, November 22 at 2:00pm** in the Great Room.

Our annual door decorating contest winners will be announced.

Please sign up.

Know Your Apples
**Friday, November 12
at 2:00pm
Great Room**

To celebrate the season, come and enjoy sampling a variety of New York Apples.



Quick Cooking
with Marie
Oyster Crackers

**Monday, November 22
11:00am**

Must sign up!
(And please bring a
Tupperware container.)



Outsmarting the Scammers

Wednesday, November 3
1:00 pm
Great Room

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to **Outsmart the Scammers**.

Join us for this presentation and learn important strategies to help protect you and the ones you love.

We'll share:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved ones

We hope you will join us.

Whatever Happened to Bald Mountain?

Wednesday, November 17
1:00pm
Great Room

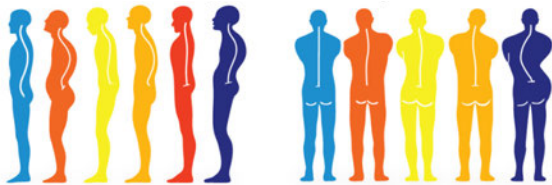
In the 1850's, Bald Mountain, a hamlet of Greenwich, NY, was once a vibrant community with a store, a post office, a chapel and 100 homes. Twenty years later, houses disappeared, and the population dwindled to a small settlement. Why did that happen?

Explore this mystery from yesteryear with Summit resident Don Brooks as he reveals the interesting history of this lost little village.



The Benefits of Good Posture

November 5th at 2pm



Join HectorPT for a learning session on **The Benefits of Maintaining Good Posture**. Attendees will learn simple exercises to remain safe and independent

SENIOR REHABILITATION SERVICES

HECTORPT
www.hectorpt.com
(518) 577-5214



AGS Albany
Guardian
Society

**COVID-19 Vaccine:
Addressing Vaccine Hesitancy, Delta Variant,
and the Booster**

Zoom Video Conference
**Wednesday, November 10
1:30pm - 2:30pm**

The link will be sent to you email.



Free classes through Zoom,
links will be emailed weekly.

November 2: Contemporary Perspectives on Politics and The Economy

10:15-11:10am American Foreign Policy:
Biden's Path Forward

11:25am-12:20pm The U.S. Economy after the
COVID 19 Recession

November 9: To Your Health

10:15-11:10am Alzheimer's Disease: Seeing the Light
11:25am-12:20pm Is Sitting the New Smoking?

SKIDMORE
C O L L E G E

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.

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214



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, November 23 at 3:00pm

Great Room

There will be an array of books and movies 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