

# SUMMIT AT HALFMOON

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Monthly Newsletter

March 2025



# THE Manager's Message

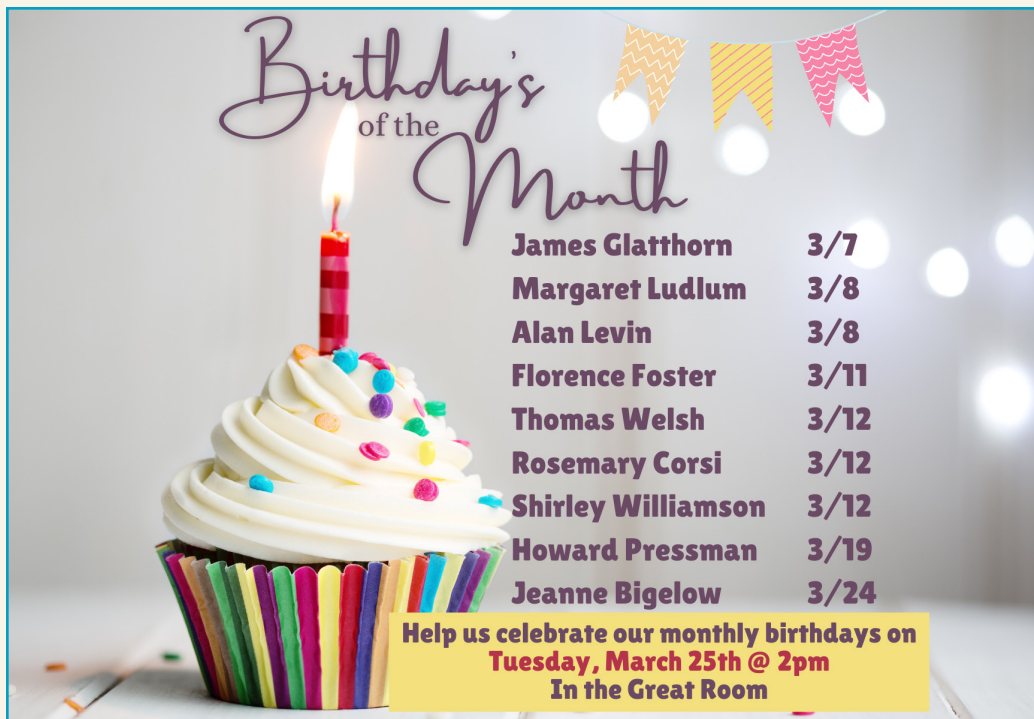
When I was a child growing up on a small farm in Easton, NY, I was exposed to some important life lessons. There was the wonder in seeing the birth of a new calf and the labor in chopping holes in our frozen stream so the cattle could drink. There was the worry of our best cow suffering from milk fever and the hope there would be enough rain to keep our pastures green. In the goings-on of our daily life, I was both inspired and humbled by Mother Nature.

At this particular time of year, I recall my father bundling me, a curious preschooler, in my snowsuit so we could play in the snow among the grove of maple trees in our front yard. One tree branch had broken off during a strong late summer storm. There was an unusual icicle hanging from the protrusion where the branch had been. Hoisting me over his head, Dad encouraged me to harvest and taste the icicle. That faint sweetness was my first real introduction to the delicious nectar known as maple syrup.

Although maple sap typically begins running sometime within the first three months of the year, you can be sure you'll see the sap house chimneys spewing steam in the month of March. After all, it takes 40 gallons of evaporated sap to yield a single gallon of thick sweet maple syrup. This month, if you're wise, you'll manage to find yourself seated before a stack of hot pancakes topped with fresh butter and Mother Nature's silky golden gift. Enjoy!

*Laura Leathem*

Laura Leathem  
Community Manager



*Birthday's  
of the  
Month*

<b>James Glatthorn</b>	<b>3/7</b>
<b>Margaret Ludlum</b>	<b>3/8</b>
<b>Alan Levin</b>	<b>3/8</b>
<b>Florence Foster</b>	<b>3/11</b>
<b>Thomas Welsh</b>	<b>3/12</b>
<b>Rosemary Corsi</b>	<b>3/12</b>
<b>Shirley Williamson</b>	<b>3/12</b>
<b>Howard Pressman</b>	<b>3/19</b>
<b>Jeanne Bigelow</b>	<b>3/24</b>

**Help us celebrate our monthly birthdays on  
Tuesday, March 25th @ 2pm  
In the Great Room**

## Staff

### Community Manager

Laura Leathem  
LLeathem@summitseniorlife.com

### Resident Services Coordinator

Andrea O'Malley  
Aomalley@summitseniorlife.com

### Maintenance

Alex Tinney  
Ryan Beighey

### 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!!!

## 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: 9 AM Thursday, February 27th**

### Monday the 3rd - Chef Johnny

Everything Bagel Chicken w/Scallion Cream  
Cheese Sauce, Mini Potatoes,  
Vegetable & Dessert **(\$16)**

### Wednesday the 5th - Chef Mickey

Chicken Cordon Bleu on a Hard Roll, Macaroni Salad,  
Garden Salad & Dessert **(\$16)**

### Monday the 10th - Chef Johnny

Chicken & Biscuits, Mashed Potatoes & Dessert **(\$16)**

### Wednesday the 12th - Chef Mickey

Baked Haddock, Mashed Potatoes, Vegetable, Salad,  
Roll & Dessert **(\$16)**

### Monday the 17th - Chef Johnny

Corned Beef & Cabbage, Carrots, Potatoes  
& Dessert **(\$16)**

### Wednesday the 19th - Chef Mickey

Sliced Ham w/Raisin Sauce, Sweet Potato Puree,  
Vegetable, Salad, Roll & Dessert **(\$16)**

### Monday the 24th - Chef Johnny

Ham & Scalloped Potatoes, Vegetable & Dessert **(\$16)**

### Wednesday the 26th - Chef Mickey

Open Face Hot Turkey w/Gravy, French Fries, Salad,  
Roll & Dessert **(\$16)**

### Monday the 31st - Chef Johnny

Shrimp Linguine, Salad, Garlic Bread & Dessert **(\$16)**

Coming Soon:  
Girl Scout Cookies!



## COOKIE SALES

**DAISY TROOP #3918**

**SATURDAY,  
MARCH 8TH  
8:30AM-10:30AM**

## FOOD OUTINGS THIS MONTH

LUNCH AT

**RAVENSWOOD**  
GRILL & TAVERN

**Tuesday, March 4th**

**12pm**

**Please Sign up by 3/3**

LUNCH AT

**The  
Cheesecake  
Factory**

**Thursday, March 13th**

**12pm**

**Please Sign up by 3/12**

## PIZZA PARTY

**Friday March  
28th @ 4PM**

**\$5**

Sign Up in the Office by 3/25 to RSVP



## Potluck Suppers

**Gather in the Great Room for  
food and fun!**

**Mac n' Cheese & Chili**

**SUNDAY, MARCH 2ND AT 5PM**

**Irish Potluck & Show**

**SUNDAY, MARCH 23 AT 4PM**

**SHOW STARTS AT 4:30PM**

**Bring a dish to share.**

**A sign-up sheet is in the lounge.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>10:00 am Balance Class (FS)</div> <div>11:00 am Chair Yoga (FS)</div> <div>3:00 pm Chair Dancing (LNG)</div>	<div>Every Tuesday</div> <div>10:00 am Sit to be Fit (FS)</div> <div>11:00 am Water Aerobics (Pool)</div>	<div>Every Wednesday</div> <div>10:00 am Strength &amp; Balance (FS)</div> <div>11:00 am Hydro-rider Class (30 min) <i>(Pool) - Sign-up Required</i></div> <div>11:30 am Hydro-rider Class (30 min) <i>(Pool) - Sign-up Required</i></div>	<div>Every Thursday</div> <div>10:00 am Sit to be Fit (FS)</div> <div>11:00 am Water Aerobics (Pool)</div>	<div>Every Friday</div> <div>10:00 am Pilates (FS)</div> <div>11:00 am Hydro-rider Class (30 min) <i>(Pool) - Sign-up Required</i></div> <div>11:30 am Hydro-rider Class (30 min) <i>(Pool) - Sign-up Required</i></div>	<div>1</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm Leap Year (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Spinner Dominoes (LNG)</div> <div>6:00 pm Rummikub (GR)</div>
<div>2</div> <div>2:00 pm Salt Water (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>5:00 pm Potluck Supper (GR)</div> <div>6:00 pm Farkle &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm The Six Triple Eight (MOV)</div>	<div>3</div> <div>11:30 am Modern Line Dance Class (FS)</div> <div>4:00 pm Supper Club w/Chef Johnny - Everything Bagel</div> <div>Seasoning Chicken \$16 (GR)</div> <div>6:00 pm Chicken Foot (GR)</div> <div>7:00 pm Sing Street (MOV)</div>	<div>4</div> <div>11:00 am Small demonstration Irish Step by Farrell Irish Dance</div> <div>12:00 pm Lunch at Ravenswood</div> <div>2:30 pm Irish Luck (MOV)</div> <div>3:00 pm Pinochle (LNG)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div>	<div>5</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:00 am Jason Kramer (GR) Albany's Finest Presentation</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey - Chicken Cordon Bleu (\$16)(GR)</div> <div>6:00 pm Hand &amp; Foot (GR)</div> <div>Medical Transports</div>	<div>6</div> <div>11:00 am Home Instead Presentation (GR)</div> <div>1:00 pm Knitting &amp; Crochet Circle (LIB)</div> <div>1:30 pm Karaoke (LNG)</div> <div>2:30 pm A Family Affair (MOV)</div> <div>3:00 pm Shuffle Board (LNG)</div> <div>6:00 pm Revenge (GR)</div> <div>Medical Transports</div>	<div>7</div> <div>9:00 am Grocery Shopping</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour w/Lewis &amp; Clark (GR) BYOB</div> <div>7:00 pm In the Land of Saints &amp; Sinners (MOV)</div> <div>HAPPY BIRTHDAY JAMES GLATTHORN</div>	<div>8</div> <div>8:30 am Girl Scout Cookie Sales (GR)</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm The Wedding Trip (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Mah Jong (LNG)</div> <div>6:00 pm Rummikub (GR)</div> <div>HAPPY BIRTHDAY MARGARET LUDLUM &amp; ALAN LEVIN</div>
<div>9</div> <div>2:00 pm Dive (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Chicken Foot &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm The Siege Of Jadotville (MOV)</div> <div></div>	<div>10</div> <div>10:00 am Podiatrist Visit (GR)</div> <div>11:00 am Water Colors w/ Susan (GR)</div> <div>4:00 pm Supper Club w/Chef Johnny - Chicken &amp; Biscuit \$16 (GR)</div> <div>6:00 pm Chicken Foot (GR)</div> <div>7:00 pm Freuds Last Session (MOV)</div>	<div>11</div> <div>11:00 am Troy Music Hall (Toss the Feathers)</div> <div>2:30 pm Return of The Blue Lagoon (MOV)</div> <div>3:00 pm Pinochle (LNG)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div> <div>HAPPY BIRTHDAY FLORENCE FOSTER</div>	<div>12</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:00 am Celtic Jewelry Making (\$7) (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey Baked Haddock (\$16)(GR)</div> <div>6:00 pm Thwart (GR)</div> <div>HAPPY BIRTHDAY THOMAS WELSH, ROSEMARY CORSI &amp; SHIRLEY WILLIAMSON</div>	<div>13</div> <div>12:00 pm Lunch at Cheesecake Factory</div> <div>1:00 pm Knitting &amp; Crochet Circle (LIB)</div> <div>1:30 pm Karaoke (LNG)</div> <div>2:30 pm The Bay of Silence (MOV)</div> <div>3:00 pm Shuffle Board (LNG)</div> <div>6:00 pm Revenge (GR)</div> <div>Medical Transports</div>	<div>14</div> <div>9:00 am Grocery Shopping</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour w/Brett Scott (GR)</div> <div>7:00 pm Quintessentially Irish (MOV)</div>	<div>15</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm Dare to Wild (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Spinner Dominoes (LNG)</div> <div>6:00 pm Rummikub (GR)</div>
<div>16</div> <div>2:00 pm The luck of the Irish (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Farkle &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm The O'Briens (MOV)</div> <div></div>	<div>17</div> <div>1:00 pm PRN Fitness with Barb on Aquatic Therapy (GR)</div> <div>4:00 pm Supper Club w/Chef Johnny - Corned Beef &amp; Cabbage \$16 (GR)</div> <div>6:00 pm Chicken Foot (GR)</div> <div>7:00 pm The Irish Comedy Tour (MOV)</div> <div>St. Patrick's Day</div>	<div>18</div> <div>10:00 am Sparetime Bowling</div> <div>2:30 pm The Irishman (MOV)</div> <div>3:00 pm Pinochle (LNG)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div>	<div>19</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:00 am Irish-American Museum</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey - Sliced Ham (\$16)(GR)</div> <div>6:00 pm Hand &amp; Foot (GR)</div> <div>HAPPY BIRTHDAY HOWARD PRESSMAN</div>	<div>20</div> <div>10:00 am Rivers Casino</div> <div>1:00 pm Knitting &amp; Crochet Circle (LIB)</div> <div>1:30 pm Karaoke (LNG)</div> <div>2:30 pm Perrier's Bounty (MOV)</div> <div>3:00 pm Shuffle Board (LNG)</div> <div>6:00 pm Revenge (GR)</div> <div>Medical Transports</div>	<div>21</div> <div>9:00 am Grocery Shopping</div> <div>11:30 am Movie Commitee Meeting (MOV)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour w/Russ Kennedy (GR) BYOB</div> <div>7:00 pm An Irish Angel (MOV)</div>	<div>22</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm The Wonder (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Mah Jong (LNG)</div> <div>6:00 pm Rummikub (GR)</div>
<div>23</div> <div>2:00 pm A Perfect Pairing (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>4:00 pm Potluck Dinner (GR)</div> <div>4:30 pm An Clar Irish Step Dancing Show (GR)</div> <div>6:00 pm Chicken Foot &amp; Left Right Center (10 Dimes) (TAV)</div> <div>7:00 pm Patrick's Day (MOV)</div>	<div>24</div> <div>1:30 pm Wreath Making w/Gloria (\$11)(FD)</div> <div>4:00 pm Supper Club w/Chef Johnny - Ham Dinner \$16 (GR)</div> <div>6:00 pm Chicken Foot (GR)</div> <div>7:00 pm Irish Wish (MOV)</div> <div>HAPPY BIRTHDAY JEANNE BIGELOW</div>	<div>25</div> <div>11:00 am Proctors Organ Concert</div> <div>12:00 pm Pizza Orders Due</div> <div>2:00 pm Birthday Party (GR)</div> <div>2:30 pm Sometime Other Than Now (MOV)</div> <div>3:00 pm Pinochle (LNG)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div>	<div>26</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:00 am Familiar Songs - Sandy S.</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey - Open Face Hot Turkey (\$16)(GR)</div> <div>6:00 pm Thwart (GR)</div>	<div>27</div> <div>10:00 am Shopping at Home Goods</div> <div>1:00 pm Knitting &amp; Crochet Circle (LIB)</div> <div>1:30 pm Karaoke (LNG)</div> <div>2:30 pm An Irish Story: This is my Home (MOV)</div> <div>3:00 pm Shuffle Board (LNG)</div> <div>6:00 pm Revenge (GR)</div> <div>Medical Transports</div>	<div>28</div> <div>9:00 am Grocery Shopping</div> <div>11:30 am Resident Program Meeting (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour w/Tim Barker PIZZA PARTY (\$5) (GR)</div> <div>7:00 pm Darby O'Gill &amp; The Little People (MOV)</div>	<div>29</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm The Miracle Club (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Spinner Dominoes (LNG)</div> <div>6:00 pm Rummikub (GR)</div>
<div>30</div> <div>2:00 pm Queen Bees (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Farkle &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm Persuasion (MOV)</div>	<div>31</div> <div>11:30 am Resident Meeting w/Staff (GR)</div> <div>1:00 pm Book Club Discussion (LIB)</div> <div>4:00 pm Supper Club - w/Chef Johnny Shrimp Linguine - \$16 (GR)</div> <div>6:00 pm Chicken Foot (GR)</div> <div>7:00 pm A walk to Remember (MOV)</div>	<div>HELLO March</div> <div></div>		<div>GR - Great Room</div> <div>LNG - Lounge</div> <div>FD - Family Dining Room</div> <div>MOV - Movie Theater</div> <div>FS - Fitness Studio</div> <div>CP - Chapel</div> <div>LIB - Library</div>	<div>BIL - Billiards Room</div> <div>PS - Practitioner's Suite</div> <div>PBC - Pickleball Courts</div> <div>GR - Great Room</div> <div>LNG - Lounge</div> <div>FD - Family Dining Room</div>	<div>Pool Buddy Swim Time!</div> <div>Daily at 3:00 PM</div> <div></div>

# Community Activities



**DINNER & SHOW  
SUNDAY,  
MARCH 23RD  
4:30PM  
In the Great Room**



*Free Noontime Organ Concert*

**TUESDAY MARCH 25<sup>TH</sup>**

SHOW STARTS AT 12PM, BUS LEAVES AT 11:00AM

**PAM SHARPE & JAYNE DOZOIS DEBUT SPRINGTIMES**



*Modern Line Dance Class  
with Mary & Frank*

**Monday,  
March 3rd  
11:30AM**



*Sign-Up in Lounge*

*Farrell School of  
Irish Dance*

**Tuesday,  
March 4th  
11:00AM**



**FUN AND ENTERTAINING PERFORMANCE BY A  
COUPLE OF LOCAL KIDS.**

*Jason Kramer  
PRESENTS*

**HENRY JOHNSON & THE  
HARLEM HELLFIGHTERS  
ALBANY'S FINEST CELEBRATED**

**COMMONLY REFERRED TO AS THE HARLEM HELLFIGHTERS, WAS  
AN INFANTRY REGIMENT OF THE NEW YORK ARMY NATIONAL  
GUARD DURING WORLD WAR I AND WORLD WAR II**



## MARCH OUTINGS

**SIGN - UP IN THE LOUNGE**

**LUNCH AT RAVENSWOOD**

**MARCH 4TH AT 12:00PM**

**TROY MUSIC HALL**

**MARCH 11TH AT 11:00AM**

**LUNCH AT CHEESECAKE FACTORY**

**MARCH 13TH AT 12:00PM**

**SPARETIME BOWLING**

**MARCH 18TH AT 10:00AM**

**IRISH-AMERICAN HERITAGE MUSEUM**

**MARCH 19TH AT 11:00AM**

**RIVERS CASINO**

**MARCH 20TH AT 10:00AM**

**PROCTORS ORGAN CONCERT**

**MARCH 25TH AT 11:00AM**

**SHOPPING AT HOME GOODS**

**MARCH 27TH AT 10:00AM**

*River's Casino*

**Thursday,  
March 20th  
10AM**

*Sign-up in the Lounge*

*Shopping at  
Home Goods*

**Thursday,  
March 27th  
10AM**

*Sign-up in the Lounge*

**FREE CONCERT  
TOSS THE FEATHERS  
TROY CITY MUSIC HALL**

**Tuesday, March 11th  
11:00 AM**

**Irish / Folk Music**

**SPARETIME  
BOWLING**

**TUESDAY,  
MARCH 18TH  
10AM**

**SIGN-UP IN THE LOUNGE**



# Welcome to Summit at Halfmoon!!!



## BOOK CLUB

"TREPASSES"  
LOUISE KENNEDY

Books will be available to borrow in the office.

Join us to discuss the book on March 31st at 1pm in the Library

Set in Northern Ireland during the Troubles, a shattering novel about a young woman caught between allegiance to community and a dangerous passion. Amid daily reports of violence, Cushla lives a quiet life with her mother in a small town near Belfast, teaching at a parochial school and moonlighting at her family's pub. There she meets Michael Agnew, a Protestant barrister who's made a name for himself defending IRA members. Against her better judgment, Cushla lets herself get drawn in by him and his sophisticated world, and an affair ignites. Then the father of a student is savagely beaten, setting in motion a chain reaction that will threaten everything, and everyone, Cushla most wants to protect.

### ARTS & CRAFTS

**WATER COLORS  
WITH SUSAN**

**MONDAY,  
MARCH 10TH  
11AM**

**SIGN-UP IN LOUNGE**

**CELTIC JEWELRY  
MAKING**

**WEDNESDAY,  
MARCH 12TH  
11AM**

**SIGN-UP IN OFFICE  
12 PEOPLE MAX  
\$7/PER PERSON**

**WREATH MAKING  
WITH GLORIA**

**MONDAY,  
MARCH 24TH  
1:30PM**

**SIGN-UP IN OFFICE  
5 PEOPLE MAX  
\$11/PER PERSON**



## Irish-American Heritage Museum

**March 19th  
11:00AM**

We explore the contributions, history, and culture of Irish people in America, and fosters dialogue and exchange between America and Ireland today. By sharing our stories, we strive to create connections and community between all Americans, as we appreciate and study the universality of the immigrant story in American history.



**PRN & FITNESS WITH BARB PRESENTS  
AQUATIC THERAPY**

**MARCH 17TH @ 1PM IN THE GREAT ROOM**

**COME LEARN HOW PRN PARTNERS WITH OUR ONSITE FITNESS TEAM  
FOR YOU TO BENEFIT FROM THE POOL! REFRESHMENTS PROVIDED!**

### HOME INSTEAD PRESENTS

**AGING IN PLACE**

**THURSDAY,  
MARCH 6TH  
11AM**

Ways to maintain independence  
including safety, mobility,  
equipment, home safety  
& resources.

### SANDY SCHUMAN PRESENTS

**FAMILIAR SONGS & THEIR  
UNFAMILIAR STORIES**

**THURSDAY,  
MARCH 26TH  
11AM**

Some of the best-known songs and the  
little-known stories about the people  
who wrote them.

## MARCH Special Events

**MODERN LINE DANCE**

**MARCH 3RD AT 11:30AM**

**FARREL IRISH STEP SMALL PRESENTATION**

**MARCH 4TH AT 11:00AM**

**JASON KRAMER PRESENTATION**

**MARCH 5TH AT 11:00AM**

**HOME INSTEAD PRESENTATION**

**MARCH 6TH AT 11:00AM**

**GIRL SCOUTS COOKIE SALES**

**MARCH 8TH AT 8:30AM - 10:30AM**

**WATER COLORS WITH SUSAN**

**MARCH 10TH AT 11:00AM**

**CELTIC JEWELRY MAKING**

**MARCH 12TH AT 11:00AM (\$7)**

**PRN PRESENTATION**

**MARCH 17TH AT 1:00PM**

**AN CLAR IRISH STEP DANCING SHOW**

**MARCH 23RD AT 4:30PM**

**WREATH MAKING WITH GLORIA**

**MARCH 24TH AT 1:30PM (\$11)**

**SANDY SCHUMAN PRESENTATION**

**MARCH 26TH AT 11:00AM**

# 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.



## 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**

## 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**



Gift Certificates Available



**Nails: Tina 518-698-4693**

**Nails: Darcy 518-605-7566**

**Esthetician: Jolene 210-857-5851**

**Hair: Sue 518-495-6054**

**Massage: Cathy 518-229-0741**

## 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

## Resident Informational Meetings

**Resident Meeting with Laura & Staff**

Monday, March 24th at 11:30 am

**Resident Program Meeting**

Friday, March 7th at 11:30 am

**Theater How-To/Movie Committee**

Friday, March 21st at 11:30 am

## On-Site Podiatrist

**Dr. Michael Masias, DPM**

Monday, February 10th

Dr. Masias will be on site..

**518-320-8659**

