



SUMMIT AT SARATOGA

Monthly Newsletter

May 2022

THE Manager's Message

"All that I am or ever hope to be, I owe to my mother."

— Abraham Lincoln

Welcome month of May, where the plantings are budding and the sun shines over us ushering in summer. The same is true here at The Summit, as we ready our outside areas to enjoy. Join us on the patio for a friendly game of bocce or head out on Wednesday mornings to learn how to play the fastest growing sport in the US, pickleball. Racquets will be available in the pavilion storage room.

This month we honor not only the hard work of our Mothers but those who gave their life while serving in our armed forces protecting our country. We will celebrate both this month. Come to our Tea & Dessert Party on May 6th to honor our Mothers. And later in the month we will celebrate and honor those patriots who gave their life for us at our Red, White and Blue Party featuring guitarist, Russ Kennedy.

Our annual *Resident Showcase* is back! Come share something you made or a unique treasure with fellow residents.

Try our new fitness class on Mondays called "Trifecta" – a combination of balance, strength training and yoga. And while the pool and hot tub are refinished see the insert for other fitness land offerings.

Welcome new residents:

Irmi Bauer Bob • Blair & Margie Christensen

Cathy Firman • Richard & Consiglia Rozycki

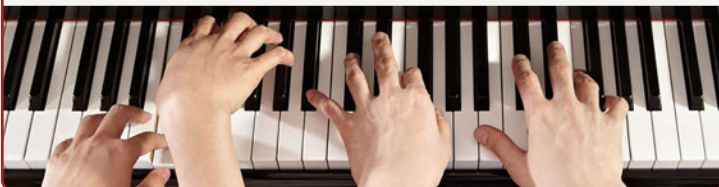
Warm regards,



Christy Durant
Community Manager

Spring Concert by 4 Hands Thursday, May 19 2:30pm Great Room

Together and apart, popular Saratoga Spring's musicians Judith Thomas on piano and Jolene Crowley on flute, will dazzle you with a variety of musical styles from jazz to classical — while including a "tip of the musical hat" to spring. You will want to be there!"



Resident Showcase Friday, May 20

We are proud to invite you to see the work of our talented residents. Our annual Resident Showcase will be held in the

Great Room from 1:00pm - 3:00pm.

There will be hors d'oeuvres and refreshments for all to enjoy.

Residents please fill out the Showcase Questionnaire and return to the office. They can be found on the communication table.

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 Kroslak
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



Ed Murnan	5/02
Charlotte Bermas	5/03
Tom Gould	5/03
Dan Thornton	5/06
David Hoadley	5/10
Adrianna Gruber	5/10
Alice Lissow	5/10
Pat Pitoniak	5/10
Calvin Burgart	5/11
Peg Duell	5/17
Lois Zink	5/18
Beth Caruso	5/19
Peter Gove	5/19
Gloria Radziseski	5/23
Joan Prins	5/25
Joanna Fisher	5/25
Joyce Sova-Gervais	5/26
Jane Yandoh	5/31

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

Resident Informational Meetings

Resident Meeting with Christy
Monday, May 2 at 1:00pm
Great Room

Theatre How-To/Movie Committee
Thursday, May 12 at 11:00am
Great Room

Resident Program Meeting
Thursday, May 12 at 1:45pm
Great Room



at PROCTORS

Thursday, May 5

Winner of 7 Tony Awards (including BEST MUSICAL), *Cats* is a record-breaking musical spectacular by Andrew Lloyd Webber.

The bus will leave the Summit at 12:15pm for the 1:30pm show.



Excursions

Wednesday, May 4

TALBOTS
Established 1947

Shop Friends & Family at **Talbots** and receive 30% off entire purchase.

The bus will leave the Summit at 11:00am
10 residents minimum, 14 maximum

Wednesday, May 11



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

Wednesday, May 18



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

Thursday, May 19



From trellises to planters, Lowe's has everything to make the garden of your dreams.

The bus will leave the Summit at 1:00pm
5 residents minimum, 14 maximum

Wednesday, May 25



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

S	M	T	W	TH	F	S
1  10:00am Buddy Swim P 11:00am Great Courses: Archaeology MOV 1:00pm Mexican Train TAV	2 10:00am Social Knitting & Crochet LIB 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	3 10:00am Podiatrist Visits: Dr. Masias 12:00pm Fitness Lisa's Semi-Retirement Party GR 1:30pm Quarter Bingo TAV 3:00pm Flower Arranging GR 3:30pm Pinochle TAV 5:30pm Poker Night GR	4  9:00am Pickleball PC  9:30am AGS presents Scams & How to Manage Robo Calls ZOOM  11:00am Shop Friends & Family at Talbots 1:30pm AGS presents Conscious Eating ZOOM 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB  3:00pm Behind the Scenes at Saratoga Race Course GR	5 12:15pm Proctor's Theatre presents CATS 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:30pm LCR Dice Game TAV 3:00pm Cinco de Mayo Margaritas at the Bar TAV Summit Supper Club Order Forms Due	6 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 2:00pm Mother's Day Dessert & Tea Bar GR 3:15pm Miracle Ear Hearing Aid Clinic TAV 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	7 10:30am Board Games TAV 1:00pm Ice Cream Novelties GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR 6:30pm Kentucky Derby MOV
8  10:00am Buddy Swim P 11:00am Great Courses: Archaeology MOV 1:00pm Mexican Train TAV	9  9:30am AGS presents Reading Food Labels ZOOM 10:00am Social Knitting & Crochet LIB 10:30am Hand and Foot Card Game TAV  1:00pm Halliday Financial presents Healthcare Proxy & POA GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	10 1:00pm Men's Club: Introduction to Billiards BR 1:30pm Quarter Bingo TAV 3:00pm Monthly Book Club LIB 3:30pm Pinochle TAV 4:15pm Chef Mickey's Baked Haddock Dinner TAV 5:30pm Poker Night GR	11 9:00am Pickleball PC 10:00am Saratoga Raceway & Casino  1:00pm At My Mother's Knee by Author Patricia Nugent GR 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game TAV 6:30pm Skidmore Students Project GR	12 11:00am Theater How-to/Movie Committee MOV 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:45pm Program Meeting with Rebecca GR 2:30pm Team Trivia with Mark Hersh GR 4:15pm Simply Foods Turkey Dinner TAV	13 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 2:00pm Step On It SPAC Walk 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	14 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
15  10:00am Buddy Swim P 11:00am Great Courses: Archaeology MOV 1:00pm Mexican Train TAV	16 10:00am Social Knitting & Crochet LIB 10:30am Hand and Foot Card Game TAV 11:00am <i>Step On It</i> Meeting: Headed to Paris GR  1:00pm Halliday Financial presents Where There's A Will, There's Probate GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	17 11:00am Introduction to Shuffleboard TAV 1:30pm Quarter Bingo TAV 3:00pm Saratoga Library Visits GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Stuffed Peppers Dinner TAV 5:30pm Poker Night GR	18 9:00am Pickleball PC 11:30am Lunch at The Peppermill Family Restaurant 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Red, White & Blue Party with Guitarist Russ Kennedy GR/PAT 6:00pm Hand & Foot Card Game TAV	19 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:00pm Lowe's Garden Center 1:30pm LCR Dice Game TAV 2:30pm Spring Concert by 4-Hands GR 4:15pm Dickinson's Delights Chicken Cordon Bleu Dinner TAV	20 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:00-3:00pm Resident Showcase GR 1:30pm Mindful Meditation LIB 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	21 10:30am Board Games TAV 1:00pm Flavored Lemonade GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR Armed Forces Day
22  10:00am Buddy Swim P 11:00am Great Courses: Archaeology MOV 1:00pm Mexican Train TAV	23 10:00am Social Knitting & Crochet LIB 10:30am Hand and Foot Card Game TAV 11:00am Patriotic Sing Along with Mary Anne GR  1:00pm Halliday Financial presents Wills vs. Trusts GR 3:00pm New Resident Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	24  1:30pm Quarter Bingo TAV 3:00pm HectorPT presents Home Safety Education GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Salisbury Steak Dinner TAV 5:30pm Poker Night GR	25 9:00am Pickleball PC 11:30am Lunch at Scallions 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR 6:00pm Hand & Foot Card Game TAV	26 11:00am Fire Drill Review GR 12:30 Netflix Series: <i>The Heartland</i> MOV 1:00pm FIRE DRILL 2:30pm Team Trivia with Mark Hersh GR 5:00pm Three Vines Bistro Specialty Menu TAV	27 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 2:00pm Introduction to Bocce Ball PAT 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	28 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
29  10:00am Buddy Swim P 11:00am Great Courses: Archaeology MOV 1:00pm Mexican Train TAV	30 Office is Closed 10:30am Hand and Foot Card Game TAV 1:00pm Movie Matinee MOV 5:00pm Mahjong TAV 	31 11:00am Paw Time Social PAT 1:30pm Quarter Bingo TAV 3:00pm Marie's Cooking Class GR 3:30pm Pinochle TAV 4:15pm Simply Foods Fiesta Chicken Dinner TAV 5:30pm Poker Night GR	Location Key BR-Billiards Room (3rd Floor) PAV-Pavilion CR-Craft Room (2nd Floor) TAV-Tavern FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool PAT-Patio PC - Pickleball Court	Paw Time Social Calling all dog lovers and resident dog owners!! All happy dogs are welcome to the patio on Tuesday, May 31 at 11:00am for Frosty Paws. 	 BE GREEN & recycle CLEAN plastics, tin, aluminum, paper and glass. 	
CONNECTED life  FITNESS	Every Monday Water Aerobics P 8:30am Trifecta FS 9:30 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 Beginner Tai Chi LIB 10:30am Balance Class FS 10:30am Yoga FS 11:00am Walk & Groove 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 Walk & Groove FS 11:30am	Every Friday Advanced Tai Chi LIB 9:00am Intermediate Tai Chi LIB 9:30am Beginner Tai Chi FS 10:30am Buddy Swim P 1:00pm	** New Class on Mondays** Trifecta This class includes three different fitness activities all in one. Flexibility, strength and balance! The class will use these exercises to promote a well rounded class.

Community Programs

Lisa's Semi-Retirement Party Tuesday, May 3 12:00pm in the Great Room

Thank you, Lisa, for motivating us to exercise ever since we opened our doors. With your joyous enthusiasm, you have succeeded in making exercise fun and exciting. We will miss you, but we are delighted that you will still come here to teach us occasionally during your retirement. Congratulations and best wishes!!

Behind the Scenes at the Saratoga Race Course by Kim Wier

Wednesday, May 4 • 3:00pm • Great Room

Learn about the backstretch community that cares for the horses when they come to Saratoga for the summer.

Kim Weir, daughter of new Summit resident Calvin Burgart, is a volunteer with the New York Racetrack Chaplaincy, which provides a broad range of support services to the backstretch community. Join us and learn of the incredible community of people who devote their lives to the care of these majestic equine athletes.



Mother's Day Tea & Desserts

Friday, May 6
2:00pm

All residents are invited to join us for a delightful afternoon featuring an array of teas and dessert.

Summit Book Club

Tuesday, May 10
NEW TIME: 3:00pm Library

This month we are reading and discussing *Mrs. Palfrey at the Claremont* written by Elizabeth Taylor.

All residents are welcome.

No sign-up necessary.

Happy Reading!



Heading to Paris

Friday, May 13 at 2:00pm - Outing to SPAC for some fresh air and a chance to accumulate more steps. We will stop at the State Seal Spring. Bring a jug to fill with fresh water from the popular spring.

Monday, May 16 at 11:00am - Join us for a virtual travel tour of scenery and sites as we move forward in our journey to Paris.

Our steps have totaled about 2,516 miles since January 13. Great job!!

Red, White & Blue Party with Guitarist Russ Kennedy



Wednesday, May 18

3:00pm

Great Room/Patio



with DJ Mark Hersh

May 12 & 26 at 2:30pm

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

Come and join the teamwork!!



Fire Drill Review Meeting

Monday, May 26 at 11:00am

Zoom or sign-up for Great Room
(seating is limited).

FIRE DRILL

Thursday, May 26 at 1:00pm

World Heritage Sites: Exploring The World's Greatest Places

Sundays at 11:00am in the Theatre

Historian Justin M. Jacobs of American University takes you on a sumptuous tour of 24 of the most outstanding UNESCO World Heritage Sites including The Great Barrier Reef and The Taj Mahal.



At My Mother's Knee

Before They Were Our Mothers: Voices of Women Born Before Rosie Started Riveting
(As featured in the NY Times and Chicago Tribune)

Wednesday, May 11 at 1pm

Introduced by Patricia A. Nugent, editor, and featuring these local authors:

- Catherine Ruggiero Lanci
- Barbara J. Spaeth

Catherine Lanci will read her mother's story of emigrating from Italy as a young girl. Barbara Spaeth will read her mother's Me-Too account of being sexually harassed as a young woman working in Gloversville. In addition, local author and editor of the anthology, Patricia A. Nugent, will introduce the anthology, discuss the inspiration behind the collection, and offer suggestions to help others create their own family memoirs.

Books will be sold and personalized.



Halliday Financial

presents
Estate Planning

May 9 at 1:00pm
Healthcare Proxy & POA

Declaring your healthcare proxy and power of attorney are essential for everyone. If you are ever unable to make your own decisions, these people will make decisions on your behalf. Without these documents, an expensive court proceeding will be required to designate an appointee for you.

May 16 at 1:00pm
Where There's a Way, There's Probate

It is a common misconception that having a will avoids probate in the courts. In fact, the only way to settle an estate with a will is to petition a court. We will discuss the process of filing with the court when there's a will and ways to avoid probate.

May 23 at 1:00pm
Wills vs. Trusts

Have you ever wondered when you should consider a trust? We will discuss the key differences between a will and a trust.



ZOOM VIDEO CONFERENCES

Wednesday, May 4
9:30-10:30am

Top Scams and How to Manage Robo Calls

When it comes to safeguarding your finances, learn how to protect yourself and stop financial scams.

Wednesday, May 4
1:30pm-2:30pm

Conscious Eating

Join for an opportunity to learn and practice conscious eating.

Monday, May 9
1:30pm-2:30pm

Reading Food Labels

Join to learn about the revised Nutrition Facts Label: what changed and what to look for.

Links to these online presentations will be sent to you by email the morning of each event.

HOME SAFETY EDUCATION

by Enid Wasacz PT
Tuesday, May 24 • 3:00pm • Great Room

Join us for a learning session on SAFETY AWARENESS inside your home. Attendees will learn important safety tips, ways to facilitate proper transfers, transitions, use of available assistive devices, and some simple exercises.

**SENIOR
REHABILITATION
SERVICES**

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



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.



♥ Gift Certificates Available ♥

Stylist

Patricia Keefe 518-992-4904

Therapeutic Massage

Shari Parslow 518-879-9365

Nail Technician

Tina Mone 518-698-4693

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 the Friday Shopping Shuttles in the Great Room.



Miracle-Ear®

Hearing Aid Clinic

Friday, May 14 at 3:30pm in the Great Room

Saratoga Springs Public Library Outreach

Tuesday, May 17, 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