

SUMMIT AT SARATOGA

Monthly Newsletter

July 2024



THE Manager's Message

Remember the day

Let us remember the day of choice,
The pride that gave us all,
Give a salute to those,
Because of whom we stand tall,
A day full of love and peace,
Make the most of it today,
As it's the Independence Day!
Happy 4th of July!

July is here and "Love is in the air" ... join us for our own wedding fashion show here at Summit! Bring your wedding photo to the office to be copied and displayed in the foyer.

Join us on July 24th for our annual Summer Cookout catered by Chef Mickey with a Racetrack theme. Hamburgers, hot dogs, salads, lawn games and more. If your last name begins with A-M, please bring a dessert to share.

Every year we collect donations for the Racetrack backstretch workers. We are collecting gently used bedding, blankets, pillows, sheets and pillowcases, towels, men's and women's clothing, shoes and hygiene products. For the third year, we will be sponsoring an apartment that the workers live in for the meet. Thank you for all your donations!

SPAC is on our list of highlights this month to see the NYC Ballet "Jewels" along with a luncheon cruise of the Hudson River with Dutch Apple Cruises and so much more!

Welcome New Residents:

Elaine Martin Richard Hnis Frances Gailor

Warm regards,



Christy Durant
Community Manager



There is nothing quite like a Summer in Saratoga!

Residents please join us for our
Saratoga Summer Cook-Out.

Wednesday, July 24 at 12:00pm

There will be BBQ favorites, lawn games,
giveaways and more.

Please bring a dessert to share if your last name begins with A-M.

Community Manager

Christy Durant
CDurant@SummitSeniorLife.com

Resident Services

Coordinator

Rebecca Detora
RDetora@SummitSeniorLife.com

Concierge

Jessica Barr
Concierge@SummitSeniorLife.com

Maintenance

Clyde Moore Jr.
Bill St. Denis

Cleaner

Krick Wahl
Skip Vickery

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

Summer Car Show Adirondack Corvette Club

**Saturday, July 13
11:00am to 1:00pm**

You do not have to be a corvette enthusiast to step outside and see more than 15 Corvettes that range from 1966 to 2024.

The cars will parade around the building and then park for you to check out!



Alice Welcome	7/04
Elaine Martin	7/07
Les Pembrook	7/10
Judy Staubo	7/11
Paul Suppes	7/13
Lester Rosenberg	7/13
Kathy Phelps	7/15
Diane Shanley	7/19
Richard Rozycki	7/22
Sue Peters	7/24
Terry Humiston	7/24
Pat Gould	7/25
Donna Robarge	7/30
Rich Aubin	7/30

Help us celebrate our monthly birthdays on Wednesday, July 17 at 3:30pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Monday, July 8 at 1:00pm
Great Room

Resident Meeting with Christy
Monday, July 15 at 11:30am
Great Room

Theatre How-To/Movie Committee
Thursday, July 25 at 11:00am
Movie Theater



Dutch Apple Cruise



Wednesday, July 17

Experience a Dutch Apple Sightseeing Cruise on the historic Hudson River! The bus is full at this time. If you would like to purchase a ticket and have your own transportation, please see Rebecca. Tickets are \$30 per person. Tickets are non-refundable.

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

We can board at 12:30pm and the cruise is from 1:00 - 2:30pm.

Excursions

Whitman Brewing Company



Wednesday, July 10

Whitman Brewing is a craft brewery housed in the old Saratogian building in downtown Saratoga Springs. They have a broad selection of delicious beers. Their walk-up counter also offers burgers, chicken wings, pizza, nachos, cheesesteaks, and more.

Please be in the lobby no later than 11:35am.
The bus will leave the Summit at 11:45am.
10 resident minimum, 14 maximum

Stark's Knob, Hudson Crossing and Ice Cream



Friday, July 19

Let's go explore! Stark's Knob is believed to have originated in the Connecticut River Valley 400 million years ago. The momentum of plate-tectonics "delivered" it to the town of Northumberland just outside Schuylerville. We will then take a short drive (0.9 mi) to explore Hudson Crossing. Ice cream at Farmers Daughter to follow.

Please be in the lobby no later than 12:20pm.
The bus will leave the Summit at 12:30pm.
10 residents minimum, 14 maximum

Lunch at MAX 410 at The Waters Edge OR Rivers Casino



Wednesday, July 31

MAX410 at The Waters Edge was once a 19th-century farmhouse. Join us for casual waterfront dining on the patio. Just minutes away is Rivers Casino. You are welcome to pass on lunch at the restaurant and instead enjoy slots, table games and have a quick bite there.

Please be in the lobby no later than 10:50am.
The bus will leave the Summit at 11:00am.
14 residents minimum, 14 maximum

S	M	T	W	TH	F	S
<div>Location Key</div> <div>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)</div> <div>P-Pool PC-Pickleball Court PS-Practitioners Suite TAV-Tavern</div>	<div>1</div> <div>11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR</div> <div> 1:00pm History of American Architecture LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	<div>2</div> <div>11:00am Shuffleboard TAV 12:30pm Shultz Vegetable Farm FP 1:00pm Tech Hour with Don MR 1:00pm Shopping Shuttle 1:00pm Lincoln Lawyer (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR Meal Order Form Due</div>	<div>3</div> <div>1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm Orange Creamsicle Mimosa GR 3:00pm Patriotic Sing-along with Meg GR 4:00pm Lip Reading Class LIB 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB TAV/BP 6:00pm Hand & Foot Card Game MR</div>	<div>4</div> <div><div>Office is Closed 9:15am Pot Luck Breakfast GR 11:30am Men's League: Billiards Club BR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div></div>	<div>5</div> <div>10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>6</div> <div>8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Iced Tea Bar GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR</div>
<div>7</div> <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 2:00pm Entertainment by Curtis MacDonald GR 6:00pm Communion Service LIB</div>	<div>8</div> <div>11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR</div> <div>1:00pm Program Meeting with Rebecca GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div> <div>Wedding Photos Due for Lobby</div>	<div>9</div> <div>9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 12:30pm Shultz Vegetable Farm/ Spoonful of Sugar Bakery FP 1:00pm Tech Hour with Don MR 1:00pm Lincoln Lawyer (TV Series) MOV 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club LIB 3:30pm Pinochle MR 4:15pm Summit Supper Club with Brooks BBQ 5:00/5:15pm Poker Night GR</div>	<div>10</div> <div> 11:45am Lunch at Whitman Brewing Company 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm The Importance of Legacy Videos GR 4:00pm Lip Reading Class LIB 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB TAV/BP 6:00pm Hand & Foot Card Game MR</div>	<div>11</div> <div>11:30am Men's League: Billiards Club BR 12:00pm Summit Lunch Club: Chef Johnny's Soup & Submarine TAV 1:00pm NYC Ballet presents JEWEL at SPAC 2:30pm Team Trivia with Mark Hersh GR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>12</div> <div>10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>13</div> <div>8:30am Pickleball PC 10:30am Board Games TAV 11:00-1:00pm Summer Car Show Adirondack Corvette Club 11:30am Men's League: Billiards Club BR 1:00pm Ice Cream Novelties GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR</div>
<div>14</div> <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV</div>	<div>15</div> <div> 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR</div> <div> 1:00pm History of American Architecture LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	<div>16</div> <div>11:00am Shuffleboard TAV 12:30pm Shultz Vegetable Farm FP 1:00pm Lincoln Lawyer (TV Series) MOV 1:00pm Tech Hour with Don MR 1:30pm Quarter Bingo GR 2:45-3:30pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Ham Dinner TAV 5:00/5:15pm Poker Night GR</div>	<div>17</div> <div>11:30am Dutch Apple Cruise 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:30pm Monthly Birthday Party GR 4:00pm Lip Reading Class LIB 4:00pm Bocce Ball BC 6:00pm Hand & Foot Card Game MR</div>	<div>18</div> <div>11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm Wedding Fashion Show GR 2:30pm LCR Dice Game TAV 3:00pm Frosty Paws with Pups BP 4:15pm Summit Supper Club: Chef Johnny Turkey Dinner TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>19</div> <div>10:00am Scrabble TAV 12:30pm Nature Walk: Stark's Knob, Hudson Crossing and Ice Cream 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>20</div> <div>8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Creamsicle Floats GR 1:30pm Movie Matinee 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR</div>
<div>21</div> <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV</div>	<div>22</div> <div> 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR</div> <div> 11:30am Summit Olympics Opening Ceremony GR 1:00pm History of American Architecture LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	<div>23</div> <div>11:00am Shuffleboard TAV 12:30pm Shultz Vegetable Farm/ Spoonful of Sugar Bakery FP 1:00pm Tech Hour with Don MR 1:00pm Lincoln Lawyer (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Stuffed Sole Dinner TAV 5:00/5:15pm Poker Night GR</div>	<div>24</div> <div>12:00pm Saratoga Summer Cook-Out GR/PAT 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm Lip Reading Class LIB 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB TAV/BP 6:00pm Hand & Foot Card Game MR</div>	<div>25</div> <div>11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:00pm Dickinson's Delights Pre-order GR 5:00pm Cribbage TAV 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV 6:00pm Patio S'mores BP</div>	<div>26</div> <div>10:00am Scrabble TAV 12:30pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 1:30pm Paris 2024 Olympic Opening Ceremony MOV 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>27</div> <div>8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Root Beer Floats GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR</div>
<div>28</div> <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV</div>	<div>29</div> <div> 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR</div> <div> 11:30am Balance Screenings with PRN Therapy PS 1:00pm History of American Architecture LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	<div>30</div> <div> 11:00am Shuffleboard TAV 12:30pm Shultz Vegetable Farm FP 1:00pm Lincoln Lawyer (TV Series) MOV 1:00pm Tech Hour with Don LIB 1:30pm Quarter Bingo GR 3:15pm Step on It Travel Tour: The Grand Canyon MOV 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Chicken Marsala Dinner TAV 5:00/5:15pm Poker Night GR</div>	<div>31</div> <div>11:00am Lunch at MAX 410 at The Waters Edge OR Rivers Casino 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Entertainment by Andy Iorio GR 4:00pm Lip Reading Class LIB 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB TAV/BP 6:00pm Hand & Foot Card Game MR</div>	<div>Grab a Friend and Go!</div> <div>The Saratoga Summer Concert Series returns to Congress Park for the 2024 season! Bring your blankets and chairs, find a spot on the lawn, and enjoy some of the area's favorite performers.</div> <div>Sundays at 7:00pm</div> <div>Concerts in July: Nocturne Troubadors, Fenimore Blues, Proudest Monkeys Band, Skippy and the Pistons</div>		
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>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</div>	<div>Every Tuesday</div> <div>Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Trifecta FS 11:30am</div> <div></div>	<div>Every Wednesday</div> <div>Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:30am Buddy Swim P 1:00pm</div>	<div>Every Thursday</div> <div>Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Trifecta FS 11:30am</div> <div></div>	<div>Every Friday</div> <div>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</div>	<div>Try the NEW Trifecta Class</div> <div>Tuesdays & Thursdays at 11:30am 10 mins Low impact aerobics 10 mins Strength 10 mins Stretching</div>

WWW.SUMMITSARATOGA.COM

Community Programs

Summer Drink & Song

Wednesday, July 3

2:30pm Orange Creamsicle Mimosa

3:00 - 4:00pm Patriotic Sing Along with Meg
Great Room

Meg has a bachelor's in Music Therapy and has worked for over 15 years as a Recreation Therapist. Her singing, accompanied by guitar, spans a variety of genres and decades. Her Patriotic Sing Along blends traditional Patriotic music along with American folk tunes and Classic country hits.

Potluck Breakfast

Thursday, July 4

9:15am

Great Room

The office is closed on July 4 in observance of Independence Day.

Residents are welcome to sign-up for a potluck breakfast. Bring a dish to share with others!

Guitarist & Vocalist Curtis MacDonald

Sunday, July 7

2:00pm

Great Room

Curtis MacDonald hails from Florida and will be performing some of your favorite country artists songs from Johnny Cash, Hank Williams, Glen Campbell and more!!



Summit Book Club

Tuesday, July 9

2:00pm

Library

This month we are reading and discussing *How Much of These Hills is Gold* by C Pam Zhang.

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



NEWYORKCITYBALLET

Presents
JEWELS



Thursday, July 11

Saratoga Performing Arts Center

The bus is full at this time. If you would like to purchase a ticket to sit with our group, and have your own transportation, please see Rebecca. Tickets are \$47 per person. Tickets are non-refundable.

Please be in the lobby no later than 12:50pm.

The bus will leave the Summit at 1:00pm.

Wedding Fashion Show



Nice weather and few major holidays make this month perfect for weddings! We would love to see your favorite wedding photo to displayed in the lobby for the month. Please bring your photo to the office by Monday, July 8 and we will make a copy of it.

Join us on Thursday, July 18 for our Wedding Fashion Show at 1:00pm in the Great Room.

Composer and Pianist, Andy Iorio

Wednesday, July 31

3:00pm

Great Room



Please join us in welcoming back Andy Iorio! Through his beautiful and intensely personal music, he transports his listeners back in time to rekindle memories and experience.

What's New

Corn Hole

Sundays at 11:00am

Back Patio/Gym

(Weather Depending)



Card Game - Hearts

Saturdays at 3:00pm

Tavern



History of American Architecture

Marilyn Sassi, Professor and Historian
Monday, July 1, 15, 22, 29 (No class on July 8)
1:00pm
Library



As this 6-week course continues, Ms. Sassi will discuss the Federal Period, Greek Revival, and all styles of the Victorian Period. The course will end with Gilded Age architecture from both the 1880's and 1890's in New York and in Newport, Rhode Island.

The Importance of Legacy Videos Juan Luiz Lopez Fons



**Wednesday,
July 10
3:00pm
Great Room**

Emotivo Productions was founded in 2014 by filmmaker Juan Luis Lopez Fons. He will explain his service of creating videos of your favorite memories for your future generations.



Free Balance Screenings

Monday, July 29

11:30am

Practitioners Suite

PRN Therapy will be available to screen your fall risk with 3 screening tools. Please sign up in the Great Room for a 15-minute time-slot.

The Summer Olympics are Here!



Olympic Games Paris 2024

Let's kick off the World Olympic event right here at the Summit! We will livestream the games right in our beautiful theater.

Summit Olympics with PRN Therapy

Opening Ceremony

Monday, July 22

11:30am

Great room

Residents come ready to sign-up!!

- Create a name for your team of 2
- Tuesday, July 23 - Sunday, August 4
Record your scores in what you already participate in (corn hole, billiards, shuffleboard, bocce ball and pickleball.)

Wacky Olympics

Monday, August 5

11:00am

Great room

Although these unconventional competitions are not your typical Olympic sport, they will be loads of fun!!

Closing Ceremony

Monday, August 12

11:30am

Score reporting sheets for all Olympic sports will be located in the Great Room on a clipboard. Prizes will be awarded at our Closing Ceremony.

Step On It Travel Tour The Grand Canyon - Earth's Layers

Tuesday, July 30

3:15pm

Theater



Our Step On It Walking Program is now combined with the phenomenal Great Courses lectures. For this month's travel tour we will head south, down the spine of the Rockies, until we reach the Colorado Plateau, to visit the Grand Canyon, which is in Utah and Arizona.

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

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, July 9 at 9:00am.

To make your appointment, sign up in the Great Room. He will visit you in your apartment.

Saratoga Springs Public Library Outreach

Tuesday, July 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

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.



FROZEN DINNERS

By: *Chef Johnny*

Chef Johnny is now offering frozen meals, which are available in the office any day of the week during business hours.

The dinners below are \$14 each and ready to be heated.

- Chicken Parmigiana with pasta, sauce, vegetable
- Meatloaf with mashed potatoes, vegetable
- Turkey with stuffing, roasted potatoes, vegetable
- Vegetable Lasagna

Farmer's Market

Shultz Farm Stand



Check out what local and fresh fruits and produce are in season!

Tuesday,
July 2, 9, 16, 23, 30

A SPOONFUL OF SUGAR Confectionery Bliss



Homemade soups, baked goods, chili, quiche, and more!

Tuesday, July 9, 23
12:30-1:30pm
Front Porch

Route 50 Shopping

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

