

# SUMMIT AT HALEMOON

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Monthly Newsletter

September 2024



# THE Manager's Message

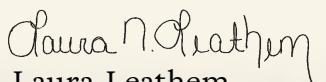
*"September tries its best to have us forget summer."*

~Bernard Williams

In many ways, it seems as if September has a chip on its shoulder. September pulls the plug on the glorious days of summer. Camps and beaches begin closing. Boats and swimming pools are covered with tarps in the backyard. Flip flops and shorts are replaced by jeans and a warm pair of socks. AC goes off as heat comes on. Daylight is lost and not found till spring. Bedtimes are again enforced as kids return to school. It's a dirty job, but somebody has to do it. September is up to the task.

But September is anything but a lost cause. It replaces endings with charming and delightful beginnings. Perhaps the most delightful is the coming of fall. Trees in the northeast begin to hint of the colorful extravaganza about to unfold. The fall harvest, along with cooler temperatures, inspires us to create delicious stews, soups, chili, pies, bread, and donuts. As we bid farewell to our migratory birds, we make plans to provide food for those who choose to stay with us. We celebrate Labor Day, Grandparents' Day, Patriot Day, and Constitution Day. The spontaneous days of summer are replaced with the calm, comforting routine of September.

As a child, September took some getting used to. We had a schedule again. Life slowed down in ways that were good for us all. September is like a mother calling her children home at the end of the day. Enjoy!

  
Laura Leathem  
Community Manager

## Staff



### Community Manager

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Laura Leathem  
LLeathem@summitseniorlife.com

### Maintenance

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Keith Wargo  
Joey Elgesiser  
Alex Tinney

### Weekend Concierge

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Joanne Krazit  
Aleks Woher

### Cleaning Attendant

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Lori LaRock

### Office Phone

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518-807-6800

### Emergency Maintenance

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518-380-3860

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Summit at Halfmoon  
29 Sitterly Road  
Halfmoon, NY 12065

# Welcome to Summit at Halfmoon!!!



Lois Imfeld	09/01
Irene Blair	09/01
Gary Colton	09/11
Joyce Empie	09/15
Alissa Corsi	09/15
Truman Cox	09/16
Patricia Glatthorn	09/17
Veda Burtchell	09/21
Lynward Seger	09/22
Blaise Noto	09/24
Patricia Covey	09/27
Judy Burnell	09/29

Please join us to celebrate our monthly birthdays on Tuesday, September 24th at 2:00 pm in the Great Room!

## Fire-side Chat & S'mores

**Thursdays  
at 7:30 pm  
on the Patio**



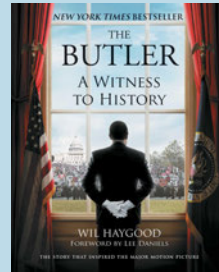
Enjoy the summer evenings with a gooey sweet treat and spend some time with some old and new friends!



## Book Club

### *The Butler* by Wil Haygood

Books will be available to borrow in the office.



**Mondays,  
Wednesdays, Fridays  
at 1:00 pm**

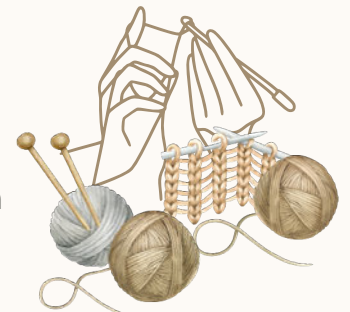
*Join with us as we read  
together in the Library*

From Guggenheim and National Endowment for the Humanities fellow Wil Haygood comes a mesmerizing inquiry into the life of Eugene Allen, the butler who ignited a nation's imagination and inspired a major motion picture: Lee Daniels' *The Butler*, the highly anticipated film that stars six Oscar winners, including Forest Whitaker, Oprah Winfrey (honorary and nominee), Jane Fonda, Cuba Gooding Jr., Vanessa Redgrave, and Robin Williams; as well as Oscar nominee Terrence Howard, Mariah Carey, John Cusack, Lenny Kravitz, James Marsden, David Oyelowo, Alex Pettyfer, Alan Rickman, and Liev Schreiber.

With a foreword by the Academy Award nominated director Lee Daniels, *The Butler* not only explores Allen's life and service to eight American Presidents, from Truman to Reagan, but also includes an essay, in the vein of James Baldwin's jewel *The Devil Finds Work*, that explores the history of black images on celluloid and in Hollywood, and fifty-seven pictures of Eugene Allen, his family, the presidents he served, and the remarkable cast of the movie.

## Knitting & Crocheting

Thursday's at 1:00 pm  
in the Library



S	M	T	W	TH	F	S
<p>1</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Remembering Gene Wilder (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle &amp; Left Right Center (GR)</p> <p>7:30 pm On Golden Pond (MOV)</p> <p><b>HAPPY BIRTHDAY LOIS IMFELD &amp; IRENE BLAIR</b></p>	<p>2</p> <p>11:30 am Corn Hole (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm Hillbilly Elegy (MOV)</p> <p><b>LABOR DAY (OFFICE CLOSED/NO FITNESS CLASSES)</b></p>	<p>3</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>11:30 am Lunch Outing to Bentley's</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm Maestro (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p>	<p>4</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>10:30 am Ladder Ball (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:30 pm Bridge (LNG)</p> <p>4:00 pm Supper Club w/Chef Mickey -Manicotti Meatballs, Sauce, Salad, Roll &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Hand &amp; Foot (GR)</p>	<p>5</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>1:00 pm Knitting &amp; Crochet Circle (LIB)</p> <p>1:30 pm Karaoke/Sing-a-Long (LNG)</p> <p>2:30 pm Luci &amp; Desi (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>6:00 pm Revenge (GR)</p> <p>7:30 pm Fire-side Chat with S'mores</p> <p><b>Medical Transports</b></p>	<p>6</p> <p>9:00 am Grocery Shopping</p> <p>10:30 am Outside Games (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Happy Hour w/Andy Iorio - BYOB (GR)</p> <p>7:30 pm Pulp Fiction (MOV)</p>	<p>7</p> <p>10:30 am Bocce Ball (Patio)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm The Queen Mary: The Greatest Ocean Liner (MOV)</p> <p>4:00 pm Rummikub (LNG)</p> <p>6:00 pm Games (GR)</p> <p>6:00 pm Thwart or Hand &amp; Foot (GR)</p>
<p>8</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Shirley (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle &amp; Left Right Center (GR)</p> <p>7:30 pm Twisters (MOV)</p>	<p>9</p> <p>11:30 am Corn Hole (Patio)</p> <p>12:00 pm Watercolor Class-Fall Leaves w/Sue Peters (FS)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>4:00 pm Supper Club w/Chef Johnny-Roasted Turkey, Stuffing, Mashed Potatoes, Vegetable, Roll &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm Our Souls At Night (MOV)</p> <p><b>PODIATRIST, DR. MASIAS MONTHLY VISIT</b></p>	<p>10</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>11:00 am Fall Prevention &amp; Aging w/PRN (GR)</p> <p>12:00 pm Lunch Outing to Ravenswood Pub</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm Cabrini (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p>	<p>11</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>10:30 am Ladder Ball (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:30 pm Bridge (LNG)</p> <p>2:45 pm Halfmoon Outdoor Farmer's Market</p> <p>4:00 pm Supper Club w/Chef Mickey -Baked Salmon, Whole Grain Rice, Mustard Sauce, Vegetables, Salad, Roll &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Hand &amp; Foot (GR)</p> <p><b>HAPPY BIRTHDAY GARY COLTON</b></p>	<p>12</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>1:00 pm Knitting &amp; Crochet Circle (LIB)</p> <p>1:30 pm Karaoke/Sing-a-Long (LNG)</p> <p>2:30 pm Jim Henson Idea Man (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>6:00 pm Revenge (GR)</p> <p>7:30 pm Fire-side Chat with S'mores</p> <p><b>Medical Transports</b></p>	<p>13</p> <p>9:00 am Grocery Shopping</p> <p>10:30 am Outside Games (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Pizza Party (\$5) (GR)</p> <p>7:30 pm Lawrence of Arabia (MOV)</p>	<p>14</p> <p>10:30 am Olympic Bocce Ball (Patio)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm Disney Christopher Robin (MOV)</p> <p>4:00 pm Mah Jongg (LNG)</p> <p>6:00 pm Games (GR)</p>
<p>15</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Mr. Holland's Opus (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle &amp; Left Right Center (GR)</p> <p>7:30 pm Gladiator (MOV)</p> <p><b>HAPPY BIRTHDAY JOYCE EMPIE &amp; ALISSA CORSI</b></p>	<p>16</p> <p>11:30 am Resident Meeting w/Laura &amp; Staff (GR)</p> <p>12:30 pm Corn Hole (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>4:00 pm Supper Club w/Chef Johnny-Shrimp Linguine, Salad, Garlic Bread &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm Disney Secretariat (MOV)</p> <p><b>HAPPY BRITHDAY TRUMAN COX</b></p>	<p>17</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm I Am Celine Dion (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p> <p><b>LANGE'S PHARMACY VACCINE CLINIC</b></p> <p><b>HAPPY BIRTHDAY PATRICIA GLATTHORN</b></p>	<p>18</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>10:30 am Ladder Ball (Patio)</p> <p>11:00 am Guided Tour: Ulysses S. Grant Cottage (\$10)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:30 pm Bridge (LNG)</p> <p>4:00 pm Supper Club w/Chef Mickey Roast Beef, Mashed Potatoes, Gravy, Vegetable, Salad, Roll &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Hand &amp; Foot (GR)</p>	<p>19</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>10:15 am Liberty Ridge Farm Fall Festival</p> <p>1:00 pm Knitting &amp; Crochet Circle (LIB)</p> <p>1:30 pm Karaoke/Sing-a-Long (LNG)</p> <p>2:30 pm White House Down (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>6:00 pm Revenge (GR)</p> <p>7:30 pm Fire-side Chat with S'mores</p> <p><b>Medical Transports</b></p>	<p>20</p> <p>9:00 am Grocery Shopping</p> <p>10:00 am Summit Senior Living Bocce Ball Tournament (Patio)</p> <p>10:30 am Outside Games (Patio)</p> <p>11:30 am Resident Programming Meeting (GR)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Happy Hour w/Russ Kennedy - Bring an appetizer to share (GR)</p> <p>7:30 pm Wicked Little Letters (MOV)</p>	<p>21</p> <p>10:30 am Bocce Ball (Patio)</p> <p>11:30 am Theater How-To/Movie Committee Meeting (GR)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm Spider-man (MOV)</p> <p>4:00 pm Spinner Dominoes (LNG)</p> <p>6:00 pm Games (GR)</p> <p><b>HAPPY BIRTHDAY VEDA BURTCHELL</b></p>
<p>22</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am Made In Italy (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle &amp; Left Right Center (GR)</p> <p>7:30 pm Don't Look Up (MOV)</p> <p><b>HAPPY BIRTHDAY LYNWARD SEGER</b></p>	<p>23</p> <p>11:30 am Corn Hole (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>4:00 pm Supper Club w/Chef Johnny-Everything Bagel Chicken, Rice, Vegetable, Roll &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm Harriet (MOV)</p> <p><b>NO CHAIR DANCING</b></p>	<p>24</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>2:00 pm Birthday Party (GR)</p> <p>2:00 pm Rosary (CP)</p> <p>2:30 pm The Two Popes (MOV)</p> <p>3:00 pm Pinochle (LNG)</p> <p>6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p> <p><b>HAPPY BIRTHDAY BLAISE NOTO</b></p>	<p>25</p> <p>8:30 am Waffle Wednesday (GR)</p> <p>10:30 am Ladder Ball (Patio)</p> <p>1:00 pm Visit to King Dairy Brothers Farm Store &amp; Ice Cream Parlor</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:30 pm Bridge (LNG)</p> <p>4:00 pm Supper Club with Lin's Wok Chinese Sweet N Sour Chicken, Pork Lo Mein, or Shrimp w/Vegetables (\$14) (GR)</p> <p>6:00 pm Hand &amp; Foot (GR)</p>	<p>26</p> <p>9:15 am Just for Fun Pickleball (PBC)</p> <p>1:00 pm Knitting &amp; Crochet Circle (LIB)</p> <p>1:30 pm Karaoke/Sing-a-Long (LNG)</p> <p>2:30 pm Migration (MOV)</p> <p>3:00 pm Shuffle Board (LNG)</p> <p>6:00 pm Revenge (GR)</p> <p>7:30 pm Fire-side Chat with S'mores</p> <p><b>Medical Transports</b></p>	<p>27</p> <p>9:00 am Grocery Shopping</p> <p>10:30 am Outside Games (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>2:00 pm Quarter Bingo (GR)</p> <p>4:00 pm Happy Hour w/Drew Jacobs (GR)</p> <p>7:30 pm Clambake (MOV)</p> <p><b>HAPPY BIRTHDAY PAT COVEY</b></p>	<p>28</p> <p>10:30 am Bocce Ball (Patio)</p> <p>1:00 pm Scrabble (LNG)</p> <p>2:00 pm Guys &amp; Dolls (MOV)</p> <p>4:00 pm Mah Jongg (LNG)</p> <p>6:00 pm Games (GR)</p>
<p>29</p> <p>10:30 am Outside Games (Patio)</p> <p>11:00 am The Quiet Man (MOV)</p> <p>4:00 pm Poker (LIB)</p> <p>6:00 pm Farkle &amp; Left Right Center (GR)</p> <p>7:30 pm Bloodsport (MOV)</p> <p><b>HAPPY BIRTHDAY JUDY BURNELL</b></p>	<p>30</p> <p>11:30 am Corn Hole (Patio)</p> <p>1:00 pm Book Club <i>The Butler</i> (LIB)</p> <p>4:00 pm Supper Club w/Chef Johnny-Meatloaf, Mashed Potatoes, Vegetable, Roll &amp; Dessert (\$16) (GR)</p> <p>6:00 pm Chicken Foot (GR)</p> <p>7:30 pm The Miracle Club (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

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

## Lunch at Bentley's Tavern

4 Hemphill Place, Parade  
Ground Village, Malta, NY

**Tuesday, September 3rd**

Bus will leave at 11:30 am

Sign up in the Book



Opened in 2002, Bentley's Tavern and Restaurant in Malta, NY offers guests a comfortable and friendly place to relax with family and friends in the glow of a two-sided fireplace. Local owner Wayne T. Beale and his welcoming staff invite you to stop by Bentley's. Affordable and hearty food, ice-cold beer and outgoing customers await you in comfortable surroundings. You'll find free Wireless, NFL Ticket and plenty of parking.

## Lunch at RAVENSWOOD

### Clifton Park's Neighborhood Pub

1021 Route 146, Clifton Park, NY 12065

**Tuesday, September 10th**

Bus will leave at 12:00 pm

Sign up in the Book

Forget the chain restaurants and step into Clifton Park's very own neighborhood pub. With a charmingly rustic ambiance, Ravenswood restaurant and pub in Clifton Park NY opened in 1984 and quickly became a favorite place to gather with family and friends for casual dining. Well-known for their chicken wings, the pub features daily specials, delicious pub fare, an appealing kids' menu.



**King DAIRY**  
BROTHERS

**Wednesday, September 25th**

Bus will leave at 1:00 pm

Take a drive to the country and experience true farm fresh goodness!

Our full service on-farm ice cream parlor features over 80 rotating homemade hard ice cream flavors and our home-made soft serve vanilla & chocolate. We also offer milk-shakes, sundaes, homemade waffle cones, ice cream cakes, pies, cupcakes, sandwiches and so much more!

In addition to our year round ice cream parlor, you will find our award-winning milk, beef, many local goods and an assortment of gift items. NOTE: Store pricing and promotions vary from home delivery pricing.

## FALL FESTIVAL

29 BEVIS RD., SCHAGHTICOKE, NY 12154



**Thursday, September 19th**

Bus will leave at 10:15 am  
and return pickup from Liberty  
Ridge Farm at 2:00 pm

**Admission - \$13 cash**

**Please be sure to bring cash  
when signing up in the office.**

Spend a day enjoying the Farm's fresh fall air. Get lost in the 11 Acre Corn Field Maze, catch entertaining shows, play in the barnyard, pick pumpkins and grow memories! After you've worked up an appetite, stop by the **Barnyard Grill and Sweet Shop** to grab a bite to eat. Don't forget cider donuts and souvenirs from our **Market Barn** on the way out! With over 30+ attractions and shows, there are fun farm activities for all ages.



## Halfmoon Outdoor Farmer's Market

*Abele Park, Harris Road,  
Town of Halfmoon Municipal Ctr*

**Wednesday, September 11th**

Bus will leave at 2:45 pm  
and return pickup at 4pm

**Sign up in the Book**

**FARMERS, CRAFTS, BAKED GOODS,  
JEWELRY, FOOD VENDORS**

## Guided Tour: Ulysses S. Grant Cottage National Historic Landmark



**Wednesday, September 18th**

Bus will leave at 11:00 am

Experience the time capsule that is Grant Cottage on a private tour. Your guide will share with you the compelling story of the final days of famed Civil War General and 18th U.S. President Ulysses S. Grant. You will explore the grounds, and experience rooms filled with original and unique artifacts, as your guide shares a heart-warming and engaging tale of perseverance and family devotion. Price is \$10 per person. Please sign up and pay in the office.

# Community Activities



## FALL PREVENTION AND AGING

**Tuesday, September 10th at 11:00 am  
Great Room**

An interactive presentation discussing fall prevention, facts versus myths of the aging process. With a fun interactive bingo game & prizes!



**4th Annual Bocce Tournament  
Hosted by  
Summit at Halfmoon**

## *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, Thursday, August 29th**

**Wednesday the 4th - Chef Mickey**

Manicotti, Meatballs, Sauce, Salad, Roll & Dessert (\$16)

**Monday the 9th - Chef Johnny**

Roasted Turkey, Stuffing, Mashed Potatoes,  
Vegetable & Dessert (\$16)

**Wednesday the 11th - Chef Mickey**

Baked Salmon, Whole-Grain Mustard Sauce,  
Rice w/Vegetables, Salad, Roll & Dessert (\$16)

**Monday the 16th - Chef Johnny**

Shrimp Linguine, Salad, Garlic Bread & Dessert (\$16)

**Wednesday the 18th - Chef Mickey**

Sliced Roast Beef, Mashed Potatoes, Gravy,  
Vegetable, Salad, Roll & Dessert (\$16)

**Monday the 23rd - Chef Johnny**

Everything Bagel Chicken, Rice, Vegetable,  
Roll & Dessert (\$16)

**Wednesday the 25th - Lin's Wok**

You Choose One: Sweet & Sour Chicken, Pork Lo  
Mein, Shrimp w/Vegetables (\$14)

**Monday the 30th - Chef Johnny**

Meatloaf, Mashed Potatoes, Vegetable, Roll &  
Dessert (\$16)

**Friday, September 20th at 10:00  
Rain date is October, 4th at 10:00**



# Concierge Services

## MEAL OPTIONS

### Continental Breakfast

8:30 AM—10:15 AM



### Lunch

Lunch outings available 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 Great 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 Book.



**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

**315-878-1327**



♥ 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

**Resident Meeting with Laura & Staff**  
Monday, September 16th at 11:30 am

**Resident Program Meeting**  
Friday, September 20th at 11:30 am

**Theater How-To/Movie Committee**  
Friday, September 27th 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.

Sign up in the Book

**518-320-8659**