



SUMMIT AT SARATOGA

Monthly Newsletter

April 2024

THE Manager's Message

April is here!! Hopefully some nice weather too! Come out and enjoy the events we have planned for you.

Join us at our annual "Resident Showcase" where residents are invited to show off their talents or souvenirs. Attend the Total Solar Eclipse Happy Hour at 3 pm on Monday, April 8th. Special glasses will be provided to see the eclipse at 3:26 pm. Hear jazz pianist Cole Broderick tickle the ivories on April 18th. Come listen to the Songs and Stories of Broadway on April 26th. Join us on lunch trips to SUNY Adirondack Culinary Arts Center, enjoy a tour of the NYS Military Museum, lunch at Scallions and the Saratoga Racino.

It's Earth Day on April 22. Let's honor this day by bringing your own mug down to the Great Room all month for your morning coffee!

We are excited to have several "Connected Life" Lifelong Learning presentations this month. Join resident Dale Christopher for a presentation about his father who was an author of children's books on sports, a favorite for both of my boys. There will be an exclusive showing of a movie on April 15th based on his father's most famous book, "*The Kid Who Only Hits Homers*".

Are you eligible for the Veteran's Aid & Attendance benefit? If not needed now, you may need it in the future. Come hear about the eligibility requirements on April 11th.

Welcome New Residents

Ralph and Frances Blauvelt Barbara Madden Ed and Rosalie Powers

Looking forward to seeing you at our Spring events!

Warm regards,



Christy Durant
Community Manager



Resident Showcase Friday, April 19

We are proud to invite you to see the work of our talented residents. Our annual Resident Showcase will be held in the **Great Room from 1:00pm - 2:30pm**. There will be refreshments for all to enjoy.

Residents, please fill out the Showcase Questionnaire and return it to the office by April 12. Forms are on the Communication Table in the Great Room.

NEWYORKCITYBALLET

Presents
JEWELS

Thursday, July 11
2:00pm

Saratoga Performing Arts Center

Jewels is a work in three parts, which was choreographed by George Balanchine. Balanchine's *Symphony in C*, which had first performed at the Paris Opera in 1947, is considered a forerunner of this production.

If you are interested, please sign up in the Great Room. Ticket availability is limited!

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



Betty O'Connell	4/01
Frank Flessner-Filzen	4/03
Bruce Conroe	4/12
Paula McCabe	4/17
Sue Ann Pease	4/22
Barbara Baker	4/27
Marie-Pierre Yunes	4/28

Help us celebrate our monthly birthdays on Wednesday, April 17 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Thursday, April 4 at 3:00pm
Great Room

Theatre How-To/Movie Committee
Thursday, April 18 at 11:00am
Movie Theater

Resident Meeting with Christy
Monday, April 22 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.

Dickinson's also offers an array of items (soups, entrees, desserts & more) to pre-order for delivery to the Summit. The order form is on the back of the monthly meal form.

Their next delivery date will be April 12.

This month's anyday choices:

Chicken Cordon Bleu, mashed potatoes \$12

Lasagna \$20

Meatloaf with brown gravy & mashed potatoes \$12

Excursions

Lunch at Seasoned

 SUNYADIRONDACK



Wednesday, April 10

Enjoy the gourmet creations designed by talented students from SUNY Adirondack Culinary Arts Center. The three course meal includes your choice of appetizer, entrée, dessert and a non-alcoholic beverage for \$18.95 (plus tax + tip). Cash bar available.

Please be in the lobby no later than 11:35am.

The bus will leave the Summit at 11:45am.

12 resident minimum, 14 maximum

Saratoga Raceway & Casino



Wednesday, April 17

Join us for some gambling fun and lunch. With over 1,700 exciting time slots and electronic table games, your fun may never stop! Plenty of dining options for you to enjoy.

Please be in the lobby no later than 9:30am.

The bus will leave the Summit at 9:40am.

5 residents minimum, 14 maximum

New York State Military Museum and Lunch at Scallions



Wednesday, April 24

The New York State Military Museum and Veterans Research Center tells the story of New York State's rich military history and the service and sacrifice of its citizens. There are interpretive exhibitions, public programs, and collection and preservation of artifacts and archival material.

Just across the street is Scallions Restaurant. They have been a favorite gourmet destination for more than 20 years. Lunch offers unique homemade soups, paninis, vegetarian items, and sandwich-and-salad combinations.

Please be in the lobby no later than 9:50am.

The bus will leave the Summit at 10:00am.

10 residents minimum, 14 maximum

S	M	T	W	TH	F	S
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 GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre MR-Music Room (3rd Floor) P-Pool PC-Pickleball Court PS-Practitioners Suite TAV-Tavern	1 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 3:00pm Jazz Happy Hour with Steve Keller GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	2 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 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 Meal Order Form Due	3 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR 6:00pm Frozen Daiquiris at the Bar TAV	4 8:30-10:00am Crepe Breakfast (\$10) 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 Program Meeting with Rebecca GR 5:00pm Cribbage TAV	5 10:15am Scrabble TAV 11:00am Presentation: April is Stress Awareness Month GR 1:00pm Netflix Series: <i>Suits</i> 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	6 10:30am Board Games TAV 11:00 - 1:00pm Girl Scout Cookie Table LO 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
7 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 6:00pm Communion Service LIB	8 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 3:00pm Total Solar Eclipse Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie: <i>The Titanic</i> MOV	9 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery LO 1:00pm Virgin River (TV Series) MOV 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club: <i>Truth and Beauty: A Friendship</i> LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Salmon Dinner TAV 5:00/5:15pm Poker Night GR	10 11:45am Lunch at Seasoned 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Vintage Visitors presents Margaret (Molly) Brown: Survivor of the Titanic GR 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	11 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm Presentation: What Is Aid and Attendance Pension? GR 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Meatloaf Dinner TAV 5:00pm Cribbage TAV	12 10:15am Scrabble TAV 11:00am Decluttering Seminar by Organize Senior Moves GR 1:00pm Netflix Series: <i>Suits</i> MOV 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm Dickinson's Pre-orders Delivery GR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR Wear Purple Summit Shirts	13 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
14 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	15 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 1:00pm Presentation: The Kid Who Only Hits Homers MOV 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	16 11:00am Shuffleboard TAV 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: Chicken Parmesan Dinner TAV 5:00/5:15pm Poker Night GR	17 9:40am Saratoga Raceway & Casino 1:00pm Spring Cleaning with Mary Kay: Skin Care & Masks GR 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	18 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 1:00pm LCR Dice Game TAV 2:30pm Line Dancing FS 5:00pm Cribbage TAV 6:15pm Thursday Night Piano with Cole Broderick GR	19 10:00am Schwan's Home Delivery GR 10:15am Scrabble TAV 1:00pm Netflix Series: <i>Suits</i> MOV 1:00 - 2:30pm Resident Showcase GR 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	20 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Chocolate Bar GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
21 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	22 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 Passover begins at sundown Earth Day	23 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery LO 1:00pm Tech Hour with Don MR 1:00pm Virgin River (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Presentation: Wellness Workshop GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Roast Pork Dinner TAV 5:00/5:15pm Poker Night GR	24 10:00am NYS Military Museum & Lunch at Scallions 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:30pm Step on It Travel Tour of African Rift Valley MOV 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	25 9:00 - 11:00am Medication Drop-off 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV 5:00pm Cribbage TAV	26 10:00am Art Class: Watercolor Workshop CR 10:15am Scrabble TAV 1:00pm Netflix Series: <i>Suits</i> MOV 1:30pm Meditate Together LIB 2:00pm Songs & Stories of Broadway with Jill Smith GR 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	27 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Root Beer Floats GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
28 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	29 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 1:00pm Presentation: The Joy of Birdwatching GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	30 11:00am Shuffleboard TAV 1:00pm Virgin River (TV Series) MOV 1:00pm Tech Hour with Don LIB 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Stuffed Shells Dinner TAV 5:00/5:15pm Poker Night GR	Looking for Mahjong Players!! If the interest is there, we would love to have a SUMMIT SENIOR LIVING MAH JONGG TOURNAMENT Coming in May-more details to follow! Please sign up on the conversation table by April 10. We are hoping for 4 to 8 players from each community.		SARATOGA TODAY'S 2024 BEST OF 55+ Living Residence Voting begins March 15 through April 12. Easy voting links will be sent out with the daily sheets. Wear your purple Summit shirts on Fridays.	Medication Drop-off Thursday, April 25 9:00-11:00am Office Drop off your expired, unused, or unwanted medications.
CONNECTED life  FITNESS	Every Monday Tai Chi I: Basics FS 9:00am Balance FS 9:30am Tai Chi II: Basics + 73 LIB 9:40 Yoga FS 10:00am Strength Training FS 10:30am Tai Chi III: Intermediate LIB 10:30am	Every Tuesday Hydro Rider P 8:30/9:00am Aqua Fit P 9:35am 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 1:00am	Every Thursday Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Move & Groove FS 11:30am	Every Friday Water Aerobics P 8:30am Tai Chi I: Basics FS 9:00am Hydro Rider P 9:30am/10:00am Tai Chi II: Basics + 73 FS 9:40 Tai Chi III: Intermediate FS 10:30am Tai Chi IV: Advanced FS 11:00am Buddy Swim P 1:00pm	In honor of Earth Day, there will be an array of books in a basket on the Great Room coffee table. Please sign them out and return. Together we can learn about and remember the importance of protecting health and the environment.  Please GO GREEN and bring your own coffee mug to breakfast!

Community Programs

Monday Happy Hour

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

HAPPY MONDAYS



Monday, April 1— Jazz Happy Hour with music by Steve Keller

Celebrate National Jazz Month with Steve Keller. Steve is a jazz vocalist and pianist. He performs Frank Sinatra songs and jazz standards from the 1930s to 1960s.

Monday, April 8— Total Solar Eclipse Happy Hour

The once-in-a-lifetime total solar eclipse, set to cross New York in April, deserves a party. Scheduled to be seen in Saratoga Springs at 3:26pm.

The total solar eclipse will shadow New York on the afternoon of April 8 on its skyward march across North America. The big draw is totality — the moment when the moon will block out the sun, darkening the midday sky to dusk and leaving a ring around the moon.

While the chances of clear skies may not be in our favor, Upstate New York remains a prime viewing spot. Much of Upstate will be in the path of totality for the first time in 99 years.

Approved solar eclipse glasses will be available.

Thursday Night Piano with Cole Broderick

Thursday, April 18

6:15pm

Great Room

Cole has been passionate about the piano from the moment he began studying the instrument at age seven. With performances at Troy City Music Hall, The Egg, and Saratoga Performing Arts, we are more than happy to have him tickle the ivories at the Summit.



Summit Book Club

Tuesday, April 9

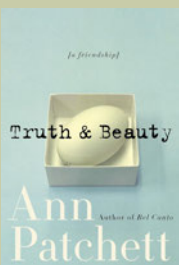
2:00pm

Library

This month we are reading and discussing *Truth and Beauty: A Friendship* by Ann Patchett.

All residents are welcome.

No sign-up necessary. Happy Reading!



Schwan's Home Delivery

Friday, April 19

10:00am

Great Room

Indulge your cravings and make every day delicious with Schwan's Home Delivery, now going by the name of "Yelloh!" They have a full range of top-quality frozen foods specially crafted to offer wholesome goodness and amazing convenience. New catalogs will be available.



with DJ Mark Hersh

April 11 & 25 at 2:30pm

Join us in the Great Room, where the competition is friendly and the trivia is fun!!

Come and join the teamwork!!

What Is Aid and Attendance Pension Program?

Thursday, April 11

1:00pm

Great Room

VA



U.S. Department of Veterans Affairs

Aid and Attendance Pension Program provides benefits for veterans and surviving spouses who require the regular attendance of another person to help with activities of daily living. Find out if you are eligible by coming to our meeting.

Art Class



Watercolor Workshop

Friday, April 26

10:00am

Craft Room

Budding artists welcome!

Sign up as there is limited seating.

The Songs and Stories of Broadway

Friday, April 26

2:00pm

Great Room



Join vocalist Jill Smith and keyboardist Michael Clement for a fun and informative performance of the Broadway shows you know and love!

This program is all about the talented Broadway composer Jerry Herman! Learn how he created some of the most iconic musicals on Broadway, and enjoy performances from Hello Dolly, Mame, La Cage Aux Folles and more!

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.



Sinking of the Titanic: 112th Anniversary April 1912 - April 2024

• Monday Night Movie - Titanic

Monday, April 8
6:15pm
Theater

Come to the big screen showing of Titanic. The performances, cinematography, and impressive effects are hard not to love.

• Vintage Visitors presents Margaret (Molly) Brown: Survivor of the Titanic

Wednesday, April 10
3:00pm
Great Room

The most famous survivor of the disaster lived an amazing life. Not the typically caricatured diamond-in-the-rough Westerner, she came from a modest childhood to become a cultivated, socially progressive woman.

Decluttering Seminar by Organize Senior Moves

April 12
11:00am
Great Room

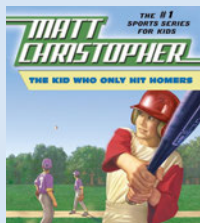
Let us help you "rightsize" your home and make way for the things you love... and use!



The Kid Who Only Hits Homers

Monday, April 15
1:00pm
Theater

Resident Dale Christopher, son of renowned children's author Matt Christopher, will host an exclusive showing of a movie based on his father's most famous book, *The Kid Who Only Hits Homers*. Dale will give you a short presentation and allow time for discussions.



April is National Stress Awareness Month By Maria Spagnola, Consultant, Home Instead

Friday, April 5
11:00am
Great Room

Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.



HECTORP

Wellness Workshop Tuesday, April 23 3:30pm Great Room

Step On It Travel Tour African Rift Valley -Cracks into the Earth

Wednesday, April 24
3:30pm
Theater



Our Step On It Walking Program is now combined with the phenomenal *Great Courses* lectures. This month's travel tour is of one of the world's greatest geological wonders: African Rift Valley. The talk will take us to Africa to look at rifting within continents and the process of ocean formation. Don't miss it!



The Joy of Birdwatching

Monday, April 29
1:00pm
Great Room

Join Linda White to learn basic birding skills, from binoculars to bird behaviors and habitat. She has been a National Park Service Ranger for many years, has conducted bird surveys and in the 1980's joined a group that began the Southern Adirondack Audubon.



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

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, April 9 & 23

12:30-1:30pm

Lobby

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, April 2 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



BE GREEN

& recycle

CLEAN

plastics, tin,
aluminum, paper
and glass.



#zerowaste

Route 50 Shopping

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



Saratoga Springs Public Library

Outreach

Tuesday, April 16

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