

SUMMIT AT HALEMOON

Monthly Newsletter

May 2024



THE Manager's Message

There exists one special holiday
that seems shortchanged by a
single day of celebration each year.

It honors the hardest working
individuals on the planet.

They nurture and nourish; heal and
hope; provide and protect.

They teach us to count our toes
and our blessings.

They bravely guide us through life's
most frightening storms.

From their example, we learn to
love others as well as ourselves.

Most of all, they instill confidence
in our ability to safely cross the
road even when they are no longer
here to hold our hand.

Happy Mother's Day!

Laura N. Leathem
Laura Leathem
Community Manager



Staff

Community Manager

Laura Leathem
LLeathem@summitseniorlife.com

Resident Services Coordinator

Aleksandra Wocher
AWocher@summitseniorlife.com

Maintenance

Keith Wargo
Joey Elgesiser

Weekend Concierge

Joanne Krazit
Gabi Pinnetti

Cleaning Attendant

Lori LaRock

Office Phone

518-807-6800

Emergency Maintenance

518-380-3860

Summit at Halfmoon
29 Sitterly Road
Halfmoon, NY 12065

Welcome to Summit at Halfmoon!!!



William Stevens 5/11
Gail Rosettie 5/13
Joyce Quickenton 5/20
Mary Jane Ostrowski 5/23

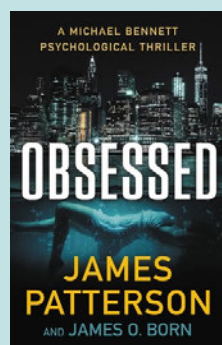
Please join us to celebrate our monthly birthdays on Tuesday, May 28th at 3:00 pm in the Great Room!



Book Club

Arctic Drift book discussion will be held in the Library **Monday, May 6th at 11:30 am.**

Please return your April book: *Arctic Drift* to the office by May 8th and pick up of *Obsessed* can start on May 10th.



Obsessed by James Patterson

A superstitious killer targeting young women in every borough of New York City has Detective Michael Bennett facing his most terrifying case since *Step on a Crack*.

Aboard a police boat on the Hudson River, Detective Michael Bennett casts a wary eye into the cold, rough water. NYPD is searching for a murder victim—a young college student. They find her tossed in the dark waves, dressed for a night out in a sparkly black gown. The gruesome sight fills Bennett with the dread only a father could fathom.

As the obsessive killer extends his spree, a pattern emerges. One that Bennett's eldest daughter fits to a disturbing degree. Now NYPD's top detective must lure the murderer into the light of day before the next deadly strike lands closer to home than Bennett could ever bear—as a parent, or as a protector.



Virtual Class: Seated Tai Chi

May 1st at 1:30 pm in the Lounge
Sign-up in the Book

Join Christine for a mind/body exercise that will leave you feeling energized, uplifted, and centered. Suitable for beginners and all fitness levels. What you will need: A stable chair without wheels that allows your feet to fully connect to the floor. Loose comfortable clothing, shoes are optional. Water for hydration.



Virtual Class: Effectively Using your Android Smartphone - Beginner & Intermediate

Please Sign-up in the Book

Beginner: May 7th at 1:30 pm in the Lounge
Join Eleonora and John and learn how to use your smartphone to make a phone call, send text messages and emails, set reminders, manage your calendar, and even take pictures. This class is for those that are just starting to learn how to use a smartphone, such as those made by Google, Samsung, LG and many others.

Intermediate: May 13th at 1:30 pm in the Lounge
Join Eleonora and John and learn about downloading apps from the Google Play Store, managing notifications, using voice commands with Google Assist, navigating the internet using Google Chrome, and more. (Gmail Address and Password may be needed).

MOTHER'S
DAY

Breakfast
Please join us

May 8th
at 8:30 am
in the Great Room
Sign-up in the Book

Join us for a breakfast to celebrate mothers and the special ladies in our lives!

Hot breakfast provided by Chef Mickey will be served in the Great Room at 8:30 am on Wednesday May 8th. Sign-ups close May 3rd.



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<p>5</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Downton Abbey Episodes (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle & Left Right Center (10 Dimes) (GR)</p> <p>7:30 pm Must Love Dogs (MOV)</p>	<p>6</p> <p>11:00 am Book Club: Arctic Drift Discussion (LIB)</p> <p>1:30 pm Gabi & Joey's Baby Party (GR)</p> <p>4:00 pm Supper Club with Chef Johnny - Country Fried Steak (\$16) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm Back to School (MOV)</p>	<p>7</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>11:30 am Corn Hole (Patio)</p> <p>12:00 pm Lunch Outing - Olive Garden</p> <p>1:30 pm Effectively Using your Android Smartphone - Beginner (LNG)</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm The Incredibles (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p>Medical Transports</p>	<p>8</p> <p>8:30 am Mother's Day Breakfast (GR)</p> <p>10:00 am Easy Meals for Older Adults to Make (LNG)</p> <p>11:00 am Academy for Lifelong Learning:—Mozart & His Operas (MOV)</p> <p>2:00 pm Bridge (LNG)</p> <p>4:00 pm Supper Club with Eddie F's - Shrimp & Soup (\$16) (GR)</p> <p>6:00 pm Hand & Foot (GR)</p>	<p>9</p> <p>11:30 am Garden Club Meeting (GR)</p> <p>1:00 pm Knitting & Crochet Circle (LIB)</p> <p>11:30 am Mobile Banking & Financial Scams (GR)</p> <p>2:30 pm Saving Notre Dame (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>5:30 pm Pot-Luck Appetizers and Drinks</p> <p>6:00 pm Revenge (GR)</p> <p>Medical Transports</p>	<p>10</p> <p>9:00 am Grocery Shopping</p> <p>11:30 am Resident Programing Meeting (GR)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Pizza Party with Tania Susi - BYOB (\$5) (GR)</p> <p>7:30 pm Footloose (MOV)</p>	<p>11</p> <p>10:30 am Bocce Ball (Patio)</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm Happiest Millionaire (MOV)</p> <p>4:00 pm Mah Jongg (LNG)</p> <p>6:00 pm Games (GR)</p> <p>HAPPY BIRTHDAY WILLIAM STEVENS!</p>
<p>12</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Downton Abbey Episodes (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle & Left Right Center (10 Dimes)(GR)</p> <p>7:30 pm Titanic (1953) (MOV)</p> <p>Mother's Day</p>	<p>13</p> <p>11:30 am Resident Meeting (GR)</p> <p>1:30 pm Effectively Using your Android Smartphone - Intermediate (LNG)</p> <p>4:00 pm Supper Club with Lin's Wok - Choice: Chicken, Pork, Veggie (\$12) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm The Man Who Shot Liberty Valance (MOV)</p> <p>Dr. Masias Monthly Visit</p> <p>HAPPY BIRTHDAY WILLIAM STEVENS!</p>	<p>14</p> <p>10:00 am Clifton Center Mall Shopping</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>11:30 am Corn Hole (Patio)</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm You've Got Mail (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p>Medical Transports</p>	<p>15</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>11:00 am Academy for Lifelong Learning:—Mozart & His Operas (MOV)</p> <p>2:00 pm Bridge (LNG)</p> <p>4:00 pm Supper Club with Chef Mickey Veggie Lasagna w/ Alfredo Sauce (\$15) (GR)</p> <p>6:00 pm Hand & Foot (GR)</p>	<p>16</p> <p>1:00 pm Knitting & Crochet Circle (LIB)</p> <p>2:30 pm Beauty and the Beast (2017) (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>3:30 pm Learn about the Ten Commandments (GR)</p> <p>6:00 pm Revenge (GR)</p> <p>Medical Transports</p>	<p>17</p> <p>9:00 am Grocery Shopping</p> <p>10:30 am Outside Games (Patio)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Happy Hour Russ Kennedy (GR)</p> <p>7:30 pm Red Notice (MOV)</p>	<p>18</p> <p>10:30 am Bocce Ball (Patio)</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm We Bought a Zoo (MOV)</p> <p>4:00 pm Spinner Dominoes (LNG)</p> <p>6:00 pm Games (GR)</p>
<p>19</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Downton Abbey Episodes (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle & Left Right Center (10 Dimes)(GR)</p> <p>7:30 pm What's Eating Gilbert Grape (MOV)</p>	<p>20</p> <p>12:00 pm Watercolor Painting Class (FS)</p> <p>4:00 pm Supper Club with Chef Johnny - Asian Filipino Pancit Noodles w/ Chicken (\$16) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm Bull Durham (MOV)</p> <p>HAPPY BIRTHDAY JOYCE QUICKENTON!</p>	<p>21</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>11:30 am Garden Club Meeting (GR)</p> <p>12:00 pm Lunch Outing - Ravenswood</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm Lady and the Tramp (1955) (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p>Medical Transports</p>	<p>22</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>11:00 am Academy for Lifelong Learning:—Mozart & His Operas (MOV)</p> <p>10:00 am Rivers Casino</p> <p>2:00 pm Bridge (LNG)</p> <p>4:00 pm Supper Club with Chef Mickey Veggie Lasagna w/ Alfredo Sauce (\$15) (GR)</p> <p>6:00 pm Hand & Foot (GR)</p> <p>7:00 pm Shenendehowa Orchestra concert at High School East Auditorium</p>	<p>23</p> <p>12:00 pm Men's Brunch: Omelet Bar</p> <p>1:00 pm Knitting & Crochet Circle (LIB)</p> <p>2:30 pm Rick Steve's Portugal (S10 E2&3) (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>6:00 pm Revenge (GR)</p> <p>Medical Transports</p> <p>HAPPY BIRTHDAY MARY JANE OSTROWSKI!</p>	<p>24</p> <p>9:00 am Grocery Shopping</p> <p>10:30 am Outside Games (Patio)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Happy Hour with Roosevelt Baker - BYOB (GR)</p> <p>7:30 pm 12 Years a Slave (MOV)</p>	<p>25</p> <p>10:30 am Bocce Ball (Patio)</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm Swiss Family Robinson (MOV)</p> <p>4:00 pm Mah Jongg (LNG)</p> <p>6:00 pm Games (GR)</p>
<p>26</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Downton Abbey Episodes (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle & Left Right Center (10 Dimes)(GR)</p> <p>7:30 pm First Knight (MOV)</p>	<p>27</p> <p>9:00 am Pot-Luck Breakfast (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm The Jungle Book (1967) (MOV)</p> <p>Office Closed / No Fitness Classes</p> <p>Memorial Day</p>	<p>28</p> <p>11:00 am Walking Group (Main Entrance)</p> <p>11:30 am Corn Hole (Patio)</p> <p>2:00 pm Rosary (CP)</p> <p>1:30 pm Email Management for Apple Devices (LNG)</p> <p>2:30 pm Hidden Figures (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>3:00 pm May Birthday Party (GR)</p> <p>6:00 pm Mexican Train (GR)</p> <p>Medical Transports</p>	<p>29</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>11:00 am Academy for Lifelong Learning:—Mozart & His Operas (MOV)</p> <p>2:00 pm Bridge (LNG)</p> <p>4:00 pm Supper Club with Chef Mickey Sliced Roast Beef w/ Mashed Potatoes (\$15) (GR)</p> <p>6:00 pm Hand & Foot (GR)</p>	<p>30</p> <p>1:30 pm Ice Cream Sundays Served by Summit Staff (GR)</p> <p>1:00 pm Knitting & Crochet Circle (LIB)</p> <p>2:30 pm Rick Steve's Sicily (S10 E9&10) (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>6:00 pm Revenge (GR)</p> <p>Medical Transports</p>	<p>31</p> <p>9:00 am Grocery Shopping</p> <p>10:30 am Outside Games (Patio)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Happy Hour with the Gone Grey Band (GR)</p> <p>7:30 pm Grease (MOV)</p>	<p>GR - Great Room</p> <p>LNG - Lounge</p> <p>FD - Family Dining Room</p> <p>MOV - Movie Theater</p> <p>FS - Fitness Studio</p> <p>CP - Chapel</p> <p>LIB - Library</p> <p>BIL - Billiards Room</p> <p>PS - Practitioner's Suite</p>

CONNECTED life



FITNESS

Every Monday

9:45 am Balance Class
10:45 am Chair Yoga
3:00 pm Chair Dancing (LNG)

Every Tuesday

10:00 am Sit to be Fit
11:00 am Water Aerobics (Pool)

Every Wednesday

10:00 am Strength & Balance
11:00 am Hydro-rider Class (30 min) (Pool) - Sign-up Required
11:30 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

Every Thursday

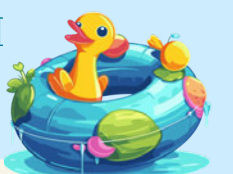
10:00 am Sit to be Fit
11:00 am Water Aerobics (Pool)

Every Friday

11:00 am Pilates
11:00 am Hydro-rider Class (30 min) (Pool) - Sign-up Required
11:30 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

Pool Buddy Swim Time!!

Daily at 3:00 PM



Community Activities

HECTORPT

Senior Rehabilitation Services PLLC.



Presentation:
How to Get Up From the Floor
 May 1st at 11:30 am
 Fitness Studio

Come for an interactive demonstration about how to safely get up from the floor.

Gabi and Joey's Baby Party

May 6th at 1:30 pm

Come join in a celebration of Gabi and Joey's baby boy! All are welcome to come have cake and celebrate with the happy parents!



Lunch Outing:
Olive Garden
 May 7th at 12:00 pm
 Sign-up in the Book



Virtual Class: "Easy Meals for Older Adults to Make"

May 8th at 10:00 am in the Lounge
 Sign-up in the Book

Join Registered Dietitian Patty Wukitsch as she explores the possible meal ideas for older adults that are easy, simple, and budget-friendly.

Garden Club Meetings

May 9th at 11:30 am
 May 21st at 11:30 am
 Great Room



Please join us in the Great Room to learn more about the plans for our Community Garden and what progress has been made!

Academy for Lifelong Learning: Mozart & His Operas

6 Week Course Starting Wednesday,
 May 1st at 11:00 am in the Movie Theater
 Sign-up in the Book, Max 5 People,
 \$50 Course Fee Due to Instructor at First Class



Explore the life and times and beautiful operas of Mozart through an in-depth study of his comic masterpiece *Così fan tutte* and other selected operas. Then enjoy the experience of seeing the opera performed live during Opera Saratoga's 2024 Summer Festival (discounted tickets will be made available to attendees).

- May 1st:** The Time Period
- May 8th:** The Musical Genius
- May 15th:** The Operatic Works
- May 22nd:** The Comic Masterpiece - *Così fan tutte*
- May 29th:** *Così* continued
- June 5th:** *Marriage of Figaro, Don Giovanni, and Magic Flute*

Leader: Carol Markley is a life-long opera fan and member of the Board of Directors at Opera Saratoga. She taught the Opera Fundamentals course for the Academy this past fall.



May 10th at 4:00 pm

Pre-pay \$5 and sign-up using the Summit Supper Club Order Form to order 2 slices of pizza!

Enjoy Live music performed by Tania Susi!

Water Color Class

May 20th at 12:00 pm
 Sign-up in the Book
 Max of 12 Participants



Join Sue Peters for a class on water color painting in the Fitness Studio. She will be guiding your talents through painting floral bookmarks!

Community Activities



Potluck Gatherings
Sign-up in Book

Get together in the Great Room with friends and neighbors with and bring your famous dishes during this month's potluck meals!

May 9th at 5:30 pm
Appetizers & Drinks

May 27th at 9:00 am
Breakfast

Mobile Banking & Financial Scams
May 9th at 11:30 am

Come to the Great Room to learn more about Mobile Banking and Financial Scams that target seniors, from our friends at Sunmark Federal Credit Union.

Learn about the Ten Commandments with Rabbi Monson

May 16th at 3:30 pm
Great Room




Lunch Outing:
RAVENSWOOD

May 21st at 12:00 pm
Sign-up in the Book



Men's Brunch: Omelets
May 23rd at 12:00 pm

Family Dining Room
Sign-up in the Book



Virtual Class: "Email Management for Apple Devices"
May 28th at 1:30 pm in the Lounge
Sign-up in the Book

Join Eleonora and John and learn some tricks and tips on how to manage email on your Apple devices.

Supper Club
FOOD & FRIENDS

Eat-in or Pick-up available in the Great Room
Return the Supper Club Order Form to the office or rent box with exact cash
Due: 9 AM, Monday, April 29th

Wednesday the 1st - Chef Mickey
Stuffed Shells with Meatballs, Marinara, Salad, & a Roll (\$15)

Monday the 6th - Chef Johnny
Country Fried Steak, Mashed Potatoes, Corn, Roll, & Dessert (\$16)

Wednesday the 8th - Eddie F's
Shrimp & Soup: Your Choice of Shrimp Style, Type of Soup and One Side (Already includes a side of Coleslaw)
Shrimp: Blackened, Grilled or Fried
Soup: Clam Chowder or Lobster Bisque
Sides: French Fries, Onion Rings, Baked Beans, Macaroni Salad, or Potato Salad (\$16)

Monday the 13th - Lin's Wok
Chose One: Roast Pork w/ Broccoli, Vegetable Fried Rice, Chicken Lo Mein (\$12)

Wednesday the 15th - Chef Mickey
Meatloaf, Mashed potatoes, Vegetables, Salad, & a Roll (\$15)

Monday the 20th - Chef Johnny
Asian Filipino Pancit Noodles with Chicken, Egg Roll, Roll, & Leche-flan dessert (\$16)

Wednesday the 22nd - Chef Mickey
Veggie Lasagna with Alfredo Sauce, Salad, & a Roll (\$15)

Wednesday the 29th - Chef Mickey
Sliced Roast Beef with Mashed Potatoes, Gravy, Vegetables, Salad, & a Roll (\$15)



Ice Cream Sundays
Served by Your Summit Staff

May 30th at 1:30 pm
Great Room

Concierge Services

MEAL OPTIONS

Continental Breakfast

8:30 AM—10:15 AM



Lunch

Lunch outings available twice each month as well as a monthly Men's Lunch. Please see calendar.

Supper Club

You have the option of two hot or to-go meals each week. They come ready to eat, from local Chefs. You can pick up your pre-paid meals at 4 pm in the Family Dining Room.

Friday Grocery Shopping

Every Friday, the Halfmoon bus goes to 5 local grocery stores: **Market 32, Hannaford, Trader Joe's, Aldi, and Walmart.** We will leave at **9:00 am.** The bus will pick you up at the main entrance and shopping lasts **1 hour.** Please sign-up in the main office.



TRADER JOE'S Walmart

Medical Appointments Every Tuesday and Thursday

Every Tuesday and Thursday, we provide transportation to scheduled, routine medical appointments. This service is available **between the hours of 9 AM and 2 PM.** Contact the office for more details and to reserve your appointment time.

HECTORP
Senior Rehabilitation Services PLLC.



Located in the Practitioner's Suite
on the 3rd Floor

518-577-5214



♥ Gift Certificates Available ♥

Nails: Tina 518-698-4693

Esthetician: Jolene 510-857-5851

Hair: Sue 518-495-6054

Massage: Cathy 518-229-0741

Resident Informational Meeting

Theater How-To/Movie Committee

Friday, May 3rd at 11:30 am

Resident Program Meeting

Friday, May 10th at 11:30 am

Resident Meeting with Laura & Staff

Monday, May 13th at 11:30 am

FROZEN DINNERS

Presented By:

Chef Johnny



Need dinner?

Don't feel like cooking?

Chef Johnny's frozen meals are available in the office, for \$14, on a first come/ first serve basis. The below dishes are ready to be simply heated & enjoyed.

Dinner Options:

Veggie Lasagna • Turkey Dinner with Stuffing, Mashed Potatoes and Veggies • Chicken Parmigiana with Pasta, Sauce and Veggies • Cheese Manicotti with Sauce and Veggies • Meatloaf Dinner with Mashed Potatoes and Veggies

On-Site Podiatrist

Dr. Michael Masias, DPM

Starting at 10:00 on the 2nd Monday of every month, Dr. Masias will be on site.

518-320-8659