

SUMMIT SARATOGA

Monthly Newsletter

June 2022



THE Manager's Message

Summer has finally arrived and there is nothing quite like a summer in Saratoga. June marks the official start of the Saratoga summer season and The Summit is ready for it.

The month of June derives its name from Juno, the Roman goddess of marriage. It was thought that couples who married in June would be blessed with prosperity and happiness. This month we will feature resident wedding photos in the lobby and at the end of the month we will reveal who is who at our own wedding reception. Love is in the air! Come join in all of the fun!

This month we also celebrate all of our Dads for Father's Day. Everyone is welcome to celebrate our fathers at our Father's Day Celebration on the 17th. Come play a lawn game, have a cold beer while the maintenance staff grills up some hot dogs.

Annually our Summit Service Club collects donations to support the backstretch workers of the Saratoga Racetrack and this year we are able to sponsor a cabin for a worker and their family. See inside the newsletter for the items we are collecting.

Warm regards,



Christy Durant
Community Manager

"My father gave me the greatest gift anyone could give another person, he believed in me."

— Jim Valvano

Father's Day Celebration

Friday, June 17
at 12:00pm
Hotdogs, Beer & Lawn Games



The grill will be running hot, the beer flowing cold, and the old fashioned games of bocce ball, ladder ball and washer!

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

Love is in the Air!! Thursday, June 23

June is still one of the most popular months to get married!!

Join us in sharing a favorite wedding photo of yourself in our Wedding Photo Contest. Starting June 9, the pictures will be displayed in the lobby for the month. The reveal will be at our wedding reception with cake, wedding gowns, and entertainment by the 1927 Music Machine on June 23!!!



June BIRTHDAYS

Patricia Thornton	6/04
Randi Suppes	6/11
Bob Daileader	6/14
Shirley Peyton	6/14
Carolyn Nettleship	6/15
Rocco Rosato	6/19
Fran Schwartz	6/21
Ted Paprocki	6/22
Wallace Paprocki	6/22
Jeanette Penree	6/22
Frank Romaine	6/23
June Villani	6/26

Help us celebrate our monthly birthdays on
Wednesday, June 15 at 3:00pm
in the Great Room.

Cake & ice cream for all!

Resident Informational Meetings

Theatre How-To/Movie Committee
Thursday, June 2 at 11:00am
Movie Theater

Resident Meeting with Christy
Monday, June 6 at 11:00am
Great Room

Resident Program Meeting
Thursday, June 9 at 1:45pm
Great Room



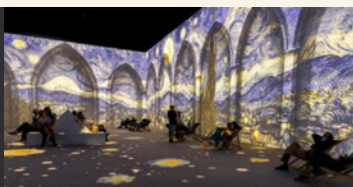
Vincent Van Gogh Exhibit: The Immersive Experience

Armory Studios,
Schenectady

Wednesday, June 22

Enjoy a plethora of art-themed light shows featuring the work of Dutch painter Vincent Van Gogh, which have been staged in dozens of venues in multiple cities since 2017.

The bus will leave the Summit at 1:00pm.



Excursions

Lunch at Lakeside Farms

You will love this lunch cafe, bakery, and gift shoppe in Ballston Lake.

Wednesday, June 1



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

Saratoga Raceway & Casino and Lunch at Saratoga Awesome Dogs

Wednesday, June 8



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

Lunch at The Whistling Kettle

Enjoy lunch at this quaint cafe and then browse Front Street, Ballston Spa's oldest street in the village.

Wednesday, June 15



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

Luncheon Cruise on the LAC du SAINT SACREMENT

Wednesday, June 29
Bus will leave at 10:30am.

\$47.75 per person

We will be boarding the Lac du Saint Sacrement, the largest ship of The Lake George Steamboat Co. Lunch & entertainment provided.



S	M	T	W	TH	F	S
Location Key BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FP-Front Patio FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool PAT-Patio PC - Pickleball Court TAV-Tavern		Pickleball <ul style="list-style-type: none"> • Mondays at 9:00am with Academy of Lifelong Learning (ALL) • Wednesdays at 9:00am Weather permitting, all levels welcome! Appropriate sneakers are recommended.	1 9:00am Pickleball PC 11:30am Lunch at Lakeside Farms 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Drink at The Bar: Vodka & Lemonade TAV	2 11:00am Theater How-to/Movie Committee MOV 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:00pm Campground Project 2022 for Backstretch Workers 1:30pm LCR Dice Game TAV Summit Supper Club Order Forms Due	3 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 3:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV Final Pen Pal Letter Due	4 10:30am Board Games TAV 1:30pm Movie Matinee MOV 2:00pm Guitarist Brian Zapel PAT 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Worship & Music GR
5 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am World Heritage Sites: Exploring the World's Greatest Places MOV 1:00pm Mexican Train TAV	6 9:00am Pickleball with ALL PC 10:00am Social Knitting & Crochet LIB 10:30am Hand and Foot Card Game TAV 11:00am Resident Meeting with Christy GR/Zoom 1:00pm Marilyn Sassi presents 300 Years of Furniture in America LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	7 10:00am Podiatrist Visits: Dr. Masias 11:00am Shuffleboard TAV 1:00pm - 2:00pm Shultz Farm Stand FP 1:30pm Quarter Bingo TAV 3:00pm Guitarist Mike Miner PAT 3:30pm Pinochle TAV 4:15pm Dickinson's Delights Pulled Pork/Macaroni & Cheese TAV 5:30pm Poker Night GR	8 9:00am Pickleball PC 10:00am Saratoga Raceway & Casino 12:45pm Lunch at Saratoga Awesome Dogs 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 4:00pm Bocce League BP 6:00pm Hand & Foot Card Game TAV	9 9:00-11:00am Medication Drop-off Office 11:00am Flower Arranging TAV 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 Summit Supper Club Pizza Take-out TAV Wedding Photos Due	10 9:00-11:00am Medication Drop-off Office 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 2:00pm 2-3 Ingredient Cooking Class: Fruit Salad GR 3:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	11 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
12 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am World Heritage Sites: Exploring the World's Greatest Places MOV 1:00pm Mexican Train TAV	13 9:00am Pickleball with ALL PC 10:00am Social Knitting & Crochet LIB 10:30am Hand and Foot Card Game TAV 1:00pm Marilyn Sassi presents 300 Years of Furniture in America LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	14 11:00am Shuffleboard TAV 1:00pm - 2:00pm Shultz Farm Stand FP 1:00pm Monthly Book Club LIB 1:30pm Quarter Bingo TAV 3:00pm Flag Day Social PAT 3:30pm Pinochle TAV 4:15pm Chef Mickey's Chicken Parmesan Dinner TAV 5:30pm Poker Night GR FLAG Day	15 9:00-11:00am Medication Drop-off Office 9:00am Pickleball PC 11:30am Lunch at The Whistling Kettle & Shopping on Front Street 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR 4:00pm Bocce League BP 6:00pm Hand & Foot Card Game TAV	16 11:30am Tech Hour TAV 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:15pm Gavin Park with Pen Pals 2:00pm LCR Dice Game TAV 4:15pm Osaka Asian Fusion Take-out TAV	17 10:15am Scrabble TAV 10:30am Shopping Shuttle 12:00pm Father's Day Celebration GR 1:30pm Mindful Meditation LIB 3:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	18 10:30am Board Games TAV 1:00pm Sully's Squad by Kevin Wilson GR 3:00pm Movie Matinee: <i>Father's Day</i> MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-Denominational Worship & Music GR
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26 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am World Heritage Sites: Exploring the World's Greatest Places MOV 1:00pm Mexican Train TAV	27 9:00am Pickleball with ALL PC 10:00am Social Knitting & Crochet LIB 10:30am Hand and Foot Card Game TAV 1:00pm Marilyn Sassi presents 300 Years of Furniture in America LIB 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	28 11:00am Shuffleboard TAV 1:30pm Quarter Bingo TAV 3:00pm Girl Scout Cookie Tasting GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Stuffed Shells Dinner TAV 5:30pm Poker Night GR	29 9:00am Pickleball PC 10:30am Lac du St. Sacrement Luncheon Cruise 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 4:00pm Bocce League BP 6:00pm Hand & Foot Card Game TAV	30 11:30am Paw Time Social PAT 12:30 Netflix Series: <i>The Heartland</i> MOV 1:30pm Step On It: Paris Celebration GR 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club	<div> Cooking Class Friday, June 10 at 2:00pm Fruit Salad Must sign up & bring medium mixing bowl and spoon. </div> 	
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	

Community Programs

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Campground Project 2022 for Saratoga Race Track
Backstretch Workers

Every year we volunteer in helping the backstretch workers. This year we are sponsoring a cabin for a backstretch worker and his family to live in while working at the track. They can always use gently used twin sheets, blankets, pillows, storage bins, toiletries, baseball caps and bottled water. Please drop off items in the office throughout the month.

On Tuesday, June 2 at 1:00pm, we will go to the cabin and put our plan together for providing a clean, fresh, welcoming place to call home.

Shultz Farm Stand



Tuesdays 1:00 - 2:00pm
Front Porch

Local and fresh fruit & produce.

Bocce League

Sundays at 9:30am
Wednesdays at 4:00pm



Summit Book Club

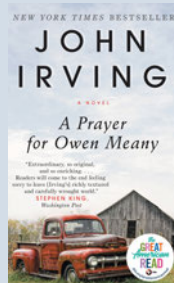
Tuesday, June 14
NEW TIME: 1:00pm Library

This month we are reading and discussing *A Prayer for Owen Meany* written by John Irving.

All residents are welcome.

No sign-up necessary.

Happy Reading!



Entertainment on the Patio

Brian Zapel
Saturday, June 4
2:00pm

Michael Miner
Tuesday, June 7
3:00pm



Medication Drop-off

June 9 & 10
9:00-11:00am
Office

Drop off your expired, unused, or unwanted medications.



with DJ Mark Hersh

June 9 & 30 at 2:30pm

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

Come and join the teamwork!!



Gavin Park with Pen Pals

Thursday, June 16

This year we can finally meet our 4th grade students from Dorothy Nolan Elementary School.

The bus will leave the Summit at 1:15pm.

We will return at approximately 2:45pm. Rain date 6/17

12 residents minimum, 14 maximum

300 Years of Furniture in America Marilyn Sassi, Professor and Historian Mondays in June 1:00pm - 2:00pm Library

When America's first English Puritans arrived at Plymouth Bay, MA it was 1620. Loaded onto the Mayflower were 104 people, including entire families along with their household goods and animals. Because there was so little room, it isn't likely that furniture came with them. They constructed very primitive pieces focusing only on what was essential.

When Fort Orange was built by the Dutch who came to New York to profit in the fur trade, it was 1624. Unlike the Puritans, the first Dutch were mostly fur traders who came without their families. Furniture didn't really arrive in New York until the Patroon system began in the 1650's. Up until then, only very crude objects were made.

This six week series will begin in these very early times and contrast what was made upon arrival with what was shipped from England and copied after houses had been built. Also to be contrasted will be the differences between 17th century New England furniture with the extremely rare furniture made at this time in New York.

Using both room settings and details about individual pieces, the series will illustrate and compare American furniture in various ways. Specifically, the series will compare what was made in sophisticated cities with what was crafted by rural carpenters, as well as regional differences.

The classes are as follows: The earliest furniture from New England and New York (1620's - 1680's), the Queen Anne Period (1700 - 1750), the Chippendale Period (1760 - 1785), the Federal Period (1790 - 1825), the Greek Revival Period (1830 - 1847), and the many examples of Victorian furniture made during the reign of Queen Victoria (1847 - 1901).

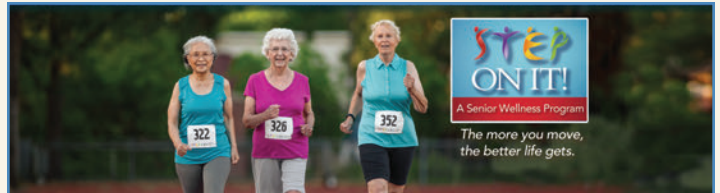


**Saturday, June 18
1:00pm**

Sully's Squad is not only a WWII epic, but also a moving coming-of-age tale, told through the eyes of 15-year old Arty, who lies about his age to enlist.

Join author, Kevin Wilson for a book talk and signing.

Books may be purchased for \$12.



We're Almost to Paris!

Friday, June 24 at 2:00pm - Outing to Spring Run Trail for some fresh air and a chance to accumulate more steps. This popular trail is paved for safety and a pleasure to walk.

5 residents minimum, 14 residents maximum

Thursday, June 30 at 1:30pm - We made it to Paris! Calling all steppers to join together for our celebration.

Coming in July

NYC Ballet at Saratoga Performing Arts Center
EVOLUTION



NEWYORKCITYBALLET

Thursday, July 14 at 2:00pm

The bus will leave the Summit at 1:00pm

14 maximum residents

Amphitheatre - \$26.75

Please see Rebecca if you are interested as ticket availability is limited.



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.



at The Summit at Saratoga

♥ 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.



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, June 21 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