

THE

Manager's Message

appy 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



"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 tayern 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.

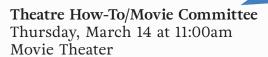


Bunny Igoe	3/01
Pat Hackett	3/02
Wilma Rizzi	3/03
Babs Hankison	3/05
Woody Strobeck	3/05
Peggy Petruccione	3/06
Fran Scott	3/16
JoAnn Clements	3/27
Elaine DeCoste	3/28
Carole Nielsen	3/29
Kathryn Madden	3/30

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



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

esyo 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

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11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 3:00pm Violin Happy Hour with Tania Susi GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV **Meal Order Form Due**

11 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 1:00pm Presentation: Healthy Living for Your Brain and Body GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV **Massage Day**

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 1:30pm Zoom Presentation: Protecting Yourself from Online Healthcare Scams 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV

11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 1:00pm Presentation: Those

Scandalous Victorians GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV ▲ 6:15pm Monday Night Movie MOV

Every Monday

Tai Chi I: Basics FS 9:00am Balance FS 9:30am Yoga FS 10:00am Strength Training FS 10:30am Tai Chi III: Intermediate LIB 10:30am *** Beginning March 25 Tai Chi II: Basics + 73 LIB 9:40-10:20am



The festival of Purim lasts from sundown on Saturday, March 23, until the evening of March 24. Join us on March 24 at 1:00pm in the Great Room Saturday, March 23 The Hamantaschen cookies come all the way from

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for Hamantaschen and tea.

OH! NUTS in Brooklyn, NY.

Happy Purim!

12:00pm Lunch at

Finnegan's Tavern & Grill

10:00-12:00pm Salon Open House

1:30pm Movie Matinee MOV

3:00pm Crème de Menthe Parfaits GR

3:00pm Mexican Train TAV

4:00pm Lip Reading Class LIB

6:00pm Hand & Foot Card Game MR

Reiki Day

1:30pm Movie Matinee MOV

2:00pm Mexican Train TAV

3:00pm Monthly Birthday Party GR

4:00pm Lip Reading Class LIB

6:00pm Hand & Foot Card Game MR

6:00pm Jameson & Ginger at the Bar GR

1:30pm Movie Matinee MOV

2:00pm Mexican Train TAV

2:20pm SSHS presents Head Over Heels

3:00pm Cornhole GR

4:00pm Lip Reading Class LIB

6:00pm Hand & Foot Card Game MR

11:30am Lunch at Gourmet Cafe

1:30pm Movie Matinee MOV

2:00pm Mexican Train TAV

4:00pm Lip Reading Class LIB

6:00pm Hand & Foot Card Game MR

Every Wednesday

Water Aerobics P 8:30am

Stretch N'Flex FS 9:30am

Sit2BeFit FS 10:30am

Buddy Swim P 1:00pm

3:30pm Step on It: Travel Tour of

Mount Fuji MOV

5 8:30am Belgian Waffle Breakfast GR 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery LO 1:00pm Tech Hour with Don TAV 1:00pm Virgin River (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 5:00/5:15pm Poker Night GR

1:00pm

Lobby

11:00am Shuffleboard TAV 1:00pm Virgin River (TV Series) MOV 1:00pm Tech Hour with Don MR 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club: The Soul of an Octopus LIB 3:15pm Hootenanny GR 3:30pm Pinochle TAV

4:15pm Summit Supper Club: Corned Beef 5:00/5:15pm Poker Night GR 11:00am Shuffleboard TAV

1:00pm Grief 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: Traditional Lasagna Dinner TAV

5:00/5:15pm Poker Night GR 26 10:00am Catholic Mass with Father Patterson LIB 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: Learning

Movements as Adults GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Roast Turkey Breast Dinner TAV 5:00/5:15pm Poker Night GR

Every Tuesday Hydro Rider P 8:30am/9:00am Agua Fit P 9:35am Balance Class FS 10:30am Yoga FS 11:00am Move & Groove FS 11:30am

SARATOGA TODAY'S 2024 BEST OF 55+ Living Residence

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

1:00pm Shopping Shuttle

1:00pm LCR Dice Game TAV

2:30pm Line Dancing FS

3:00-5:00pm Winter Music Bingo and Trivia GR

5:00pm Cribbage TAV

5:30pm Siena Students GR

through April 12. Easy voting links will be sent out with the daily sheets.

Voting begins March 15

Wear your purple Summit shirts on Fridays.

10:00am Scrabble TAV 12:30pm Netflix Series: Suits MOV 1:30pm Meditate Together LIB 2:15pm Program Meeting with Rebecca GR 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

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

S

10:00am Scrabble TAV 12:30pm Netflix Series MOV 1:30pm Meditate Together LIB 2:00pm Recycling Tips by Twin Bridges: The Do's and Don'ts GR

2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

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

10:30am Board Games TAV

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

11:00am Theater How-to MOV 11:30am Through the Years of Quilting GR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle

1:00pm Baking Group: Shamrock Pie GR 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Marry Me Chicken Dinner TAV 5:00pm Cribbage TAV

10:00am Scrabble TAV 12:30pm Netflix Series MOV 1:30pm Meditate Together LIB 2:00pm St. Patrick's Day Party 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

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

11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle

1:00pm LCR Dice Game TAV 2:30pm Line Dancing FS 4:15pm Summit Supper Club: Chicken Alfredo Dinner TAV 5:00pm Cribbage TAV

10:00am Scrabble TAV 12:30pm Netflix Series MOV 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR **Wear Purple Summit Shirts**

10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Girl Scout Cookie Table LO 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR

Purim begins at sundown

30

10:30am Board Games TAV

Chapel GR

11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle

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2:30pm Team Trivia with Mark Hersh GR 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV 5:00pm Cribbage TAV

8:30am Hot Cross Buns GR 10:00am Scrabble TAV 12:30pm Netflix Series MOV 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR

11:30am Men's League: Billiards Club BR 1:00pm Shamrock Sundaes GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level

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

Wear Purple Summit Shirts

Water Aerobics P 8:30am Tai Chi I: Basics FS 9:00am Tai Chi III: Intermediate FS 10:30am Hydro Rider P 9:30am/10:00am Tai Chi IV: Advanced FS 11:00am Buddy Swim P 1:00pm *** Beginning March 29 Tai Chi II: Basics + 73 FS 9:40-10:20am

CONNECTED life



FITNESS

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CONNECTED life



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!

- Giveaway
- 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

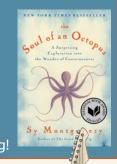


Summit Book Club

Tuesday, March 12 2:00pm Library

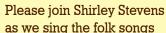
This month we are reading and discussing *The Soul of an Octopus* by Sy Montgomery.

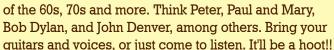
All residents are welcome.
No sign-up necessary. Happy Reading!



Join in for our 1st **Hootenanny**

Tuesday, March 12 3:15pm Great Room





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

Festivities Parfaits t 3:00pm Dancers 1:30pm the Bar at 6:00pm rock Pie t 1:00pm /-Mashed 2:00pm hocolate

Voice Streaming for Presentations



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 Ω association

Through the Years of Quilting

Connie Frisbee Houde

Clothing and Textiles Curator New York State Museum

Wednesday, March 13 11:30am Great Room



AGS LAGO

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!

HECTORP

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!.





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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, 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





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