



SUMMIT AT SARATOGA

Monthly Newsletter

May 2023

THE Manager's Message

Welcome month of May, where the plantings are budding and the sun shines over us ushering in summer. The same is true here at The Summit, as we ready our outside areas to enjoy. Join us on the patio for a friendly game of Bocce or head out on Wednesday mornings to learn how to play the fastest growing sport in the US, Pickleball. Racquets are available in the pavilion storage room.

This month we honor not only the hard work of our Mothers but those who gave their life while serving in our armed forces protecting our country. We will celebrate both this month. Come to our Tea & Dessert Party on May 20th to honor our Mothers. And later in the month we will celebrate and honor those patriots who gave their life for us at our Red, White and Blue Happy Hour on the 22nd.

We are excited to announce our new "Summit Wellness Program"! We have had great success inviting resources into our community such as a podiatrist, physical therapy group, hearing aid specialists, etc. We will be expanding this venture and calling it the "Summit Wellness Program". Join us on Wednesday, May 10 at 11:00am for more information.

Welcome New Residents

Woody Strobeck & Linda Bergh

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
Shelly Pooler

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



Hector PT & Barbara Howansky Presentation

Wednesday, May 10th at 11:00 am
In the Great Room

Come learn how Hector PT and Fit by Barb can do wellness assessments for you.

"Be Fit for Life!"

May is Older Americans Month



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

#lovewhereyoulive

Special events are a great way to celebrate, share resources, and connect with community members. Here are a few of the programs we are doing this month to promote **Older Americans Month**: Help us better our community by donating unused items to the **Southern Adirondack Independent Living (SAIL) Annual Garage Sale**. Please bring items to apartment 130 storage unit located on the first floor.

Music helps people connect, heal, and feel joy. Especially when children are making the music. **Kniskern Music House will be showing off their instrumental talent on Saturday, May 13 at 1:30pm.**

Life Coach Barry Loffredo will be here to discuss aging and how to **be a version of your best self!**



Donna Perry	5/01
Ed Murnan	5/02
David Hoadley	5/10
Adrianna Gruber	5/10
Alice Lissow	5/10
Calvin Burgart	5/11
Peg Duell	5/17
Lois Zink	5/18
Beth Caruso	5/19
Peter Gove	5/19
Joyce Sova-Gervais	5/26
Jane Yandoh	5/31

Help us celebrate our monthly birthdays on
Wednesday, May 17 at 3:00pm
in the Great Room.

Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Thursday, May 4 at 1:00pm
Great Room

Resident Meeting with Christy
Monday, May 15 at 11:00am
Great Room

Theatre How-To/Movie Committee
Thursday, May 25 at 1:00pm
Movie Theater



Dickinson's Delights



Too busy to grocery shop? Too tired to cook?

Dickinson's Delights meals are available in the front office any day of the week on a first come/first serve basis. The dishes below are frozen and ready to be heated.

This month's anyday choices:

Chicken Cordon Bleu, mashed potatoes \$12

Chicken Pot Pie \$18

Lasagna \$20

Meatloaf with brown gravy & mashed potatoes \$12

Shepherd's Pie \$12

Excursions

Lunch at Dizzy Chicken Barbecue



Wednesday, May 3

The bus will leave the Summit at 11:30am.
Please meet in the lobby, 10 minutes prior.
10 residents minimum, 14 maximum

Lunch at The Peppermill Family Restaurant



Wednesday, May 17

The bus will leave the Summit at 11:15am.
Please meet in the lobby, 10 minutes prior.
10 residents minimum, 14 maximum

Lunch at Scallions



Wednesday, May 31

The bus will leave the Summit at 11:45am.
Please meet in the lobby, 10 minutes prior.
10 residents minimum, 14 maximum

American Museum of Natural History



Tuesday, May 30

The Summit Communities are heading to the Upper West Side of Manhattan in New York City in style!

PER PERSON RATE \$95, TOUR INCLUDES:

- Round-Trip Transportation & Driver tip
- Museum Admission Tickets (general admission & one special exhibit combo ticket)

Our bus will leave the Summit at 7am.

8 residents minimum, 14 maximum for our bus.

Yankee Trails will pick you up at 7:45am at Summit at Glenwyck.

Family & Friends are welcome to join. Please see form on conversation table for more details.

WWW.SUMMITSARATOGA.COM

Community Programs

IT'S TIME FOR.....



Fire Drill Review Meeting

Tuesday, May 2 at 11:00am
Great Room

FIRE DRILL

Tuesday, May 2 at 12:30pm

May Art Class

Paint on Canvas with Sue Peters

Friday, May 5 at 10:30am
Craft Room

We will have everything you need - canvas, brushes, and paint. Use our ideas or bring your own imagination. Budding artists welcome!

Sign up as there is limited seating.



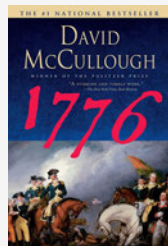
Summit Book Club

Tuesday, May 9
at 1:00pm in the Library

This month we are reading and discussing 1776 by David McCullough.

All residents are welcome.

No sign-up necessary. Happy Reading!



Veteran Radio Personality Richie Phillips

Tuesday, May 9 at 3:15pm
Great Room

Join us in the Great Room for great songs, classic comedy and Name That Tune!



Pickleball

Wednesdays at 9:30am
Instructor will be present.

Weather permitting,
all levels welcome!

Appropriate sneakers required



Bocce Ball

Sundays at 9:30am
Wednesdays at 4:30pm

Weather permitting,
all levels welcome!

Appropriate sneakers required



Mother's Day Tea & Desserts

Wednesday, May 10
2:00pm
Great Room

All residents are invited to join us for a delightful afternoon featuring an array of desserts and teas.



Reiki Sample Day!

Wednesday, May 24 9:00am - 4:00pm

Come experience what the healing energy of Reiki could do for you!

\$20 per half-hour session

Registration is required,
please sign up in the Great Room.



ACADEMY FOR LIFELONG LEARNING

presents an

ICE CREAM SOCIAL

at

THE SUMMIT AT SARATOGA

THURSDAY, MAY 25 AT 1:30PM

COME AND ENJOY MUSIC
BY JACK KELLE DUO

ALL RESIDENTS
WELCOME!!!



BROWN BAG LUNCH LECTURE SERIES



at Saratoga Springs Public Library **How it All Began: The Spa State Park** **The Formation of one of** **Saratoga's Greatest Assets** **Thursday, May 11**

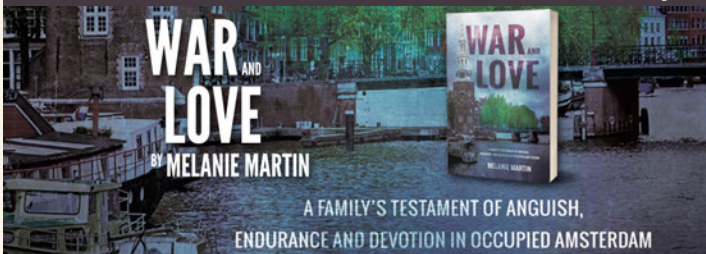
The Spa State Park is a tremendous story of hard work and vision by many people in the early years of the 20th Century. This presentation will provide the timeline and the stories of how such a great park was created and for what reasons. Join Saratoga Springs History Museum President, Charlie Kuenzel, as he tells the story of health and history that is truly Saratoga.

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



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

In Honor of Holocaust Remembrance Day



Thursday, May 11
2:30pm in the Library

Melanie Martin is offering this via Zoom from England.

Ms. Martin's mother, Tootje (Cato) Granaat was born in Amsterdam in 1926, the youngest of five children. She had a Jewish upbringing and happy childhood up until the outbreak of the War, which in the Netherlands began in May 1940.

Using interwoven first-hand accounts from Tootje and her immediate family of what happened in Nazi occupied Amsterdam and in the concentration camps, Melanie's presentation provides a story of bravery, endurance, loss and love supported by carefully researched historical content. The presentation slides are richly illustrated with personal and historical photographs, video clips, letters and maps.

My Canine Master Teacher: ***Lessons on the Power of Intention*** **by Patricia Nugent**

Monday, May 22
1:00pm
in the Great Room

After a long career in public school administration, Author Patricia Nugent was looking forward to retirement without obligation and deadlines. But then she was gifted a puppy by a well-meaning colleague. According to Nugent, she neither wanted nor needed this puppy. Until she almost lost her.

Healing
~~Healing~~ with Dolly Lama:
Finding God in Dog



Patricia A. Nugent

Healthy Life, Happy Life

Monday, May 15 at 1:00pm
Great Room



Join Dr. Barry Loffredo for an informative seminar about well-being (happiness) as a three-legged stool: (1) Mental Health; (2) Physical Health; (3) Emotional Health. Topics of discussion include; the mind, use it or lose it, personal risk management, socialization, meaningful engagement, and gratitude, among other topics.

Step On It!

Travel Tour of Hot Springs
National Park, Arkansas
Wednesday, May 31
3:00pm
Great Room



Hot Springs National Park, Arkansas is 550 miles from Cincinnati.

Walk with us to Hot Springs National Park in Arkansas. Actually set aside before the National Park system had been created, this beautiful park has trails and promenades along steamy pools and falls of hot water.

The water comes from rain which falls in the nearby mountains. Flowing downward through cracked rock at about one foot per year, the spring water migrates to estimated minimum depths of 4,500 to 7,500 ft and achieves high temperatures in the deep section of the flow path before rising along fault and fracture conduits. The trip down takes about 4,000 years while the hot water takes about a year to reach the surface.

The result is the mildly alkaline, pleasant tasting solution with dissolved calcium carbonate that visitors enjoy bathing in and drinking.

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 **Thursday 2:15pm** Shopping Shuttle in the Great Room.



Saratoga Springs Public Library

Outreach

May 16 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.



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