

# SUMMIT AT HALFMOON

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Monthly Newsletter

January 2025



Happy New Year!

# THE Manager's Message

**H**appy New Year! Time flies when we're having fun! Conversely, time seems to slow to a turtle's pace when life gets boring and monotonous. Some life situations are out of our control, but fortunately much of our life's quality lies in our own hands.

January is the perfect month to take stock in our existence and chart a new course. Sadly, most New Year's resolutions involve treadmills, perspiration, and lots of lettuce. New Year's resolutions have lost imagination. How about one of the following?

- \*treat yourself to more lunch outings with friends and family
- \*color your hair red or blonde
- \*lookup an old high school boyfriend or girlfriend
- \*grow a beard
- \*learn to play the guitar
- \*open the shades and enjoy the sun
- \*volunteer at an animal shelter
- \*learn to grill the perfect steak
- \*take up scuba diving
- \*visit Alaska and pan for gold
- \*buy a telescope or wine cooler
- \*learn to tango
- \*join a choir or chorus
- \*start a rock band
- \*memorize the Presidents...in order
- \*exercise, eat right, shave your beard, and get a pedicure... so you'll look spectacular when you find that old high school boyfriend or girlfriend!

Enjoy!

*Laura Leathem*

Laura Leathem  
Community Manager

## Staff

### Community Manager

Laura Leathem  
LLeathem@summitseniorlife.com

### Resident Services Coordinator

Jeanne L. Toth  
JToth@summitseniorlife.com

### Maintenance

Keith Wargo  
Alex Tinney

### Cleaning Attendant

Lori LaRock

### Weekend Concierge

Joanne Krazit  
Barbara Kelly

### Office Phone

518-807-6800

The Summit at Halfmoon  
29 Sitterly Road  
Halfmoon, NY 12065  
518-807-6800

Emergency Maintenance Number  
518-380-3860

# Welcome to Summit at Halfmoon!!!



## AAA and CIE Present Tours of Ireland and Italy

January 16th at 1:30 pm  
in Great Room

Come to this presentation to explore these two fabulous countries. The focus will be escorted tours. Bring your questions and invite your neighbors at Summit. AAA can plan individual and group tours.

## Wit and Wackiness

Judi Clements  
January 27th at 2 pm in Great Room

Come laugh, participate in this funny Improv. It mirrors the TV show "Whose Line Is it Anyway?"

They take suggestions from the audience to build comedy scenes based on famous improvisation games. Enjoy this show with our favorite comedian!



## Craft Corner Fitness Studio



### QUILLING CARD MAKING

w/Veda  
January 14th at 2:00 pm



### CORK HEART CRAFT

w/Christa  
January 28th at 2:00 pm

Learn and make crafts with these two creative, talented teachers.

## Supper Club FOOD & FRIENDS

### Eat-in or Pick-up available in the Great Room

Deliver Supper Club Order Form to the office or rent box with exact cash

**Due: 9AM Friday, December 27th**

### Monday the 6th - Chef Johnny

Chicken Marsala, Pasta, Garden Salad & Dessert (\$16)

### Wednesday the 8th - Chef Mickey

Stuffed Shells, Meatballs, Marinara, Salad, Roll & dessert (\$16)

### Monday the 13th - Chef Johnny

Chili Bar— Meat/Vegetarian Chili, Various Toppings, Cornbread & Dessert (\$16)

### Wednesday the 15th - Chef Mickey

Vegetable Lasagna with Alfredo Sauce, Salad, Roll & Dessert (\$16)

### Wednesday the 22nd - Chef Mickey

Chicken Parmesan Over Pasta, Sauce, Salad, Roll & Dessert (\$16)

### Monday the 27th- Chef Johnny

Chicken Cordon Bleu, Broccoli, Garden Salad, Roll & Dessert (\$16)

### Wednesday the 29th

#### Chinese New Year

Lin's Wok Chinese Food (\$16)  
Combination Platters include an egg roll and choice of white or pork fried rice.

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Location Key							
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 PBC - Pickleball Courts			1 2:00 pm Quarter Bingo (GR) 2:30 pm Bridge (LNG) 6:00 pm Thwart( GR) 7:00 pm A New Year's Resolution (MOV) <b>NEW YEAR'S DAY</b> OFFICE CLOSED/NO BREAKFAST/ NO FITNESS CLASSES	2 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 2:30 pm Batman (MOV) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) <b>Happy Birthday Reinaldo Medina</b> <b>Medical Transports</b>	3 9:00 am Grocery Shopping 11:30 am Resident Programming Meeting (GR) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour w/Jack Kelle Band BYOB (GR) 7:00 pm The Notebook (MOV)	4 10:30 am Cornhole (FS) 1:00 pm Scrabble (LNG) 2:00 pm Midway (MOV) 3:00 pm Billiards (BIL) 6:00 pm Rummikub (GR)
5 2:00 pm The Irishman (MOV) 4:00 pm Poker (LIB) 6:00 pm Farkle & Left Right Center (10 Dimes) (GR) 7:00 pm Queen Bees (MOV)	6 2:00 pm Broadway Songs & Stories by Cole Porter (GR) 4:00 pm Supper Club w/Chef Johnny Chicken Marsala, Pasta, Garden Salad & Dessert (\$16) (GR) 6:00 pm Chicken Foot (GR) 7:00 pm I am Woman - Helen Reddy (MOV)	7 10:00 am Sparetime Bowling 2:30 pm The Children's Train (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) <b>Medical Transports</b>	8 8:30 am Waffle Wednesday (GR) 10:00 am Saratoga Casino 2:00 pm Quarter Bingo (GR) 2:30 pm Bridge (LNG) 4:00 pm Supper Club w/Chef Mickey Stuffed Shells, Meatballs, Marinara, Salad, Roll & Dessert (\$16) (GR) 6:00 pm Hand & Foot (GR)	9 10:00 am Podiatrist Visit 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 2:00 pm Men in Black (MOV) 2:30 pm The Binghamton Crosbys (GR) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) <b>Happy Birthday Joan Parks</b> <b>Medical Transports</b>	10 9:00 am Grocery Shopping 11:00 am History & Tales of Clifton Park (GR) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour w/Tootie & the Mother Pluckers (GR) 7:00 pm Wizard Of Oz (MOV) <b>Happy Birthday Robert Imfeld</b>	11 10:30 am Cornhole (FS) 1:00 pm Scrabble (LNG) 2:00 pm Barbara - Barbara Streisand (MOV) 3:00 pm Billiards (BIL) 4:00 pm Mah Jong (LNG) 6:00 pm Rummikub (GR) <b>Happy Birthday Dixie Stevens</b>	
12 2:00 pm All Quiet on the Western Front (MOV) 4:00 pm Poker (LIB) 6:00 pm Chicken Foot & Left Right Center (10 Dimes) (GR) 7:00 pm Grand Torino (MOV)	13 1:00 pm PRN Winter Olympics (GR) 4:00 pm Supper Club w/Chef Johnny - Chili Bar— Meat /Vegetarian Chili, with Various Toppings, Cornbread & Dessert (\$16) (GR) 6:00 pm Chicken Foot (GR) 7:00 pm Miracle on Ice (MOV)	14 12:00 pm Lunch at Peddlers 2:30 pm Sabrina (MOV) 2:00 pm Card Making Quilling with Veda (FS) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) <b>Medical Transports</b>	15 8:30 am Waffle Wednesday (GR) 10:00 am Shopping at Boscov's & Clifton Park Center Mall 2:00 pm Quarter Bingo (GR) 2:30 pm Bridge (LNG) 4:00 pm Supper Club w/Chef Mickey - Vegetable Lasagna with Alfredo Sauce, Salad, Roll & Dessert (\$16) (GR) 6:00 pm Thwart (GR) NO FITNESS CLASSES	16 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 1:30 pm AAA & CIE Tours Ireland & Italy (GR) 2:30 pm The Great Race (MOV) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) <b>Medical Transports</b>	17 9:00 am Grocery Shopping 11:30 am Theater How to/Movie Committee Meeting ((MOV) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour w/Mark Galeo BYOB( GR) 7:00 pm The Dead Poets Society (MOV)	18 10:30 am Cornhole (FS) 1:00 pm Scrabble (LNG) 2:00 pm Gladiator (MOV) 3:00 pm Billiards (BIL) 4:00 pm Spinner Dominoes (LNG) 6:00 pm Rummikub (GR)	
19 2:00 pm The Prince and Me (MOV) 4:00 pm Poker (LIB) 6:00 pm Farkle & Left Right Center (10 Dimes) (GR) 7:00 pm Selma (MOV)	20 4:00 pm International Potluck Dinner (GR) Bring A Dish From Another Country to Share 6:00 pm Chicken Foot (GR) <b>Martin Luther King Day</b> OFFICE CLOSED/NO BREAKFAST/ NO FITNESS CLASSES	21 2:30 pm Rustin (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) <b>Medical Transports</b> <b>Happy Birthday Marilyn Pomposello</b>	22 8:30 am Waffle Wednesday (GR) 10:00 am Shopping at Stuyvesant Plaza 2:00 pm Quarter Bingo (GR) 2:30 pm Bridge (LNG) 4:00 PM Supper Club -- w/Chef Mickey Chicken Parmesan Over Pasta , Salad, Roll & Dessert (\$16) (GR) 6:00 pm Hand & Foot (GR)	23 12:00 pm Lunch at Park Avenue Sushi & Thai 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 2:30 pm Martha-Martha Stewart Story (MOV) 3:00 pm Shuffle Board (LNG) 4:00 pm Songs Through the Years w/ Saratoga Sound Track Chorus (GR) 6:00 pm Revenge (GR) <b>Medical Transports</b>	24 9:00 am Grocery Shopping 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour w/Lewis & Clark (GR) 7:00 pm The Society of the Snow (MOV)	25 10:30 am Cornhole (FS) 1:00 pm Scrabble (LNG) 2:00 pm The Only Girl in the Orchestra (MOV) 3:00 pm Billiards (BIL) 4:00 pm Mah Jong LNG 6:00 pm Rummikub (GR) <b>Happy Birthday Monica Chang</b>	
26 2:00 pm Friday Night Lights (MOV) 4:00 pm Poker (LIB) 6:00 pm Chicken Foot & Left Right Center (10 Dimes) (GR) 7:00 pm The Story of the Mandarin Girl (Mov))	27 11:30 am Resident Meeting w/Staff (GR) 1:00 pm Book Club Discussion (LIB) King, A Life (LIB) 2:00 pm January Birthday Party (GR) 4:00 pm Supper Club w/Chef Johnny - Chicken Cordon Bleu, Broccoli , Garden Salad, Roll & Dessert (\$16) 6:00 pm Chicken Foot (GR)	28 2:00 pm Cork Heart Craft w/Christa (FS) 2:30 pm Robinhood (MOV) 3:00 pm Pinochle (LNG) 6:00 pm Mexican Train (GR) <b>Medical Transports</b> <b>Happy Birthday Marilyn Leslie</b>	29 8:30 am Waffle Wednesday (GR) 2:00 pm Quarter Bingo (GR) 2:30 pm Bridge (LNG) 4:00 pm Supper Club Lins Wok (\$16) (GR) 6:00 pm Hand & Foot (GR) <b>Chinese New Year</b>	30 1:00 pm Knitting & Crochet Circle (LIB) 1:30 pm Karaoke (LNG) 2:30 pm Maria Story of Maria Callas (MOV) 3:00 pm Shuffle Board (LNG) 6:00 pm Revenge (GR) <b>Medical Transports</b>	31 9:00 am Grocery Shopping 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour w/Tim Farkas BYOB (GR) 7:00 pm Beatles 64 (MOV) <b>Happy Birthday Frederick Fred Bass</b>		
<b>CONNECTED life</b>  <b>FITNESS</b>	<b>Every Monday</b> 9:45 am Balance Class 10:45 am Chair Yoga 3:00 pm Chair Dancing (LNG)	<b>Every Tuesday</b> 10:00 am Sit to be Fit 11:00 am Water Aerobics (Pool)	<b>Every Wednesday</b> 10:00 am Strength & Balance 11:00 am Hydro-rider (Class 30 mi) (Pool) - Sign Up Required 11:30 am Hydro-rider (Class 30 mi) (Pool) - Sign Up Required	<b>Every Thursday</b> 10:00 am Sit to be Fit 11:00 am Water Aerobics (Pool)	<b>Every Friday</b> 10:00 am Pilates 11:00 am Hydro-rider (Class 30 mi) (Pool) - Sign Up Required 11:30 am Hydro-rider (Class 30 mi) (Pool) - Sign Up Required	<b>Pool Buddy Swim Time!</b> Daily at 3:00 PM 	

International Potluck



**International Potluck Dinner**

Monday, January 20th  
at 4:00 pm  
in the Great Room

Bring a dish from another country to share.  
If you would like bring copies of the recipe too.  
A sign-up sheet is in the lounge.  
Come dine and enjoy fellowship with your neighbors!

**JANUARY OUTINGS**

Sign-up in the Book

**Sparetime Bowling**  
January 7th at 10:00 am

**Saratoga Casino**  
January 8th at 10:00 am

**Lunch at Peddlers**  
January 14th 12:00 pm

**Shopping at Boscov's &  
Clifton Park Center Mall**  
January 15th at 10:00 am

**Shopping at Stuyvesant Plaza**  
January 22nd at 10:00 am

**Park Avenue Sushi & Thai**  
January 23rd at 12:00 pm



**The Binghamton Crosbys**  
January 9th at 2:30 pm  
in the Great Room

They are Binghamton University's premier, Tenor-Bass, a cappella group. The Crosbys were founded in 1983 and were the University's first recognized a capella group. The Crosbys have recorded over 12 albums featuring a diverse array of music.

Their repertoire covers everything from classic rock hits like 'Dock of the Bay' (Otis Redding) and 'Good Ol' Fashioned Lover Boy' (Queen) to modern tunes like 'Writings on the Wall' (Sam Smith) to niche classics like 'I Wanna Be Like You' (The Jungle Book).



**Summit at Halfmoon Winter Olympics**  
January 13th at 1:00 pm  
in the Great Room

The Summer Olympics were such a hit! Why not bring back the fun in our very own Wacky Winter Olympic Day! Come for competition, prizes, laughs and refreshments.

**BROADWAY SONGS & STORIES OF COLE PORTER**

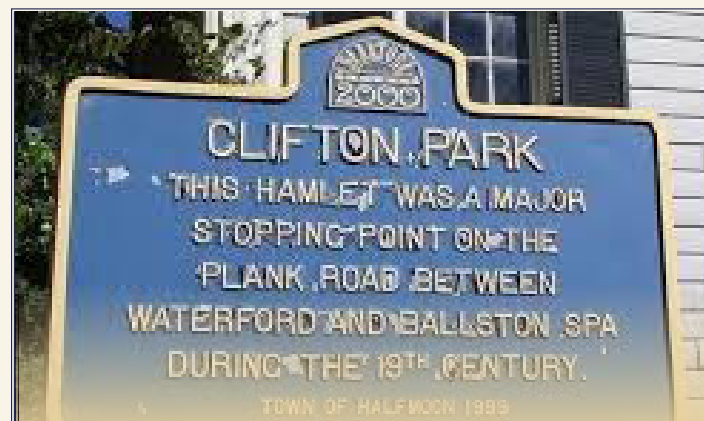
**Jillian Smith**  
January 6th at 2:00 pm  
in the Great Room

American composer and songwriter. Many of his songs became standards noted for their witty, urbane lyrics, and many of his scores found success on Broadway and in Hollywood films. Porter's musicals include *Kiss Me, Kate*, *Fifty Million Frenchmen*, *DuBarry Was a Lady*, *Anything Goes*, *Can-Can* and *Silk Stockings*.



- Reinaldo Medina 1/2
- Joan Parks 1/9
- Robert Imfeld 1/10
- Dixie Stevens 1/11
- Marilyn Pomposello 1/21
- Monica Chang 1/25
- Marilyn Leslie 1/28
- Frederick "Fred" Bass 1/31

Please join us to celebrate our monthly birthdays on Monday, January 27th at 2:00 pm in the Great Room!



**History & Tales of Clifton Park**

Presented by John Scherer Town Historian

Friday, January 10 at 11:00 AM  
in the Great Room

The program entitled "From Farms to Suburbs: Clifton Park Develops" will explore how the Town of Clifton Park transitioned from a rural farming community to a thriving suburb. He will combine a PowerPoint Presentation and his own personal childhood stories to tell the fascinating story of the Town of Clifton Park.

Come to learn about the community you live in!

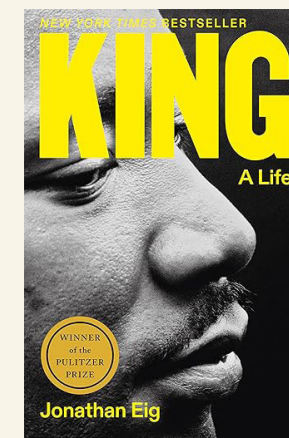
**Book Club**

**"King, A Life," Jonathan Eig**

Books will be available to borrow in the office.

Join with us to discuss book.

Goodreads Choice Award Nominee for Readers' Favorite History & Biography.



Vividly written and exhaustively researched, Jonathan Eig's A Life is the first major biography in decades of the civil rights icon Martin Luther King Jr. and the first to include recently declassified FBI files. In this revelatory new portrait of the preacher and activist who shook the world, the bestselling

biographer gives us an intimate view of the courageous and often emotionally troubled human being who demanded peaceful protest for his movement but was rarely at peace with himself. He casts fresh light on the King family's origins as well as MLK's complex relationships with his wife, father, and fellow activists. King reveals a minister wrestling with his own human frailties and dark moods, a citizen hunted by his own government, and a man determined to fight for justice even if it proved to be a fight to the death. As he follows MLK from the classroom to the pulpit to the streets of Birmingham, Selma, and Memphis, Eig dramatically re-creates the journey of a man who recast American race relations and became our only modern-day founding father as well as the nation's most mourned martyr. In this landmark biography, Eig gives us an MLK for our a deep thinker, a brilliant strategist, and a committed radical who led one of history's greatest movements, and whose demands for racial and economic justice remain as urgent today as they were in his lifetime.

# Concierge Services

## MEAL OPTIONS

### CONTINENTAL BREAKFAST

Daily 8:30—10:15 AM

### LUNCH

Lunch outings available twice each month.

Please see calendar.

### SUPPER CLUB

You have the option of two hot meals each week. They come ready to eat, from local Chefs/eateries. You can pick up your pre-paid meals at 4pm in the Great Room or consider dining in with others.



♥ 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**

## 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 Lounge.



**TRADER JOE'S**

**Walmart**

## FROZEN DINNERS

By: *Chef Johnny*



**Need dinner? Don't feel like cooking?** Chef Johnny's frozen meals are available in the office, for \$14, on a first come/ first serve basis. The below dishes are ready to be simply heated & enjoyed.

- 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

## Medical Appointments Every Tuesday and Thursday

Every Tuesday and Thursday, we provide transportation to scheduled, routine medical appointments within a 10-mile radius of our community. 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.



**PRN**  
PT OT & SLP PLLC  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

Located in the Practitioner's Suite on the 3rd Floor  
**315-878-1327**

## Resident Informational Meetings

**Resident Meeting with Laura & Staff**  
Monday, January 27th at 11:30 am

**Resident Program Meeting**  
Friday, January 3rd at 11:30 am

**Theater How-To/Movie Committee**  
Friday, January 17th at 11:30 am

## On-Site Podiatrist

**Dr. Michael Masias, DPM**

Thursday, January 9th

Dr. Masias will be on site..

**518-320-8659**

