SUMMITAT SARATOGA

Monthly Newsletter

May 2023

THE Manager's Message

elcome 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,

- Denant

Christy Durant Community Manager



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.

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

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!**

#lovewhereyoulive



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



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.

May 2023

S	M	T	W	TH	F	S
Location Key BC-Bocce Ball Court BP-Back Patio 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 PC-Pickleball Court MOV-Movie Theatre P-Pool MR-Music Room (3rd Floor) TAV-Tavern	11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:30pm What is Pickleball: Intro & Video MOV 2:15pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV May Day	 9:00am Podiatrist Visits: Dr. Masias 11:00am Fire Drill Review Meeting GR 11:00am Shuffleboard TAV 12:30pm Fire Drill 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 5:15/5:30pm Poker Night GR Meal Order Forms Due 	 9:30am Pickleball PC 11:30am Lunch at Dizzy Chicken Barbecue 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Tech Hour with Jennifer GR 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game GAM 	 4 11-12:00pm SAIL Garage Sale Drop-off 1:00pm Resident Program Meeting GR 2:15pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Resident Potluck Dinner GR 6:00pm Cribbage TAV 	5 10:15am Scrabble GAM 10:30am Paint on Canvas with Sue Peters CR 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:30pm Meditation LIB 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR	6 10:30am Board Games TAV 1:00pm Root Beer Floats GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR
 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Ken Burns' America: Brooklyn Bridge MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 6:00pm Communion Service LIB 	8 11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 2:15pm Line Dancing FS 3:00pm Happy Hour & Guitarist Tim Farkas Entertains BP/GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	9 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery GR 1:00pm Monthly Book Club: 1776 LIB 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:15pm Veteran Radio Personality Richie Phillips Entertains GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Salmon Dinner TAV 5:15/5:30pm Poker Night GR	 9:30am Pickleball PC 11:00am Introduction to Summit Wellness Program GR 1:30pm Movie Matinee MOV 2:00pm Mother's Day Tea & Desserts GR 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game GAM 	 11-12:00pm SAIL Garage Sale Drop-off 11:00am Flower Arranging TAV 11:30am Outing to Saratoga Springs Public Library: How It All Began The Spa State Park 1:00pm LCR DiceGame TAV 2:15pm Shopping Shuttle 2:30pm War and Love: Tribute to The Granaat Family by Melanie Martin LIB 4:15pm Summit Supper Club: Stir-fry Dinner TAV 6:00pm Cribbage TAV 6:00pm Jazz Pianist Cole Broderick Entertains GR 	12 10:15am Scrabble GAM 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:30pm Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR	13 10:30am Board Games TAV 1:30pm Kniskern Music House Performs GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR
 14 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Ken Burns': Mark Twain MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 	 15 11:00am Resident Meeting with Christy GR 11:30am Board Game TAV 1:00pm Healthy Life, Happy Life by Barry Loffredo GR 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV 	 16 11:00am Shuffleboard TAV 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:00pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Stuffed Pepper Dinner TAV 5:15/5:30pm Poker Night GR 	 9:30am Pickleball PC 11:15am Lunch at The Peppermill Family Restaurant 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game GAM 	 18 11-12:00pm SAIL Garage Sale Drop-off 1:00pm Paw TimeSocial BP 2:15pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Pulled Pork Dinner GR 6:00pm Cribbage TAV 6:00pm Interfaith Evening Prayer LIB 	19 10:15am Scrabble GAM 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:30pm Meditation LIB 2:00pm Ice Cream Outing: Kings Dairy 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR	20 10:30am Board Games TAV 1:00pm Lemonade Social GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR Armed Forces Day
21 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Ken Burns: Baseball: The Tenth Inning MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	 22 11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:00pm My Canine Master Teacher by Author Patricia Nugent GR 3:00pm Red, White & Blue Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV 	23 11:00am Shuffleboard TAV 1:00pm <i>The Crown</i> (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Salisbury Steak Dinner TAV 5:15/5:30pm Poker Night GR	 24 Reiki Sample Day 9-4pm, Sign up Required 9:30am Pickleball PC 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Spring Drink at the Bar TAV 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game GAM 	 25 10:30am LCR DiceGame TAV 11-12:00pm SAIL Garage Sale Drop-off 1:00pm Theater How-to MOV 1:30pm Academy of Lifelong Learning Ice Cream Social & Jack Kelle Duo GR/TAV 2:15 Shopping Shuttle 4:15pm Summit Supper Club: Chicken Florentine Dinner TAV 6:00pm Cribbage TAV 	26 10:15am Scrabble GAM 12:30pm Netflix Series: <i>The Heartland</i> MOV 1:30pm Meditation LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR	27 10:30am Board Games TAV 1:00pm Iced Tea Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game GAM 6:00pm Non-denominational Worship & Music GR
28 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am David Macaulay: Pyramid MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	29 Office is Closed 10:30am Hand and Foot Card Game TAV 1:00pm Movie Matinee MOV 5:00pm Mahjong TAV	 30 7:00am American Museum of Natural History NYC 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 Parmesan TAV 5:15/5:30pm Poker Night GR 	 9:30am Pickleball PC 11:45am Lunch at Scallions 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Step On It! Travel Tour of Springs National Park, Arkansas GR 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game GAM 		Paw Time Social Calling all dog lovers and resident dog owners!! All happy dogs are welcome to the patio on Thursday, May 18 at 1:00pm for Frosty Paws.	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.
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 10:15am Balance Class FS 10:30am Yoga FS 11:00am Move & 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 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 10:15am Buddy Swim P 1:00pm	

The Summit At Saratoga Office: 518.430.2136 Emergency Maintenance Phone: 518.925.0905

Community Programs





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!



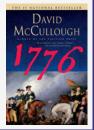
Sign up as there is limited seating.

Summit Book Club

Tuesday, May 9 at 1:00pm in the Library This month we are reading and discussing *1776* by David McCullough.

No sign-up necessary. Happy Reading!

All residents are welcome.



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!!!

CONNECTED *life*



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

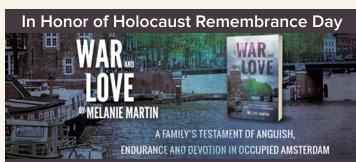
Thursday, May 11

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



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

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 Heeling 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.





🎸 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 HECTOR 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



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.

1 Main St., Lake Luzerne, NY 12846 P: (518) 696-3214 F:(518) 696-5192

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.



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

