

# SUMMIT AT SARATOGA

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Monthly Newsletter

January 2023

Happy New Year



# THE Manager's Message

In the spirit of the New Year, let us embrace new resolutions to better ourselves and our community. If being more active is one of your resolutions, try one of our fitness classes on land or in the pool. Or start counting your steps for our "Step On it" program. Where will we travel to virtually, next?

Or try one of our new program offerings like "Learn a New Board Game" on Mondays or "Instructional Meditation" on Fridays at 1:30 pm. Also, join us for a Taco Bar on the 25th and Crazy Hat Happy Hour on the 23rd.

Join us on Tuesday, January 3 as we talk about starting a Sunshine Club if you are interested in reaching out to residents who are not feeling well or in the hospital or rehab.

Monday's former Water Aerobics class and hydro class have been added back on Fridays. See the bottom of the calendar for the times.

Fun options to add to your days here at the Summit.

Happy New Year!



Christy Durant  
Community Manager

## Thank You!

*Thank you residents,  
friends and families for your generous gifts!*

Through your donations, we have far exceeded our expectations at helping the following organizations throughout the holiday season.  
You truly have made a difference.

Franklin Community Center: *Thanksgiving Giving Baskets*  
Saratoga County Children's Committee: *Empty Stocking Project*  
*The Marine Toys for Tots Program*  
Emergency Services: *Wilton EMS & Greenfield Fire Department*

### 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

## January Birthdays

Caroline Sciangula	1/03
Irmie Bauer	1/06
George Covell	1/13
Henry Redling	1/15
Jeanette Cochran	1/17
Ilse LaTour	1/17
Laurene Biviano	1/19
Richard Cordovano	1/22
Harry Holowach	1/23

Help us celebrate our monthly birthdays on  
Wednesday, January 25 at 3:00pm  
in the Great Room.

Cake & ice cream for all!

## Resident Informational Meetings

**Resident Program Meeting**  
Wednesday, January 4 at 3:00pm  
Great Room

**Resident Meeting with Christy**  
Monday, January 9 at 1:00pm  
Great Room

**Theatre How-To/Movie Committee**  
Thursday, January 26 at 11:00am  
Movie Theater



## GENOA IMPORTING

*Too busy to grocery shop? Too tired to cook?*

Genoa Importing meals are available in the office on a first come/first serve basis. The below dishes are frozen and ready to be simply heated & enjoyed. Each 2-person serving is \$13.00.

*This month's anytime choices:*

Shepherd's Pie	Chicken Tortellini
Meat Lasagna	Chicken & Dumplings
Beef Stew	Veggie & Cheese Ravioli

## Excursions



**Wednesday, January 4**

Their bistro offers delicious food and great wines.

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



**Wednesday, January 11**

This restaurant has something for everyone, ranging from gourmet pizzas and sandwiches to chicken parmesan and New York strip steak.

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



**Wednesday, January 18**

Enjoy a delicious lunch where you can choose from a wide variety of authentic Japanese food.

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



♥ Renew Day Spa Open House ♥

**Friday, January 27**  
**10:00am - 12:00pm**

Come join for:

- Giveaways
- Refreshments
- Mini Hand & Neck Massage
- Paraffin & More!!

Emergency Maintenance Phone: 518.925.0905

WWW.SUMMITSARATOGA.COM



# Community Programs



## Sunshine Committee Start-up Meeting

Tuesday, January 3  
1:00pm  
Tavern

If you are interested in sending get well cards to fellow residents, join this start-up meeting for a resident-led committee.



with DJ Mark Hersh

January 5 & 19 at 2:30pm

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

**Come and join the teamwork!!**



## TAROT CARD READING

TUESDAY, JANUARY 10  
3:00PM  
LIBRARY

\$8 PER PERSON

Lenormand card reading, and crystal ball readings for fun and entertainment. Spooky accurate!



## Board Game Day

Join us in the Tavern at 11:30am to learn a new game or to play an old favorite.

Monday, January 2 - Cribbage

Monday, January 9- Shut The Box

Monday, January 23 - Skip Bo

Monday, January 30 - Canasta



## Storytelling with Margaret French

Thursday, January 19 at 1:00pm Library

Ms. French took her first storytelling course in 2003 and was hooked. Since then, she has told stories every chance she got, including at Saratoga restaurants, theaters, festivals and more. Her stories originally focused on folktales and myths, but she now includes more personal stories, which are quirky, thoughtful, humane, and funny.

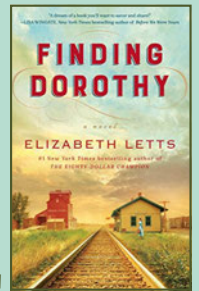
## Summit Book Club

Tuesday, January 10  
at 1:00pm  
Library

This month we are reading and discussing *Finding Dorothy* by Elizabeth Letts.

All residents are welcome.

No sign-up necessary. Happy Reading!



## ENTERTAINMENT

### Russ Kennedy

Friday, January 13  
3:00pm  
Great Room



Russ has been entertaining over 30 years, performing to audiences in many night clubs, restaurants, country clubs, and corporate events in the Capital Region and beyond.



### Jeff Brisbin

Friday, January 27  
3:00pm  
Great Room

Guitarist Jeff Brisbin is a performing songwriter who has been traveling Saratoga and surrounding areas since 2000.

## Wine Tasting

Tuesday, January 31  
3:00pm  
Great Room



## STAYING SAFE IN WINTER WEATHER

By Maria Spagnola, Consultant, Home Instead

**Thursday, January 5**

**1:00pm**

**Great Room**

Come and learn tips on staying safe on the roads and in your home during winter weather.

## What Historians Are Saying Today about the Boston Massacre

By Jim Sescik



**Thursday, January 12**

**2:30pm**

An event ultimately leading to the break from Britain by her American colonies, the Boston Massacre was originally labeled "the riot on King's Street." Learn how modern historians have come to view, how and why this event occurred, who was to blame, and how the incident contributed to the American Revolution.

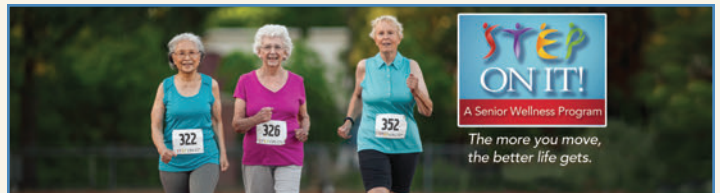


**Happy 2023 from  
Summit Senior Living**

**The Cathedral:** This is a very engaging and informative course on the development of the Cathedral.

**Sundays at 11:00am in the Theatre**

The modern mind cannot comprehend the symbolic and real power that the cathedral has held for much of the past 2,000 years of Western civilization.



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

**Wednesday, January 18  
3:00pm  
Great Room**

Walk with us to Singapore, the Lion City of Yesteryear, now a sovereign island country. Singaporeans enjoy the second-highest GDP per capita in the world and one of the longest life expectancies.



## SARATOGA SENIOR CENTER



**MONDAY, JANUARY 23**

**1:00PM**

**GREAT ROOM**

Meet Stacie Barnes and hear about the Saratoga Senior Center's programs and services, as well as the latest news about their upcoming move to their new home on West Avenue.

Also, Phil DiSorbo will join from the center and discuss the Senior Life Transitions Program. Learn how the Saratoga Senior Center can help someone navigate through the aging process. You do not need to be a member of the Saratoga Senior Center to take advantage of this program.



# 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 10:30am** Shopping Shuttle in the Great Room.



## Saratoga Springs Public Library Outreach

January 17 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