



SUMMIT AT SARATOGA

Monthly Newsletter

September 2023

THE Manager's Message

What a fabulous summer! Your garden beds look gorgeous and bursting with fresh vegetables and herbs. We still have many beautiful, sunny days left to enjoy the outdoors and the start of spectacular fall foliage. While outside, get those steps in, we are one our way to New Mexico!

Good luck to our bocce players at this year's Summit Senior Living's Bocce Tournament!

We are excited to share some exciting September programs with you!

Join us when we visit Ulysses S. Grant's cottage on September 20th for a tour of this historic landmark. Sign up for lunch outings to Scallions, The Racino and Raceway and Village Pizzeria.

Our line dancers will be performing for the residents at the Home of the Good Shepherd on September 18th and showing off all their skills.

Check out the calendar for an array of exciting and interesting lectures and programs.

Welcome new residents:

Mary Ann Herzog

Joan Coco

Richard and Louisa Hodder

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



BOCCE BALL TOURNAMENT



Friday, September 8 at 10:00am
Summit at Saratoga Bocce Court

The Saratoga team is the defending champion! Join us to see who takes the trophy home this year!

Food and Beverage will be provided for players and spectators.

Please sign up in the Great Room.



Summit at Saratoga Team - The 2022 champions

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

Emergency Maintenance Number
518-925-0905

September Birthdays



Mary Ann Evans	9/01
Mary Ann Herzog	9/01
Joan Coco	9/09
Margi Goodwin	9/11
Bob Dean	9/14
Jo Flessner-Filzen	9/15
Florence OBrien	9/15
Shirley Stevens	9/16
Gail Norris	9/18
Joris Reintsema	9/19
Deirdre Leland	9/21
Tom Caracane	9/24
Beverly Davis	9/27
Joe Corby	9/28
Vivien Callison	9/28
Bill Mooney	9/30

**Help us celebrate our monthly birthdays on
Wednesday, September 27 at 3:00pm
in the Great Room.**

Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Tuesday, September 5 at 3:15pm
Great Room

Resident Meeting with Christy
Monday, September 11 at 1:00pm
Great Room

Theatre How-To/Movie Committee
Thursday, September 28 at 11:00am
Movie Theater



Get Your Flu Shot Here
Wednesday, September 20

**GET
YOUR**



Please bring your signed waiver and your two insurance cards (prescription card & Medicare card) to the Tavern. If your last name begins with A-M, please come down at 10:00am. If your last name begins with N-Z, please come down at 11:15am.

Excursions

Lunch at Scallions
Wednesday, September 13



Scallions has been a favorite gourmet destination for more than 20 years. They offer unique homemade soups, paninis, vegetarian items, and sandwich-and-salad combinations.

The bus will leave The Summit at 11:45am.

Please meet in the lobby, 10 minutes prior.
10 residents minimum, 14 maximum

Saratoga Raceway & Casino
Tuesday, September 19



Join us for some gambling fun and lunch. With over 1,700 exciting slots and electronic table games, your fun may never stop! Plenty of dining options for you to enjoy.

The bus will leave The Summit at 10:00am.

Please meet in the lobby, 10 minutes prior.
5 residents minimum, 14 maximum

Guided Tour: Ulysses S. Grant Cottage
National Historic Landmark
Wednesday, September 27

Visit the Grant Cottage Historic Site, the final home of Ulysses S. Grant: 18th President of the United States, Commanding General of the U.S. Army during the Civil War, and beloved American public figure.



The bus will leave The Summit at 10:30am.

Price is \$9 per person. Please meet in the lobby, 10 minutes prior.
10 residents minimum, 12 maximum per organization

Village Pizzeria Ristorante

Friday, September 29



Since 1988, this family-owned and operated gathering place has proudly been committed to offering a warm atmosphere and old world classic Italian cuisine. 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 product.

The bus will leave the Summit at 11:15am.

Please meet in the lobby, 10 minutes prior.
14 residents minimum, 14 maximum

S	M	T	W	TH	F	S
<div>Location Key</div> <div>BC-Bocce Ball Court BP-Back Patio BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio FP-Front Patio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre MR-Music Room (3rd Floor) PS-Practitioners Suite PC-Pickleball Court P-Pool TAV-Tavern</div>	<div>Shultz Farm Stand</div> <div>Check out what's in season!</div> <div>Tuesdays 12:30-1:30pm</div> <div>Front Porch</div> <div></div>	<div>A SPOONFUL OF SUGAR</div> <div>Confectionery Bliss</div> <div></div> <div>Spoonful of Sugar Bakery</div> <div>Summer treats, quiche and more!</div> <div>Tuesdays, September 12 & 26</div> <div>12:30-1:30pm</div> <div>Front Patio</div>	<div>Voice Streaming for Presentations</div> <div>Voice Streaming is a fast, mostly accurate captioning that goes from the speaker to the screen.</div> <div> We offer voice streaming for meetings, presentations, trivia and more!</div> <div>Please contact Rebecca at the beginning of the month to request the service.</div>	<div>1</div> <div>10:15am Scrabble TAV</div> <div>12:30pm Netflix Series: <i>Lincoln Lawyer</i> MOV</div> <div>2:00pm Brian Zapel Entertains GR</div> <div>2:30pm Shuffleboard TAV</div> <div>4:00pm BYOB Tavern Time TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>2</div> <div>10:30am Board Games TAV</div> <div>11:30am Men's League: Billiards Club BR</div> <div>1:00pm Popcorn Social GR</div> <div>1:30pm Movie Matinee MOV</div> <div>6:00pm Hand & Foot Card Game MR</div> <div>6:00pm Non-denominational Worship & Music GR</div>	
<div>3</div> <div>9:30am Bocce Ball BC</div> <div>10:00am Buddy Swim P</div> <div> 11:00am <i>Docuseries</i> MOV</div> <div>1:00pm Mexican Train TAV</div> <div>1:30pm Sunday Movie MOV</div>	<div>4</div> <div></div> <div>Office is Closed</div>	<div>5</div> <div>11:00am Shuffleboard TAV</div> <div>12:30pm Shultz Farm Stand FP</div> <div>1:00pm <i>Virgin River</i> (TV Series) MOV</div> <div>1:00pm Podiatrist Visits, Dr. Masias</div> <div>1:30pm Quarter Bingo GR</div> <div>3:15pm Resident Program Meeting GR</div> <div>3:30pm Pinochle TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>6</div> <div> 7:00am <i>Yankee Trails: Bronx Zoo</i></div> <div>9:30am Pickleball PC</div> <div> 11:30-12:00pm <i>Reiki Questions & Answers</i> GR</div> <div>1:30pm Movie Matinee MOV</div> <div>2:00pm Mexican Train TAV</div> <div>2:00pm Lip Reading Class LIB</div> <div> 3:00pm Presentation: <i>Q&A with Occupational Therapy</i> GR</div> <div>4:30pm Bocce Ball BC</div> <div>6:00pm Hand & Foot Card Game MR</div> <div>Meal Order Form Due</div>	<div>7</div> <div>10:00am Flower Arranging TAV</div> <div>1:00pm Shopping Shuttle</div> <div>1:00pm LCR Dice Game TAV</div> <div> 3:30pm <i>Stories of 5 Important Women in U.S. Grant's Life</i> LIB</div> <div>3:00pm Men's League: Billiards Club BR</div> <div>5:00pm Potluck Dinner GR5:30pm Cribbage TAV</div> <div>6:00pm Fireside S'mores BP</div>	<div>8</div> <div>10:15am Scrabble TAV</div> <div>10:00am Summit Senior Living Bocce Ball Tournament BP</div> <div>12:30pm Netflix Series: <i>Lincoln Lawyer</i> MOV</div> <div>2:30pm Shuffleboard TAV</div> <div>4:00pm BYOB Tavern Time TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>9</div> <div>10:30am Board Games TAV</div> <div>11:30am Men's League: Billiards Club BR</div> <div>1:00pm Ice Cream Novelties GR</div> <div>1:30pm Movie Matinee MOV</div> <div>6:00pm Hand & Foot Card Game MR</div> <div>6:00pm Non-denominational Worship & Music GR</div>
<div>10</div> <div>9:30am Bocce Ball BC</div> <div>10:00am Buddy Swim P</div> <div> 11:00am <i>Docuseries</i> MOV</div> <div>1:00pm Mexican Train TAV</div> <div>1:30pm Sunday Movie MOV</div> <div>6:00pm Communion Service LIB</div> <div>Grandparents Day</div>	<div>11</div> <div>11:00am Social Knitting & Crochet LIB</div> <div>11:30am Men's League: Billiards Club BR</div> <div>11:30am Board Game TAV</div> <div>1:00pm Resident Meeting with Christy GR</div> <div>2:00pm Line Dancing FS</div> <div>3:00pm Happy Hour GR</div> <div>5:00pm Mahjong TAV</div> <div>6:15pm Monday Night Movie MOV</div> <div>Patriot Day</div>	<div>12</div> <div>11:00am Shuffleboard TAV</div> <div>12:30pm Shultz Farm Stand FP</div> <div>12:30pm A Spoonful of Sugar Bakery FP</div> <div>1:00pm Monthly Book Club LIB</div> <div>1:00pm <i>Virgin River</i> (TV Series) MOV</div> <div>1:30pm Quarter Bingo GR</div> <div>3:30pm Pinochle TAV</div> <div>4:15pm Summit Supper Club: Chicken & Biscuits Dinner TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>13</div> <div>9:30am Pickleball PC</div> <div>11:45am Lunch at Scallions</div> <div>1:30pm Movie Matinee MOV</div> <div>2:00pm Mexican Train TAV</div> <div>2:00pm Lip Reading Class LIB</div> <div>3:00pm Composer & Pianist Andy Iorio GR</div> <div>4:30pm Bocce Ball BC</div> <div>6:00pm Hand & Foot Card Game MR</div>	<div>14</div> <div> 11:30am <i>Brown Bag Lunch Series at Saratoga Springs Public Library</i></div> <div>1:00pm Shopping Shuttle</div> <div>1:00pm LCR Dice Game TAV</div> <div> 2:30pm Presentation: <i>Medicare Basics</i> GR</div> <div>3:00pm Men's League: Billiards Club BR</div> <div>4:15pm Summit Supper Club: Meatloaf Dinner TAV</div> <div>5:30pm Cribbage TAV</div> <div>6:00pm Fireside S'mores BP</div> <div>6:30pm Healing Attunement Circle LIB \$20pp</div>	<div>15</div> <div>10:15am Scrabble TAV</div> <div>10:30am Watercolor Workshop with Sue Peters CR</div> <div>12:30pm Netflix Series: <i>Lincoln Lawyer</i> MOV</div> <div>2:30pm Shuffleboard TAV</div> <div>4:00pm BYOB Tavern Time TAV</div> <div>5:15/5:30pm Poker Night GR</div> <div>Rosh Hashanah begins at sundown</div>	<div>16</div> <div>10:30am Board Games TAV</div> <div>11:00am Hymn Sing with Daniel GR</div> <div>11:30am Men's League: Billiards Club BR</div> <div>1:00pm Lemonade Social GR</div> <div>1:30pm Movie Matinee</div> <div>6:00pm Hand & Foot Card Game MR</div> <div>6:00pm Non-denominational Worship & Music GR</div>
<div>17</div> <div>9:30am Bocce Ball BC</div> <div>10:00am Buddy Swim P</div> <div> 11:00am <i>Docuseries</i> MOV</div> <div>1:00pm Mexican Train TAV</div> <div>1:30pm Sunday Movie MOV</div>	<div>18</div> <div>11:00am Social Knitting & Crochet LIB</div> <div>11:30am Men's League: Billiards Club BR</div> <div>11:30am Board Game TAV</div> <div>2:00pm Line Dancing FS</div> <div>3:00pm Happy Hour with The Jack Kelle Duo GR</div> <div>5:00pm Mahjong TAV</div> <div>6:15pm Monday Night Movie MOV</div>	<div>19</div> <div>10:00am <i>Saratoga Raceway & Casino</i></div> <div>11:00am Shuffleboard TAV</div> <div>12:30pm Shultz Farm Stand FP</div> <div>1:00pm <i>Virgin River</i> (TV Series) MOV</div> <div>1:30pm Quarter Bingo GR</div> <div>3:00pm Saratoga Springs Public Library Outreach LIB</div> <div>3:30pm Pinochle TAV</div> <div>4:15pm Summit Supper Club: Stuffed Shells Dinner TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>20</div> <div> 9:30am Pickleball PC</div> <div>10:00am A-M Flu Clinic TAV</div> <div>11:15am N-Z Flu Clinic TAV</div> <div>1:30pm Movie Matinee MOV</div> <div>2:00pm Mexican Train TAV</div> <div>2:00pm Lip Reading Class LIB</div> <div> 3:00pm <i>ADL's and Adaptive Equipment with Occupational Therapy</i> GR</div> <div>4:30pm Bocce Ball BC</div> <div>6:00pm Hand & Foot Card Game MR</div>	<div>21</div> <div>12:00pm Summit Lunch Club: Soup & Submarine TAV</div> <div>1:00pm Shopping Shuttle</div> <div>1:30pm <i>Step On It! Travel Tour of Carlsbad Caverns, NM</i> (MOV)</div> <div>2:30pm Team Trivia with Mark Hersh GR</div> <div>3:00pm Men's League: Billiards Club BR</div> <div>5:30pm Cribbage TAV</div> <div>6:00pm Fireside S'mores BP</div>	<div>22</div> <div>10:15am Scrabble TAV</div> <div>12:30pm Netflix Series: <i>Lincoln Lawyer</i> MOV</div> <div>2:00pm Watermelon Flavor Pairings GR</div> <div>2:30pm Shuffleboard TAV</div> <div>4:00pm BYOB Tavern Time TAV</div> <div>5:15/5:30pm Poker Night GR</div> <div>Autumn begins</div>	<div>23</div> <div>10:30am Board Games TAV</div> <div>11:30am Men's League: Billiards Club BR</div> <div>1:00pm Root Beer Floats GR</div> <div>1:30pm Movie Matinee MOV</div> <div>6:00pm Hand & Foot Card Game MR</div> <div>6:00pm Non-denominational Worship & Music GR</div>
<div>24</div> <div>9:30am Bocce Ball BC</div> <div>10:00am Buddy Swim P</div> <div> 11:00am <i>Docuseries</i> MOV</div> <div>1:00pm Mexican Train TAV</div> <div>1:30pm Sunday Movie MOV</div> <div>Yom Kippur begins at sundown</div>	<div>25</div> <div>11:00am Social Knitting & Crochet LIB</div> <div>11:30am Men's League: Billiards Club BR</div> <div> 1:00pm <i>Medicaid/Estate Planning Myths</i> GR</div> <div>2:00pm Line Dancing FS</div> <div>3:00pm Happy Hour GR</div> <div>5:00pm Mahjong TAV</div> <div>6:15pm Monday Night Movie MOV</div>	<div>26</div> <div>11:00am Shuffleboard TAV</div> <div>12:30pm Shultz Farm Stand FP</div> <div>12:30pm A Spoonful of Sugar Bakery FP</div> <div>1:00pm <i>Virgin River</i> (TV Series) MOV</div> <div>1:30pm Quarter Bingo GR</div> <div>3:30pm Pinochle TAV</div> <div>4:15pm Summit Supper Club: Baked Salmon Dinner TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>27</div> <div>9:30am Pickleball PC</div> <div>10:30am Guided Tour: <i>Ulysses S. Grant Cottage</i></div> <div>1:30pm Movie Matinee MOV</div> <div>2:00pm Mexican Train TAV</div> <div>2:00pm Lip Reading Class LIB</div> <div>3:00pm Monthly Birthday Party GR</div> <div>4:30pm Bocce Ball BC</div> <div>6:00pm Hand & Foot Card Game MR</div>	<div>28</div> <div>11:00am Theater How-to MOV</div> <div>1:00pm Shopping Shuttle</div> <div>2:30pm Team Trivia with Mark Hersh GR</div> <div>3:00pm Men's League: Billiards Club BR</div> <div>5:00pm Summit Supper Club: Three Vines Specialty Menu TAV</div> <div>5:30pm Cribbage TAV</div> <div>6:00pm Cole Broderick Entertains GR</div>	<div>29</div> <div>10:15am Scrabble TAV</div> <div>11:15am Lunch at <i>Village Pizzeria & Ristorante</i></div> <div>12:30pm Netflix Series: <i>Lincoln Lawyer</i> MOV</div> <div>2:30pm Shuffleboard TAV</div> <div>3:00pm <i>Mary Kay Facials & Makeovers</i> CR</div> <div>4:00pm BYOB Tavern Time TAV</div> <div>5:15/5:30pm Poker Night GR</div>	<div>30</div> <div>10:30am Board Games TAV</div> <div>11:30am Men's League: Billiards Club BR</div> <div>1:00pm Iced Tea Social GR</div> <div>1:30pm Movie Matinee</div> <div>6:00pm Hand & Foot Card Game MR</div> <div>6:00pm Non-denominational Worship & Music GR</div>
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>Balance FS 9:30am</div> <div>Yoga FS 10:00am</div> <div>Strength Training FS 10:30am</div>	<div>Every Tuesday</div> <div>Hydro Rider P 8:00am/8:30am</div> <div>Tai Chi I: Basics LIB 9:00am</div> <div>Aqua Fit P 9:30am</div> <div>Tai Chi III: Intermediate LIB 9:40am</div> <div>Tai Chi II: Basics + 73 LIB 10:20am</div> <div>Balance Class FS 10:30am</div> <div>Yoga FS 11:00am</div> <div>Move & Groove FS 11:30am</div>	<div>Every Wednesday</div> <div>Water Aerobics P 8:30am</div> <div>Stretch N'Flex FS 9:30am</div> <div>Sit2BeFit FS 10:30am</div> <div>Buddy Swim P 1:00pm</div>	<div>Every Thursday</div> <div>Hydro Rider P 8:00am/8:30am</div> <div>Aqua Fit P 9:30am</div> <div>Balance Class FS 10:30am</div> <div>Yoga FS 11:00am</div> <div>Move & Groove FS 11:30am</div>	<div>Every Friday</div> <div>Water Aerobics P 8:30am</div> <div>Tai Chi I: Basics LIB 9:00am</div> <div>Tai Chi IV: Advanced LIB 9:40pm</div> <div>Hydro Rider P 9:30am/10:00am</div> <div>Tai Chi II: Basics + 73 LIB 10:20am</div> <div>Buddy Swim P 1:00pm</div>	

WWW.SUMMITSARATOGA.COM

Community Programs

Men's League: Billiards Club

Mondays at 11:30am • Thursdays at 3:00pm
Saturdays at 11:30pm

Doesn't matter whether you've never picked up a cue or you're a seasoned professional, this league is for you.

Billiards Room is located off the north end elevator, 3rd floor.

ENTERTAINMENT THIS MONTH

Friday, September 1 at 2:00pm

Guitarist and Vocalist **Brian Zapel**

Wednesday, September 13 at 3:00pm

Composer & Pianist **Andy Iorio**

Monday, September 18 at 3:00pm

Happy Hour with **The Jack Kelle Duo**

Thursday, September 28 at 6:00pm

Jazz Pianist **Cole Broderick**

Reiki Day - Wednesday, September 6
Come experience the healing energy of Reiki!

* Reiki Questions & Answers 11:30am-12:00pm
in the Great Room

*Regular Sessions Available (\$75 hr)

Healing Attunement Circle - Thursday,
September 14 at 6:30pm, Library

Experience a gently guided body relaxation, and a thought for reflection. Each person will receive a healing attunement while the others quietly "hold space" in support of each other.

*Six resident maximum, \$20 per person

Step On It!

Travel Tour of Carlsbad
Caverns, New Mexico

Thursday, September 21

1:30pm

Library



Walk with us to Carlsbad Caverns, a spectacular cave complex deep underground in New Mexico. These caves are unusual, as they formed from sulfuric acid instead of water erosion. Hydrogen sulfide-rich water rose from the nearby oil reservoirs as early as 12 million years ago and mixed with groundwater to form sulfuric acid. The limestone was dissolved at the water table, and therefore Carlsbad Caverns was dissolved from below and not from above.

Summit Book Club

Tuesday, September 12
at 1:00pm in the Library

This month we are not reading but instead meeting to discuss refreshing new ideas to energize our book club.

All residents are welcome.
No sign-up necessary.



September Art Class

Watercolor Workshop
with Sue Peters

Friday, September 15
10:30am

Craft Room

Budding artists welcome!

Sign up as there is limited seating.



Watermelon Flavor Pairings

Friday, September 22

2:00pm

Great Room



Let's add a special zest to one of our favorite summer fruits. Come and taste the different creations we have set up. For example, have you ever tried adding arugula + balsamic + parmesan cheese to a watermelon slice?

Don't miss out!

FACIALS & MAKEOVERS WITH MARY KAY®

FRIDAY, SEPTEMBER 29

AT 3:00PM

CRAFT ROOM



Join us for a complimentary facial and makeover and find out how the best just got better!! Mary Kay has great new products coming out this month (skin care, colors, body products).

HECTORPT
www. Hectorpt.com
(518) 577-5214



You are invited to join HectorPT Occupational Therapists and Physical Therapists for monthly presentations and interactive clinics.

"Q & A with Occupational Therapy"

Wednesday, September 6
3:00pm
Great Room



Attendees will learn about the importance of occupational therapy, and how it can help maintain a high level of independence and function, as well as improve one's overall quality of life.

ADL's and Adaptive Equipment with Occupational Therapy

Wednesday, September 20
3:00pm
Great Room



Attendees will learn about adaptive tools and techniques that can be used in their everyday routine to assist with loss of function and difficulties with daily tasks.

Stories of 5 Important Women in U.S. Grant's Life

Presented by JoAnn Clements

Thursday, September 7
3:30pm
Library

JoAnn, an eight year tour guide at Grant Cottage in Wilton, NY and a Summit resident, will be sharing stories and facts about five of Ulysses S. Grant's female relatives. They are his mother, wife, daughter, daughter-in-law and first-born granddaughter. The period time ranges from 1798 through 1975.



Julia Boggs Grant

If you are interested in history, or hearing about important women's lives, this talk is for you.

Medicare Basics

Thursday, September 14
at 2:30pm Great Room

Come and learn what you need to know before Medicare Open Enrollment Period, which runs from October 15 to December 7.



BROWN BAG LUNCH LECTURE SERIES



AT SARATOGA SPRINGS PUBLIC LIBRARY

First Saratogians:

The History and Traditions of the Indigenous Nations of the Saratoga Region

Thursday, September 14

Poet and storyteller Joseph Bruchac was born in Greenfield Center, New York. He is the author of more than 120 books for adults and children. His presentation will include lecture, traditional native music and storytelling.

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



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

Medicaid/Estate Planning Myths

Monday, September 25
at 1:00pm
Great Room

HERZOG
LAW FIRM

Think you only need a Will, or have to spend everything before Medicaid pays for your care? Do you believe the "state" will take all of your assets? Learn the ins and outs of how to qualify and what Medicaid will cover.

COMING SOON



SILENT WINGS

PRESENTS BIRDS OF PREY

You will be invited to see live birds of prey up close and learn about wildlife rehabilitation from Trish Marki, wildlife educator at The Wildlife Institute of Eastern New York.

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

Tuesday, September 5 at 1:00pm.

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.



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

Route 50 Shopping

Please sign up for the **Thursday 1:00pm** Shopping Shuttle in the Great Room.



Saratoga Springs Public Library Outreach

Tuesday, September 19 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