

# SUMMIT AT SARATOGA

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Monthly Newsletter

January 2022



THE  
Manager's Message

In the spirit of the New Year, let us embrace new resolutions to better ourselves and our community. If being more active is one of your resolutions, try one of our rewarding fitness classes. If you would prefer to only observe first, join us on Mondays or Thursdays in January and see what all the buzz is. Participants of classes need to only do what they can. See us for descriptions of the fitness classes. Our Low Impact Aerobics class on Tuesdays and Thursdays will be changed to “Walk & Move”- get your steps in! This class will offer a variety of music and moves good for coordination, posture, and balance with some strength training- light weights are optional.

Sign up to be a pen pal with a local 10 year old from a 4th grade class at Dorothy Nolan Elementary School located around the corner on Jones Road. We will exchange letters about once a month. You never know what these kids will say today! Residents who participated last school year enjoyed it.

Many thanks to all who participated in the generous gift giving this year to needy families. You have put a smile on so many children's faces. Our emergency responders were thrilled to receive the delicious homemade treats!

Happy New Year!

*Christy Durant*  
Christy Durant  
Community Manager



Thank you  
residents, friends and families  
for your generous gifts!

Through your donations, we have far exceeded our expectations at helping the following organizations throughout the holiday season. You truly have made a difference.

- Franklin Community Center: *Thanksgiving Giving Baskets*
- Saratoga County Children's Committee: *Empty Stocking Project*
- The Marine Toys for Tots Program*
- Emergency Services: *Wilton EMS & Greenfield Fire Department*

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

Cleaner  
Krick Wahl

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

# JANUARY BIRTHDAYS



Caroline Sciangula	1/03
Bill Flannery	1/10
George Covell	1/13
Henry Redling	1/15
Jeanette Cochran	1/17
Laurene Biviano	1/19
Richard Cordovano	1/22
Harry Holowach	1/23
Dan D'Alessandro	1/27

Help us celebrate our monthly birthdays on  
Wednesday, January 19 at 3:00pm  
in the Great Room.  
**Cake & ice cream for all!**



## Ice Castles

Saturday, January 29  
\$27 + tax


**\*\*Date is not guaranteed until ticket sales opens and availability is determined\*\***  
**\*\*Dates & hours are weather dependent\*\***  
**\*\*Please be aware you will be walking on crushed ice and snow.\*\***

Ice Castles is an awe-inspiring, must-see winter phenomenon that brings fairytales to life. Join us as we escape into an icy wonderland that is featured at The Festival Commons in beautiful Lake George, NY. Lake George is one of the only five Ice Castle locations across the United States. Each castle is approximately an acre in size and consists of more than 25 million pounds of ice.

**Please pay CASH to the office by  
Wednesday, January 5.  
14 residents minimum, 14 maximum**

## Excursions

**Wednesday, January 5  
Lunch at 550 Waterfront**



Right on Saratoga Lake, 550 Waterfront is known for great atmosphere, superb food, and friendly service!

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


**Wednesday, January 12**

### SARATOGA AUTOMOBILE MUSEUM

The museum offers informative exhibits, an amazing showroom and stunning cars from years past to the present.

The bus will leave the Summit at 1:00pm.  
5 residents minimum, 14 maximum  
\$10.00 per resident

**Wednesday, January 19**



### SARATOGA CASINO AND RACEWAY

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





**Wednesday, January 26**

### Lunch at Scallions

Scallions has been a favorite gourmet destination for more than 20 years. Lunch offers unique homemade soups, paninis, vegetarian items, and sandwich-and-salad combinations.

The bus will leave the Summit at 11:30pm.  
5 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>Voice Streaming for Presentations</b>  Voice Streaming is a fast, mostly accurate captioning that goes from the speaker to the screen.  We offer voice streaming for meetings, presentations, trivia and more! Please contact Rebecca at the beginning of the month to request the service.		
2  10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	3  10:30am Hand and Foot Card Game TAV 1:00pm Theater How-to/Movie Committee MOV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	4  10:00am Podiatrist Visits: Dr. Masias 1:30pm Quarter Bingo TAV 3:00pm Vocalist Michael Miner GR 3:30pm Pinochle TAV 5:30pm Poker Night GR	5 11:00am Social Knitting & Crochet LIB <b>11:30am Lunch at 550 Waterfront</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:15pm Craft Class: Paint on Canvas with Janelle CR 6:00pm Hand & Foot Card Game TAV	6  11:00am Program Meeting with Rebecca 11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV  <b>3:00pm Back Pain in Active Adults GR</b> 4:30pm Pizza Take-out TAV 8:20pm Thursday Night Football MOV	7  10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b>  <b>2:00pm Step On It Introduction Meeting GR</b> 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 6:00pm Rummikub TAV	8  10:30am Quarter Bingo TAV 1:00pm Hot Tea Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
9  10:00am Buddy Swim P 1:00pm Rummikub TAV 8:20pm Sunday Night Football MOV	10  10:30am Hand and Foot Card Game TAV 11:00am Resident Meeting with Christy GR/Zoom  <b>1:00pm Mountain Climbing Adventures by Ray O'Connor GR</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	11  11:00am Monthly Book Club LIB 1:30pm Quarter Bingo TAV 3:30pm Pinochle TAV 4:30pm Chef Mickey's Chicken a la King Dinner TAV 5:30pm Poker Night GR	12  11:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee MOV <b>1:00pm Saratoga Automobile Museum</b> 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game TAV	13  11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV  <b>3:00pm Rabbi Boaz Marmon Visits GR</b> 4:15pm Augie's Family Style Dinner TAV 6:30pm Jazz Pianist Cole Broderick GR	14  10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b>  <b>1:30pm AGS presents Staying Fit with Arthritis ZOOM</b> 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 6:00pm Rummikub TAV	15  10:30am Board Games TAV 1:00pm Hot Chocolate Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
16  10:00am Buddy Swim P 1:00pm Rummikub TAV	17  2:00pm Movie Matinee: <i>Selma</i> MOV 5:00pm Mahjong TAV <b>Martin Luther King Jr. Day Office is Closed</b> 	18  11:00am Tech Hour GR 1:30pm Quarter Bingo TAV 3:00pm Saratoga Library Visits GR 3:30pm Pinochle TAV 4:30pm Chef Mickey's Meatloaf Dinner TAV 5:30pm Poker Night GR	19  <b>9:30am Casino &amp; Raceway</b> 1:00am Social Knitting & Crochet LIB 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB <b>3:00pm Monthly Birthday Party GR</b> 6:00pm Hand & Foot Card Game TAV	20  11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV  <b>1:30pm AGS presents Immune System Boost ZOOM</b> 3:00pm Team Trivia with Mark Hersh GR 4:15pm Dickinson's Delights TAV	21  10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation LIB 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 6:00pm Rummikub TAV	22  10:30am Quarter Bingo TAV 1:00pm Hot Chocolate Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
23  10:00am Buddy Swim P 1:00pm Rummikub TAV	24  10:30am Hand and Foot Card Game TAV 1:00pm Cooking Class with Marie GR  <b>1:30pm AGS presents How-to Use Your iPhone ZOOM</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	25  1:30pm Quarter Bingo TAV 3:00pm Tech Hour GR 3:30pm Pinochle TAV 4:30pm Chef Mickey's Salmon Dinner TAV 5:30pm Poker Night GR	26  11:00am Social Knitting & Crochet LIB <b>11:30am Lunch at Scallions</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game TAV	27  11:00am Bridge TAV 1:00pm Netflix Series: <i>The Heartland</i> MOV  <b>3:00pm Casella Waste Management presents Recycling Do's &amp; Don'ts</b> 4:30pm Summit Supper Club Three Vines Bistro Specialty Menu TAV	28  10:15am Scrabble TAV <b>10:30am Shopping Shuttle</b> 1:30pm Mindfulness Meditation LIB 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 6:00pm Rummikub TAV	29  10:30am Board Games TAV <b>11:00am Lake George Ice Castles</b> 1:00pm Hot Tea Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
30  10:00am Buddy Swim P 1:00pm Rummikub TAV	31  10:30am Hand and Foot Card Game TAV  <b>1:00pm Tips for Managing Arthritis GR</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV					
	<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>**Observe a Class Today**</b>	<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 Walk & Groove 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 Walk & Groove FS 11:30am <b>**Observe a Class Today**</b>	<b>Every Friday</b> Intermediate Tai Chi FS 9:30am Beginner Tai Chi FS 10:30am Buddy Swim P 1:00pm	<b>NEW Walk &amp; Groove Low Impact Aerobics Class</b> on Tuesdays and Thursdays at 11:30 am is changing to "Walk & Groove." Get your steps in! This class will offer a variety of music and moves good for coordination, posture, and balance with some strength training- light weights are optional.



Resident Informational Meetings

Theatre How-To/Movie Committee  
Monday, January 3  
at 1:00pm Great Room

Resident Program Meeting  
Thursday, January 6  
at 11:00am Great Room

Resident Meeting with Christy  
Monday, January 10  
at 11:00am Great Room



Michael Miner

Singer Songwriter/Nashville Recording Artist  
Tuesday, January 4 at 3:00pm  
Great Room

Along with some original songs, Michael will share songs from artists like Garth Brooks, Billy Joel, John Denver, Frank Sinatra, Elvis, and more. Come sing along to country music, rock-n-roll, and folk songs from the 50's & 60's through today.

January Art Class



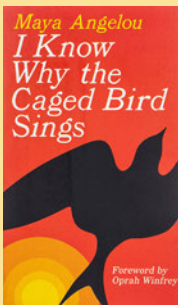
Paint on Canvas  
Wednesday, January 5  
3:15pm

Please sign up in the Great Room.

Summit Book Club

Tuesday, January 11  
11:00am Library

This month we are reading and discussing *I Know Why the Caged Bird Sings* written by Maya Angelou. All residents are welcome. No sign-up necessary. Happy Reading!



The Return of *Step On It*



Friday, January 7, at 2:00pm  
Great Room

*Step On It* is a walking program that tracks the steps we take each day. Those steps turn into miles and those miles, turn into a long walk to our virtual destination.

This time around, we are headed to PARIS. Come to our meeting with fun ideas and ways to make this memorable. From Saratoga to Paris, we can sample a variety of different foods, sights, and music.

All residents are encouraged to join *Step On It*. Brochures and walking logs will be available at the meeting.



with DJ Mark Hersh  
January 20 at 3:00pm

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

**Teamwork is Dreamwork**

2-3 Ingredient Cooking Class  
with Marie

Monday, January 24 at 1:00pm

Tasty Oyster Crackers

Must sign up & bring medium mixing bowl and spoon.



Back Pain in Active Adults  
Thursday, January 6  
3:00pm

Join HectorPT for a learning session on ways to cope with chronic back back.

Attendees will also learn simple exercises to remain safe and independent.



SENIOR REHABILITATION SERVICES

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



RAY O'CONNOR  
PRESENTS

MOUNTAIN CLIMBING ADVENTURES

MONDAY, JANUARY 10  
1:00PM  
GREAT ROOM

Ray O'Conor abandoned his career as a bank CEO to become a writer. He also serves as the CEO of a not-for-profit community development organization and was a Special Agent with the United States Defense Department in an earlier career.

Ray has a lifetime of involvement with many charitable and community causes and is the recipient of many awards.

Ray's avocation, however, is wilderness hiking and mountain climbing. He has made more than 500 mountain ascents including the Adirondack's 46 High Peaks (in summer and winter!), the Northeast 115, the New England Hundred Highest and Africa's Mount Kilimanjaro.

Join to hear about his many adventures.



RABBI BOAZ MARMON  
FROM CONGREGATION SHAARA TFILE  
THURSDAY, JANUARY 13

3:00PM

JOIN US TO LEARN ABOUT UPCOMING  
JEWISH HOLIDAYS.

Recycling Do's & Don'ts  
by Casella Waste Systems

Thursday, January 27, 3:00pm  
Great Room

Let's team up to help each other improve our recycling habits and help the environment at the same time! Every little bit adds up to have an impact now and forever.



AGS Albany  
Guardian  
Society

Staying Fit with Arthritis  
January 14, 1:30pm

Immune System Boost  
January 20, 1:30pm

Using Your iPhone: Apple Beginner  
January 24, 1:30pm

Zoom Video Conferences  
The links will be sent to you email.

Tips for  
Managing  
Arthritis

By Maria Spognola,  
Home Instead Consultant  
Monday, January 31, at  
1:00pm  
Great Room



# 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 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](http://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 the Friday Shopping Shuttles in the Great Room.



## Saratoga Springs Public Library Outreach

**Tuesday, January 18 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