

SUMMIT AT SARATOGA

Monthly Newsletter

February 2025



THE Manager's Message

Dear Residents,

February is the month of *romance* and *love*. Join us for our Valentine's Day themed programs starting off with our Valentine's Day Prosecco Punch and Chocolate Fountain on the 14th. Followed by a Chocolate Tasting on February 19th and a presentation by local historian, Charlie Kuenzel on the questionable love affair of Diamond Jim Brady and Lillian Russell.

This month is also National Heart Awareness Month. Help drive awareness about the importance of fighting the No. 1 killer of women by wearing red on February 14th. Join us at 1:15 pm in the Great Room for a group photo to show our support. Don't miss the PRN's presentation on Healthy Hearts on February 13th and the Dietician's Guide to Heart Healthy Meals on February 25th.

We are also excited to announce that Skidmore's Ensemble Connect will be back-date and time to be announced. The ensemble is comprised of the most talented young musicians in the country. The performance is always a treat.

Christy Durant
Christy Durant
Community Manager

St. Valentine's Day
Prosecco Punch & Chocolate
Friday, February 14
1:30pm • Great Room

ensemble connect
Artistry. Education. Advocacy. Entrepreneurship.

Ensemble Connect, a group of the finest young professional classical musicians based out of Carnegie Hall, celebrating it's 18th year at Skidmore College. Don't miss this special event!

Date and time to be announced!

Staff

Community Manager

Christy Durant
CDurant@SummitSeniorLife.com

Resident Services Coordinator

Rebecca Detora
RDetora@SummitSeniorLife.com

Concierge

Jessica Barr
Concierge@SummitSeniorLife.com

Maintenance

Peter Nugent
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



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

Linda Bergh	2/05
Lee DeCoste	2/08
Carole O'Dwyer	2/15
Sally Mooney	2/17
Barb Hens	2/18
Dan Spillane	2/22
Olga Holowach	2/22
Betty Garcia	2/26
Laura Winicki	2/28

Help us celebrate our monthly birthdays on Wednesday, February 26 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting

Monday, February 10 at 11:30am
Great Room

Theater How-To/Movie Committee

Thursday, February 20 at 11:00am
Movie Theater

Resident Meeting with Christy
Monday, February 24 at 1:00pm
Great Room



Friday, February 28

Several exhibits can be explored, including the passions of Paul Mellon: horses, art and philanthropy.

Please be in the lobby no later than 12:50pm.
The bus will leave the Summit at 1:00pm.
10 residents minimum, 14 maximum

Excursions

Saratoga Raceway & Casino Tuesday, February 11



Join us for some gambling fun and lunch. With over 1,700 exciting time slots and electronic table games, your fun may never stop! Plenty of dining options for you to enjoy.

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

5 residents minimum, 14 maximum

Lunch at Druthers Brewing Company Wednesday, February 12



The Saratoga Springs location, the first brew pub for Druthers Brewing Company, was constructed in 2012 in the heart of the Broadway Historic District. Delicious beer and food.

Please meet in the lobby no later than 11:20am.
The bus will leave the Summit at 11:30am.

10 residents minimum, 14 maximum

Breakfast at The Country Corner Café

Friday, February 19



Located off Broadway in downtown Saratoga, this busy nook is known for its delicious omelets, homemade pastries, jams and more!!

Please be in the lobby no later than 7:35am.
The bus will leave the Summit at 7:45am.

10 residents minimum, 14 maximum

Shopping at Dollar Tree and

Lunch at Great Tang's

Wednesday, February 26



Great Tang's Chinese, Thai and Japanese cuisine make a perfect sequel to browsing through the Dollar Tree!

Please be in the lobby no later than 10:50am.
The bus will leave the Summit at 11:00am.

10 residents minimum, 14 maximum

S	M	T	W	TH	F	S
<p>BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby</p>	<p>MOV-Movie Theater MR-Music Room (3rd Floor) P-Pool PS-Practitioners Suite</p>	<p>GIRL SCOUT COOKIE BOOTH Saturday, February 15 1:00pm - Lobby</p> 				<p>1 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Tea 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</p>
<p>2 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</p>	<p>3 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</p> <p>MEAL FORMS DUE</p>	<p>4 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 12:30pm Presentation: Narcan Education and Training GR 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Stuffed Shells & Meatballs TAV 5:00/5:15pm Poker Night GR</p>	<p>5 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:30pm Resident Potluck Supper GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR</p>	<p>6 10:10am Pen Pal Meet-up GR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 4:15pm Summit Supper Club: Chef Johnny's Enchilada Dinner TAV 5:00pm Cribbage TAV</p>	<p>7 10:00am Scrabble TAV 11:00am Craft Class: Stamping Valentine Cards CR 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR NATIONAL WEAR RED DAY</p>	<p>8 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 MR</p>
<p>9 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 6:30pm Super Bowl LIX MOV</p>	<p>10 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 11:30am Program Meeting with Rebecca GR 1:00pm Presentation: Fraud Protection & Tools That Will Help GR 2:00pm Bible Study LIB 3:00pm Happy Hour & Jeff Walton Performs GR 5:00pm Mahjong TAV</p>	<p>11 9:30am Saratoga Raceway & Casino 11:00am Shuffleboard 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 Vegetable Meatloaf Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>12 11:30am Lunch at Druthers Brewing Company 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR</p>	<p>13 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm PRN Therapy: The Heart, An Owner's Manual GR 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Dickinson's Lasagna Dinner and To-go Orders GR 5:00pm Cribbage TAV</p>	<p>14 10:00am Scrabble TAV 1:00pm Netflix Series: The Resident MOV 1:15pm Wear Red Group Photo GR 1:30pm St. Valentine's Day Party GR 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR VALENTINE'S DAY</p> 	<p>15 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Chocolate Bar 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</p>
<p>16 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</p>	<p>17 OFFICE CLOSED 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 PRESIDENTS' DAY</p>	<p>18 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 Salmon Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>19 7:45am Breakfast at Country Corner Café 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Annual Chocolate Tasting GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR</p>	<p>20 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 Charlie Kuenzel: The Love Affair of Diamond Jim Brady & Lillian Russell GR 5:00pm Cribbage TAV 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV</p>	<p>21 10:00am Scrabble TAV 11:00am Craft Class: Rock Painting CR 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 3:00pm Guitarist Russ Kennedy Performs GR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</p>	<p>22 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Cupid's Cosmo 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</p>
<p>23 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</p>	<p>24 10:00am Spring Watercolor Workshop CR 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</p>	<p>25 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:15pm Step On It Travel: A Dietitian's Guide to Heart Healthy Meals MOV 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Pork Loin Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>26 11:00am Shopping at Dollar Tree and Lunch at Great Tang's 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</p>	<p>27 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: Chef Johnny's Baked Sole Dinner TAV 5:00pm Cribbage TAV</p>	<p>28 10:00am Scrabble TAV 1:00pm National Museum of Racing and Hall of Fame 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</p>	

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

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

Hydro Rider P 9:30am/10:00am
Stretch N'Flex FS 10:45am
Buddy Swim P 1:00pm
8:45 Sit 2B Fit (FS)
10:00 & 3:30 Buddy Swim (P)


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

BE GREEN & RECYCLE CLEAN PLASTICS, TIN, ALUMINUM, PAPER & GLASS



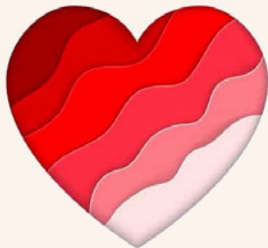
Monday Happy Hours
Unwind and relax with fellow residents every Monday at 3:00pm in the Great Room. A light appetizer, beer, wine, and soda are offered.

Monday, February 10
Singer & Songwriter Jeff Walton
Join us for Jeff Walton, a one-man band. His rock solid rhythm guitar, amazing harmonica leads, and vocal style of his own make him a true crowd pleaser.



Join for our weekly Bible Study
Mondays at 2:00pm
Library
Please join us for a weekly group-shared Bible Study. The book consists of daily devotions based on the common lectionary.

FEBRUARY IS
AMERICAN HEART MONTH



Check out this month's Connected Life programs that are geared toward heart health.

Ken Burns Documentaries
Sundays at 11:00am - Theater

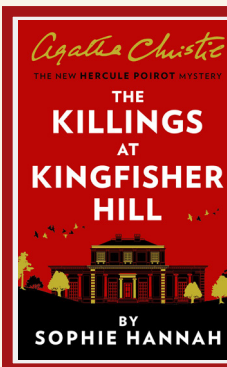
Ken Burns is an award-winning documentary filmmaker and speaker who is considered one of the greatest chroniclers of the American experience. This month we will continue with *Country Music: A Timeline*. Country fan or not, you may enjoy following the story of country music from its humble beginnings in the early 20th century to the mega-concerts of the 1990's.

Resident
POTLUCK Opportunities



Pot Luck Supper
Wednesday, February 5 at 4:30pm
Please sign up in the Great Room to bring a passable dish.

Pot Luck Breakfast
Monday, February 17 at 9:00am
Please bring a breakfast item to share. RSVP in the Great Room. Plenty of coffee!




Summit Book Club
Tuesday, February 11 at 2:00pm
Library
This month we are reading and discussing *Killings at Kingfisher Hill* by Sophie Hannah. All residents are welcome. No sign up necessary.
Happy Reading!



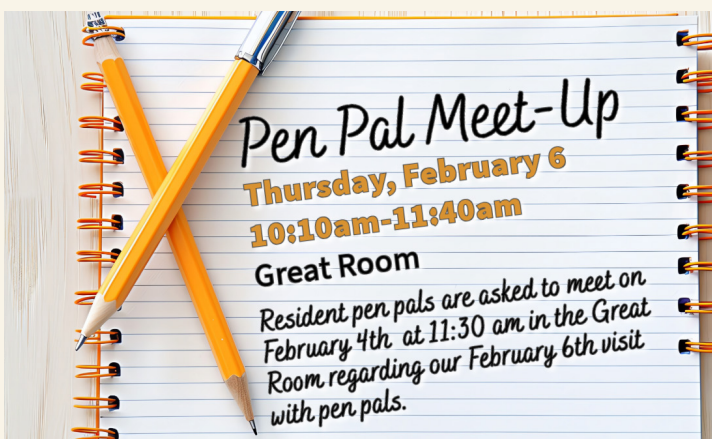
National Wear Red Day
Friday, February 7

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. In honor of National Wear Red Day, we will take a group photo on Friday, February 14 at 1:15pm.

Help us spread awareness about the importance of fighting heart disease, the No. 1 killer of women.



The Heart: An Owner's Manual
PRN provides a presentation on healthy heart, activities, and benefits of exercise.
Bingo & Prizes
Thursday, February 13
1:00pm in the Great Room



Pen Pal Meet-Up
Thursday, February 6
10:10am-11:40am
Great Room
Resident pen pals are asked to meet on February 4th at 11:30 am in the Great Room regarding our February 6th visit with pen pals.



February Art Classes Craft Room
Stamping Valentine Cards with Barb
Friday, February 7 at 11:00am
Rock Painting with Joan
Friday, February 21 at 11:00am
Spring Watercolor Workshop with Sue
Monday, February 24 at 10:00am
Classes run by resident artists. Budding artists welcome! Sign up, as there is limited seating.

Tuesday, February 4 • 12:30pm
Great Room

NARCAN
Education &
TRAINING

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



The Love Affair of Diamond Jim Brady & Lillian Russell
Charlie Kuenzel, Local Historian
Thursday, February 20 • 3:00pm
In the later part of the 1800's, Lillian Russell, who was a mega-star of the Broadway stage, and Jim Brady, who was a very wealthy business man, were seen together in every possible social setting. The relationship that grew between these two well-known individuals raised many questions in social circles as to whether the relationship was love or just friendship. This presentation will look at that relationship and settle once and for all the truth about Lillian and Jim.




You're invited to THE BIG GAME
Join us in the Theater!
Sunday, February 9
Game begins at 6:30pm.
Please sign up in the Great Room, seating is limited.



Annual Chocolate Tasting
Wednesday, February 19
3:00pm
Great Room
Join us for our annual chocolate tasting contest. You'll have a chance to taste small samples of different chocolates and compare the flavors. Maybe you'll even discover a new favorite!

Fraud Protection & Tools That Will Help
Lindsey Keeler, Branch Manager
Arrow Bank
Monday, February 10
1:00pm
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 the available services.

Step On It!
A Dietitian's Guide to Heart Healthy Meals
Tuesday, February 25
3:15pm • Theater
Your heart is a very important muscle! American Heart Month is the perfect month to listen to simple nutrition tips that can help keep your heart strong. Healthy snacks will follow video! 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.

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

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, February 4 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, February 18

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.

