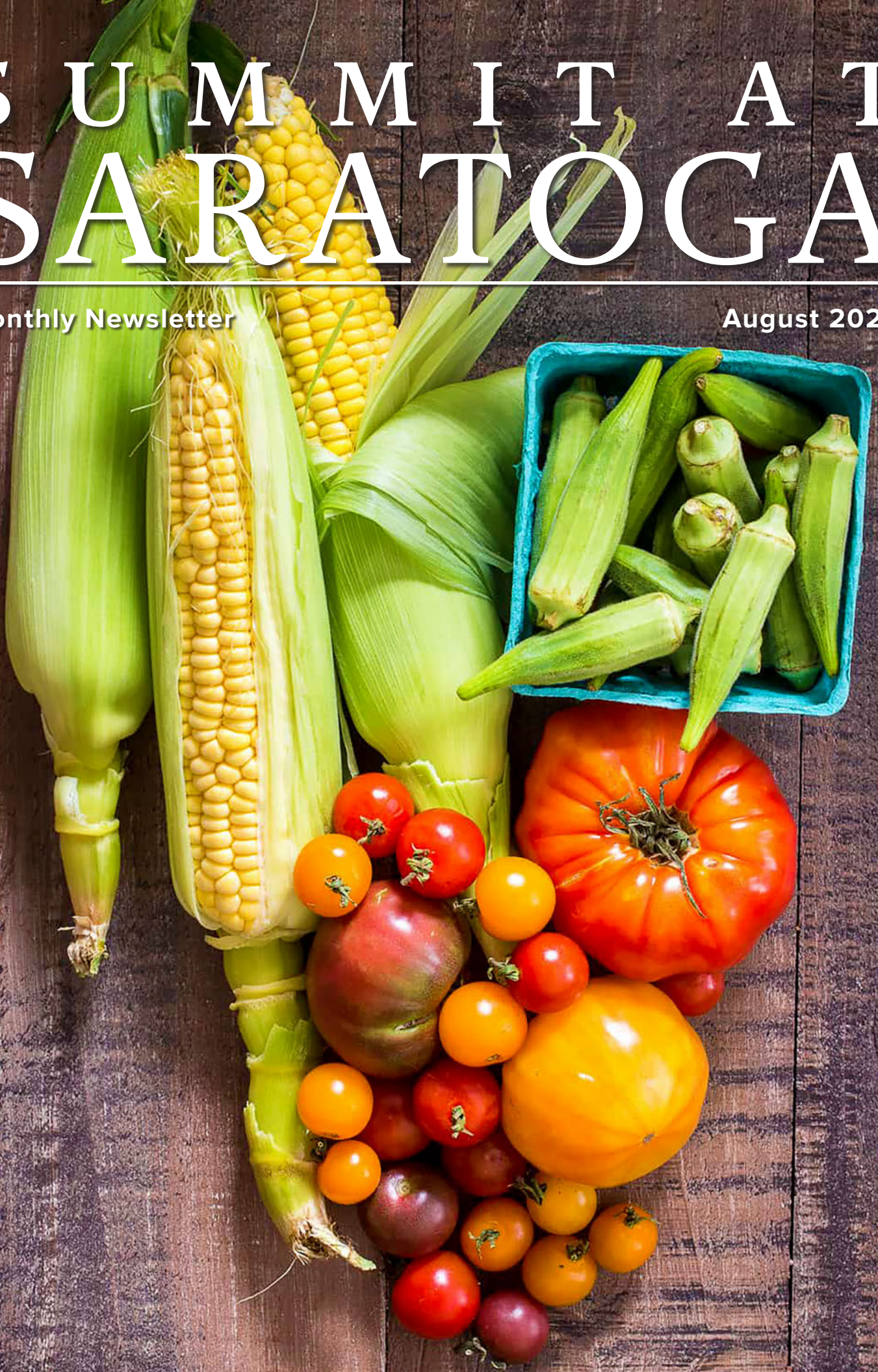


SUMMIT AT SARATOGA

Monthly Newsletter

August 2022



THE
Manager's Message

#1 "55+ Senior Living Residence"

We did it!! For the second year in a row, *Summit at Saratoga* has been voted #1 in Saratoga County!!!!. The contest is held annually by our local Saratoga Today newspaper.


Congratulations to all of you for making us the absolute best! We thank you, your family and friends for all of the votes! We owe this honor to all of the residents for all the things you do everyday to make us a true "community"; for being great neighbors, for helping out in every way possible, for offering ideas and feedback, for participating in programming and fitness classes, for welcoming new residents. You have succeeded in creating a home where seniors want to live, where seniors can thrive and learn and have a great time doing what they wish! Thank you for making us the best!

Join us on Wednesday, August 17th at 11:30 am as we celebrate YOU!! Simply Foods by Maura will be catering a light lunch with desserts to follow. Plus, we will enjoy musical entertainment by The Jack Kelle Duo. Come down and celebrate with your fellow residents.

In addition, let's welcome new residents to our community:

Ilse LaTour
Ed Murnan

Lastly, welcome August! The last month of summer! We have lots of fun things planned or get out on your own and enjoy all that our region has to offer this month.

Warm regards,

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

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

Happy Birthday, August Babies!

Fanny Karamanos	8/03
Joe Liguori	8/03
Betsy Mowry	8/05
Ronni Rosenberg	8/05
Rita Ferari	8/05
Barbara Putnam	8/06
Jane Lindberg	8/11
Marti Cogswell	8/12
Dennis Krosky	8/16
Mary Anne Brown	8/21
Wanda Reidy	8/23
Margie Christensen	8/25
Lorraine Wilson	8/30

Help us celebrate our monthly birthdays on
Wednesday, August 24 at 3:00pm
in the Great Room.
Cake & ice cream for all!


Resident Informational Meetings

Resident Program Meeting
Wednesday, August 10 at 3:00pm
Great Room

Theatre How-To/Movie Committee
Thursday, August 11 at 11:30am
Movie Theater

Intercom How-To
Thursday, August 18 at 1:45pm
Lobby

Resident Meeting with Christy
Thursday, August 18 at 2:00pm
Great Room





Lunch at SUSHI YOSHI

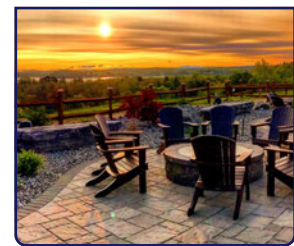
Wednesday, August 3

Experience offerings of Chinese dishes, Japanese hibachi fare & sushi; located in Lake George.
The bus will leave the Summit at 11:15am.
12 residents minimum, 14 maximum

Excursions

Lunch at Carson's Woodside Tavern
Monday, August 8

Take in the gorgeous view overlooking Saratoga Lake and the Vermont Mountains while enjoying great food.



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

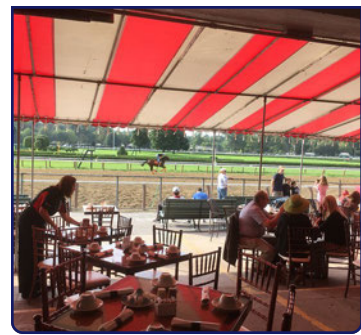
Saratoga Raceway & Casino
Tuesday, August 16



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

Clubhouse Breakfast at the Track
Monday, August 29

This uniquely Saratoga experience is not to be missed! A summer tradition for many is to enjoy breakfast at the track or bring your own and watch the horses exercise. Admission to the track is free during breakfast hours.



Breakfast is served on The Porch of the Clubhouse.
The price is \$25 plus gratuity.

The bus will leave the Summit at 8:00am.
10 residents minimum, 14 maximum

Lunch at The Docksider
Monday, August 29

Enjoy an eatery that features hearty American classics, tables with Adirondack chairs, & relaxing lake views; located in Lake George.



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



Wednesday, August 17 at 11:30am
Patio/Great Room

Kudos to us!
Summit at Saratoga was voted the #1 Best 55+ Residence in Saratoga County!!

Join us for a light lunch, desserts, and music by *The Jack Kelle Duo*.
Please RSVP in the Great Room.

Emergency Maintenance Phone: 518.925.0905

WWW.SUMMITSARATOGA.COM

Shultz Farm Stand

Tuesdays 12:30pm - 1:30pm
Front Porch
Local and fresh fruit & produce.




Garden Party

Friday, August 12 at 1:00pm
It's time for our gardeners to show off their flowers & vegetables!
Please sign up in the Great Room



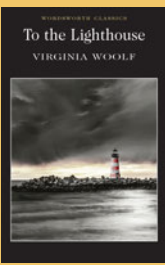
August Art Class

Watercolor Bookmarks
Friday, August 5 at 1:00pm
Craft Room
Join Sue Peter's Art Class and you'll see step-by-step how to paint a pretty bookmark.



Summit Book Club

Tuesday, August 9 at 1:00pm
Library
This month we are reading and discussing *To the Lighthouse* by Virginia Woolf. The novel centers on the Ramsay family and their visits to the Isle of Skye in Scotland between 1910 and 1920. All residents are welcome. No sign-up necessary. Happy Reading!



Croquet Club

Thursdays at 1:00pm
Pool Patio
Croquet is another example of how active adults stay connected, keep moving, and maintain healthy brain function. Join us!!



NEW

ENTERTAINMENT

The Larry Lewis Duo presents
90 Years Running
Thursday, August 4 at 2:30pm
Back Patio



The duo will set the mood right with a variety of instruments. A guitar, vocals, keyboard, bass and mandolin are sure to make your afternoon a delight.



Laura Collins


Thursday, August 11 at 6:30pm
Great Room

Pianist Laura Melanie Collins is a musician, singer-songwriter, and composer. Her genres of music vary from classic standards through the 80s. Laura will perform a program of show tunes and movie music. She loves accommodating requests when she can!
You won't want to miss this!

It's a Potluck

Thursday, August 4 at 5:00pm
Great Room
Please bring your favorite summer dish (entrée or side dish) to share.
RSVP in the Great Room.



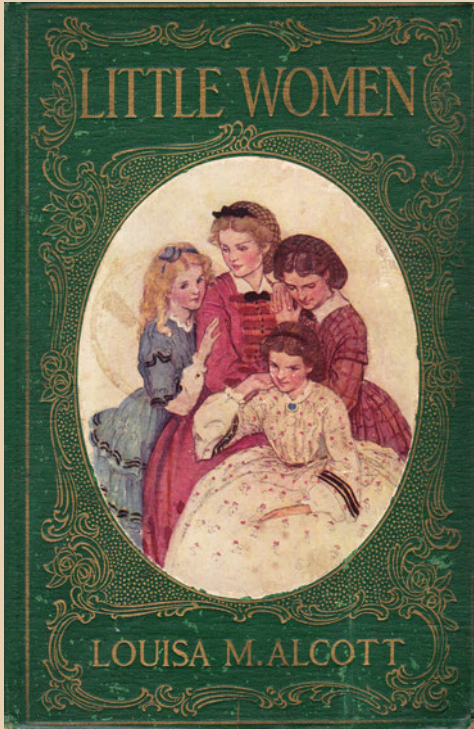


THOROUGHbred RETIREMENT FOUNDATION

MONDAY, AUGUST 15 AT 11:00AM
Join us for an outing to see the thoroughbreds that are being taken care of by the Thoroughbred Retirement Foundation. It will be a perfect day to enjoy the experience of being at the farm.

Impersonation of LOUISA MAY ALCOTT


Monday, August 1 1:30pm
Great Room



Spend an afternoon with Louisa May Alcott, author of *Little Women*. She will tell you stories of her family, life, writing career, and share some of her literary works. Step back in time with historical reenactor Denise Wright while she brings the author to life through pictures, words, and stories.

HOW TO USE TECHNOLOGY


by Cassandra Bowman & Sonde Wechgelaer
Friday, August 26 1:00pm
Great Room



Come and learn tips for the best ways to use technology.

DISCUSSION: Alzheimer's Disease Research

Led by Dr. Richard Holub
Friday, August 19 12:00pm
Great Room



ALZHEIMER'S DISEASE RESEARCH & TREATMENT CENTER
NEUROLOGICAL ASSOCIATES OF ALBANY

Please join us for an in-depth discussion and one-on-one clinical assessment of Alzheimer's with Dr. Richard Holub of Neurological Associates of Albany, P.C. Among the topics he will cover are:

- What Alzheimer's is and an overview of its history
- What early signs to look for
- Preventative tactics and different treatments
- How to get involved
- Finding A CURE!

Caregivers, family and friends, are welcome to join!

Dr. Richard Holub is President and Director of the Alzheimer's Disease Research & Treatment Center at Neurological Associates of Albany (NAA).



Step On It!

Virtual Travel Tour of Lhasa, Tibet
Thursday, August 25 11:30am
Great Room



Month after month, our dedicated walking group adds up members' steps, calculates the miles they walked, and takes off to a new destination.

As we continue to walk around the world, we will stop at places we may not have the chance to visit in person: from New York to Paris and Istanbul to Tibet.

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, August 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