

SUMMIT AT SARATOGA

Monthly Newsletter

September 2022



THE
Manager's Message

What a fabulous summer! We can't say that it wasn't a hot one! Your garden beds are looking gogeous and bursting with fresh vegetables and herbs. We still have many beautiful, sunny days left to enjoy the outdoors and the start of spectacular fall foliage. While outside, get those steps in, we are one our way to Istanbul!

Good luck to our bocce players at this year's Summit Senior Living's Bocce Tournament!

We are excited to share some exciting September programs with you!

We will start the month off by thanking our local fire, police and emergency responders on 9/11 for all they do for our community every day. Dinner casseroles and lasagnas by the Food Florist will be given with homemade baked goods. Please deliver baked goods to the office on Thursday, September 8th from 9am – noon.

Join us when we visit Ulysses S. Grant's cottage on September 1st for a tour of this historic landmark. And sign up for the lunch outings to The Local, The Log Jam and The Ripe Tomato.

A track themed "End of Summer" hot dog bar celebration will be held on Friday, September 16th. Enjoy BBQ favorites, lawn games and more.

Check out the calendar for an array of exciting and interesting lectures and programs.

Welcome new residents:
Fran LaBrake

Jim and Barbara Hens

Warm Regards,
Christy Durant
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

September Birthdays



Mary Ann Evans	9/01
Marie Fantauzzi	9/06
Betty Thornton	9/07
Margi Goodwin	9/11
Rondelle Rosato	9/12
Jo Flessner-Filzen	9/15
Florence OBrien	9/15
Gail Norris	9/18
Joris Reintsema	9/19
Vivien Callison	9/28
Bill Mooney	9/30


Help us celebrate our monthly birthdays on
Wednesday, September 21 at 3:00pm
in the Great Room.
Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Wednesday, September 7 at 3:00pm
Great Room

Resident Meeting with Christy
Monday, September 12 at 11:00am
Great Room

Theatre How-To/Movie Committee
Thursday, September 29 at 11:00am
Movie Theater



Get Your Flu Shot Here

Wednesday, September 28

Please bring your signed waiver and your two insurance cards (prescription card & Medicare card) to the Tavern. If your last name begins with A-M, please come down at 10:00am. If your last name begins with N-Z, please come down at 11:15am.



Excursions



Guided Tour: the Ulysses S. Grant Cottage National Historic Landmark

Thursday, September 1

Visit the Grant Cottage Historic Site, the final home of Ulysses S. Grant: 18th President of the United States, Commanding General of the U.S. Army during the Civil War, and beloved American public figure.

The bus will leave the Summit at 11:00am. The tour begins at 11:30am and is 30 minutes long. 5 residents minimum, 12 Maximum per organization

The Local - Pub & Teahouse

Wednesday, September 7



the local

PUB AND TEAHOUSE

Are you a fan of craft beers, organic teas, and traditional English and Irish specialties? Don't miss this opportunity to visit a unique neighborhood restaurant!

The bus will leave the Summit at 11:15am. 10 residents minimum, 14 maximum

The Log Jam Restaurant

Wednesday, September 14



The Log Jam Restaurant

Take in the gorgeous ride to Lake George, and follow it up with a superb lunch at an authentic log cabin that features the area's most satisfying salad bar.

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

Lunch at Ripe Tomato An American Grill





Wednesday, September 21

Enjoy an eatery that features simple, hearty Italian and American fare prepared to order using fresh, local ingredients.



The Ripe Tomato

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

S	M	T	W	TH	F	S
		Remembering 9/11 In honor of September 11, 2001, we will deliver dinner made by Food Florist and desserts made by residents to our local responders. The Fire Department, the Police Department, and the Wilton Emergency Squad are always there for us, and we want to show them that we always appreciate their service to us. Please sign up in the Great Room if you would like to make a dessert for the delivery. You can bring your baked goods to the office on September 8 from 9:00-11:00am. 		1 11:00am Guided Tour: The Ulysses S. Grant Cottage 12:30pm Netflix Series: The Heartland MOV 1:00pm Croquet Club BP 2:30pm Audiologist Dr. Solomon presents: Hearing Loss & What Everyone Should Know LIB	2 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 3:00pm Sip & Spin GR 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	3 10:30am Board Games TAV 1:00pm Iced Tea Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
4 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am History of New York City MOV 1:00pm Mexican Train TAV	HAPPY LABOR DAY Office closed	6 10:00am Podiatrist Visits: Dr. Masias 11:00am Shuffleboard TAV 12:30-1:30pm pm Shultz Farm Stand FP 1:30pm Quarter Bingo GR 3:00pm Mr. Ding-A-Ling FP 3:30pm Pinochle TAV 5:30pm Poker Night GR Summit Supper Club Order Forms Due	7 9:00am Pickleball PC 11:15am Lunch at The Local - Pub & Teahouse 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Program Meeting with Rebecca GR 4:00pm Bocce League BP 6:00pm Hand & Foot Card Game TAV	8 9-11:00am 9/11 Baked Goods Drop-off Office 11:45am Brown Bag Lunch Series via ZOOM: Saratoga History Using Images from the Bolster Collection by Charlie Kuenzel LIB 12:30pm Netflix Series: The Heartland MOV 1:00pm Croquet Club BP 2:30pm Summer Cooler BP 4:30pm Resident Potluck Dinner GR	9 10:15am Scrabble TAV 10:30am Shopping Shuttle 11:00am Art Class: Watercolor Painting CR 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 3:00pm Entertainment by Jazz Pianist Steve Keller GR 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	10 10:30am Board Games TAV 1:00pm Creamsicle Floats GR 1:30pm Storytelling with Betty LIB 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
11 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am History of New York City MOV 1:00pm Mexican Train TAV Patriot Day Grandparents Day	12 9:00am Pickleball with ALL PC 10:00am Social Knitting & Crochet LIB 11:00am Resident Meeting with Christy GR 11:20am Line Dancing FS 1:30pm Ways to Boost Brain Power by Cassandra Bowman GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	13 11:00am Shuffleboard TAV 12:30-1:30pm Shultz Farm Stand FP 1:00pm Monthly Book Club LIB 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Roast Pork Dinner TAV 5:30pm Poker Night GR	14 9:00am Pickleball PC 11:00am Lunch at The Log Jam Restaurant 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	15 11:00am Flower Arranging TAV 12:30pm Netflix Series: The Heartland MOV 1:00pm Croquet Club BP 2:30pm Team Trivia with Mark Hersh GR 4:15pm Dickinson's Delights Dinner & Take-out Orders TAV/GR	16 10:15am Scrabble TAV 10:30am Shopping Shuttle 12:00pm End of Summer Party GR 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	17 10:30am Board Games TAV 1:00pm Ice Cream Novelties GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
18 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am History of New York City MOV 1:00pm Mexican Train TAV 4:05pm NFL Sunday Football MOV	19 9:00am Pickleball with ALL PC 10:00am Social Knitting & Crochet LIB 11:20am Line Dancing FS 1:00pm LCR Dice Game TAV 1:30pm Yankee Trails Trips & Tours GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	20 11:00am Shuffleboard TAV 12:30-1:30pm Shultz Farm Stand FP 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Simply Foods Spiral Ham Dinner TAV 5:30pm Poker Night GR	21 9:00am Pickleball PC 10:00am Strings of Harmony: Violin & Cello Duo GR 11:30am Lunch at Ripe Tomato An American Grill 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	22 11:00am Shopping Shuttle 12:30pm Netflix Series: The Heartland MOV 1:00pm Croquet Club BP 2:30pm Team Trivia with Mark Hersh GR 4:15pm Chef Mickey's Salmon Dinner TAV Autumn begins	23 10:00am Summit Senior Living Bocce Ball Tournament at Summit at Mill Hill 10:15am Scrabble TAV 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	24 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
25 9:30am Bocce League BP 10:00am Buddy Swim P 11:00am History of New York City MOV 1:00pm Mexican Train TAV 4:05pm NFL Sunday Football MOV Rosh Hashanah begins at sundown	26 9:00am Pickleball with ALL PC 10:00am Social Knitting & Crochet LIB 11:20am Line Dancing FS 1:30pm Improving your Mind, Body and Spirit by Maria Spagnola GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	27 11:00am Shuffleboard TAV 12:30-1:30pm Shultz Farm Stand FP 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Chicken Parm Dinner TAV 5:30pm Poker Night GR	28 9:00am Pickleball PC 10:00am A-M Flu Clinic TAV 11:15am N-Z Flu Clinic TAV 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 4:00pm Bocce League BP 6:15pm Entertainment by Pianist Cole Broderick GR	29 11:00am Theater How-to MOV 12:30pm Netflix Series: The Heartland MOV 1:00pm Croquet Club BP 2:30pm Elder Fraud by SA Matthew Wabby GR 5:00pm Three Vines Bistro Specialty Menu TAV	30 10:15am Scrabble TAV 10:30am Shopping Shuttle 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 3:00pm Sip & Spin GR 4:00pm BYOB Tavern Time TAV 5:30pm Poker Night GR 5:30pm Rummikub TAV	
CONNECTED life  FITNESS		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	Maintenance Corner from Clyde Moore Use distilled water for humidifiers and/or air purifiers. Our water is hard and will leave a white residue. Run garbage disposal 2 minutes with water; and cycle dishwasher with soap every 2 weeks.

Shultz Farm Stand

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

Croquet Club

Thursdays at 1:00pm
Back Patio

Croquet is another example of how active adults **stay connected, keep moving, and maintain healthy brain function.** Join us!!



MR. DING-A-LING ICE CREAM TRUCK

TUESDAY, SEPTEMBER 6 AT 3:00PM
THE PRICES FOR THESE ICE CREAM
NOVELTIES BEGIN AT \$3.00.

FRONT PATIO

September Art Class Watercolor Painting

Friday, September 9 at 11:00am
Craft Room

Use your own creativity or join Sue Peters for an instructional watercolor class.

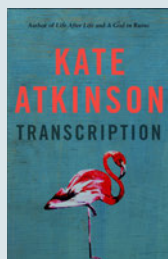


Summit Book Club

Tuesday, September 13 at 1:00pm
Library

This month we are reading and discussing *Transcription* by Kate Atkinson. This spy novel published in 2018, focuses on the activities of British orphan Juliet Armstrong during and after World War II.

All residents are welcome. No sign-up necessary. Happy Reading!



TEAM TRIVIA

with DJ Mark Hersh

September 15 & 22 at 2:30pm

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

Come and join the teamwork!!

Entertainment



Jazz Pianist...

Steve Keller

Friday, September 9 at 3:00pm

Great Room

Violin & Cello...

Strings of Harmony

Wednesday, September 21

at 10:00am in the Great Room



Evening with...

Pianist Cole Broderick

Wednesday, September 28

at 6:15pm in the Great Room



SUMMIT SENIOR LIVING BOCCE BALL TOURNAMENT

September 23 at 10:00am

Join us for the
second annual bocce
tournament, hosted by
Summit at Mill Hill.



Lunch & refreshments will be served.

Join us as we all compete for the **Bocce Trophy!** Spectators are encouraged to join us and cheer on your community! You may sit on the patio or a lawn chair.

Bus will leave the Summit at 10:00am.
Tournament will begin at 11:00am.

Ways to Boost Brain Power

by Cassandra Bowman
& Sonde Wechgelaer

Monday,
September 12
at 1:30pm
Great Room



Wish you had more control over your brain?
Come and learn common ways to fuel your brain.

Yankee Trails™ LET'S GO

Monday, September 19 at 1:30pm
Great Room

Come hear what Yankee Trails is offering for the 2022/23 touring season! One of our representatives will showcase upcoming trips. From tours to cruises, we can get you wherever you want to go!

Have an idea for a trip? Just let us know—we can help you create your own trip through our Groups & Charters department. We can't wait to see you!

History of New York City by Ric Burns

Sundays at 11:00am
Theater



Come see this elegant, lyrical, and compelling portrait of the greatest and most complex of cities. This definitive series chronicles the history of New York from its founding in 1624 as a Dutch trading post to its continuing pre-eminence as the cultural and economic capital of the world.

Audiologist, Dr. Robin Solomon

Hearing Loss & What Everyone Should Know
Monday, September 1 at 2:30pm
Great Room



Come learn about the seven chronic conditions associated with hearing loss. Dr. Solomon will also provide useful information for residents who are either having trouble with their hearing aids or thinking about buying their first pair.

BROWN BAG LUNCH LECTURE SERIES



Saratoga Springs Public Library Welcomes Back....
The Brown Bag Lunch Lecture Series
Thursday, September 8 at 11:45am
Summit Library

Saratoga History
Using Images from the
Bolster Collection
with Charlie Kuenzel

The George S. Bolster photographic collection provides historians with images that help tell the story of Saratoga Springs.

Due to limited seating, Saratoga Springs Public Library will offer this program virtually in the Summit Library.



SARATOGA SPRINGS PUBLIC LIBRARY
YOUR SOURCE FOR INFORMATION, INSPIRATION, AND ENTERTAINMENT

Improving your Mind, Body and Spirit

By Maria Spagnola, Consultant, Home Instead

Monday, September 26 at 1:30pm
Great Room

Marie is also a Reiki practitioner, she will offer some chair Reiki and meditation for relaxation.

Reiki is a Japanese form of energy healing, a type of alternative medicine.



ELDER FRAUD By SA Matthew Wabby

Thursday, September 29
at 2:30pm
Great Room

Hear an overview of Elder Fraud: what is it, common Elder Fraud schemes, and how to protect yourself from becoming a victim.



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

Date TBA

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