

SUMMIT AT SARATOGA

Monthly Newsletter

March 2023



THE Manager's Message

Happy Spring! As the saying goes, March comes "In like a lion, out like a lamb." Even with a mild winter, we are ready for early spring-like weather. However, no matter what the weather brings, we have another fun-filled month upon us, as well as new neighbors to meet and welcome.

In celebration of St. Patrick's Day this month, we will feature Irish Coffees, a cooking class featuring Shamrock Pies, Crème de Menthe Parfaits, Cornhole & Irish Coffees and a St. Patty's party on the 17th ... we all have a little bit of green in us!

So many fun excursions this month... join us for a trip to listen to the Empire State Youth Orchestra at Proctor's, The Clark Institute in Massachusetts, a rehearsal of Saratoga High School's Drama Club production of Mamma Mia! and lunch outings.

Welcome New Residents:

Joe & Marge Kovacs

Shirley Stevens

Jae Ward

Diane Shanley

John & Pat Schelmbauer

Betty Garcia

Marjorie Hamill

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

Lisa Wilson
Roberta Russo

Transportation

Matt Leguire

The Summit At Saratoga
1 Perry Road
Saratoga Springs, NY 12866
518-430-2136
www.summitsaratoga.com

Emergency Maintenance Number
518-925-0905

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

The Franklin Community Center has an urgent need for several items for their food pantry. If you are interested in supporting this vital effort, here is the list of needed items. Items will be collected in the Tavern throughout the month of March.

Dry cat food	Laundry detergent pods	Conditioner
Wet cat food	Dish soap	Body wash
Dry dog food	Shampoo	Deodorant
Wet dog food		



Thank you!

FRANKLIN COMMUNITY CENTER

esyô PLAYATHON



Saturday, March 25

10:30am-5:15pm at Crossgates Mall

Stop by and enjoy the PLAYATHON, a free all-day concert by the **Empire State Youth Orchestra**.

Summit Senior Living is a proud sponsor of this outstanding event. Come out and show your support of these young stars and enjoy some beautiful music.



March Birthdays

Bunny Igoe 3/01

Pat Hackett 3/02

Wilma Rizzi 3/03

Marcia Snyder 3/03

Joan Covel 3/03

Babs Hankison 3/05

Peggy Petruccione 3/06

Fran Scott 3/16

Colum O'Brien 3/17

Peg Martin 3/21

JoAnn Clements 3/27

Elaine DeCoste 3/28

Kathryn Madden 3/30

Help us celebrate our monthly birthdays on
Wednesday, March 22 at 3:00pm
in the Great Room.

Cake & ice cream for all!

Resident Informational Meetings

Resident Meeting with Christy
Monday, March 6 at 1:00pm
Great Room

Resident Program Meeting
Wednesday, March 8 at 3:00pm
Great Room

Theatre How-To/Movie Committee
Thursday, March 23 at 11:00am
Movie Theater



MAMMA MIA!

Presented by Students of Saratoga Springs'
High School Drama Club.

Free Dress Rehearsal

Wednesday, March 15

The bus will leave the Summit at 2:20pm.

Excursions

Lunch at Olde Bryan Inn



Wednesday, March 1

Join us as we head to the Olde Bryan Inn, where their traditions began in 1773 and continue today.

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

Empire State Youth Orchestra at Proctors Theatre



Wednesday, March 8

Empire State Youth Orchestra engages more than 600 youth from across New York's Capital Region and Western New England in the joyful pursuit of musical excellence.

The bus will leave The Summit 11:45pm.
This free concert begins at 1pm
14 residents minimum, 14 maximum

Lunch at Finnegan's on The Lake



Wednesday, March 22

March is the perfect time to enjoy lunch at American Irish Tavern, Finnegan's on the Lake.

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

The Clark Art Institute



Wednesday, March 29

Enjoy a self-guided tour of The Clark Art Institute located in Williamstown, Massachusetts. The Clark's collection features masterpieces of European and American painting, sculpture, works of paper, and decorative arts from the Renaissance to the early twentieth century. Café 7 is a casual restaurant dining option if interested in having a bite to eat.

The bus will leave The Summit at 9:30am.
14 residents minimum, 14 maximum

S	M	T	W	TH	F	S
Location Key BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GAM-Game Room (2nd Floor) GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre MR-Music Room (3rd Floor) P-Pool TAV-Tavern	Letters for your 4th grader due March 15. Drop in rent box. 		1 11:30am Lunch at Olde Bryan Inn 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Tech Hour GR 6:00pm Hand & Foot Card Game TAV 6:30pm Wine Tasting sponsored by Thirsty Owl Wine Bar and Bistro GR	2 8:30am Summit Breakfast Club: Hot Breakfast 12:30pm Netflix Series: The Heartland MOV 1:00pm Shopping Shuttle 1:30pm LCR Dice Game TAV  3:30pm Catherine Golden presents Lewis Carroll and Alice: A Journey into Wonderland GR 4:30pm Resident Potluck Dinner GR 6:00pm Cribbage TAV	3  9:30am Albany Guardian Society presents National Nutrition Month ZOOM 10:15am Scrabble GAM 1:30pm Meditation GAM  2:00pm Pampered Chef Party GR 3:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV	4 10:30am Board Games TAV 1:00pm Irish Coffees GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR
5  10:00am Buddy Swim P 11:00am Great Courses World Heritage Sites MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	6 11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:00pm Resident Meeting with Christy GR 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV Purim begins at sundown	7 9:00am Podiatrist Visits: Dr. Masias 11:00am Shuffleboard TAV 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Salmon Dinner TAV 5:15/5:30pm Poker Night GR	8 11:45am Empire State Youth Orchestra at Proctors Théâtre 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Resident Program Meeting GR 6:00pm Hand & Foot Card Game TAV	9 11:00am Flower Arranging TAV 12:30pm Netflix Series: The Heartland MOV 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Lasagna Dinner & Take-out OrdersTAV 6:00pm Cribbage TAV	10 10:15am Scrabble GAM 1:30pm Meditation LIB 2:30pm Shuffleboard TAV 3:30pm Miracle Ear Hearing Aid & Screening Clinic GR 4:00pm BYOB Tavern Time TAV 5:15/5:30pm 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 GAM 6:00pm Non-denominational Worship & Music GR
12  10:00am Buddy Swim P 11:00am Great Courses World Heritage Sites MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV Daylights Saving Time begins	13  11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:00pm Alzheimer's Association presents Understanding Alzheimer's and Dementia GR 3:00pm Happy Hour & Rick Bedrosian GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	14 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery Vendor GR 1:00pm Monthly Book Club: <i>The Time of Our Singing</i> LIB 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Corned Beef & Cabbage Dinner TAV 5:15/5:30pm Poker Night GR	15 11:00am Cooking Class: Shamrock Pie GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 2:20pm SSHS presents Mamma Mia! 4:15pm Summit Supper Club: Primo's Special TAV 6:00pm Hand & Foot Card Game TAV Pen Pal Letters Due	16 12:30pm Netflix Series: The Heartland MOV 1:00pm Shopping Shuttle 1:30pm LCR Dice Game TAV  3:00pm Recycling Tips by Twin Bridges: The Do's and Don'ts GR 6:00pm Cribbage TAV	17 10:15am Scrabble GAM 1:30pm Meditation LIB 2:00pm St. Patrick's Day Party GR 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV St. Patrick's Day	18 10:30am Board Games TAV 1:00pm Ice Cream Novelties GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR
19  10:00am Buddy Swim P 11:00am Great Courses World Heritage Sites MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	20 11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV Spring begins	21 11:00am Shuffleboard TAV 12:15pm Summit Lunch Club: Soup & Sandwich TAV 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:00pm Saratoga Springs Public Library Outreach LIB 3:15pm Composer & Pianist Andy Iorio GR 3:30pm Pinochle TAV 5:15/5:30pm Poker Night GR	22 11:30am Lunch at Finnegan's on the Lake 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR 6:00pm Hand & Foot Card Game TAV	23 11:00am Theater How-to MOV 12:30pm Netflix Series: The Heartland MOV 1:00pm Shopping Shuttle 1:15pm Crème de Menthe Parfaits GR 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Pot Roast Dinner TAV 6:00pm Cribbage TAV	24 10:15am Scrabble GAM 1:30pm Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV	25 10:30am Board Games TAV 1:00pm Hot Tea Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR
26  10:00am Buddy Swim P 11:00am Great Courses World Heritage Sites MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	27  11:00am Social Knitting & Crochet LIB 11:30am Board Game Day TAV 1:00pm Southern Adirondack Independent Living (SAIL) GR 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	28 11:00am Shuffleboard TAV 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Chicken a la King Dinner TAV 5:15/5:30pm Poker Night GR	29 9:30am The Clark Art Institute 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Step On It! Travel Tour of Quebec City GR 6:00pm Hand & Foot Card Game TAV	30 11:00am Flower Arranging GR 12:30pm Netflix Series: The Heartland MOV 1:00pm Shopping Shuttle 1:30pm LCR Dice Game TAV 3:30pm Cornhole & Baileys Coffee GR 4:15pm Summit Supper Club: Three Vines Bistro 6:00pm Cribbage TAV	31 10:15am Scrabble GAM 1:30pm Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR 5:30pm Rummikub TAV	 BE GREEN & recycle CLEAN plastics, tin, aluminum, paper and glass. 
CONNECTED life  FITNESS	Every Monday Balance FS 9:30am Yoga FS 10:00am 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	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 Move & Groove FS 11:30am	Every Friday Water Aerobics P 8:30am Advanced Tai Chi LIB 9:00am Intermediate Tai Chi LIB 9:30am Hydro Rider P 9:30am/10:00am Beginner Tai Chi FS 10:30am Buddy Swim P 1:00pm	

Community Programs

**Wine Tasting Sponsored by
Thirsty Owl Wine Bar and Bistro**



**Wednesday, March 1
6:30 - 8:00pm
Great Room**


pampered|chef.

**Friday, March 3
2:00pm
Great Room**



**LET'S PARTY
foods, friends & fun!**

Come to our Pampered Chef Party! There will be a cooking class during which favorite recipes will be shared, and all residents will receive up to 25% off their entire order. Don't miss out!



A SPOONFUL OF SUGAR
Confectionery Bliss

**Tuesday, March 14
12:30-1:30pm
Great Room**

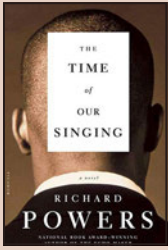
The owner of Spoonful of Sugar, who is also a vendor for many popular shops, will bring an array of fresh baked goods (including Irish specialties!) for purchase. Items are priced between \$4 and \$12 (for quiche)

Summit Book Club

**Tuesday, March 14
at 1:00pm in the Library**

This month we are reading and discussing *The Time of Our Singing* by Richard Powers.

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



St. Patrick's Day Festivities

There are all kinds of St. Patrick's Day events at the Summit going on all month long. **Be sure to wear as much green as you can handle!**

Irish Coffees
Saturday, March 4 at 1:00pm



Cooking Class: Shamrock Pie
Wednesday, March 15 at 11:00am


St. Patrick's Day Party
Friday, March 17 at 2:00pm



Crème de Menthe Parfaits
Thursday, March 23 at 1:15pm



Cornhole & Baileys Coffee
Thursday, March 30 at 3:30pm



Rick Bedrosian
Monday, March 13
3:15pm in the Great Room

Rick is best known locally as the leader of the Irish band Hair of the Dog. Now he is a one-man band in Rick Bedrosian Solo, and he's joining us for a happy hour! You can sing along with favorite tunes from the 50's, 60's and 70's, Irish anthems, Beatles classics, and more!

Composer & Pianist Andy Iorio

**Tuesday, March 21
3:15pm in the Great Room**

Andy Iorio uses the piano as a time machine. Through his beautiful and intensely personal music, which is featured on three wonderful albums (so far!), Andy transports his listeners forward and back in time to rekindle memories and experience. In a world filled with piano music, Andy distinguishes himself by being willing to explore the outer edges of the heart.



Catherine Golden presents Lewis Carroll and Alice: A Journey into Wonderland.

**Thursday, March 2 at 3:30pm
Great Room**

The presenter, a Professor of English at Skidmore will discuss the life of Lewis Carroll and the creation of Alice's Adventures in Wonderland. The story became the famous novel we know and love today.



Voice Streaming for Presentations

Voice Streaming is a fast, mostly accurate captioning that goes from the speaker to the screen.

We offer voice streaming for meetings, presentations, trivia and more!

Please contact Rebecca at the beginning of the month to request the service.



Recycling Tips by Twin Bridges: The Do's and Don'ts

Let's team up to help each other improve our recycling habits and help the environment at the same time! Every little bit adds up to have an impact now and forever.



**Thursday, March 16
3:00pm
Great Room**



Albany Guardian Society Presents: National Nutrition Month

**Friday, March 3
9:30am**



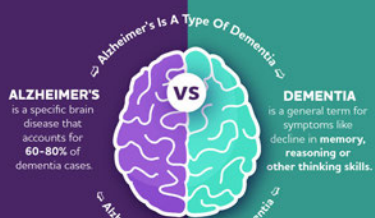
With the month of March signifying the beginning of spring, why not take a fresh look at your current eating/exercise habits? Learn how to "spring clean" some old habits that don't serve you well and new ones that do!

Zoom link to this presentation will be sent to you by email the morning of the event.

alzheimer's association® presents

**Understanding Alzheimer's and Dementia
Monday, March 13
1:00pm
Great Room**

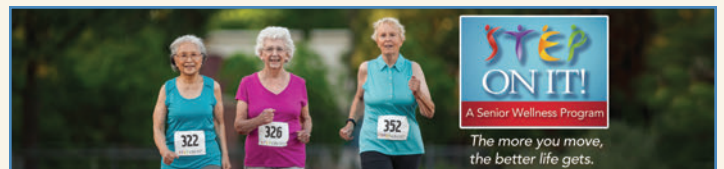
- Explores the relationship between Alzheimer's disease and dementia.
- Examines what happens in a brain affected by Alzheimer's.
- Details the risk factors for and three general stages of the disease.
- Identifies FDA-approved treatments available to treat some symptoms.
- Looks ahead to what's on the horizon for Alzheimer's research.
- Offers helpful Alzheimer's Association resources.



Southern Adirondack Independent Living (SAIL)

**Monday, March 27
1:00pm
Great Room**

SAIL is a nonprofit organization that provides an array of services to help people achieve the greatest level of independence possible. Join us and learn about all they have to offer.



**Step On It!
Travel Tour of
Quebec City**

**Wednesday, March 29
3:00pm
Great Room**

Walk with us in Canada from Viking Newfoundland to Old World French Quebec City. Explorer Samuel de Champlain founded the French settlement Quebec in 1608 and adopted the Algonquin name Kébec, a word meaning "where the river narrows."

Quebec City is a beautiful mélange of Old European culture, British culture and a modern Arts scene.

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.



♥ 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.



Hearing Aid Cleaning & Screening
Friday, March 10 at 3:30pm in the Great Room

Saratoga Springs Public Library Outreach

March 21 at 3:00pm

Library

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