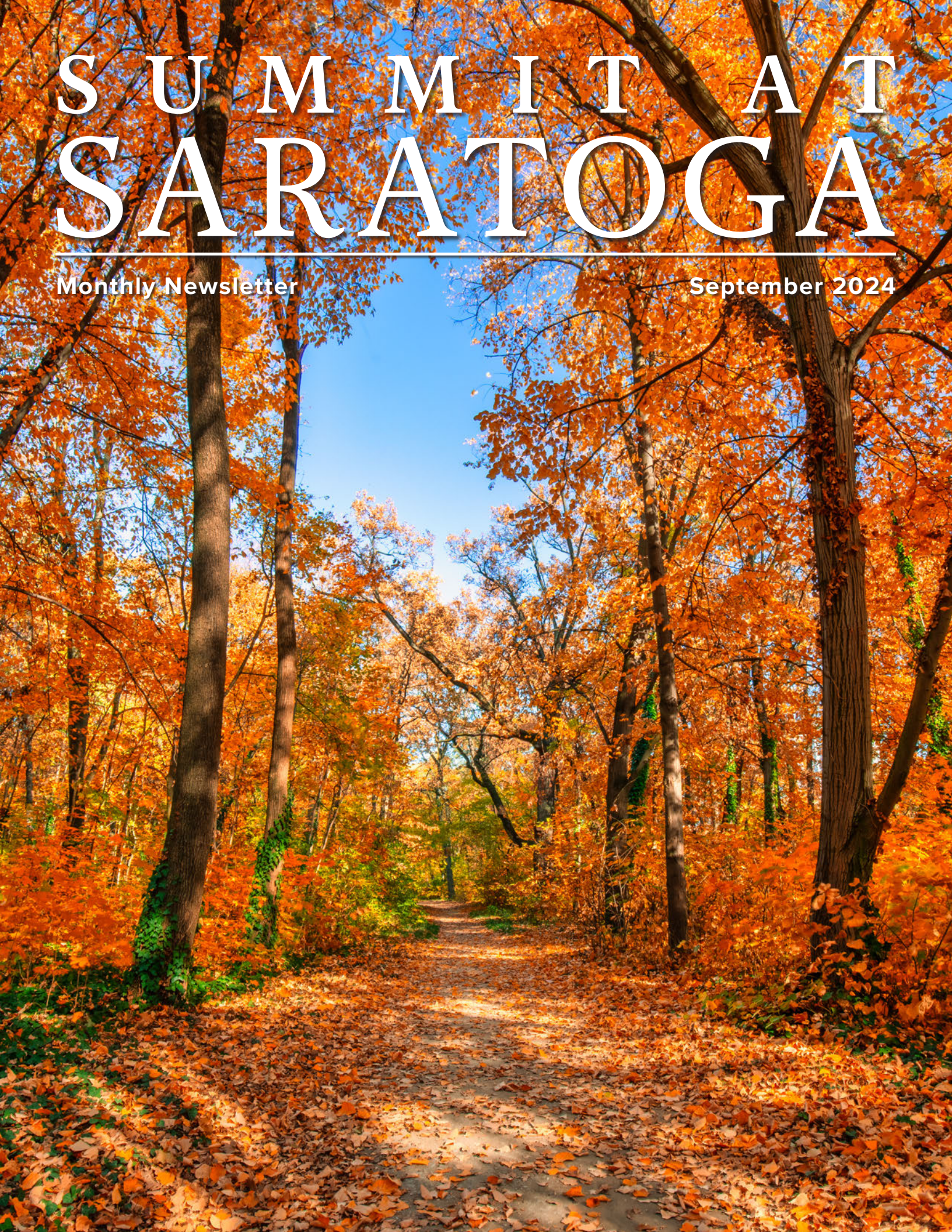


SUMMIT AT SARATOGA

Monthly Newsletter

September 2024



THE Manager's Message

We did it!! For the fourth year in a row, *Summit at Saratoga* has been voted #1 "55+ Senior Living Residence" in Saratoga County. We thank you, your family and friends for all of the votes! The contest is held annually by our local Saratoga Today newspaper.

Congratulations to all of you for making us the absolute best! We owe this honor to the residents for all that you do everyday to make us a true "community". For being great neighbors, for helping out in every way possible, offering ideas and feedback, participating in programming and fitness classes, and for welcoming new residents ... you have succeeded in creating a home where seniors want to live. Where seniors can thrive and learn and have a great time doing what they wish!

Join us on Wednesday, September 25th at 2pm as we celebrate you!! Wear your "Best of" t-shirts. Musical entertainment will be by resident Woody Strobeck's band, Brass & Blues.

Warm regards,



Christy Durant
Community Manager

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

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

Saratoga Today's "BEST OF" CELEBRATION

Wednesday, September 25
2:00-3:30pm
Great Room

Kudos to us! Summit at Saratoga was voted the #1 Best 55+ Residence in Saratoga County for the 4th consecutive year!!

Join us for dessert, signature cocktail, and music by *Woody's Brass & Blues Band*. *Dixieland Jazz meets Delta Blues with a special guest on violin!*
Wear Summit "BEST OF" T-shirt!

Please RSVP in the Great Room.



September Birthdays

Join us in wishing the following residents a very Happy Birthday.

Mary Ann Evans	9/01
Mary Ann Herzog	9/01
Joan Coco	9/09
Margi Goodwin	9/11
Ray Winicki	9/12
Bob Dean	9/14
Priscilla Reed	9/14
Jo Flessner-Filzen	9/15
Florence OBrien	9/15
Shirley Stevens	9/16
Gail Norris	9/18
Joris Reintsema	9/19
Deirdre Leland	9/21
Barbara Madden	9/22
Tom Caracane	9/24
Beverly Davis	9/27
Vivien Callison	9/28
Joe Corby	9/28
Bill Mooney	9/30

Help us celebrate our monthly birthdays on Wednesday, September 18 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Monday, September 9 at 1:00pm
Great Room

Resident Meeting with Christy
Monday, September 23 at 1:00pm
Great Room

Theatre How-To/Movie Committee
Thursday, September 26 at 11:00am
Movie Theater



Friday, September 20
Summit at Halfmoon
Bocce Court

Join us to see who takes the trophy home this year! Food and beverage will be provided. The bus will have limited seats available for spectators. Please sign up in the Great Room. Help us make signs to support our players!

Please be in the lobby no later than 9:00am.
The bus will leave the Summit at 9:10am.
14 residents maximum

Excursions

The Ripe Tomato Wednesday, September 4

Enjoy an eatery that features hearty Italian and American fare prepared to order, using fresh local ingredients.



Please be in the lobby no later than 11:20am
The bus will leave the Summit at 11:30am.
10 residents minimum, 14 maximum

The Saratoga Winery Friday, September 13



Gather with your neighbors and enjoy this rustic winery that makes you feel like you're at a friend's beautiful garden party! Enjoy a glass of your favorite wine while indulging in a delicious item from their menu.

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

New York State Capitol Tour Tuesday, September 24



A National Historic Landmark, the New York State Capitol has served as the seat of government for New York since the 1880's. Join us for our first trip to Albany's State Street for a free 45-minute guided-tour where every corner tells a story. The tour begins at 11:00am.

Please be in the lobby no later than 9:20am.
The bus will leave the Summit at 9:30am.
14 residents minimum, 14 maximum

Canfield Casino Tour Friday, September 27



Your options are endless when visiting the beautifully landscaped Congress Park. One possibility is to enjoy a guided tour of the historic Canfield Casino. At the peak of the casino's popularity, it was a place where the wealthy, major gamblers, and stars of the entertainment world mingled. Other options include a leisurely walk or relax on a bench and read a book. Whatever you decide, be sure to indulge in a refreshing ice cream at Ben & Jerry's.

Please be in the lobby no later than 12:20pm.
The bus will leave the Summit at 12:30pm.
10 residents minimum, 14 maximum
Canfield Casino Guided Tour - \$12 per person

S	M	T	W	TH	F	S
<p>1</p> <p>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 6:00pm Communion Service LIB</p>	<p>2</p>  <p>Office is Closed 9:15am Resident Potluck Breakfast GR 11:30am Men's League: Billiards Club BR 5:00pm Mahjong TAV</p>	<p>3</p> <p>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 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Manicotti Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>4</p> <p>11:30am Lunch at Ripe Tomato 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB BP 6:00pm Hand & Foot Card Game MR</p>	<p>5</p> <p>8:30am Omelet Breakfast with Chef Johnny GR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 5:15pm Resident Potluck Dinner GR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</p>	<p>6</p> <p>10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB & Entertainment by Gone Gray Band BP 5:00/5:15pm Poker Night GR</p>	<p>7</p> <p>8:30am Pickleball PC 10:30am Board Games TAV 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 TAV 6:00pm Worship & Music with Street Level Chapel GR</p>
<p>8</p> <p>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</p> <p>Grandparents Day</p>	<p>9</p> <p>11:30am Men's League: Billiards Club BR 1:00pm Program Meeting with Rebecca GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</p>	<p>10</p> <p>11:00am FIRE DRILL REVIEW MEETING GR 11:00am Shuffleboard TAV 12:30pm Shultz-Vegetable Farm-FP 1:00pm FIRE DRILL 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club LIB 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Salmon Dinner TAV 5:00/5:15pm Poker Night GR</p> 	<p>11</p>  <p>1:00pm Presentation: Fall Prevention and Aging 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Entertainment by Roosevelt Baker GR 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB BP 6:00pm Hand & Foot Card Game TAV</p> <p>Patriot Day</p>	<p>12</p> <p>11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 3:00pm Axe Throwing FS 4:15pm Summit Supper Club: Chef Johnny's Crab Cake Dinner TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</p>	<p>13</p> <p>10:00am Scrabble TAV 10:00am Watercolor Workshop with Sue Peters CR 11:45am Lunch at The Saratoga Winery 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</p>	<p>14</p> <p>8:30am Pickleball PC 10:30am Board Games TAV 11:00am Bloody Mary Bar GR 11:30am Men's League: Billiards Club BR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game TAV 6:00pm Worship & Music with Street Level Chapel GR</p>
<p>15</p> <p>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</p>	<p>16</p>  <p>11:30am Men's League: Billiards Club BR 1:00pm Presentation: PA Medical Supplies GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</p>	<p>17</p>  <p>10:00am Vaccine Clinic Last Name A-M TAV 11:15am Vaccine Clinic Last Name N-Z TAV 12:30pm Shultz-Vegetable Farm/Spoonful of Sugar Bakery FP 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 2:45-3:30pm Saratoga Springs Public Library Outreach LIB 3:00pm Brew Tasting GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Sliced Roast Beef TAV 5:00/5:15pm Poker Night GR</p>	<p>18</p>  <p>11:00am Step on It Travel Tour: Exploring the Wonders of the Antarctic Peninsula MOV 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Monthly Birthday Party GR 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB BP 6:00pm Hand & Foot Card Game TAV</p>	<p>19</p>  <p>11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm Presentation: September is Self-Care Awareness Month GR 2:30pm Team Trivia with Mark Hersh GR 4:00pm Neighborhood Kitchen Food Truck BP 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</p>	<p>20</p> <p>9:10am Bocce Ball Tournament at Summit at Halfmoon 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</p>	<p>21</p> <p>8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Crème de Menthe Parfaits GR 1:30pm Movie Matinee 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game TAV 6:00pm Worship & Music with Street Level Chapel GR</p>
<p>22</p> <p>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</p> <p>First Day of Autumn</p>	<p>23</p> <p>11:30am Men's League: Billiards Club BR 1:00pm Resident Meeting with Christy GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</p>	<p>24</p> <p>9:30am New York State Capitol Tour 11:00am Shuffleboard TAV 12:30pm Shultz-Vegetable Farm-FP 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR  3:15pm Presentation: Medicare and The Inflation Reduction Act GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Chicken Parmesan Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>25</p> <p>1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00-3:30pm Saratoga Today's BEST OF Celebration Music by Brass & Blue Band GR 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB BP 6:00pm Hand & Foot Card Game TAV</p>	<p>26</p> <p>11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 3:00pm Axe Throwing FS 4:00pm Dickinson's Delights Pre-orders Delivery TAV 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</p>	<p>27</p>  <p>10:00am Scrabble TAV 11:30am Presentation: The Health Benefits of Exercise for Older Adults GR 12:30pm Canfield Casino Tour 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</p>	<p>28</p> <p>8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pudding Parfaits GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Hand & Foot Card Game TAV 6:00pm Worship & Music with Street Level Chapel GR</p>
<p>29</p> <p>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</p>	<p>30</p> <p>11:30am Men's League: Billiards Club BR 1:00pm Ghoulish Craft Class CR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</p>		<p>Location Key</p> <p>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> <p>P-Pool PC-Pickleball Court PS-Practitioners Suite TAV-Tavern</p>	<p>Coming in October silent AUCTION</p> <p>Summit at Saratoga is excited to announce our first Silent Auction. Residents are asked to donate an item that others can bid on. This item can be something you no longer want or newly purchased. The highest bidder wins the item. All proceeds will go to a very worthy charity, <i>St. Jude Children's Research Hospital.</i></p>		

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 8:00/8:30am
Aqua Fit P 9:30am
Balance Class FS 10:30am
Yoga FS 11:00am
Trifecta FS 11:30am

Every Wednesday

Water Aerobics P 8:30am
Stretch N'Flex FS 9:30am
Sit2BeFit FS 10:30am
Buddy Swim P 1:00pm

Every Thursday

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

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

Community Programs

HAPPY MONDAYS



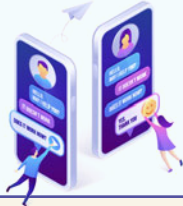
Happy Hour

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

Tech Help with Don

Tuesdays from 1-3:00pm

Please sign up and Don will come to your apartment.



Farmer's Market



Shultz Farm Stand

Check out what local and fresh fruits and produce are in season!
Tuesdays, 12:30pm-1:30pm



Homemade soups, baked goods, chili, quiche, and more!
Tuesday, September 3 & 17
12:30-1:30pm
Front Porch

Mark Your Calendars

Gone Gray Band

FRIDAY, SEPTEMBER 6
4:00PM
BACK PATIO

Roosevelt Baker

WEDNESDAY, SEPTEMBER 11
3:00PM
GREAT ROOM



Watercolor Workshop with Sue Peters

Friday, September 13
10:00am
Craft Room

Art Class

Budding artists welcome!
Sign up as there is limited seating.

Ghoulish Craft with Sue Ann

Monday, September 30
1:00pm
Craft Room



Fire Drill Review Meeting
Tuesday, September 10 at 11:00am
Great Room

FIRE DRILL
Tuesday, September 10 at 1:00pm

It's time for a Bloody Mary!

A flavorful and hearty cocktail that can be enjoyed anytime of the day.

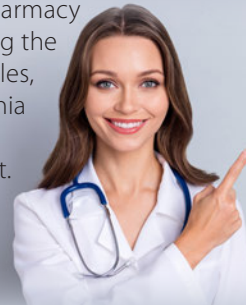
Saturday September 14
11:00am
Great Room



Vaccine Clinic

Tuesday, September 17

Hannaford Pharmacy will be offering the flu, RSV, shingles, and pneumonia vaccines here at the Summit.



Please bring your signed waiver and your two insurance cards (prescription card & Medicare card) to the Tavern. If your last name begins with A-M, please come between 10-11:00am. If your last name begins with N-Z, please come between 11:15am-12:15pm.

Brew Tasting

Rich Peters
Director of Brewing for DZ Restaurants
Assistant Brewer for Three Teachers Brewing

Tuesday, September 17
3:00pm
Great Room

Join resident Sue Peters' son, Rich, for a beer making process presentation. From the farmers' field to the bottle in your fridge, you will see all that goes into your favorite beer. Along the way we will sample a variety of different styles and review what makes them unique.

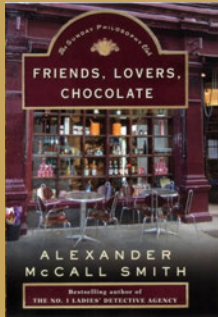


Summit Book Club

Tuesday, September 10
2:00pm
Library

This month we are reading and discussing *Friends, Lovers, Chocolate* by Alexander McCall Smith.

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



September is Self-Care Awareness Month

Maria Spagnola,
Consultant, Home Instead

Thursday, September 19
1:00pm
Great Room



The Importance of Self Awareness as we age is priceless. Gratitude, positivity, managing stress, and anxiety are a few key points that will be discussed.



FALL PREVENTION AND AGING

Enid Wascz PT and Toni Westbrook OT
PRN Therapy

Wednesday, September 11
1:00pm
Great Room

Join for an interactive presentation discussing fall prevention and facts versus myths of the aging process. Don't miss out on a bingo game & prizes!

Medicare and The Inflation Reduction Act



Sandra Kahlon, Medicare Services
Your Medicare Coach and Educator

Tuesday, September 24
3:15pm
Great Room

There will be BIG changes with your Medicare Drug plans coming in 2025 due to the Inflation Reduction Act. Join long time Senior Advocate and Insurance Agent Sandra Kahlon detail the changes that will be occurring to your Medicare part D plans so you aren't surprised when you pick up your medications in January. Bring your friends and your questions so you are ahead of the curve when Open Enrollment rolls around.



Monday,
September 16
1:00pm
Great Room

This medical supply store is now open across the street at the Wilton Mall. Come and hear about the vast selection of items they have.

Step On It Travel Tour

Exploring the Wonders of the Antarctic Peninsula

Wednesday, September 18
11:00am
Theater



Our Step On It Walking Program this month will feature the southernmost continent and site of the South Pole, Antarctica! Come and learn why most cruises that visit this continent visit the Antarctic Peninsula. Resident Beverly Davis will be sharing photos of her experience while traveling solo in Antarctica.

The Health Benefits of Exercise for Older Adults

Barbara Howansky
Fit by Barb

Friday, September 27
11:30am
Great Room

Regular physical activity is one of the most important things you can do for your health. Come learn about benefits you can get from our fitness classes.



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.

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.



♥ Gift Certificates Available ♥

Stylist

Patricia Keefe 518-992-4904

Therapeutic Massage

Krick Wahl 518-859-9809

Nail Technician

Tina Mone 518-698-4693

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

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, September 3 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, September 17

2:45pm - 3:30pm in the 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

Route 50 Shopping

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



PRN

PT OT & SLP PLLC

Rehabilitation Services
an affiliate of The Weston Healthcare Group

315-878-1327



#zerowaste

BE GREEN

& recycle

CLEAN

plastics, tin,
aluminum, paper
and glass.

