

SUMMIT AT SARATOGA

Monthly Newsletter

March 2024



THE
Manager's Message

Happy Spring! As the saying goes, March comes, "in like a lion, out like a lamb." We have certainly had our share of a "roaring" winter, so let us hope for early sun and warm, balmy weather. However, no matter what the weather brings, we have another fun-filled month upon us, as well as new neighbors to meet and welcome.

In celebration of St. Patrick's Day this month, we will feature Irish Step Dancers, Irish Coffees, Crème De Menthe Parfaits, Jameson and Ginger cocktails at the Bar and a St. Patty's Day party... we all have a little bit of Irish in us!

We start voting on March 15th for Saratoga Today's "Best 55+ Living Residence" contest. Vote daily to help us win for the 4th year in a row!! Our friends at Twin Bridges will be back on the 8th to give us the "Do's" and "Don'ts" of Recycling. Not sure if recyclable? Bring it to the lecture to find out.

Other highlights this month include Skidmore Professor Catherine Golden presenting "Those Scandalous Victorians", learning how to protect yourself from scammers on the 18th, "Quilting Through the Years" with the NYS Museum Curator on the 13th and a "Healthy Living for your Brain and Body" lecture on the 11th.

Keep steppin' and counting those steps! We are almost to Mount Fuji! Our neighbor, Perry Road Baptist Church, has started their own Food Pantry and we will be collecting food for them. They are in need of canned food soup. Please leave in the Tavern. Enjoy this fun March at the Summit!

Warm regards,
Christy Durant
Community Manager

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"
Our neighbors at Perry Road Baptist Church are looking for cans of soup for their pantry. If you would like to donate please drop cans off in the basket on the tavern bar.
Also, in June they are holding a Flea Market/Yard Sale to raise funds for the pantry. Keep this event in mind when doing spring cleaning!
We will do a collection in April and May.

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

SIENAcollege
Siena College Student Project
Thursday, March 7
5:30pm
Great Room

Welcome back to Siena students and Dr. Kimberly Stein.
Dr. Stein teaches The First-Year Seminar, a two-semester writing-intensive course that prepares students for the intellectual life of college.
Interested residents will be interviewed 1:1 with college students and assist them in developing interviewing skills. Residents are welcome to include thoughts and opinions on social justice, the changing of times, as well as privilege and oppression.
Please sign up in the Great Room.



- Bunny Igoe 3/01
Pat Hackett 3/02
Wilma Rizzi 3/03
Babs Hankison 3/05
Woody Strobeck 3/05
Peggy Petruccione 3/06
Fran Scott 3/16
JoAnn Clements 3/27
Elaine DeCoste 3/28
Carole Nielsen 3/29
Kathryn Madden 3/30

Help us celebrate our monthly birthdays on Wednesday, March 13 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

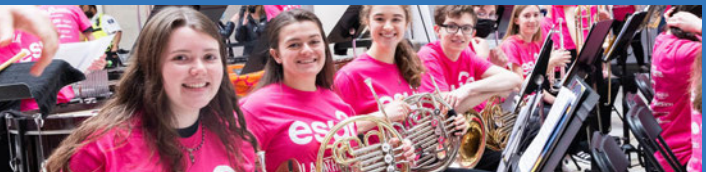
Resident Program Meeting
Friday, March 1 at 2:15pm
Great Room

Theatre How-To/Movie Committee
Thursday, March 14 at 11:00am
Movie Theater

Resident Meeting with Christy
Monday, March 18 at 1:00pm
Great Room



esyô PLAYATHON



Saturday, March 23
10:30am-5:15pm at Crossgates Mall
Stop by and enjoy the PLAYATHON, a free all-day concert by the Empire State Youth Orchestra.

Summit Senior Living is a proud sponsor of this outstanding event. Come out and show your support of these young stars and enjoy some beautiful music.



Excursions

Lunch at Finnegan's Tavern & Grill



Wednesday, March 6

March is the perfect time to enjoy lunch at this American Irish tavern!

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



Presented by Students of Saratoga Springs High School Drama Club
Free Dress Rehearsal

Wednesday, March 20

Please be in the lobby no later than 2:10pm.
The bus will leave the Summit at 2:20pm.
10 residents minimum, 14 maximum

Gourmet Café
"From traditional to unique..."



Wednesday, March 27

Located in Glens Falls, Gourmet Cafe brings you the very best creative cuisine in a relaxed atmosphere.

Please be in the lobby no later than 11:20am.
The bus will leave the Summit at 11:30am.
14 residents minimum, 14 maximum

WWW.SUMMITSARATOGA.COM



Monday Happy Hour

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

Monday, March 4— Violin Happy Hour with music by Tania Susi

Both classic and contemporary, Tania Susi Music, is one of the Capital Region's premier wedding and events violinists. Tania Susi has made a career out of blending passion and precision. Whether you are looking for elegant classical music or electric violin entertainment, you'll find it right here!

Renew Day Spa Open House

Wednesday, March 6
10:00am - 12:00pm



Please stop by!

- Giveaways
- Refreshments
- Paraffin Hand Treatments
- Meet Massage Therapist Wendy

Here's something NEW.....

Winter Music Bingo and Trivia

with Pam & Tammy


March 7
3:00 - 5:00pm
Great Room

This unique entertainment experience has the thrill of trivia, along with the familiarity of bingo cards. That's why Winter Music Bingo and Trivia is designed to cater to diverse tastes and interests.




Recycling Tips by Twin Bridges: The Do's and Don'ts

Let's team up to help each other improve our recycling habits and help the environment at the same time! Every little bit adds up to have an impact now and forever. Not sure if a certain item is recyclable? Bring it to the lecture.



Friday, March 8
2:00pm
Great Room

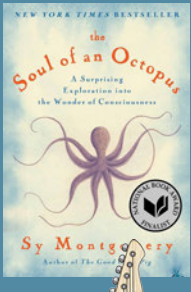


Summit Book Club

Tuesday, March 12
2:00pm
Library

This month we are reading and discussing *The Soul of an Octopus* by Sy Montgomery.


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



Join in for our 1st Hootenanny

Tuesday, March 12
3:15pm
Great Room

Please join Shirley Stevens as we sing the folk songs of the 60s, 70s and more. Think Peter, Paul and Mary, Bob Dylan, and John Denver, among others. Bring your guitars and voices, or just come to listen. It'll be a hoot!!



St. Patrick's Day Festivities

Creme de Menthe Parfaits
Wednesday, March 6 at 3:00pm

Wild Acres Irish Step Dancers
Sunday, March 10 at 1:30pm

Jameson & Ginger at the Bar
Wednesday, March 13 at 6:00pm

Cooking Class: Shamrock Pie
Thursday, March 14 at 1:00pm

St. Patrick's Day Party-Mashed Potato Bar
Friday, March 15 at 2:00pm

Irish Cream & Hot Chocolate
Saturday, March 16 at 1:00pm

Shamrock Sundaes
Saturday, March 30 at 1:00pm




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.




Healthy Living for Your Brain and Body

Gwen Rowland, MSW
Program Manager Saratoga County Alzheimer's Association

Monday, March 11
1:00pm
Great Room

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Learn about research in several key areas - diet and nutrition, exercise, cognitive activity and social engagement - and how to use hands-on tools to incorporate these insights into a plan for healthy aging.

alzheimer's  association®


Through the Years of Quilting

Connie Frisbee Houde

Clothing and Textiles Curator
New York State Museum

Wednesday, March 13
11:30am
Great Room






Protecting Yourself from Online Healthcare Scams

March 18
1:30-2:30pm

The NY Senior Medicare Patrol reviews social engineering tactics scammers use to obtain an individual's personal health information, and how beneficiaries can protect themselves against the latest healthcare scams. This class is offered by The Albany Guardian Society via Zoom. The Zoom link will be sent to your email.


Catherine Golden presents *Those Scandalous Victorians!*

Monday, March 25
1:00-2:00pm
Great Room



The presenter, a Professor of English at Skidmore, will discuss incriminating suicide notes, adultery, bigamy, cohabitation and grave tampering. These sensational occurrences may seem ripped from today's social media, but in fact they are all things that everyday Victorians committed. We didn't invent scandals, nor just delight in them. We like to imagine proper Victorians spending their days sipping tea from bone China teacups, but they lived in a world overflowing with scandal.

Oh, those scandalous Victorians!



Learning Movements as Adults

Tuesday, March 26
3:30pm
Great Room

You will learn about the relationship of the upper extremity as it relates to proper posture, stability, and balance.

Step On It Travel Tour of Mount Fuji

Wednesday, March 27
3:30pm
Theater



Our Step On It Walking Program is now combining with the phenomenal *Great Courses* lectures. This month's travel tour is of one of the world's greatest geological wonders: Mount Fuji, Japan. The talk will focus on volcanoes and feature breathtaking visuals. Don't miss it!



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

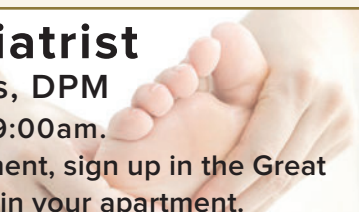
10% off on all orders

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, March 5 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, March 12 & 26

12:30-1:30pm

Lobby

Route 50 Shopping

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



Saratoga Springs Public Library Outreach

Tuesday, March 19

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