

# SUMMIT AT SARATOGA

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Monthly Newsletter

November 2022





THE  
Manager's Message

As we create our own community here at *The Summit*, we reach out to help the community we live in. Most of us look forward to the holiday season – a time of gift-giving, delicious family meals and warm memories. However, for some less fortunate residents of our Saratoga Springs community, the holidays are a stressful time. As we approach the giving season we would like to support local families and children in need by donating items for “*The Empty Stocking Project*” coordinated by The Saratoga County Children’s Committee and for Thanksgiving food baskets with The Franklin Community Center. The Franklin Community Center is a non-profit human service agency in Saratoga Springs that has been offering families a glimmer of hope through difficult economic times for over three decades.

We thank you for your thoughtfulness and gratitude and look forward to seeing you at our Harvest Gathering on November 8th at 4 pm.

Wishing you and your family a Happy Thanksgiving,

*Christy Durant*  
Christy Durant  
Community Manager

Fall Door Decorating Contest



Take a stroll on all three floors and pick your favorite apartment door entrance way. Pick up a ballot in the Great Room, and place it in the pumpkin on the conversation table.

The winner will be announced at our Harvest Gathering on Tuesday, November 8 at 5:00pm.

Thanksgiving marks the start of the holiday season!  
Please join us for a turkey dinner at our

**Harvest Gathering**  
**on Tuesday, November 8**  
**at 4:00pm in the Great Room.**

Music by Jack Kelle Duo from 4:45-5:45pm.  
Our annual door decorating contest winner will be announced.  
Please RSVP in the Great Room.

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

Katherine Cordovano	11/01
Gary Wilcox	11/05
Mike Duskas	11/08
Mark Cassidy	11/18
Anne Amedore	11/28

Help us celebrate our monthly birthdays on  
Wednesday, November 23 at 3:00pm  
in the Great Room.  
Cake & ice cream for all!

**SUMMIT SERVICE CLUB**  
*“Volunteering is a work of heart”*

**FRANKLIN COMMUNITY CENTER**

We are putting together Thanksgiving food baskets for Franklin Community Center and are collecting the following food items:

Spaghetti and sauce	Hearty soups
Macaroni and cheese	Canned ravioli
Peanut butter & jelly	Breakfast items
Tuna fish	Beans or Vegetables
Rice sides	Canned fruit

Due to the refrigerator space, they are encouraging gift cards to a local grocery store to purchase turkey, fresh vegetables, fresh fruits, etc.

There will be a basket in the tavern for donations. Delivery to the Franklin Community Center will be on Monday, November 14 at 11:00am.

**Resident Informational Meetings**

**Resident Program Meeting**  
Wednesday, November 2 at 3:00pm  
Great Room

**Vehicle Snow Removal Meeting**  
Thursday, November 10 at 11:30am  
Great Room

**Resident Meeting with Christy**  
Monday, November 14 at 1:00pm  
Great Room

**Theatre How-To/Movie Committee**  
Thursday, November 17 at 11:00am  
Movie Theater

**New Resident Orientation**  
Tuesday, November 22 at 3:00pm  
Great Room

**Lunch Outings**

**Wednesday, November 2**

Since 1988, this family-owned and operated gathering place has proudly been committed to offering a warm atmosphere and old world classic Italian cuisine to each guest. In keeping with tradition, the menu is based upon age-old family recipes including, hand-crafted breads and sauces, along with the finest imported Italian products and fresh local products.

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

**Monday, November 21**

A historic icon in Saratoga Springs, Morrissey’s has a new expanded all-day menu with specialties from lobster dumplings and crab-stuff artichokes to burgers and pasta! It is located on Broadway in the Adelphi Hotel.

The bus will leave the Summit at 11:30am  
10 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) FP-Front Patio FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool PAT-Patio PP-Pool Patio PC - Pickleball Court TAV-Tavern	<b>Thursday, November 3 &amp; 10</b>  <b>Join us!!</b> Bring your beverage of choice and come enjoy the warm outdoor fireplace and good company on the patio.	1 10:00am Podiatrist Visits: Dr. Masias 11:00am Shuffleboard TAV 1:30pm Quarter Bingo GR 3:00pm Empty Stocking Project Meeting GR 3:30pm Pinochle TAV 5:15/5:30pm Poker Night GR	2 9:00am Pickleball PC <b>11:15am Lunch at Village Pizzeria &amp; Ristorante</b> 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	3 12:30pm Netflix Series: <i>The Heartland</i> MOV <b>1:00pm Shopping Shuttle</b> 1:30pm Fireside Chat & Hot Toddy PAT 2:30pm Team Trivia with Mark Hersh GR 4:30pm Resident Potluck Dinner GR <b>Summit Supper Club Order Forms Due</b>	4 9:30am Art Class: Fall Watercolor CR 10:15am Scrabble TAV  <b>1:00pm The Importance of Staying Active by Barb Howansky GR</b> 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV	5 10:30am Board Games TAV 1:00pm <i>Pumpkin Coffee Bar</i> GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
6 9:30am Bocce League BP 10:00am Buddy Swim P <b>11:00am DocuSeries MOV</b> 1:00pm Mexican Train TAV 4:25pm NFL Sunday Football MOV  <b>Fall Back, Daylight saving time ends</b>	7 9:00am Pickleball with ALL PC 11:00am Social Knitting & Crochet LIB 11:20am Line Dancing FS  <b>1:30pm Preview of WWII Veteran Exhibit by Hady Finch GR</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	8 11:00am Shuffleboard TAV 1:00pm Monthly Book Club: <i>The Map That Changed the World</i> LIB 1:30pm Quarter Bingo GR <b>2:00pm Transportation to Vote</b> 3:30pm Pinochle TAV <b>4:00pm Harvest Gathering</b>  <b>Election Day</b>	9 9:00am Pickleball PC 11:00am Good Grief and Practical Ways to Journey Through the Holidays LIB  <b>1:15pm WWII Veteran Exhibit Outing</b> 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	10 11:30am Vehicle Snow Removal Meeting GR 12:30pm Netflix Series: <i>The Heartland</i> MOV <b>1:00pm Shopping Shuttle</b> 1:30pm Fireside Chat PAT 2:30pm Team Trivia with Mark Hersh GR 4:15pm Chef Mickey's Salisbury Steak Dinner TAV <b>6:00pm "Thank You, Veterans" Sing-along GR</b>	 <b>Office is Closed</b>	12 10:30am Board Games TAV 1:00pm <i>Hot Chocolate Bar</i> GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
13 9:30am Bocce League BP 10:00am Buddy Swim P  <b>11:00am DocuSeries MOV</b> 1:00pm Mexican Train TAV 4:25pm NFL Sunday Football MOV	14 9:00am Pickleball with ALL PC <b>11:00am Franklin Community Center Thanksgiving Basket Delivery</b> 11:20am Line Dancing FS 1:00pm Resident Meeting with Christy GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	15 11:00am Shuffleboard TAV 1:30pm Quarter Bingo GR 3:00pm Saratoga Springs Public Library Outreach GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Brooks BBQ TAV 5:15/5:30pm Poker Night GR	16 9:00am Pickleball PC 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB  <b>3:00pm 300 Years of Wedding Wear in New York State by Connie Frisbee Houde GR</b> 4:00pm Bocce League BP 6:00pm Hand & Foot Card Game TAV	17 11:00am Theater How-to MOV 12:30pm Netflix Series: <i>The Heartland</i> MOV <b>1:00pm Shopping Shuttle</b> 2:30pm Holiday Shopping with Mary Kay GR 4:15pm Dickinson's Delights Pot Roast Dinner & Take-out Orders TAV/GR 6:00pm Pianist Cole Broderick GR	18 10:15am Scrabble TAV 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 3:00pm Miracle Ear Hearing Aid Cleaning & Screening GR 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV	19 10:30am Board Games TAV 1:00pm <i>Root Beer Floats</i> GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
20 9:30am Bocce League BP 10:00am Buddy Swim P  <b>11:00am DocuSeries MOV</b> 1:00pm Mexican Train TAV 4:25pm NFL Sunday Football MOV	21 9:00am Pickleball with ALL PC 11:20am Line Dancing FS <b>11:30am Lunch at Morrissey's Lounge &amp; Bistro</b> 1:00pm LCR Dice Game TAV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	22 11:00am Shuffleboard TAV <b>1:00pm Shopping Shuttle</b> 1:30pm Quarter Bingo GR 3:00pm New Resident Orientation GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Stuffed Shells Dinner TAV 5:15/5:30pm Poker Night GR	23 9:00am Pickleball PC  <b>11:15am Step On It: Travel Tour of Taiwan GR</b> 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	 <b>Office is Closed</b>	25 10:15am Scrabble TAV 1:30pm Mindful Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV	26 10:30am Board Games TAV 1:00pm <i>Hot Apple Cider</i> GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game TAV 6:00pm Non-denominational Worship & Music GR
27 9:30am Bocce League BP 10:00am Buddy Swim P  <b>11:00am DocuSeries MOV</b> 1:00pm Mexican Train TAV 4:25pm NFL Sunday Football MOV	28 9:00am Pickleball with ALL PC 11:00am Social Knitting & Crochet LIB 11:20am Line Dancing FS 1:00pm LCR Dice Game TAV 3:00pm Happy Hour Meet & Greet GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	29  <b>11:00am Fire Drill Review Meeting GR</b> 11:00am Shuffleboard TAV <b>1:00pm FIRE DRILL</b> 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Chef Mickey's Roast Pork Dinner TAV 5:15/5:30pm Poker Night GR	30 9:00am Pickleball PC  <b>1:00pm The New York State Museum Outing</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 4:00pm Bocce League BP	 <b>Shopping Shuttle Thursdays 1:00pm</b>	Sign up in the Great Room for our Pen Pal Program with local 4th graders! 	
<b>CONNECTED life</b>  <b>FITNESS</b>	<b>Every Monday</b> Balance FS 9:30am Yoga FS 10:00am Strength Training FS 10:30am	<b>Every Tuesday</b> 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	<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>Every Friday</b> Advanced Tai Chi LIB 9:00am Intermediate Tai Chi LIB 9:30am Beginner Tai Chi FS 10:30am Buddy Swim P 1:00pm	<b>Maintenance Corner</b> All Trash needs to be bagged in a plastic/trash bag (not a paper bag) and tied. Thank you! 



**The Empty Stocking Project Meeting**

**Tuesday, November 1 at 3:00pm**  
**Great Room**



The Empty Stocking Project is the largest and most widely recognized project of the Saratoga County Children’s Committee. There are hundreds of children living within Saratoga County who are less fortunate.

A holiday wish list may include new clothes, toys, games or other items the child wants. If you want to shop for a child, please sign up. The Empty Stocking binder is located in the Great Room. Items must be in no later than **November 30**.



**with DJ Mark Hersh**  
**November 3 & 10 at 2:30pm**  
Join us in the Great Room, where the competition is friendly and the trivia is fun!!  
**Come and join the teamwork!!**

**November Art Class**

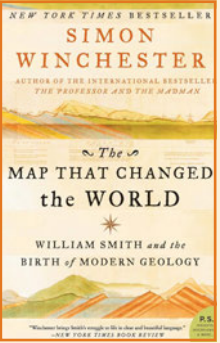
**Fall Watercolor**  
**Friday, November 4**  
**9:30am**  
**Craft Room**



**Summit Book Club**

**Tuesday, November 8 at 1:00pm**  
**Library**

This month we are reading and discussing *The Map That Changed the World* by Simon Winchester.



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



**On Tuesday, November 8, we will provide transportation to our local polling place (Gavin Park) at 2:00pm.**



**Good Grief and Practical Ways to Journey Through the Holidays**  
with Mary Anne & Don  
**Wednesday, November 9**  
**11:00am**  
**Library**

**OH, WHAT FUN IT IS TO GIVE!**  
**HOLIDAY SHOPPING WITH MARY KAY®**  
**THURSDAY, NOVEMBER 17 AT 2:30PM**  
**GREAT ROOM**

There will be little surprises that are giftable fun and pair nicely to create customized bundles.



**HAPPY HOUR MEET & GREET**  
**Monday, November 28 at 3:00pm**  
**Great Room**


All residents are encouraged to come eat, drink, and connect with our newest residents.

**Veterans Day**  
*Honoring All Who Served*




The Summit will pay tribute to our resident veterans on **Thursday, November 10**. All veterans are encouraged to bring pictures and/or memorabilia (medals, decorations, etc.) between 9-10am for display in the Great Room throughout the day. All residents are invited to browse the collection and participate in a **“Thank You, Veterans”** Sing-along which will begin at 6:00pm.

Any items put on display may be picked up immediately after the sing-along.



**WWII Veteran Exhibit at Wilton Town Hall by Harriett Finch**

The Wilton Town Hall is displaying photographs and artifacts that tell the story of Wilton’s WWII era. Wilton residents’ recollections and private collections help to explain air raid drills, rationing, enemy aircraft observation, and the scrap metal drive. The proceeds from the sale of scrap metal made it possible to acknowledge the 86 Wilton servicemen who enlisted early in the war. A military honor roll was erected on December 6, 1942.




- **Preview of Veteran Exhibit by Harriet Finch**  
Monday, November 7 at 1:30pm - Great Room
- **WWII Veteran Exhibit Outing**  
Wednesday, November 9

The bus will leave the Summit at 1:15pm. 10 residents minimum, 14 maximum

**The Importance of Staying Active**  
by Barb Howansky

**Friday, November 4 at 1:00pm**  
**Great Room**



Regular physical activity is one of the most important things you can do for your health. Come learn about benefits you can get from our fitness classes.

**300 Years of Wedding Wear in New York State**  
**Wednesday, November 16 at 3:00pm**  
**Great Room**

In choosing their wedding clothes, brides and grooms are influenced by fashion, economics, technology, religion, geography, celebrity, personal taste, and their role in society. This was as much the case in 19th-century New York as it is today.

Join Curator Connie Frisbee Houde for a discussion and "tour" of selections from Unveiled, a proposed exhibition of wedding wear in New York State. She will highlight wedding wear from the late 18th and early 19th centuries, including garments worn by both brides and grooms. Wedding clothes reveal historical information about the individuals who wore them and made them, the technology used to create them, and how they fit into the larger context of events on the world stage.

**The New York State Museum Outing**  
**Wednesday, November 30**

Known as the largest and oldest state museum in the country, this is a center of art, science, and history dedicated to exploring the human and natural history of the state.

The bus will leave the Summit at 1:00pm. 12 residents minimum, 14 maximum



**Step On It!**  
**Travel Tour of Taiwan**

**Wednesday, November 23**  
**11:15am**  
**Great Room**

Walk with us to the ancient island of Taiwan, which was originally settled by aborigines. Modern Taiwan has managed to stay independent of China and is renowned as a global center of technology and electronics.

# 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 **Thursday 1:00pm** Shopping Shuttle in the Great Room.



## Saratoga Springs Public Library Outreach

November 15 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



Hearing Aid Cleaning & Screening  
Friday, November 18 at 3:00pm in the Great Room