

SUMMIT AT SARATOGA

Monthly Newsletter

October 2024



THE Manager's Message

Happy 8th Anniversary!! It is hard to believe that we opened the doors to this wonderful community eight years ago. Meeting so many fabulous people has made this experience a glorious journey. After getting to know each other, we grew together, we laughed together and most importantly we became a true community. Residents became neighbors and then, friends.

Make it a plan to stop in the Great Room on Friday, October 25th throughout the day to view all the great photos taken over the years. So many wonderful memories!

Not to be missed....we will be hosting our first Silent Auction on Friday, Friday, October 25th. Come see all the superb items up for auction including gift certificates, gift baskets, hand crafted artwork, and more. All proceeds will benefit St. Jude Children's Research Hospital.

Most importantly, this year, we will be donating the Summit Service Club's handmade hats, scarves and mittens to local families in need through the Franklin Community Center. Many thanks to all of those who donated their time to knit or crochet.

Don't forget about our Halloween Celebration on the 31st! What will the staff be dressed as this year?

Happy 8th Anniversary and cheers to many more!



Christy Durant
Community Manager

Please join us for a Silent Auction Fundraiser



Friday, October 25
1:00-3:00pm
Great Room

We are extremely excited to have our first silent auction where all proceeds will be donated to St. Jude Children's Research Hospital.

Please see the office with any questions or if you would like to donate an item to auction.

Halloween Festivities

On October 30 at 3pm we will be holding our 1st Halloween Scavenger Hunt. Meet us in the Great Room.



Thursday, October 31

1:00pm - Howl-o-ween Dog Parade
Tricks & Treats for our 4-legged friends!
2:30pm - Costume Party
Ghoulish cocktail, appetizers, and costumes
if you dare!

Staff



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

October Birthdays

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

Ralph Blauvelt	10/01
Cathy Firman	10/02
Bob Goodwin	10/03
Carlene McCarthy	10/04
Jim Hens	10/07
Linda Allen Chalfant	10/09
Mary Ryan	10/15
Ann Jennings	10/19
Andrea Flannery	10/23
Barbara Healy	10/24
Diane Cutting	10/26
Judy Brecher	10/28
Bill Robarge	10/28
Bob Blair	10/28

Help us celebrate our monthly birthdays on Wednesday, October 23 at 2:30pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Monday, October 7 at 1:00pm
Great Room

Snow Removal Meeting
Tuesday, October 22 & 29 at 11:30am
Great Room

Theater How-To/Movie Committee
Thursday, October 24 at 11:00am
Movie Theater

Resident Meeting with Christy
Monday, October 28 at 1:00pm
Great Room



Sustainable Saratoga Recycle Day

Saturday, October 19

It's time to start setting aside items to recycle at Sustainable Saratoga Recycle Day on Saturday, October 19!

There are detailed instructions of what can be recycled on the conversation table in the Great Room. All boxes and bags of items must be marked with the # of the cycle station.

Items can be brought to Rebecca's office on Wednesday, October 16 and Thursday, October 17, between 10-11:00am. Car(s) are loaded up on Friday.

Note: TVs and monitors cost \$30 to recycle. Please bring exact change or a check.

<https://sustainablesaratoga.org/projects/zero-waste/saratoga-recycles-day/>

Excursions

Lunch at Lakeside Farms
Wednesday, October 9



You will love their lunch, bakery, apple barn, and Ye Olde Farmhouse Gift Shoppe located in Ballston Lake.

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

Mohican Fall Lakefront Cruise
Tuesday, October 15



Lake George Steamboat Company invites you for a one-hour narrated cruise to view the fall foliage from the water! Enjoy beautiful colors of the Adirondack Mountains and see stately homes along the water's edge.

Please be in the lobby no later than 10:20am.
The bus will leave the Summit at 10:30am.
The ship departs at 11:30am.
\$22 per person
14 residents minimum

The Peppermill Family Restaurant
Wednesday, October 23



Established in 1990, The Peppermill offers quality food and courteous service each and every time.

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

S	M	T	W	TH	F	S
Location Key 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-Pool PC-Pickleball Court PS-Practitioners Suite TAV-Tavern	 <p>Are You Ready For Some Football ??? Join fellow residents in the movie theater to see the brightest stars, the biggest NFL games, & the fiercest rivalries. Times will be on daily sheets on Sundays.</p>	1 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:30pm Resident Potluck Dinner GR 5:00/5:15pm Poker Night GR	2 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm Lip Reading LIB 4:00pm Bocce Ball BC 5:00pm BYOB Wine Wednesday GR 6:00pm Hand & Foot Card Game TAV MEAL FORMS DUE Rosh Hashanah begins at sunset	3 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:00pm Axe Throwing FS 3:00-5:00pm Music Bingo & Trivia GR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	4 10:00am Autumn Wine Glass Painting with Pat CR 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	5 8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Fall Tea Social GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game TAV
6 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV 6:00pm Communion Service LIB	7  10:00am Covid Vaccine Last Name A-M TAV 11:15am Covid Vaccine Last Name N-Z TAV 11:30am Men's League: Billiards Club BR 1:00pm Program Meeting with Rebecca GR 3:00pm Happy Hour with The Young Winchesters 4-piece Band GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	8 11:00am Shuffleboard TAV 1:00pm Voting Table TAV 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 Stuffed Chicken Breast Dinner TAV 5:00/5:15pm Poker Night GR	9  11:00am Lunch at Lakeside Farms 1:30pm Movie Matinee MOV 2:00pm Presentation: Learn About the Ten Commandments GR 2:00pm Mexican Train TAV 4:00pm Lip Reading LIB 4:00pm Bocce Ball BC 5:00pm BYOB Wine Wednesday GR 6:00pm Hand & Foot Card Game TAV	10 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Dickinson's Pot Roast Dinner and To-go Orders GR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	11 10:00am Autumn Watercolor Workshop with Sue CR 10:00am Scrabble TAV 12:30pm Nature Walk: Opadahl Farm 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 Yom Kippur begins at sunset	12 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 Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game TAV
13 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	14  <p>COLUMBUS DAY Office is Closed</p> 11:00am Knitting/Crocheting Group LIB 9:00am Resident Potluck Breakfast GR 11:30am Men's League: Billiards Club BR 4:00pm BYOB Happy Hour GR 5:00pm Mahjong TAV	15 10:30am Mohican Fall Lakefront Cruise 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 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 Soup & Sandwich TAV 5:00/5:15pm Poker Night GR	16 10-11am Recycle Drop-off Rebecca's Office 1:00pm Chili Cook-off GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm Lip Reading LIB 4:00pm Bocce Ball BC 5:00pm BYOB Wine Wednesday GR 6:00pm Hand & Foot Card Game TAV 6:00pm Bingo with Ballston Spa Cub Scouts GR	17 10-11am Recycle Drop-off Rebecca's Office 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV  1:00pm Presentation: PRN Therapy Referral Process GR 2:30pm Axe Throwing FS 4:15pm Summit Supper Club: Chef Johnny's Turkey Dinner TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	18  10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 1:30pm Meet the Author, Steven B. Sandler GR 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	19 8:30am Pickleball PC 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pumpkin Coffee GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game TAV Sustainable Saratoga Recycle Day
20 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	21  11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Introduction to Energy Medicine GR 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	22 11:00am Shuffleboard TAV 11:30am Vehicle Snow Removal Meeting GR 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Baked Haddock Dinner TAV 5:00/5:15pm Poker Night GR	23 11:00am Lunch at The Peppermill Family Restaurant 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm Monthly Birthday Party GR 4:00pm Lip Reading LIB 4:00pm Bocce Ball BC 5:00pm BYOB Wine Wednesday GR 6:00pm Hand & Foot Card Game TAV	24 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 5:00pm Cribbage TAV 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV 6:00pm Patio S'mores BP	25 Photos through the Year! GR 10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:00-3:00pm Silent Auction GR 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	26 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 Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game TAV
27 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole BP 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	28 11:00am Knitting/Crocheting Group LIB 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	29 11:00am Shuffleboard TAV 11:30am Vehicle Snow Removal Meeting GR 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Traditional Lasagna Dinner TAV 5:00/5:15pm Poker Night GR	30  11:30am Step On It Travel Tour: Ganges Delta MOV 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Halloween Scavenger Hunt GR 4:00pm Lip Reading LIB 4:00pm Bocce Ball BC 5:00pm Wine Wednesday BYOB BP 6:00pm Hand & Foot Card Game TAV	31 8:30am Scrambled Egg Breakfast with Chef Johnny GR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 1:00am Howl-O-Ween Dog Parade BP 2:30pm Costume Party GR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP Halloween		
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



Monday, October 7

The Young Winchesters 4-piece Band

This seasoned band has over 200 years of combined musical experience. They specialize in classic old time tunes that will be sure to get your hands clapping and feet dancing.

Monday Happy Hours

Unwind and relax with fellow residents every Monday at 3:00pm in the Great Room. A light appetizer, beer, wine, and soda are offered.

Photos Through the Years!

In honor of our 8th Year Anniversary we will be showcasing photos we have taken since our doors opened in 2016.

Slideshow throughout the day

on **Friday, October 25.**

Great Room

Resident Pot Luck Opportunities

Pot Luck Dinner

Tuesday, October 1 at 4:30pm

Please bring a favorite fall dish to pass (entrée or side dish). RSVP in the Great Room. Bring drinks!



Columbus Day Pot Luck Breakfast

Monday, October 14 at 9:00am

Please bring a breakfast item to share. RSVP in the Great Room. Plenty of coffee!



Autumn Wine Glass Painting with Pat

Friday, October 4

10:00am

Craft Room

Autumn Watercolor Workshop with Sue

Friday, October 11

10:00am

Craft Room

Art Class

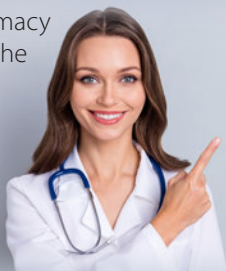
Budding artists welcome!
Sign up, as there is limited seating.



Covid Vaccine

Monday, October 7

Hannaford Pharmacy will be offering the Covid vaccine 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 down at 10:00am. If your last name begins with N-Z, please come down at 11:15am.

CHILI COOK OFF!

Wednesday,

October 16

1:00pm

Great Room

Residents and staff will compete at our annual Chili Cook-off. Please sign up in the Great Room if you would like to enter the contest or be a taste tester.

Don't miss out!

BINGO

with
**Ballston Spa
Cub Scouts**

Wednesday, October 16

6:00pm

Great Room



Join us for some intergenerational FUN!

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Our knitters may have taken the summer off but there is still a plethora of handmade items for those in need. We have hats, scarves, and mittens for all ages ready to be delivered to Franklin Community Center.

The Franklin Community Center has been a lifeline for many in our area, especially during difficult times. They offer a free store for individuals and families where they can obtain many items including in-season clothing, shoes, and accessories.

If you would like to join our community outreach and donate for the colder months, you can drop off gently used winter clothing for both children and adults.

Looking for interested and new members to join our Knitting/Crochet Group starting up again Monday, October 14 at 11:00am.

**Are you registered to  ?
Do you need to change your address?**

We will have an informational voting table in the **Tavern on Tuesday, October 8 at 1:00pm.** There will be change of address forms, registration forms and absentee ballot applications available.

Summit Book Club

**Tuesday, October 8
2:00pm
Library**

This month we are reading and discussing *On the Rez* by Ian Frazier.

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



**Learn about the Ten Commandments
with Rabbi Monson**



**Rabbi Ami Monson
Wednesday, October 9
2:00pm
Great Room**



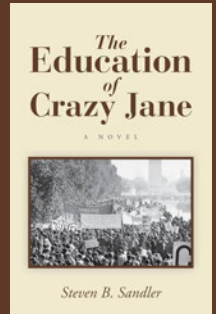
PRN Therapy Referral Process
Enid Wascz PT and Toni Westbrook OT
PRN Therapy
**Thursday, October 17
1:00pm
Great Room**

PRN explains the who, what, when, where and why of the therapy referral process. There will be a fun interactive bingo game with prizes!

**Meet the Author,
Steven B. Sandler, MD**

**Friday, October 18
1:30pm
Great Room**

Mr. Sandler's new book is called *The Education of Crazy Jane*. It's a story of students in the late 60s protesting the War in Vietnam, falling in love, and trying to make sense of the rapidly changing social norms of the times.



It's not hard to find parallels to current events today.



*Introduction to
Energy Medicine*

*Helene
Breckler*

**Monday, October 21
1:00pm
Great Room**

Energy techniques can help with increasing your energy, relieving pain, easing stress and anxiety, keeping the mind sharp, improving digestion, strengthening the immune system and more.

Ms. Brecker began her extensive study of healing modalities in the mid 1970s with the study of Shiatsu and Japanese medicine.

Join Helene Brecker to learn a simple 5 minute routine which when done daily can enhance your well-being.

**Step On It Travel Tour
The Ganges Delta - Earth's
Fertile Lands**

**Wednesday, October 30
11:30am
Theater**



Our Step On It Walking Program this month will feature the world's largest river delta, the Ganges Delta.

Don't miss out!

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

Krick Wahl 518-859-9809

Nail Technician

Tina Mone 518-698-4693

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.

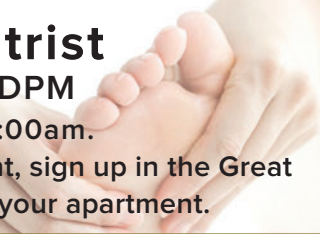
- Chicken Parmigiana with pasta, sauce, vegetable
- Meatloaf with mashed potatoes, vegetable
- Turkey with stuffing, roasted potatoes, vegetable
- Vegetable Lasagna

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, October 1 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, October 15

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.

