

SUMMIT AT HALEMOON

Monthly Newsletter

July 2024



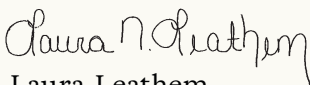
THE Manager's Message

Life is an adventure. I think I was thirteen when my English teacher made that strange proclamation. There was little I could do other than take her word for it. At my stage of the life game, I had no money, no driver's license, and no idea what real adventure entailed. Mine was a family of cautious people. We unplugged the TV during thunderstorms, never went swimming within an hour of eating lunch, and locked our doors at night. Nobody had a passport, an EZ Pass, or a single frequent flier mile. The word adventure conjured up images of risky behavior in uncharted territory. We went on vacations, not adventures. There was no Mt. Everest in my future. We needed no sherpa or oxygen tanks to explore the Catskills.

My great grandmother, Mabel Orr Booth, got all the adventure genes allocated to our family. She loved to travel, she loved adventure. She wasn't afraid of the unfamiliar. Mabel surrounded herself with some pretty impressive celebrities from 1930-1970. She spent time with Welsh author, Richard Llewellyn. Some of Grandma's people came from northern Wales. They had a lot in common. Mabel met explorer Thor Heyerdahl only once but spoke of him often. When the name Truman Capote was mentioned, Gram described him as an eccentric genius. Some of her best girlfriends were Carson McCullers, Ayn Rand, and Pearl Buck. Pearl held a special place in her heart. Mabel had a brief encounter with novelist, Leon Uris, and a much longer, more intense relationship with American author, James Michener. Grandma said she cried when it was over.

Mabel spent her life raising nine children during the Great Depression on a small farm in Easton, New York. She and her husband worked tirelessly milking cows and growing melons and strawberries to sell to passersby. As far as I know, they never ventured more than 70 miles from their home. Nevertheless, Gram found time and money from her roadside strawberry sales to experience a lifetime of rich adventures. At the end of each day, after the dishes were washed and the children were off to bed, Mabel settled into her rocking chair and took off for China, Israel, Wales, New York City, and Tahiti among countless other destinations. Her adventures were found on the pages of *The Good Earth*, *Exodus*, *How Green Was My Valley*, *Breakfast at Tiffany's*, and *Kon Tiki*. Grandma Booth often spoke of the sadness she felt upon reading the final page of Michener's epic, *Hawaii*. It was among her favorite adventures.

Grandma needed no trust fund or fancy luggage to pursue adventure in her life. She didn't let arthritis slow her down. With a cold lemonade beside her, Mabel traveled the world and met hundreds of fascinating characters all from the comfort of her living room...no reservations, no security checks, no missed connections. Sounds like a wonderful idea. Maybe I'll see you at the library. Enjoy July with your Adventures!


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
Linda Cox

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!!!



Richard Antokol	07/01
Sharon Warren	07/01
Esther Sestito	07/10
Dan Grimmick	07/10
Joanne Krazit	07/12
Kevin Krazit	07/13
Ruth Yetto	07/24
Frank Gray	07/29
Jody Porter Cheney	07/31

Please join us to celebrate our monthly birthdays on Tuesday, July 31st at 2:00 pm in the Great Room!

Ice Cream Sundae Party Served by Summit Staff

July 2nd at 1:30 pm
Great Room
Sign Up in the Book

AAA Travel Opportunity Discussion

July 17th at 11:30 am in the Great Room
Sign Up in the Book

Learn more about everything that AAA has to offer with cruises, river cruising, tours, and motorcoach trips.

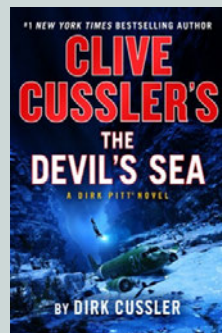
AAA.com or 1-877-222-8283



Book Club

Target Acquired book discussion will be held in the Library Monday, July 8th at 11:30 am.

Please return your June book, *Target Acquired* to the office by July 10th and pick up of *The Devil's Sea* can start on July 12th.



Clive Cussler's *The Devil's Sea* by Dirk Cussler

In 1959 Tibet, a Buddhist artifact of immense importance was seemingly lost to history in the turmoil of the Communist takeover. But when National Underwater and Marine Agency Director Dirk Pitt discovers a forgotten plane crash in the Philippine Sea over 60 years later, new clues emerge to its hidden existence.

But Pitt and his compatriot Al Giordino have larger worries when they are ordered to recover a failed hypersonic missile from Luzon Strait. Only someone else is after it, too...a rogue Chinese military team that makes their own earthshattering discovery, hijacking a ship capable of stirring the waters of the deep into a veritable Devil's Sea.

From the cold dark depths of the Pacific Ocean to the dizzying heights of the Himalaya Mountains, only Dirk Pitt and his children, Summer and Dirk Jr., can unravel the mysteries that will preserve a religion, save a nation...and save the world from war.

Langes Pharmacy Immunization and Services Introduction

July 30th at 11:30 am in the Great Room

Come learn about Langes Pharmacy who will be leading immunization clinics in the coming months and other services they may provide as a local independent pharmacy!

S	M	T	W	TH	F	S
GR - Great Room LNG - Lounge FD - Family Dining Room MOV - Movie Theater FS - Fitness Studio CP - Chapel LIB - Library BIL - Billiards Room PS - Practitioner's Suite	1 11:30 am Corn Hole (Patio) 4:00 pm Supper Club with Chef Johnny - Swedish Meatballs, Potatoes, Lingenberry Sauce, Veggies & Dessert (\$16) (GR) 6:00 pm Chicken Foot (GR) 7:30 pm The Man Who Knew Too Much (MOV) HAPPY BIRTHDAY SHARON WARREN! HAPPY BIRTHDAY RICHARD ANTOKOLI!	2 9:15 am Just for Fun Pickleball (PBC) 1:30 pm Ice Cream Sundae Party Served by Summit Staff (GR) 2:00 pm Rosary (CP) 2:30 pm Lt. Robin Crusoe, U.S.N. (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR)	3 8:30 am Waffle Wednesday (GR) 2:30 pm Bridge (LNG) 4:00 pm Supper Club with Chef Johnny - Sweet and Savory Crepe Bar (\$15) (GR) 6:00 pm Hand & Foot (GR)	4  3:00 pm Resident Lead Party & Pot-luck (\$5) (Patio) Office Closed No Fitness Classes Independence Day!	5 9:00 am Grocery Shopping 2:00 pm Quarter Bingo (GR) 4:00 pm Pizza Party (\$5) - BYOB (GR) 7:30 pm GoldenEye (MOV)	6 10:30 am Bocce Ball (Patio) 1:00 pm Scrabble (LNG) 2:00 pm Man's Favorite Sport? (MOV) 4:00 pm Rummikub (LNG) 6:00 pm Games (GR)
7 10:30 am Outside Games (Patio) 11:00 am Khartoum (MOV) 4:00 pm Poker (LIB) 6:00 pm Farkle & Left Right Center (10 Dimes) (GR) 7:30 pm Indiana Jones: The Last Crusade (MOV)	8 11:00 am Book Club: Target Acquired Discussion (LIB) 11:30 pm Corn Hole (Patio) 4:00 pm Supper Club with Chef Johnny - Chicken Marsala, Potatoes, Salad & Dessert (\$16) (GR) 6:00 pm Chicken Foot (GR) 7:30 pm Wonder (MOV) No Chair Dancing	9 9:15 am Just for Fun Pickleball (PBC)  11:30 am Balance Screening with PRN - Sign Up in the Book (FS) 12:45 pm Lunch Outing: Lakeside Farms 2:00 pm Rosary (CP) 2:30 pm Quantum of Solace (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) Medical Transports	10 8:30 am Waffle Wednesday (GR)  1:00 pm Reiki Introduction / Q&A with Karlynn Lampman (GR) 2:30 pm Bridge (LNG) 4:00 pm Supper Club with Chef Mickey - Eggplant Rollatini, Meatballs & Dessert (\$16) (GR) 6:00 pm Hand & Foot (GR) HAPPY BIRTHDAY ESTHER SESTITO! HAPPY BIRTHDAY DAN GRIMMICK!	11 9:15 am Just for Fun Pickleball (PBC) 10:00 am Clifton Center Mall Shopping 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 2:30 pm The Blue Angels (MOV) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) 7:30 pm Fire-side Chat with S'mores Medical Transports	12 9:00 am Grocery Shopping 10:30 am Outside Games (Patio) 11:30 am Theater How-To/Movie Committee Meeting (GR) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour with Cole Brodrick (GR) 7:30 pm Overboard (MOV) HAPPY BIRTHDAY JOANNE KRAZIT!	13 10:30 am Bocce Ball (Patio) 1:00 pm Scrabble (LNG) 2:00 pm The Wedding Planner (MOV) 4:00 pm Mah Jongg (LNG) 6:00 pm Games (GR) HAPPY BIRTHDAY KEVIN KRAZIT!
14 10:30 am Outside Games (Patio) 11:00 am Jungle Cruise (MOV) 4:00 pm Poker (LIB) 6:00 pm Farkle & Left Right Center (10 Dimes) (GR) 7:30 pm The Matrix (MOV)	15 11:30 pm Corn Hole (Patio) 11:45 am Dutch Apple Cruises Hudson River Sightseeing (90 minutes) (\$28) 4:00 pm Supper Club with Chef Johnny - Breakfast for Dinner (\$16)(GR) 6:00 pm Chicken Foot (GR) 7:30 pm Aladdin (MOV) Dr. Masias Monthly Visit	16 9:15 am Just for Fun Pickleball (PBC) 12:30 pm Summer Party (Patio) 2:00 pm Rosary (CP) 2:30 pm Crazy Rich Asians (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) Medical Transports	17 8:30 am Waffle Wednesday (GR)  11:30 am AAA Travel Opportunity Discussion (GR) 2:30 pm Bridge (LNG) 4:00 pm Supper Club with Chef Mickey Sliced Ham, Sweet Potato Puree & Dessert (\$16) (GR) 6:00 pm Hand & Foot (GR) 7:00 pm Bridge Class (LGN)	18 9:15 am Just for Fun Pickleball (PBC) 1:00 pm Knitting & Crochet Circle (LIB) 12:00 pm Lunch Outing: La Fiesta 1:30 pm Karaoke (LNG) 2:30 pm Rick Steve's France (S8 E3&4) (MOV) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) 7:30 pm Fire-side Chat with S'mores Medical Transports	19 9:00 am Grocery Shopping 10:30 am Outside Games (Patio) 11:30 am Resident Programing Meeting (GR) 1:30 pm Mr. Ding-A-Ling Ice Cream Truck (Main Entrance) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour with Laura Collins - BYOB (GR) 7:30 pm Jumanji (MOV)	20 10:30 am Bocce Ball (Patio) 1:00 pm Scrabble (LNG) 2:00 pm The Love Bug (MOV) 4:00 pm Spinner Dominoes (LNG) 6:00 pm Games (GR)
21 10:30 am Outside Games (Patio) 11:00 am 101 Dalmatians (MOV) 4:00 pm Poker (LIB) 6:00 pm Farkle & Left Right Center (10 Dimes) (GR) 7:30 pm The Matrix Reloaded (MOV)	22 11:30 am Resident Meeting with Laura & Staff (GR) 12:30 pm Corn Hole (Patio) 2:00 pm Saratoga Soundtrack Chorus (GR) 4:00 pm Supper Club with Chef Johnny - Beef Stroganoff, Noodles, Veggies & Dessert (\$16) (GR) 6:00 pm Chicken Foot (GR) 7:30 pm The Guns of Navarone (MOV)	23 9:15 am Just for Fun Pickleball (PBC) 12:00 pm Taco Tuesday Bar with Chef Johnny (\$10) (GR) 2:00 pm Rosary (CP) 2:30 pm The Sound of Music (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) Medical Transports	24 8:30 am Waffle Wednesday (GR) 10:00 am Tri-City Valley Cats Baseball Game & Lunch (\$15) 2:30 pm Bridge (LNG) 4:00 pm Supper Club with Lin's Wok Chinese Food (\$13) (GR) 6:00 pm Hand & Foot (GR) HAPPY BIRTHDAY RUTH YETTO!	25 9:15 am Just for Fun Pickleball (PBC) 11:30 am Storytelling with Kate Dudding - Pioneer Women Aviators 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 2:30 pm Rick Steve's Israel & Palestine (S7E5&6) (MOV) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) 7:30 pm Fire-side Chat with S'mores Medical Transports	26  9:00 am Grocery Shopping 10:00 am PRN Olympics Opening Ceremony (Patio) 10:30 am Outside Games (Patio) 1:30 pm Olympic Opening Ceremony (MOV) 1:30 pm Mr. Ding-A-Ling Ice Cream Truck (Main Entrance) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour with Rickie Phillips (GR) 7:30 pm National Treasure (MOV)	27 10:30 am Bocce Ball (Patio) 1:00 pm Scrabble (LNG) 2:00 pm The Breakfast Club (MOV) 4:00 pm Mah Jongg (LNG) 6:00 pm Games (GR)
28 10:30 am Outside Games (Patio) 11:00 am Anastasia (MOV) 4:00 pm Poker (LIB) 6:00 pm Farkle & Left Right Center (10 Dimes) (GR) 7:30 pm The Matrix Revolutions (MOV)	29 11:30 am Olympic Corn Hole (Patio) 12:30 pm Men's Lunch: Subs (FD) 4:00 pm Supper Club with Chef Johnny - Chicken Cordon Bleu, Potatoes, Salad & Dessert (\$12) (GR) 6:00 pm Chicken Foot (GR) 7:30 pm Brother Bear (MOV) HAPPY BIRTHDAY FRANK GRAY!	30 9:15 am Olympic Just for Fun Pickleball (PBC)  11:30 am Langes Pharmacy Immunization and Services Introduction (GR) 2:00 pm Rosary (CP) 2:00 pm June Birthday Party (GR) 2:30 pm Dune (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) Medical Transports 	31 8:30 am Waffle Wednesday (GR) 10:00 am Rivers Casino 2:30 pm Bridge (LNG) 4:00 pm Supper Club with Chef Mickey Sole Stuffed with Crab Meat, Cornbread & Dessert (\$16) (GR) 6:00 pm Hand & Foot (GR) HAPPY BIRTHDAY JODY PORTER CHENEY!			
CONNECTED <i>life</i>  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 10:00 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

July 4th Resident Lead Party & Pot-Luck



Please Sign Up and pay \$5 to Marilyn by July 1st.
\$5 will cover 2 grilled items, either burgers, hot dogs or one of each. Pot-luck sides and BYOB. Bring your own place settings.

July 4th at 3:00 pm • Patio / Great Room



**July 5th at 4:00 pm
Great Room**

Pay \$5 & Sign Up on the
Supper Club Order Form and
Bring Your Own Beverage!



**Free Balance
Screening with
PRN PT**

**July 9th at 11:30 am
Fitness Studio**

Please Sign Up in the Book for a time slot to meet with PRN PT for one on one balance screenings!

The PRN PT OT SLP PLLC team will be available to screen your fall risk with 3 screening tools.

Refreshments available.

**Reiki Introduction / Q&A
with Karlynn Lampman**

**July 10th at 1:00 pm
Great Room**



I started my journey to become a Reiki Practitioner in 2008. I completed Reiki Level I (2008) and received Reiki Level II in 2009. I stepped away from pursuing the Reiki Master Level after my father passed away in 2011.

I continued to practice Reiki on family, friends, and friends of family until 2022. I found a renewed push to get my Master Level which was completed in February 2023. Adding to my Reiki (and love of crystals), I became a Certified Crystal Healer in April 2023. Now, as a certified Reiki practitioner, I bring compassion and skill to guide others on their paths to holistic well-being.

JULY OUTINGS

Lunch Outing: Lakeside Farms

July 9th at 12:45 pm

Sign Up in the Book

Clifton Center Mall Shopping

July 11th at 10:00 am

Sign Up in the Book

**Dutch Apple Cruises:
Hudson River Sightseeing (90 minutes)**

July 15th at 11:45 am

Pay & Sign Up in the Office

\$28 for Ticket, Please bring a Valid ID for Boarding & Alcoholic Beverage Purchase, Cash or Credit for Food and Drinks, Please Dress Weather Appropriately.

Max of 11, Min of 5, Sign Up by July 10th

Lunch Outing: La Fiesta

July 18th at 12:00 pm

Sign Up in the Book

**Tri-City Valley Cats Baseball
Game & Lunch**

July 24th at 10:00 am

Pay & Sign Up in the Office. \$15 for Premium Seating & Included Lunch of Hot Dog, Chips & Water

Rivers Casino

July 31st at 10:00 am

Sign Up in the Book



Men's Sub Lunch



**July 29th at 12:30 pm
Family Dining Room**

Community Activities

Saratoga Soundtrack Chorus

July 22nd at 2:00 am
Great Room

Come listen to the musical entertainment
of this amazing group!!!



Taco Tuesday Bar with Chef Johnny

July 23rd at 12:00 pm
Great Room

\$10 for 2 Tacos plus Toppings

TACO TUESDAY IS COMING TO SUMMIT!
PAY & SIGN UP ON THE SUPPER CLUB ORDER
FORM

Storytelling with Kate Dudding: Pioneer Women Aviators

July 25th at 11:30 am • Great Room

Hear Kate Dudding share the stories of
a lady balloonist, a record-setting pilot
from 1912, a pilot and mechanic who
lobbied Congress in 1938 for equal rights
for African American flyers, and 13 women
who wanted to be astronauts in 1960.



Summit at Halfmoon Olympics: Opening Ceremony

Friday July, 26th at 12:00 • Patio/Great Room

Join PRN PT OT SLP PLLC in kicking off
the World Olympic event right here
at the Summit! Refreshments will be
served as we kick off our very own
community competition!



SupperClub

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, Friday, . . .

Monday the 1st - Chef Johnny

Swedish Meatballs, Creamy Mashed Potatoes, Veggies, &
a Dessert (\$16)

Wednesday the 3rd - Chef Johnny

3 Crepes with your choice of fillings (\$15)

Sweet: Nutella, Strawberries, Banana, Whipped Cream, & Sugar

Savory: Eggs, Cheese, Ham, Spinach, & Tomato

Monday the 8th - Chef Johnny

Chicken Marsala, Little Roasted Potatoes, Salad,
& a Dessert (\$16)

Wednesday the 10th - Chef Mickey

Eggplant Rollatini, Meatballs, with Marinara Sauce &
a Dessert (\$16)

Monday the 15th - Chef Johnny

Breakfast for Dinner: French Toast, Scrambled Eggs,
Bacon, & Potatoes (\$16)

Wednesday the 17th - Chef Mickey

Sliced Ham, Sweet Potato Puree, Vegetables, Salad, a Roll,
& a Dessert (\$16)

Monday the 22nd - Chef Johnny

Beef Stroganoff, Noodle, Veggies, a Roll,
& a Dessert (\$16)

Wednesday the 24th - Lin's Wok Chinese Food

Chose One: Pork Lo-Mein, Sweet & Sour Chicken,
Shrimp with Mixed Veggies (\$13)

Monday the 29th - Chef Johnny

Chicken Cordon Bleu, Potatoes, Salad,
& a Dessert (\$16)

Wednesday the 31st - Chef Mickey

Sole Stuffed with Crab Meat, Cornbread, Mashed
Potatoes, Veggies, Salad, a Roll, & a Dessert (\$16)

Summit Summer Party!!

July 16th at 12:30 pm
Patio/Great Room

Sign Up in the Book by July 11th



Please join us for a Summit sponsored
summer party with picnic style lunch,
pot-luck sweet treats, lawn games and
live music by The Gone Grey Band!!!

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.



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

518-577-5214



♥ Gift Certificates Available ♥

Nails: Tina 518-698-4693

Nails: Darcy 518-605-7566

Esthetician: Jolene 510-857-5851

Hair: Sue 518-495-6054

Massage: Cathy 518-229-0741

Resident Informational Meeting

Theater How-To/Movie Committee

Friday, July 12th at 11:30 am

Resident Program Meeting

Friday, July 19th at 11:30 am

Resident Meeting with Laura & Staff

Monday, July 22nd 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 Book, 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