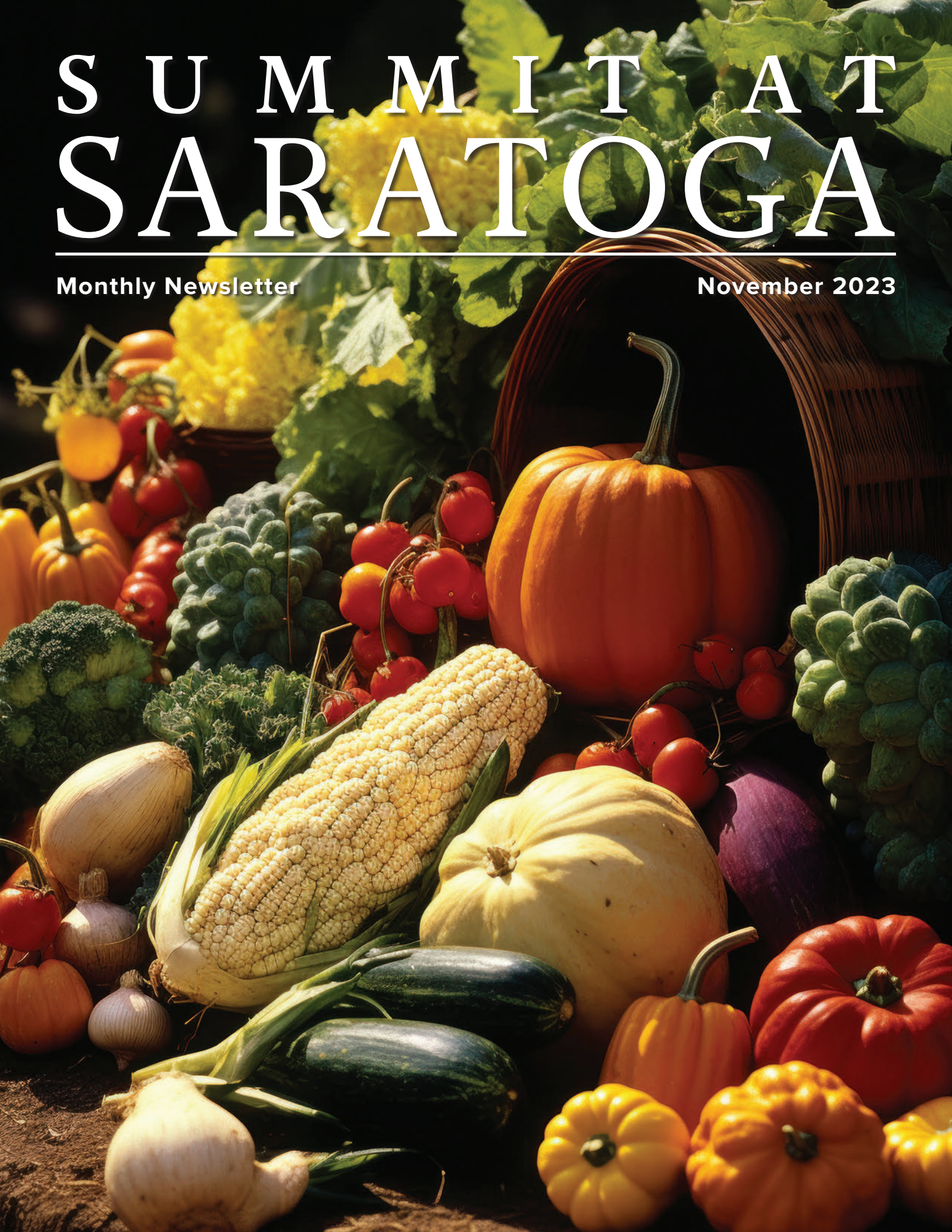


SUMMIT AT SARATOGA

Monthly Newsletter

November 2023



THE Manager's Message

As 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

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

Emergency Maintenance Number
518-925-0905

November Birthdays

Katherine Cordovano	11/01
Marge Abbott	11/09
Louisa Hodder	11/09
Jae Ward	11/19
Art Recesso	11/24
Penni Eoanidis	11/24
Kay Rubendall	11/26
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.
- or
- 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 of 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.

WWW.SUMMITSARATOGA.COM

Community Programs

The Empty Stocking Project



The Empty Stocking Project is the largest and most widely recognized project of the 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

10:00am

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!

**Catholic Mass
with Father Patterson**

Monday, November 20

10:00am

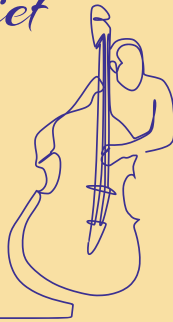
Library



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



SILENT WINGS

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.

BROWN BAG LUNCH LECTURE SERIES



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

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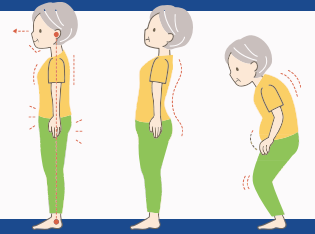
Why Good Posture Matters

**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 Bainbridge 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 Suquamish 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.



♥ 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, 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

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

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.