S U M M I T A T SARATOGA

Monthly Newsletter

January 2025

Happy New Year!

THE Manager's Message

Dear Residents,

n the spirit of this New Year, let us embrace new resolutions to better ourselves and our community. If being more active is one of your resolutions, try one of our fitness classes on land or in the pool. You can always observe the class before trying it.

Get those steps in and join us on our 'Step on it' Travel Tour of Mammoth Cave National Park, in Kentucky, on January 28th. And, don't forget the Winter Olympics with PRN this month.

So many great lectures and presentations this month! Historian Connor Williams, from the Sagamore Institute of the Adirondacks, will be discussing how environmentalism and opulence intersected to create the Adirondack Park. In addition, we have lectures on Recycling Do's and Don'ts, Fall Risk Reduction and Aging in Place. Difficult to hear when on the phone? Attend the Caption Call lecture and get a free phone!

Lastly, join us for our Winter Tea Party and don't miss the fabulous musical performances scheduled this month... No Strings Attached, Pianist Judith Thomas, and Carmen & Life's Guilty Pleasures. Note the calendar for dates and times. Let's have fun together this winter!!

Welcome new residents:

Skip Perkins Loretta Bergen Happy 2025!

Christ Demant

Christy Durant Community Manager



Through your donations, we have far exceeded our expectations at helping the following organizations throughout the holiday season. You truly have made a difference.

Franklin Community Center: Handmade scarves, hats, and mittens from our Knitting Crocheting Group Perry Road Baptist Church: Food Pantry Items Saratoga County Children's Committee: Empty Stocking Project The Marine Toys for Tots Program Wilton EMS & Greenfield Fire Department: Thank You Gift Cards

Staff

Community Manager

Christy Durant CDurant@SummitSeniorLife.com

Resident Services Coordinator

Rebecca Detora RDetora@SummitSeniorLife.com

Concierge

Jessica Barr Concierge@SummitSeniorLife.com

Maintenance

Bill St. Denis

Cleaner

Skip Vickery

Weekend Concierge

Shelly Pooler Lisa Hobbs

Transportation

Matt Leguire

The Summit At Saratoga 1 Perry Road Saratoga Springs, NY 12866 518-430-2136 www.summitsaratoga.com

Maintenance Emergency Number 518-925-0905



Friday, January 17 2:30pm Great Room

LET'S EAT, DRINK TEA & BE MERRY



Mike Jewett	1/1
Caroline Sciangula	1/3
Irmi Bauer	1/6
Loretta Bergen	1/14
Jeanette Cochran	1/17
Richard Cordovano	1/22
Harry Holowach	1/23
Fran Gailor	1/24
Sue DeLorenzo	1/27
Skip Perkins	1/31

Help us celebrate our monthly birthdays on Wednesday, January 29 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting Monday, January 6 at 11:30am Great Room

Theater How-To/Movie Committee Thursday, January 23 at 11:00am Movie Theater

Resident Meeting with Christy Monday, January 27 at 1:00pm Great Room



Summit at Saratoga's Winter Olympics

Thursday, January 9 • 1:00pm Great Room

Follow live action right in our Great Room as residents compete for the gold in golf, bowling, and wacky games.

Excursions

Lunch at Dizzy Chicken Wednesday, January 8



Dizzy Chicken Woodfired Rotisserie Restaurant is loved by many in Saratoga. It is known for its unique and flavorful barbecue dining experience.

Please be in the lobby no later than 11:20am. The bus will leave the Summit at 11:30am. 12 residents minimum, 14 maximum

Lunch at Wheatfields Restaurant & Bar Wednesday, January 15



Wheatfields Restaurant and Bar is a thriving cornerstone in Saratoga Springs that serves a superior lunch! Add to this a relaxed and elegant atmosphere that offers the city's best views on Broadway.

Please be in the lobby no later than 11:20am. The bus will leave the Summit at 11:30am. 12 residents minimum, 14 maximum

Lunch at The Brick at 2 West Wednesday, January 29



This restaurant has something for everyone, ranging from gourmet pizzas to sandwiches to chicken parmesan and New York Strip Steak.

Please be in the lobby no later than 11:20am. The bus will leave the Summit at 11:30am. 12 residents minimum, 14 maximum

January 2025

S	M	Т	W	TH	F	S
Location Key BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theater MR-Music Room (3rd Floor) P-Pool PS-Practitioners Suite			1 9:00am Resident Potluck Breakfast GR 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR OFFICE IS CLOSED	2 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:00pm Nutcracker: The Motion Picture MOV 3:00pm Golf FS 5:00pm Cribbage TAV MEAL FORMS DUE	3 10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Clyde's Retirement Party GR 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	 4 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Festive Flavored 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 MR
5 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	 ⁶ 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 11:30am Program Meeting with Rebecca GR 2:00pm Bible Study LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Netflix Series: A Man on the Inside MOV 	 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:00pm Presentation: Narcan Education and Training GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Stuffed Shells & Meatballs TAV 5:00/5:15pm Poker Night GR 	8 11:30am Lunch at Dizzy Chicken 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	9 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 12:00pm Summit Lunch Club: Soup & Submarine TAV 1:00pm PRN Therapy Winter Olympics GR 2:30pm Team Trivia with Mark Hersh GR 5:00pm Cribbage TAV	10 10:00am Scrabble TAV 11:30am Presentation: Greetings from the Great Camps: The History of the Adirondack Vacation GR 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Performance by No Strings Attached GR 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	 11 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Dirty Snowman Drink 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 MR
12 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	13 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 2:00pm Bible Study LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Netflix Series: A Man on the Inside MOV	 14 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club: The Seven Husbands of Eleanor Hugo LIB 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Vegetable Lasagna Dinner TAV 5:00/5:15pm Poker Night GR 	15 11:30am Lunch at Wheatfields Restaurant and Bar 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	16 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:00pm Playing Favorites by Pianist Judith Thomas GR 4:15pm Summit Supper Club: Pizza & Friendship Salad (\$5) GR 5:00pm Cribbage TAV 6:00pm Presentation: Fall Risk Reduction GR	17 10:00am Scrabble TAV 1:00pm Netflix Series: Longmire MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 2:30pm Winter Wonderland Tea Party 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Winter Tea GR 1:30pm Movie Matinee 3:00pm Cards: Hearts TAV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
19 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	20 9:00am Resident Potluck Breakfast GR 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 2:00pm Bible Study LIB 3:00pm BYOB Happy Hour GR 5:00pm Mahjong TAV 6:15pm Netflix Series: A Man on the Inside MOV	21 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 Chicken Parmesan Dinner TAV 5:00/5:15pm Poker Night GR	22 11:00am Presentation: Recycling Tips by Twin Bridges: The Do's and Don'ts GR 1:00pm Free Mary Kay Facials CR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Entertainment by Carmen & Life Pleasures GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	23 11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR 1:00pm Presentation: CaptionCall GR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Chef Johnny's Beef Stroganoff Dinner TAV 5:00pm Cribbage TAV	24 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	 25 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Chocolate Bar 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 MR
26 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 4:05pm Sunday Football MOV	27 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Resident Meeting with Christy GR 2:00pm Bible Study LIB 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Netflix Series: A Man on the Inside MOV	28 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:15pm Step On It Travel Tour: Mammoth Cave - Worlds Underground MOV 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Stuffed Eggplant Dinner TAV 5:00/5:15pm Poker Night GR	29 11:30am Lunch at The Brick at 2 West 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Monthly Birthday Party GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	30 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:30pm Presentation: Aging in Place GR 3:00pm Golf FS 4:15pm Summit Supper Club: Dickinson's Chicken Cordon Bleu Dinner and To-go Orders GR 5:00pm Cribbage TAV	31 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	MARY KAY Free Facials
CONNECTED life Fitness	Every Monday Hydro Rider P 8:00/8:30am Tai Chi I: Basics FS 9:00am Water Aerobics P 9:30am Tai Chi II: Basics + 73 FS 9:40am Strength Training FS 10:30am Tai Chi III: Intermediate L 10:30am Yoga/Balance FS 11:15am	Every Tuesday Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am Balance/Yoga FS 10:30am Trifecta FS 11:30am	Every Wednesday Water Aerobics P 8:30am Stretch & Flex FS 9:30am Sit 2B Fit FS 10:30am Buddy Swim P 1:00pm	Every Thursday Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am Balance/Yoga FS 10:30am Trifecta FS 11:30am	Every Friday Tai Chi I: Basics FS 9:00am Tai Chi II: Basics + 73 FS 9:40 Tai Chi III: Intermediate FS 10:30am Buddy Swim P 1:00pm	Wednesday, January 22 1:00pm - Craft Room Come for a fun & relaxing self applying facial treatment using Mary

Community Programs



Join for our weekly **Bible Study**

Mondays at 2:00pm Library

Please join for a weekly group-shared Bible Study. The book consists of daily devotions based on the common lectionary. Those joining are encouraged to purchase the book (\$15) at an informal gathering on Monday, January 6 at 2:00pm.

Tech Help with Don Tuesdays from 1 - 3:00pm

Please sign up in the Great Room and Don will come to your apartment.



NEW IN OUR THEATRE

Nutcracker: The Motion Picture Thursday, January 2 at 2:00pm

The colorful holiday classic is finally brought to the big screen, designed by famed children's story author and artist Maurice Sendak, and written for the first time to be as close as possible to the original story. A lavish, exciting and heart-warming celebration of dance, music, and life. Based upon the Pacific Northwest Ballet's original production

Ken Burns Documentaries Sundays at 11:00am

Ken Burns is an award-winning documentary filmmaker and speaker who is considered one of the greatest chroniclers of the American experience. The name of the documentary will be posted on the weekend daily sheet.

A Man on the Inside • Mondays at 6:15pm

"Cheers" actor Ted Danson's latest series is the Netflix comedy A Man on the Inside, in which he plays a retired widower-turned-investigator who goes undercover in an independent living community



with DJ Mark Hersh Thursday, January 9 & 23 at 2:30pm Join us in the Great Room, where the competition is friendly and the trivia is fun!! Come and join the teamwork!!

No Strings Attached

Friday, January 10 at 2:00pm Come and listen to some of your favorites being performed by Binghamton's one and only Disney-Broadway A Cappella Group. They will perform hits from a variety of times and styles, including The Phantom of The Opera, La La Land, Hadestown, and even the Hunchback of Notre Dame!

Playing Favorites by Pianist Judith Thomas

Thursday, January 16 at 2:00pm Judith Thomas lifts any occasion with wonderful classical or light classical/Broadway music.

Carmen & Life's Guilty Pleasures

Tuesday, January 22 at 3:00pm Carmen and Joe play an eclectic mix of jazz, soul, blues, and pop. You won't want to miss out!

SEVEN

HUSBANDS

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Summit Book Club

Tuesday, January 14 at 2:00pm • Library

For January we are reading and discussing The Seven Husbands of Eleanor Hugo by Taylor Jenkins Reid All residents are welcome. No sign up necessary. Happy Reading!



VOICE STREAMING FOR PRESENTATIONS

Voice Streaming is a fast, mostly accurate form of captioning that goes from the speaker to the screen. We offer voice streaming for meetings, presentations, and more!



Please contact Rebecca at the beginning of the month to request the service.



Learn about Narcan and how you can make a difference when an opiate overdose occurs. Narcan kits will be provided.

GREETINGS FROM THE GREAT CAMPS: THE HISTORY OF THE ADIRONDACK VACATION

Connor Williams | Historian Sagamore Institute of the Adirondacks

Great Camp Sagamore A National Historic Landmark Friday, January 10 • 11:30am • Great Room

Join American Historian Connor Williams as he discusses how environmentalism and opulence intersected to produce the Adirondack Park (and the Adirondack vacations) that we are all connected to today.

Fall Risk Reduction

Cheryl Caimano, PT Senior Physical Therapist

Thursday, January 16 6:00pm **Great Room**



Hear statistics, fall risk factors and what we can do to stay healthy as we age.

CONNECTED *life*

Recycling Tips by Casella: The Do's and Don'ts

Brian Mattes Casella Waste Systems, Inc.

Wednesday, January 22 11:00am • Great Room

Let's team up to help each other improve our recycle habits and help the environment at the same time!

Every little bit adds up to have an impact now and forever. Not sure if a certain item is recyclable? Bring it to the lecture.



Thursday, January 23 • 1:00pm Great Room

No-Cost Closed Caption Phone Service

Learn about this captioning service that lets you hear and read what someone is saying. You can request CaptionCall service on your iPhone or Android devices as well.

Step On It Travel Tour Mammoth Cave -Worlds Underground

Tuesday, January 28 3:15pm • Theater



Our Step On It Walking Program this month will show you one of the most amazing geologic wonders on Earth. This cave is right in the middle of the United States: Mammoth Cave National Park in Kentucky.

Aging in Place Kym Hance, CMC

Client Care Services/Aging Life Care Manager Herzog Law Firm, P.C.

Thursday, January 30 • 2:30pm • Great Room

Most people given the choice want to remain in their homes for the duration of their life. We will discuss actions to consider and resources available to help you remain independent in your home. We will also discuss funding options in detail and how to access and navigate available services.

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

Stylist Patricia Keefe 518-992-4904

Therapeutic Massage Krick Wahl 518-859-9809

Nail Technician Tina Mone 518-698-4693

On-Site Podiatrist

Dr. Michael Masias, DPM Tuesday, January 7 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, January 21 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



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.





By: Chef



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

Route 50 Shopping

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



BE GREEN & recycle Clean

plastics, tin, aluminum, paper and glass.

#zerowaste

YOUR

CUP