SUMMITAT SARATOGA

Monthly Newsletter

February 2024

THE Manager's Message

F ebruary 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, Christ Denant

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

ensemble connect

Artistry. Education. Advocacy. Entrepreneurshi

Ensemble Connect, a group of the finest young professional classical musicians based out of **Carnegie Hall,** celebrating it's 17th year at **Skidmore College.** Don't miss this special event!





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



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

February 2024

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

S	M	T	W	TH	
Location Key BC-Bocce Ball Court BP-Back Patio BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FP-Front Patio FS-Fitness Studio P-Pool GR-Great Room PC-Pickleball Court LIB-Library PS-Practitioners LO-Lobby Suite MOV-Movie Theatre TAV-Tavern MR-Music Room (3rd Floor)	Reiki Day -Wednesday, February 7 Come experience the healing energy of Reiki! 50 minute session\$70 First time trying Reiki? 30 minute session\$25 If interested, please contact Reiki Master & Healer Gina Clemente, directly at 518-791-6565.			 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:30pm Line Dancing FS 3:30pm Program Meeting with Rebecca GR 4:30pm Resident Potluck Dinner GR 5:00pm Cribbage TAV Meal Order Form Due 	2 10:0 12:30pm NE 1:30pm 2:15pm W 2:30pm He 2:30p 4:00pm 5:00/5
4 10:00am Buddy Swim P 11:00am <i>Docuseries</i> MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	 ⁵ 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 1:00pm Presentation: Resilience GR 3:00pm Happy Hour with music by Jeff Walton GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV 	 9:00am Podiatrist Visits, Dr. Masias 10:30am Pen Pal Meet-up GR 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don TAV 1:00pm <i>Virgin River</i> (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Vegetable Lasagna Dinner TAV 5:00/5:15pm Poker Night GR 	7 12:00pm Lunch at Grecian Gardens Pizza & Restaurant and Tour Summit at Halfmoon 1:30pm Movie Matinee MOV 3:00pm Mexican Train TAV 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR Reiki Day	8 11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR 12:15pm Summit Lunch Club: Soup & Submarine TAV 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 5:00pm Cribbage TAV	9 10:0 Improvi 10:0 12:30pm NE 1:30pm 2:30p 4:00pm 5:00/5
11 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Love Songs with Francesca and The Desormeau School of Music GR 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 6:30pm Super Bowl LVIII MOV	12 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 1:00pm Flower Arranging GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	13 8:30am Mardi Gras Paczkis GR 11:00am Shuffleboard TAV 1:00pm Virgin River (TV Series) MOV 1:00pm Grief Talk with Don MR 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club: Mountains Beyond Mountains LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Manicotti Dinner TAV 5:00/5:15pm Poker Night GR	14 11:00am Communion Service LIB 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm St. Valentine's Party: Champagne & Chocolate GR 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR Ash Wednesday Valentine's Day	 15 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:30pm Line Dancing FS 3:00pm Performance by Ensemble Connect GR 4:15pm Summit Supper Club: Shepherds Pie Dinner TAV 5:00pm Cribbage TAV 	16 7:4 The C 10:0 12:30pm NE 1:30pm 2:30p 4:00pm 5:00/5
18 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	19 9:15pm Resident Potluck Breakfast 11:30am Board Games/Canasta TAV 5:00pm Mahjong TAV Office is closed	20 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don LIB 1:00pm Virgin River (TV Series) MOV 1:30pm Quarter Bingo GR 2:45-3:30pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Baked Haddock Dinner TAV 5:00/5:15pm Poker Night GR	21 11:00am Shopping at Dollar Tree & Lunch at Great Tangs 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Veteran Radio Personality Richie Phillips GR 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	22 11:30am Men's League: Billiards Club BR 1:00pm Presentation: Basic Nutrition GR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Shrimp Linguini Dinner TAV 5:00pm Cribbage TAV	23 10:0 10:30ai Wate 12:30pm NE 1:30pm 2:30p 3:00pm Clea 4:00pm 5:00/5
25 10:00am Buddy Swim P 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	26 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 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	 27 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery LO 1:00pm Virgin River (TV Series) MOV 1:00pm Tech Hour with Don LIB 1:30pm Quarter Bingo GR 3:30pm Presentation: Exercises for Upper Extremities GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Meatloaf Dinner TAV 5:00/5:15pm Poker Night GR 	28 11:15am Presentation: Financial Scams GR 1:30pm Movie Matinee MOV 1:00pm The Art of Ikebana TAV 2:00pm Mexican Train TAV 3:00pm Monthly Birthday Party GR 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	 29 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:30pm Line Dancing FS 3:30pm Step On It Walking Program MOV 4:15pm Summit Supper Club: Three Vines Specialty Menu TAV 5:00pm Cribbage TAV 	al
CONNECTED life	Every Monday Balance FS 9:30am Yoga FS 10:00am Strength Training FS 10:30am	Hydro Rider P 8:30am/9:00am Tai Chi I: Basics FS 9:00am Aqua Fit P 9:35am Tai Chi III: Intermediate LIB 9:40am Tai Chi III: 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	Water Tai Chi Tai Chi IV: Hydro Ric Tai Chi II: E Budc

Emergency mainten	lance i none. 516.525.0505
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10:00am Scrabble TAV m NEW Netflix Series: <i>Suits</i> MOV 30pm Meditate Together LIB pm Wear Red Group Photo GR om Heart Healthy Appetizers GR 2:30pm Shuffleboard TAV 00pm BYOB Tavern Time TAV :00/5:15pm Poker Night GR Wear Red Day	3 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Chocolate Bar GR 1:30pm Movie Matinee: <i>Groundhog Day</i> MOV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
10:00am AGS Presentation: proving Your Heart Healthy Diet ZOOM LIB 10:00am Scrabble TAV m NEW Netflix Series: <i>Suits</i> MOV 30pm Meditate Together LIB 2:30pm Shuffleboard TAV 00pm BYOB Tavern Time TAV :00/5:15pm Poker Night 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
7:45am Breakfast at The Country Corner Café 10:00am Scrabble TAV m NEW Netflix Series: <i>Suits</i> MOV 30pm Meditate Together LIB 2:30pm Shuffleboard TAV 00pm BYOB Tavern Time TAV :00/5:15pm Poker Night 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
10:00am Scrabble TAV 0:30am Craft Class with Sue: Watercolor Workshop CR m NEW Netflix Series: <i>Suits</i> MOV 30pm Meditate Together LIB 2:30pm Shuffleboard TAV 90pm Miracle Ear Hearing Aid Cleaning & Screening GR 90pm BYOB Tavern Time TAV :00/5:15pm Poker Night GR	24 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	Bring YOUR OWAL CUP

aluminum, paper and glass.

Every Friday

r Aerobics P 8:30am ni I: Basics FS 9:00am V: Advanced FS 9:40pm ider P 9:30am/10:00am : Basics + 73 FS 10:20am ddy Swim P 1:00pm

Maintenance Corner

#zerowaste

If you do not use your dishwasher, we ask that you still run it 2x a month. Place a little squirt of dawn on 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



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!





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!

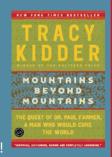


Summit Book Club

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!





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.



Great Room

Art Class



Friday, February 23 10:30am Craft Room

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

CONNECTED *life*





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



Help us spread

awareness about

the importance

of fighting heart

disease, the No. 1

killer of women.

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.

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.



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

Dry Cleaning, Shoe Repair & Talloring 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 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.



Homemade soups, chili, quiche and more! Tuesday, February 27 12:30-1:30pm Lobby



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