

SUMMIT AT SARATOGA

Monthly Newsletter

January 2025



Happy New Year!

THE
Manager's Message

Dear Residents,

In 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!

Christy Durant
Christy Durant
Community Manager



**Thank you residents,
friends and families for
your generous gifts!**

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

Winter Wonderland
Tea Party

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

WWW.SUMMITSARATOGA.COM

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!

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!

Breakfast Potluck

Resident Pot Luck Opportunities

Pot Luck Breakfast

Wednesday, January 1 at 9:00am
&
Monday, January 20 at 9:00am

Please bring a breakfast item to share.

RSVP in the Great Room.

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.

Tuesday, January 7 • 3:00pm
Great Room

NARCAN Education & TRAINING

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.

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.

CaptionCall®
Life is Calling

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 Available

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



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

315-878-1327

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

Route 50 Shopping

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



#zerowaste

**BE GREEN
& recycle
CLEAN**
plastics, tin,
aluminum, paper
and glass.

