

SUMMIT AT SARATOGA

Monthly Newsletter

February 2024



THE Manager's Message

February is the month of **romance & love**. Join us for our Valentine's Day themed programs starting off with a Valentine Love Songs Program on Sunday, February 11th and our Valentine's Day Champagne and Chocolate Fountain on the 14th.

This month is also National Heart Awareness Month. It is **National Wear Red Day** on Friday, February 2nd. Help drive awareness about the importance of fighting the No. 1 killer of women by wearing red. Join us at 2:15 pm in the Great Room for a group photo to show our support. In addition, come to the health talks on "Improving Your Heart Healthy Diet" on February 9th and "Nutrition Basics" on February 22nd.

Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual Lenten sacrifices and fasting of the Lenten season. Mardi Gras fun this month includes delicious paczkis for breakfast on February 13th.

We are also excited to announce that Skidmore's Ensemble Connect will be back on February 15th. The ensemble is comprised of the most talented young musicians in the country. The performance is always a treat.

Welcome new resident:

Cora Ketchum

Sincerely,



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



February Birthdays



Don Brooks	2/04
Linda Bergh	2/05
Jackie O'Brien	2/08
Lee DeCoste	2/08
Carole O'Dwyer	2/15
Sally Mooney	2/17
Barb Hens	2/18
Dan Spillane	2/22
Olga Holowach	2/22
Betty Garcia	2/26
Laura Winicki	2/28

Help us celebrate our monthly birthdays on Wednesday, February 28 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Thursday, February 1 at 3:30pm
Great Room

Theatre How-To/Movie Committee
Thursday, February 8 at 11:00am
Movie Theater

Resident Meeting with Christy
Monday, February 26 at 1:00pm
Great Room



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

Excursions

Lunch at Grecian Gardens
Pizza & Restaurant
Wednesday, February 7



Located in Clifton Park, Grecian Gardens is a family owned and operated business, since 1994. They offer a wide selection of delicious entrees, homemade soups, Greek fare and daily specials.

Just a stone's throw from the restaurant is our new sister community, Summit at Halfmoon. We will stop by after lunch for a tour!!

Please be in the lobby no later than 11:50am.
The bus will leave the Summit at 12:00pm.
14 resident minimum, 14 maximum

Breakfast at The Country Corner Café

Friday, February 16



Located off Broadway in downtown Saratoga, this busy nook is known for its delicious omelets, homemade pastries, jams and more!!

Please be in the lobby no later than 7:35am.
The bus will leave the Summit at 7:45am.
10 residents minimum, 14 maximum

Shopping at Dollar Tree and
Lunch at Great Tang's
Wednesday, February 21



Great Tang's Chinese, Thai and Japanese cuisine make a perfect sequel to browsing through the Dollar Tree!

Please be in the lobby no later than 10:50am.
The bus will leave the Summit at 11:00am.
10 residents minimum, 14 maximum

Emergency Maintenance Phone: 518.925.0905

S

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10:30am Board Games TAV

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

1:00pm Hot Chocolate Bar GR

1:30pm Movie Matinee: *Groundhog Day* MOV

6:00pm Hand & Foot Card Game MR

6:00pm Worship & Music
with Street Level Chapel GR

10

10:30am Board Games TAV

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

1:00pm Ice Cream Novelties GR

1:30pm Movie Matinee MOV

6:00pm Hand & Foot Card Game MR

6:00pm Worship & Music
with Street Level Chapel GR

17

10:30am Board Games TAV
11:30am Men's League: Billiards Club BR
1:00pm Root beer Floats GR
1:30pm Movie Matinee
6:00pm Hand & Foot Card Game MR
6:00pm Worship & Music
with Street Level Chapel GR

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10:30am Board Games TAV

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

1:00pm Hot Tea GR

1:30pm Movie Matinee MOV

6:00pm Hand & Foot Card Game MR

6:00pm Worship & Music
with Street Level Chapel GR



BE GREEN
& recycle
CLEAN
plastics, tin,
aluminum, paper
and glass.

#zerowaste

Every Friday

Water Aerobics P 8:30am

Tai Chi I: Basics FS 9:00am

Tai Chi IV: Advanced FS 9:40pm

Hydro Rider P 9:30am/10:00am

Tai Chi II: Basics + 73 FS 10:20am

Buddy Swim P 1:00pm

Maintenance Corner

You do not use your dishwasher, we ask that you still run it 2x a month. Place a little squirt of dawn at the bottom and press start.

To keep your garbage disposal running effectively, we ask that you occasionally turn it on while water is running.

Thank you!

Community Programs

HAPPY MONDAYS



Monday Happy Hour

Unwind and relax with fellow residents every Monday at 3:00pm in the Great Room.

Monday, February 5— Happy Hour with music by Jeff Walton

Join us in welcoming back singer and songwriter Jeff Walton. Based out of Saratoga, he is always busy recording or performing. His rock solid rhythm guitar, amazing harmonica leads, and vocal style all his own, make this one-man band a true crowd pleaser.



Pen Pal Meet-up
Tuesday, February 6
10:30-11:30am
Great Room

Our 4th grade students from Dorothy Nolan are coming to meet their resident pen pals at the Summit!

You're invited to THE BIG GAME

Join us in the Theater!

Sunday, February 11

Game begins at
6:30pm.

Please sign up in
the Great Room.



Love Songs
by Francesca and
The Desormeau School of Music
Sunday, February 11
1:00pm
Great Room

This show will certainly dazzle you! Ranging in age from 10 to 75 years young, these advanced students will perform a variety of musical genres. Under the leadership of Francesca Desormeau, who performed at Carnegie Hall at the age of 10, these students will deliver phenomenal vocals as well as outstanding guitar and classical piano artistry.

Happy Mardi Gras

Tuesday, February 13

Mardi Gras is French for "Fat Tuesday," a phrase that reflects the practice of indulging in fatty foods on the last night before Lent. Join us for paczkis at breakfast!

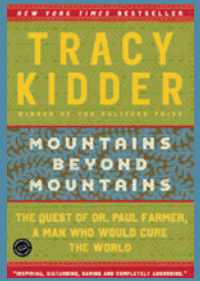


Summit Book Club

Tuesday, February 13
2:00pm
Library

This month we are reading and discussing *Mountains Beyond Mountains* by Tracy Kidder.

All residents are welcome.
No sign-up necessary. Happy Reading!




A S H
WEDNESDAY

Wednesday, February 14
11:00am
Library

There will be a Communion Service at 11:00am in the Library on Ash Wednesday followed by the distribution of blessed ashes.

Please contact Don or Mary Anne with any questions, 518-306-6031.

Veteran Radio Personality Richie Phillips

Wednesday, February 21
3:00pm
Great Room



Art Class



Watercolor Workshop

Friday, February 23
10:30am
Craft Room

Budding artists welcome!
Sign up as there is limited seating.

FEBRUARY IS AMERICAN HEART MONTH



Many of this month's Connected Life Programs are geared toward heart health. Join in!!



National Wear Red Day

Friday, February 2

This day is dedicated to raising awareness about heart disease, particularly among women. Lipstick, dress, shoes or accessories, wear your brightest red!! Please join us in the Great Room for our group photo at 2:15pm and Heart Healthy Appetizers at 2:30pm.

Help us spread awareness about the importance of fighting heart disease, the No. 1 killer of women.

Improving Your Heart Healthy Diet

Friday, February 9

10:00-11:00am

Library

Join Registered Dietitian Patty Wukitsch in helping to celebrate Heart Month!

Learn how to fill your cart to protect your heart. We'll take a close look at foods that can help improve your blood pressure, cholesterol and overall health. This is an online class via Zoom, courtesy of Albany Guardian Society.

Basic Nutrition

Thursday, February 22

1:00-2:00pm

Great Room

Meet Lisa O'Brien, a Saratoga Springs Functional Nutritionist, Nutrition Response Practitioner, and Certified Holistic Health and Wellness Coach. She will discuss the benefits of "wholefood eating" and tell us the top three things to avoid.

YOU ARE WHAT YOU EAT, DRINK AND THINK.

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.



Exercises for Upper Extremities

Tuesday, February 27

3:30pm

Great Room

To remain safe and independent, find out what exercises are ideal for your upper extremities.

Let's Talk FINANCIAL SCAMS

Wednesday, February 28

11:15am

Great Room

Many common scams are on the rise! Join Sunmark's Kevin Fitzgerald for tips to help you outsmart fraudsters so that you can keep your finances safe, secure, and on track.



Step On It Walking Program

Thursday, February 29

3:30pm

Theater



American Heart Month is the perfect month to rejuvenate our Step On It Walking Program!! When it comes to simple ways to be healthy, walking is all the rage. Set a goal to increase your number of steps you are getting and hold yourself accountable. Monthly tracking log is in the Great Room.

Walking has so many benefits:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.

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

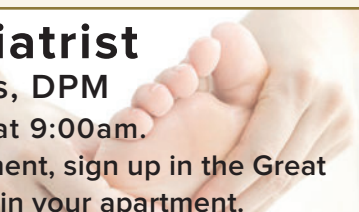
10% off on all orders

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, February 6 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.



A SPOONFUL OF SUGAR
Confectionery Bliss

Homemade soups, chili, quiche and more!

Tuesday, February 27

12:30-1:30pm

Lobby



Miracle-Ear®

Hearing Aid Cleaning & Screening

Friday, February 23 at 3:00pm in the Great Room

Route 50 Shopping

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



Saratoga Springs Public Library Outreach

Tuesday, February 20

2:45pm - 3:30pm

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