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Manager's Message

s we create our own community here at *The Summit*, we reach out to help the community we live in. Most of us look forward to the holiday season – a time of gift-giving, delicious family meals and warm memories. However, for some less fortunate residents of our Saratoga Springs community, the holidays are a stressful time. As we approach the giving season we would like to support local families and children in need by donating items for "*The Empty Stocking Project*" coordinated by The Saratoga County Children's Committee. You may sponsor a child or pick up stocking stuffers such as journals, art supplies, games and pajama bottoms. A box will be set out in the Great Room.

Sign up to be a pen pal with a local 10 year old from a 4th grade class at Dorothy Nolan Elementary School located around the corner on Jones Road. We will exchange letters about once a month. You never know what these kids will say today! Residents who participated last school year enjoyed it. Join us for an informational meeting on Friday, November 3rd at 11:30 am.

We thank you for your thoughtfulness and gratitude and look forward to seeing you at our Harvest Gathering on November 2nd at noon. And join us for our first "Friendsgiving Dessert Hour" on Wednesday, November 15th at 2 pm.

Welcome new resident Mary Ryan!

Wishing you and your family a Happy Thanksgiving,

Christy Durant

Community Manager



Friendsgiving Dessert Bar

Wednesday, November 15 at 2:00pm

Join your neighbors for a delicious dessert bar.
We ask that residents with a last name beginning with N-Z
bring a favorite dessert to share.

Please sign up in the Great Room.



Thanksgiving marks the start of the holiday season!

Please join us for a turkey dinner

at our

Harvest Gathering on Thursday, November 2 at 12:00pm in the Great Room.

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

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Emergency Maintenance Number 518-925-0905



Katherine Cordovano 11/01 11/09 Marge Abbott 11/09 Louisa Hodder Jae Ward 11/19 Art Recesso 11/24 Penni Eoanidis 11/24 11/26 Kav Rubendall **Anne Amedore** 11/28

Help us celebrate our monthly birthdays on Wednesday, November 29 at 3:00pm in the Great Room.

Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting Wednesday, November 1 at 3:00pm Great Room

Resident Meeting with Christy Monday, November 13 at 1:00pm Great Room

Ambassador/Welcoming Committee Tuesday, November 14 at 3:00pm Great Room

Theatre How-To/Movie Committee Thursday, November 30 at 11:00am Movie Theater

Thanksgiving Tree



It's that time of year!! Please join the Summit in giving thanks to our local heroes, the Wilton EMS Ambulance Responders for all they do for us.

How can you help? We invite residents to:

• Purchase a gift card (no denomination is too small) to a local favorite business (Dunkin Donuts, Chipotle, Stewarts, Market 32 etc.) and hang on the giving tree.

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• Make a favorite baked good and drop it off in the office on November 16.

Excursions

Lunch at Ambrosia Diner Wednesday, November 1



You will love Ambrosia Diner. Located in Queensbury this classic diner's fare has been a favorite for 30 years!

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

Please meet in the lobby, 10 minutes prior. 12 residents minimum, 14 maximum

The Hyde Collection Friday, November 17



This guided tour will give you the option of touring the Historic Hyde House or one of the following exhibitions:

Edgar Degas The Private Impressionist.

Degas at The Hyde: A Master of Form.

\$8 per person

The bus will leave The Summit at 9:15am.

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

Lunch at The Peppermill Family Restaurant Wednesday, November 29



Established in 1990, The Peppermill offers quality food and courteous service each and every time.

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

Please meet in the lobby, 10 minutes prior. 12 residents minimum, 14 maximum

Claude Monet: The Immersive Experience Armory Studios, Schenectady • Wednesday, December 6



Embark on an astonishing journey through the incomparable universe of Claude Monet, one the greatest artistic geniuses of the nineteenth century. Explore his life, career, and secrets like never before with the help of 360° digital projections and a unique virtual reality experience.

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

Please meet in the lobby, 10 minutes prior. 14 residents minimum, 14 maximum \$27 per person, please sign up and pay in the office.

Location Key Pen Pal Informational Friday, November 3 at 11:30am **BC-Bocce Ball Court** Meeting **BP-Back Patio BR-Billiards Room (3rd Floor)** CR-Craft Room (2nd Floor)



6 11:00am Social Knitting & Crochet LIB

11:30am Men's League: Billiards Club BR

11:30am Board Game/Canasta TAV

1-3:00pm Tech Help with Don GR

2:00pm Line Dancing FS

3:00pm Happy Hour with Alyssa Yeager GR

5:00pm Mahiong TAV

6:15pm Monday Night Movie MOV

Great Room Learn what being a pen pal to a local student at **Dorothy Nolan**

You can make a 4th grader smile just by sending them letters throughout the school year.

9:00am Podiatrist Visits, Dr. Masias

11:00am Shuffleboard TAV

1:00pm Virgin River (TV Series) MOV

1:30pm Quarter Bingo GR

2:00pm Transportation to Vote

3:30pm Pinochle TAV

5:00/5:15pm Poker Night GR

Election Day

Elementary School entails.

11:00am Flower Arranging TAV 11:15am Lunch at Ambrosia Diner 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Program Meeting with Rebecca GR 6:00pm Hand & Foot Card Game MR

W

9:30am Pickleball PC

10:00am Breakfast ends 11:30am Men's League: Billiards Club BR 12:00pm Harvest Dinner GR

3:00pm LCR Dice Game TAV 5:00pm Cribbage TAV 6:00pm Fireside S'mores BP Meal Order Form Due **Empty Stocking Project Sign Up Due**

10:15am Scrabble TAV 11:30am Pen Pal Informational Meeting GR 12:30pm Netflix Series: Lincoln Lawyer MOV

F

1:00pm Honor Your Grief LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

10 8:30-10:00am Thank you, Veterans

10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Orangesicle Floats GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Non-denominational Worship & Music GR

S

9:30am Pickleball PC 11:30am Brown Bag Lunch Series at Saratoga Springs Public Library 1:30pm Movie Matinee MOV

11:30am Men's League: Billiards Club BR 2:00pm Silent Wings presents 1:00pm Shopping Shuttle Birds of Prey GR 3:00pm Mexican Train TAV

2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Ham Dinner TAV 5:00pm Cribbage TAV

Waffle Breakfast GR 10:00am Craft Class: Wine Glass Painting CR 10:15am Scrabble TAV 12:30pm Netflix Series: Lincoln Lawyer MOV 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV

5:00/5:15pm Poker Night GR

10:30am Board Games TAV :15am Pot Luck Breakfast-Please sign up 11:30am Men's League: Billiards Club BR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR

Veterans Day Office is Closed

FP-Front Patio

FS-Fitness Studio

GR-Great Room

MOV-Movie Theatre

MR-Music Room (3rd Floor) TAV-Tavern

10:00am Buddy Swim P

11:00am Docuseries MOV

1:00pm Mexican Train TAV

1:30pm Sunday Movie MOV

6:00pm Communion Service LIB

LIB-Library

LO-Lobby

Daylight Saving Time ends

P-Pool

PC-Pickleball Court

PS-Practitioners

10:00am Buddy Swim P 11:00am Docuseries MOV

1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 13 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta 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

11:00am Shuffleboard TAV

1:00pm Virgin River (TV Series) MOV 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club LIB 3:00pm Ambassador/Welcoming Committee Meeting GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Manicotti 5:00/5:15pm Poker Night GR 11:00am Shuffleboard TAV

9:30am Pickleball PC 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 2:00pm Friendsgiving Dessert Bar GR 6:00pm Hand & Foot Card Game MR Reiki Day

4:15pm Soup Social GR

6:00pm Hand & Foot Card Game MR

11:30am Men's League: Billiards Club BR 12:00pm Summit Lunch Club: Soup & Submarine TAV 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV

3:00pm The Songs and Stories of Broadway 5:00pm Cribbage TAV Baked Goods for Wilton EMS Due

9:15am The Hyde Collection

10:15am Scrabble TAV 12:30pm Netflix Series: Lincoln Lawyer MOV 1:00pm Watercolor Workshop: Bookmarks CR 2:30pm Shuffleboard TAV

4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

18 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Fall Treat Social GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game MR

6:00pm Non-denominational Worship & Music GR

10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV

with Father Patterson LIB 2:00pm Line Dancing FS 1:30pm Sunday Movie MOV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV

10:00am Catholic Mass 11:00am Social Knitting & Crochet MR 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV

1:00pm Virgin River (TV Series) MOV 1:00pm Shopping Shuttle 1:30pm Quarter Bingo GR 3:00pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Salmon Dinner TAV 5:00/5:15pm Poker Night GR

22 9:30am Pickleball PC 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Presentation: Why Good Posture Matters GR

6:00pm Hand & Foot Card Game MR

Office is Closed

10:15am Scrabble TAV 12:30pm Netflix Series: Lincoln Lawyer MOV 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Apple Cider Float GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR

25

26

10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 27 11:00am Social Knitting & Crochet LIB 11:30am Board Game/Canasta TAV 11:30am Men's League: Billiards Club BR 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV

28 11:00am Shuffleboard TAV 11:30am Wilton Emergency

> presents: Stop the Bleed GR 1:00pm Virgin River (TV Series) MOV

1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Meatloaf Dinner 5:00/5:15pm 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 6:00pm Hand & Foot Card Game MR

11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR

1:00pm Shopping Shuttle

1:30pm Step On It! Travel Tour MOV 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Eddie F's Shrimp Special TAV

5:00pm Cribbage TAV

Wilton Emergency presents: Stop the Bleed Tuesday, November 28

11:30am in the Great Room Find out services provided by Wilton EMS and what you can do to stop the bleed.

CONNECTED life



FITNESS

Every Monday

6:15pm Monday Night Movie MOV

Balance FS 9:30am Yoga FS 10:00am Strength Training FS 10:30am **Every Tuesday**

Hydro Rider P 8:00am/8:30am Tai Chi I: Basics FS 9:00am Agua Fit P 9:30am Tai Chi III: Intermediate LIB 9:40am Tai Chi II: Basics + 73 LIB 10:20am 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 Tai Chi I: Basics FS 9:00am Hydro Rider P 9:30am/10:00am Tai Chi IV: Advanced FS 9:40pm Tai Chi II: Basics + 73 FS 10:20am Buddy Swim P 1:00pm

NFI. Are You Ready For Some Football ?!?!

Join fellow residents in the movie theater to see the brightest stars, the biggest NFL games, & the fiercest rivalries. Thursdays & Sundays

WWW.SUMMITSARATOGA.COM

Community Programs

The Empty Stocking Project



The Empty Stocking Project is the largest and most widely Saratoga County Children's Committee. There are

hundreds of children living within Saratoga County who are less fortunate. A holiday wish list may include new clothes, toys, games or other items the child wants. The Empty Stocking binder is located in the Great Room.

If you would like to shop for a child, please sign up by Thursday, November 2.

Items must be in no later than Friday, December 1.

Thank You Veterans

The Summit will pay tribute to our resident veterans on Friday, November 10. All residents are invited to participate in our "Thank You, Veterans" Waffle Breakfast.

Veterans, please bring a photo of yourself in uniform to the office. We will make a copy to hang in the lobby to share. Photos close to 8x10 are best.

We ask non-veteran residents to kindly bring down an item listed on the VCHC Veteran Food Pantry Wish List. Together we can feed our local homeless vets!

Tech Help with Don

Monday, November 6 1-3:00pm **Great Room** **More dates to follow



Fall Door Decorating Contest



Take a stroll on all three floors and pick your favorite apartment door entrance way. Pick up a ballot in the Great Room, and place it in the pumpkin on the conversation table.

The winner will be announced at Happy Hour on Monday, November 20.

Fall Art Class

Wineglass Class: Winter Scene Friday, November 10

Watercolor Workshop: Bookmarks Friday, November 17 1:00pm

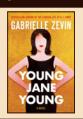
Budding artists welcome! Sign up as there is limited seating in the Craft Room.

Summit Book Club

Tuesday, November 14 2:00pm Library

This month we are reading and discussing Young Jane Young by Gabrielle Zevin.

All residents are welcome. No sign-up necessary.



Soup Social

Wednesday, November 8 4:15pm Great Room

Autumn has arrived and soup weather is here!



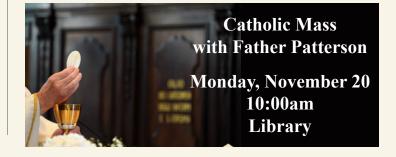
Please sign up in the Great Room if you would like to join our 1st annual Soup Social. Bring a crockpot of your favorite soup to share! Bread/crackers will be provided. Don't miss out!

The Songs and Stories of Broadway

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



Join vocalist Jill Smith and Michael Clement on piano, for a fun and informative performance of the Broadway shows of Lerner and Lowe. Learn how the two met and collaborated to create some of the most iconic musicals on Broadway and enjoy performances from My Fair Lady, Camelot, and more!



CONVECTED life

Honor Your Grief with Cello, Sound and Compassion

Gina Sabatini, Certified Grief Coach/Educator, End of Life Doula

Demetria Koninis, Sound Practitioner/Teacher/Musician



Friday, November 3 at 1:00pm Library

\$20 per resident 6 resident minimum, 12 resident maximum

PRESENTS BIRDS OF PREY

Wednesday, November 8 2:00pm **Great Room**

You are 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.



AT SARATOGA SPRINGS PUBLIC LIBRARY

Brothers of THE 77th Infantry Regiment in the American Civil War **Thursday, November 9**

Former Associated Press reporter Christopher Carola will present a program on the Civil War's 77th New York State Volunteer Infantry Regiment, from its muster in Saratoga Springs in late 1861. Using contemporary documents, photos and soldier letters, Carola tells the story of local men in the "Bemis Heights Regiment" who marched off to war to fight for the Union cause.

The bus will leave the Summit at 11:30am. Please meet in the lobby, 10 minutes prior. Summit bus will pick you up at Saratoga Library at 1:30pm. 5 residents minimum, 14 maximum.



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

HECTORP

Why Good **Posture Matters**

Presented by Occupational Therapist Heather Wise OTR/L

Wednesday, November 22 3:00pm **Great Room**



Learn about the benefits of good posture and why it's important for overall health.

Travel Tour of Brainbridge Island, Seattle, WA

Thursday, November 30 1:30pm Theater



Take a virtual walk with us around Bainbridge Island, a suburb of Seattle, Washington. For thousands of years, members of the Suguamish people and their ancestors lived on the land now called Bainbridge Island. We'll take the ferry across Puget Sound, try lots of new food, and visit Bloedel Reserve and the art museum.

Coming Next Month... **Lip Reading Class Invites You to Open House**

Wednesday, December 6 2:00pm Library



- Residents practice with each other to learn to read speech on the lips.
- There is a casually prepared lesson and class taught by a retired elementary school teacher who has great enunciation, projects beautifully, has infinite patience, and loves to laugh!

Why learn it?

For many, hearing loss has made communication difficult and lip reading can augment hearing aids.

If you have lost some hearing, you may already lip read to some degree.

Is it hard to learn?

Yes, actually, it does take quite a bit of concentration. However, there is a lot of laughing involved!

What is it like?

Join in and find out!! This is a resident-led class that is strongly supported by the Summit.

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.









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, November 7 at 9:00am.

To make your appointment, sign up in the Great Room. He will visit you in your apartment.

SENIOR REHABILITATION SERVICES



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 Lasagna \$20

Meatloaf with brown gravy & mashed potatoes \$12

Route 50 Shopping

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











Saratoga Springs Public Library Outreach Tuesday, November 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



Election Day 2023

On Tuesday, November 7, we will provide transportation to our local polling place (Gavin Park) at 2:00pm.