

SUMMIT AT SARATOGA

Monthly Newsletter

March 2025



THE Manager's Message

Dear Residents,

Happy Spring! As the saying goes, March comes, "in like a lion, out like a lamb." We have certainly had our share of a "roaring" winter, so let us hope for early sun and warm, balmy weather. However, no matter what the weather brings, we have another fun-filled month upon us.

In celebration of St. Patrick's Day this month, we will feature Irish Step Dancers, Grasshopper Cocktails and Bailey's Hot Chocolate at the Bar, Crème De Menthe Parfaits, Shamrock Sundaes, and a St. Patty's Day party with a mashed potato bar... we all have a little bit of Irish in us!

We start voting on March 14th for Saratoga Today's "Best 55+ Living Residence" contest. Vote daily to help us win for the 5th year in a row!! Wear your purple shirt on Fridays in March.

Our friends at Casella's Waste Systems will be in on the 20th to give us the "Do's" and "Don'ts" of Recycling. Not sure if recyclable? Bring it to the lecture to find out.

Join us for our other lectures such as the Benefits of Aquatic Therapy, What does renter's insurance cover? and let's celebrate Fat Tuesday with homemade waffles on the 4th.

Enjoy this fun March at the Summit!



Christy Durant
Christy Durant
Community Manager

Staff

Community Manager

Christy Durant
CDurant@SummitSeniorLife.com

Resident Services Coordinator

Rebecca Detora
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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
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Maintenance Emergency
Number
518-925-0905

VOTE IN

SARATOGA TODAY'S 2025
BEST OF 55+
Living Residence

Voting begins March 14
through April.

Easy voting links will be
sent out with the daily
sheets.

Wear your purple Summit
shirts on Fridays!

esyô PLAYATHON



Saturday, March 15

10:30am-5:15pm at Crossgates Mall

Stop by and enjoy the PLAYATHON, a free all-day
concert by the Empire State Youth Orchestra.

Summit Senior Living is a proud
sponsor of this outstanding event.
Come out and show your support of
these young stars and enjoy some
beautiful music.



March Birthdays

Pat Hackett	3/02
Wilma Rizzi	3/03
Babs Hankison	3/05
Woody Strobeck	3/05
Fran Scott	3/16
JoAnn Clements	3/27
Elaine DeCoste	3/28
Carole Nielsen	3/29
Kathryn Madden	3/30

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



Resident Informational Meetings

Resident Program Meeting
Monday, March 3 at 11:30am
Great Room

Theater How-To/Movie Committee
Thursday, March 20 at 11:00am
Movie Theater

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



LEGALLY BLONDE

The Musical

Presented by Students of Saratoga Springs' High School Drama Club.

Free Dress Rehearsal
Wednesday, March 5
The bus will leave the Summit at 2:20pm.

The performance begins at 3:00pm.

Excursions

Olde Bryan Inn Wednesday, March 12



Join us as we head to the Olde Bryan Inn, where their traditions began in 1773 and continue today. It's where history comes alive!

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

10 residents minimum, 14 maximum

Treasures Consignment Boutique & Thrift Shoppe

Wednesday, March 19



Treasures offers an unbeatable combination: fabulous merchandise, great prices, excellent service, and the opportunity to show your support.

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

10 residents minimum, 14 maximum

Rock Hill Bakehouse & Cafe

Wednesday, March 26



Rock Hill has always been far more than a bread bakery or a sandwich shop. It is where friends are made, and people love to gather. It is where business is done and also where individuals find a peaceful moment for themselves. Located in Glens Falls.

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

14 residents minimum, 14 maximum

HAPPY St. Patrick's Day



Monday, March 17
2:30-3:30pm
Great Room

Favorite Irish Tunes by The Young Winchesters,
Mashed Potato Bar & Green Beer!

CONNECTED *life*



FITNESS

	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	
	8:00/8:30am Hydro Rider P 9:00am Tai Chi I: Basics FS 9:30am Water Aerobics P 9:40 Tai Chi II: Basics + 73 FS 10:30am Strength Training FS 10:30am Tai Chi III: Intermediate LIB 11:15am Yoga/Balance FS	Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am 10:30am Yoga/Balance FS 11:30am Trifecta FS	8:30am Water Aerobics P 9:30am Stretch & Flex FS 10:30am Sit 2B Fit FS 1:00pm Buddy Swim P	8:00am/8:30am Hydro Rider P 9:30am Aqua Fit P 10:30am Yoga/Balance FS 11:30am Trifecta FS	9:00am Tai Chi I: Basics FS 9:40 Tai Chi II: Basics + 73 FS 10:30am Tai Chi III: Intermediate FS 1:00pm Buddy Swim P	1 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Irish Soda Bread & Tea 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
2 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV	3 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 11:30am Program Meeting with Rebecca GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub (Tavern) 3:00pm Happy Hour & Entertainment by The Jack Kelle Duo GR 5:00pm Mahjong TAV MEAL FORMS DUE	4 8:30-10:00am Waffle Breakfast GR 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR MARDI GRAS	5 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 1:30pm Communion Service, Distribution of Ashes LIB 2:20pm SSHS presents Legally Blonde Musical 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR ASH WEDNESDAY	6 11:30am Men's League: Billiards Club BR 1:00pm PRN Therapy: The Benefits of Aquatic Therapy GR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 5:00pm Cribbage TAV 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV	7 10:00am Scrabble TAV 10:00am Craft Class: Spring Watercolor Workshop 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 WEAR PURPLE	8 10:30am Board Games TAV 11:30am Men's League: Bi lliards Club BR 1:00pm Jameson & Ginger 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
9 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 5:00pm Wild Acres Irish Step Dancers GR DAYLIGHT SAVING TIME BEGINS	10 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 2:00pm Rummikub (Tavern) 2:00pm Bible Devotional Group LIB 3:00pm Happy Hour & Jeff Walton Performs GR 5:00pm Mahjong TAV	11 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club: The House in the Cerulean Sea LIB 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Baked Haddock Dinner TAV 5:00/5:15pm Poker Night GR	12 11:30am Lunch at Olde Bryan Inn 1:00pm The Process of Renters Insurance GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Crème de Menthe Parfaits GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	13 11:30am Brown Bag Lunch Series at Saratoga Springs Public Library 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 5:00pm Cribbage TAV PURIM BEGINS AT SUNDOWN	14 10:00am Scrabble TAV 1:00pm Hamantaschen & Tea GR 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 WEAR PURPLE	15 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Irish Cream & Hot Chocolate 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
16 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV	17 11:00am Knitting/Crocheting Group LIB  11:30am Men's League: Billiards Club BR  2:00pm Bible Devotional Group LIB 2:00pm Rummikub (Tavern) 2:30pm St. Patrick's Day Party GR 5:00pm Mahjong TAV ST. PATRICK'S DAY	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 Sliced Ham Dinner TAV 5:00/5:15pm Poker Night GR	19 11:00am Treasures Consignment Boutique & Thrift Shoppe 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm SAIL & Services: Southern Adirondack Independent Living GR 4:15pm Resident Potluck: Soup Social GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	20 11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm Presentation: Recycling Tips by Casella: GR 1:00pm LCR Dice Game TAV 4:15pm Summit Supper Club: and To-go Orders GR 5:00pm Cribbage TAV	21 10:00am Scrabble TAV 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 WEAR PURPLE	22 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Shamrock Sundaes 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
23 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV	24 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Resident Meeting with Christy GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub (Tavern) 3:00pm Happy Hour GR 5:00pm Mahjong TAV	25 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:15pm Step On It Travel Tour: Cave of Crystals MOV 3:30pm Pinochle MR 4:15pm Summit Supper Club: Chef Mickey's Open Face Turkey Sandwich TAV 5:00/5:15pm Poker Night GR	26 11:30am Rock Hill Bakehouse & Cafe 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	27 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 5:00pm Cribbage TAV 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV	28 10:00am Scrabble TAV 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 WEAR PURPLE	29 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pudding Parfaits 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
30 10:00am Buddy Swim P 11:00am Ken Burns Documentary MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV	31 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub (Tavern) 3:00pm Happy Hour GR 5:00pm Mahjong TAV		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	 New game opportunity... Rummikub Mondays at 2:00pm Rummikub has all the elements that make a great game. It's easy to learn and fast moving. Let's fill the tables! 	

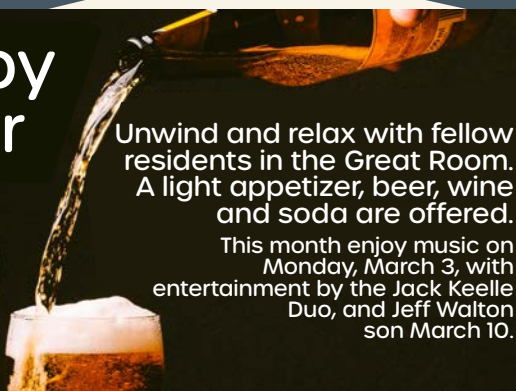
Community Programs

Happy Hour

Every
Monday
at 3PM

Unwind and relax with fellow residents in the Great Room. A light appetizer, beer, wine and soda are offered.

This month enjoy music on Monday, March 3, with entertainment by the Jack Keelle Duo, and Jeff Walton son March 10.



Waffle Breakfast

Waffle Breakfast • Tuesday, March 4
8:30-10:00am • Great Room
Celebrate Fat Tuesday by indulging
in homemade waffles with Rebecca.



Ash Wednesday Service

Wednesday, March 5
1:30pm • Library

Join us for a Communion Service followed by the distribution of blessed ashes.

Spring Watercolor Workshop with Sue

Friday, March 7 • 10:00am
Craft Room

Budding artists welcome!
Sign up, as there is limited seating.

Happy Purim!

The festival of Purim lasts from sundown on Thursday, March 13, until the evening of March 14.

Join us on March 14 at 1:00pm in the Great Room for Hamantaschen and tea.



Summit Book Club

Tuesday, March 11 at 2:00pm
Library

This month we are reading and discussing *The House in the Cerulean Sea* by T.J. Klune. A “contemporary fantasy” that tells the tale of the Master of the Orphanage for 6 magical children. Where will the magic take us?

All residents are welcome. No sign up necessary. Happy Reading!

St. Patrick's Festivities

Irish Soda Bread & Tea

Saturday, March 1 at 1:00pm

Jameson & Ginger

Saturday, March 8 at 1:00pm

Wild Acres Irish Step Dancers

Sunday, March 9 at 5:00pm

Creme de Menthe Parfaits

Wednesday, March 12 at 3:00pm

Irish Cream & Hot Chocolate

Saturday, March 15 at 1:00pm

St. Patrick's Day Party

Mashed Potato Bar

Monday, March 17 at 2:30pm

Shamrock Sundaes

Saturday, March 22 at 1:00pm



Soup Social

Wednesday, March 19

4:15pm • Great Room

Please sign up in the Great Room if you would like to join our 2nd annual Soup Social. Bring a crockpot of your favorite soup to share! Bread/crackers will be provided. Don't miss out!

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 meeting, presentations and more!



The Process of Renters Insurance
 Wednesday, March 12 • 1:00pm
 Great Room with Bob Fitch III
 State Farm Agent

Protecting your personal belongings is important. Replacing them can be very difficult. Having Renter insurance will ensure if the unexpected happens you are protected.

PRN & FITNESS WITH BARB PRESENTS AQUATIC THERAPY

MARCH 6TH @ 1 PM IN THE GREAT ROOM
 COME LEARN HOW PRN PARTNERS WITH OUR ONSITE FITNESS TEAM FOR YOU TO BENEFIT FROM THE POOL! REFRESHMENTS PROVIDED!

Southern Adirondack Independent Living (SAIL)
 Wednesday, March 19
 3:00pm

SAIL is a nonprofit organization that provides an array of services and equipment to help people achieve the greatest level of independence possible. Join us and learn about all they have to offer.

BROWN BAG LUNCH LECTURE SERIES

AT SARATOGA SPRINGS PUBLIC LIBRARY

Moving Forward Together: Women Educating & Inspiring Generations
 Thursday, March 13

In celebration of Women's History Month, you are invited to an inspiring panel discussion featuring three distinguished women leaders who have made significant contributions to education, mentorship, and leadership. These women have dedicated their lives to uplifting others, and will share their insights and experiences.

Please be in the lobby no later than 11:20am.
 The bus will leave the Summit at 11:30am.
 6 residents minimum, 14 maximum
 The bus will return to pick up at 1:30pm.

SARATOGA SPRINGS PUBLIC LIBRARY
 YOUR SOURCE FOR INFORMATION, INSPIRATION, AND ENTERTAINMENT

RECYCLING TIPS BY CASELLA: THE DO'S AND DON'TS
 Brian Mattes
 Casella Waste Systems, Inc.
 Thursday, March 20
 1:00pm • Great Room

Let's team up to help each other improve our recycling 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.

Step On It Travel Tour
 Cave of Crystals
 Exquisite Caves
 Tuesday, March 25
 3:15pm • Theater

Our Step On It Walking Program this month will share the spectacular crystals and formations that can be found inside caves. You will witness the site of the world's largest known crystals, the Cueva de los Cristales, or Cave of Crystals, in Mexico. **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, March 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, March 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.

