



# SUMMIT AT SARATOGA

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Monthly Newsletter

April 2025



# THE Manager's Message

Dear Residents,

April is the first full month of Spring. Rainy and wet one day, the next day full of a warm promise of green growth to come.

## April Fool's Riddle

What 50 coins make \$1?

You will find the Answer on bottom of last page of newsletter (pg.8).

Vocalist Alyssa Yager will perform on the 10th featuring golden oldies from Johnny Cash to the Beatles. On the 27th, join vocalist Jill Smith and keyboardist Michael Clement for a fun and informative performance of the Broadway shows you know and love! This program is all about the talented Broadway composer & lyricist- Cole Porter! Learn how he created some of the most iconic musicals on Broadway, and enjoy performances from Anything Goes, Kiss me Kate and more!

April 22nd is Earth Day - save a tree and bring your own mug to the Great Room.

We are excited to assist Siena College Students with their interviewing skills. Sign up to meet with a student to discuss your thoughts on social justice, the changing of times, privilege and oppression.

April is also Volunteer Appreciation Month- the Summit would like to thank our volunteers, Val Raccuia, Don Moldovan, Dorie Polacko and Saturday evening's Street Level Chapel for all they do for us!!



Christy Durant  
Community Manager

**NEW YORK CITY BALLET** Robbins, Balanchine & Peck  
Friday, July 11 • 2:00pm  
Saratoga Performing Arts Center  
\$55 per person

This program opens with audience-favorite The Four Seasons by Robbins, followed by the signature Balanchine leotard ballet Stravinsky Violin Concerto. Closing the program is Mystic Familiar, an exhilarating SPAC premiere by Justin Peck and the creators of The Times Are Racing.

If you are interested, please sign up and pay in the office by Friday, April 11. Ticket availability is limited!



**Siena College Student Project**  
Tuesday, April 8 at 6:00pm  
Great Room

Welcome back to Siena students and Dr. Kimberly Stein. Dr. Stein instructs the First-Year Seminar a two-semester, writing-intensive course designed to prepare students for the academic demands of college.

Interested residents will be interviewed by college students and assist them in developing interviewing skills. Residents are welcome to include thoughts and opinions on social justice, the changing of times, as well as privilege and oppression.

Please sign up in the Great Room.

## Staff

### Community Manager

Christy Durant  
CDurant@SummitSeniorLife.com

### Resident Services Coordinator

Kathie Dunne  
KDunne@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

## Happy Birthday!

Betty O'Connell 4/01  
Frank Flessner-Filzen 4/03  
Bruce Conroe 4/12  
Paula McCabe 4/17  
Ann DeVore 4/19  
Sue Ann Pease 4/22  
Barbara Baker 4/27  
Marie-Pierre Yunes 4/28



Help us celebrate our monthly birthdays on Wednesday, April 30 at 3:00pm in the Great Room. Cake & ice cream for all!

## Resident Informational Meetings

Resident Program Meeting  
Monday, April 7 at 11:30am  
Great Room

Resident Meeting with Christy  
Monday, April 28 at 1:00pm  
Great Room

Theater How-To/Movie Committee  
Wednesday, April 30 at 11:00am  
Movie Theater



# VOTE!

**SARATOGA TODAY'S 2025  
BEST OF 55+ Living Residence**

Join us in voting daily through April 10.

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

Wear your purple Summit shirts on Fridays!

## Excursions

**Brunch at Compadres Diner**  
Wednesday, April 9



Experience a mix of American and Mexican dishes and select from a late breakfast or an early lunch option.

Please be in the lobby no later than 10:50am.  
The bus will leave the Summit at 11:00am.  
10 residents minimum, 14 maximum

**The Log Jam**  
Wednesday, April 23



Take in the gorgeous ride to Lake George, and follow it up with a superb lunch at an authentic log cabin that features the area's most satisfying salad bar.

Please be in the lobby no later than 10:50am.  
The bus will leave the Summit at 11:00am.  
14 residents minimum, 14 maximum

APRIL 22, 2025

# EARTH DAY

"PRESERVE TODAY, THRIVE TOMORROW: EARTH DAY EVERY DAY"  
BRING YOUR OWN COFFEE MUG. SAVE SOME TREES!

**SUMMIT SENIOR LIVING**

# MAH JONGG TOURNAMENT

Coming May 29  
More details to follow!

Please sign up on the conversation table by April 10.

We are hoping for 4 to 8 players from each community.





S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CONNECTED life</b></p>  <p><b>FITNESS</b></p>	<p><b>Every Monday</b></p> <p>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</p>	<p><b>Every Tuesday</b></p> <p>Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am 10:30am Yoga/Balance FS 11:30am Trifecta FS</p>	<p><b>Every Wednesday</b></p> <p>8:30am Water Aerobics P 9:30am Stretch &amp; Flex FS 10:30am Sit 2B Fit FS 1:00pm Buddy Swim P</p>	<p><b>Every Thursday</b></p> <p>8:00am/8:30am Hydro Rider P 9:30am Aqua Fit P 10:30am Yoga/Balance FS 11:30am Trifecta FS</p>	<p><b>Every Friday</b></p> <p>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</p>	 <p><b>BE GREEN &amp; RECYCLE CLEAN PLASTICS, TIN, ALUMINUM, PAPER AND GLASS</b></p>
<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>1 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</p>	<p>2 11:30am Presentation: Vasa and 17th Century Swedish Empire GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</p>	<p>3 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm BIG LCR Game GR 3:00pm Flower Arranging GR 5:00pm Resident Pot Luck Dinner GR 5:00pm Cribbage TAV <b>MEAL FORMS DUE</b></p>	<p>4 10:00am Scrabble TAV 10:00am Craft Class: Spring Watercolor Workshop CR 1:00pm Netflix Series: The Resident MOV 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR <b>WEAR PURPLE</b></p>	<p>5 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Root beer Floats GR Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship &amp; Music with Street Level Chapel GR 6:00pm Hand &amp; Foot Card Game MR</p>
<p>6 10:00am Buddy Swim P 11:00am Ken Burns Documentary: Country Music, A Timeline MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV</p>	<p>7 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 11:30am Resident Program Meeting GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mahjong TAV</p>	<p>8 10:00am Hannaford Vaccination Clinic TAV 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club 3:30pm Pinochle MR 4:15pm Chef Mickey's Sliced Roast beef Dinner TAV 6:00pm Siena College Student Project GR No Poker</p>	<p>9 11:00am Brunch at Compadres Diner 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm Chip Tasting GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</p>	<p>10 11:30am Brown Bag Lunch Series at Saratoga Springs Public Library 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 2:30pm Entertainment by Alyssa Yeager GR 4:15pm Dickinson's Shepherds Pie &amp; To-go Orders GR 5:00pm Cribbage TAV Sign-up for May's Mah Jong Tournament Due</p>	<p>11 10:00am Scrabble TAV 1:00pm Presentation: Saratoga Senior Center GR 1:00pm Netflix Series: The Resident MOV 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR Ballet Sign-ups and Money Due Today</p>	<p>12 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Flavored Coffees GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship &amp; Music with Street Level Chapel GR 6:00pm Hand &amp; Foot Card Game MR <b>PASSOVER, BEGINS AT SUNDOWN</b></p>
<p>13 10:00am Buddy Swim P 11:00am Ken Burns Documentary: Country Music, A Timeline MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV <b>PALM SUNDAY</b></p>	<p>14 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Together in Caring Services Info GR 2:00pm Rummikub TAV 2:00pm Bible Devotional Group LIB 3:00pm Happy Hour GR 4:30pm Mahjong TAV</p>	<p>15 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 Chef Mickey's Grilled Herb Chicken Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>16 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Ice Cream Sundae Bar GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</p>	<p>17 10:00am - 1:00pm Expired Medication Drop-off OFFICE 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Chef Johnny's Lasagna Dinner TAV 5:00pm Cribbage TAV</p>	<p>18 10:00am Scrabble TAV 1:00pm Netflix Series: The Resident MOV 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR <b>GOOD FRIDAY</b></p>	<p>19 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Screw Drivers GR 1:30pm Movie Matinee 3:00pm Cards: Hearts TAV 6:00pm Worship &amp; Music with Street Level Chapel GR 6:00pm Hand &amp; Foot Card Game MR</p>
<p>20 8:30am Hot Cross Buns GR 10:00am Buddy Swim P 11:00am Ken Burns Documentary: Country Music, A Timeline MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV <b>EASTER</b></p>	<p>21 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Presentation: Flowers: Emojis of the Victorian Era GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mahjong TAV</p>	<p>22 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:30pm Pinochle MR 4:15pm Chef Mickey's Salmon Dinner TAV 5:00/5:15pm Poker Night GR <b>EARTH DAY</b></p>	<p>23 11:00am Lunch at The Log Jam Restaurant 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</p>	<p>24 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm PRN Therapy: National Occupational Therapy Month, Learn the Benefits GR 2:30pm Team Trivia with Mark Hersh GR 5:00pm Cribbage TAV 5:15pm Three Vines Bistro Specialty Menu TAV 10:00am Scrabble TAV</p>	<p>25 1:00pm Netflix Series: The Resident MOV 1:30pm King Brothers Dairy Ice Cream Outing 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</p>	<p>26 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Ice Tea Bar GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship &amp; Music with Street Level Chapel GR 6:00pm Hand &amp; Foot Card Game MR</p>
<p>27 10:00am Buddy Swim P 11:00am Ken Burns Documentary: Country Music, A Timeline MOV 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV 3:00pm Broadway &amp; Music Lecture by Jill Smith GR</p>	<p>28 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 TAV 3:00pm Happy Hour GR 4:30pm Mahjong TAV</p>	<p>29 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Quarter Bingo GR 3:15pm Step On It Travel Tour: Great Blue Hole MOV 3:30pm Pinochle MR 4:15pm Chef Mickey's Meatloaf Dinner TAV 5:00/5:15pm Poker Night GR</p>	<p>30 11:00am Theater How-to MOV 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 &amp; Foot Card Game MR</p>	<p><b>Spring Door Decorating Contest</b> Vote in the Great Room. Winner announced on April 28.</p> 		 <p><b>SaratogaReads</b> invites you to join for a captivating conversation with Daniel Henning, the award-winning audio book narrator whose voice brought this year's SaratogaREADS! community choice book, <i>The House in the Cerulean Sea</i>, to life. This book was also our chosen book for March's Book Club. Please refer to the flyers on the bulletin board for more details.</p>



**HAPPY MONDAYS**

Unwind and relax with fellow residents every Monday at 3:00pm in the Great Room.

A light appetizer, beer, wine, and soda are offered.

**BIG GAME COMING...**

**High Stakes LCR Dice Game**

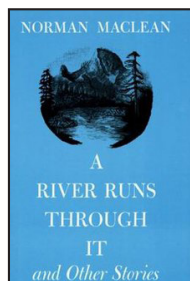


Thursday, April 3 • 1:00pm • Great Room  
More information and sign-up are in the Great Room

SPRING WATERCOLOR WORKSHOP WITH SUE

Friday, April 4 • 10:00am  
Craft Room

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



**Summit Book Club**

Tuesday, April 8 at 2:00pm • Library  
This month we are reading and discussing *A River Runs Through It* by Norman MacLean. "*A River Runs Through It*" is one of two novellas in a book of the same name. It is the story of a Presbyterian minister father and his two sons, their joys and tragedies, and their devotion to fly fishing in the rivers of Montana. All residents are welcome. No sign up necessary. Happy Reading!

**TEAM TRIVIA**

with DJ Mark Hersh

Thursday, April 17 & 24 at 2:30pm  
Join us in the Great Room, where the competition is friendly and the trivia is fun!!  
Come and join the teamwork!!

*Live* Entertainment

**Musician Alyssa Yeager**

Thursday, April 10  
2:30pm  
Great Room

Alyssa plays your favorite golden oldies from Johnny Cash to the Beatles. Featuring clean, crisp vocals and a variety of stringed instruments for your enjoyment

**Broadway Music & Lecture**

Sunday, April 27  
3:00pm  
Great Room

**THE SONGS & STORIES OF BROADWAY'S BEST COMPOSERS!**

Join vocalist Jill Smith and keyboardist Michael Clement for a fun and informative performance of the Broadway shows you know and love!

**HEY! LET'S CATCH A MOVIE**

Some of the most highly recommended films are accessible via Netflix and Amazon Prime, while other can be found on the shelves in our own theater.

Refer to our bulletin board postings for screening times of Superman-The Christopher Reeve Story, Harriet and more!

What would you consider "must watch" films?  
Let us know in the office!



**VOICE STREAMING FOR PRESENTATIONS**

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



PLEASE LET THE OFFICE KNOW AT THE BEGINNING OF THE MONTH TO REQUEST THE SERVICE.

**The Vasa and the 17th Century Swedish Empire**

Melissa Thompson-Flynn  
Wednesday, April 2 • 11:30am  
Great Room

On August 10, 1628 the Swedish warship Vasa—the most powerful naval vessel of her time—sank in Stockholm harbor after sailing only a few hundred meters on a shakedown cruise. You will hear the historical background of the Swedish Empire in the 17th century, its naval environment and strategy, and the story of the Vasa featuring many photographs of the great ship today.



**BROWN BAG LUNCH LECTURE SERIES**



AT SARATOGA SPRINGS PUBLIC LIBRARY

**Saratoga: From Primitive Forest to National Resort Destination**

Thursday, April 10

Join us as Charlie Kuenzel presents a comprehensive timeline of Saratoga's city development from the 1700s to the present. It will highlight the various phases in which Saratoga has had to "reinvent" itself throughout its history.

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

You will have time to browse the library before the bus returns to pick you up at 1:40pm.



**SARATOGA SENIOR CENTER**



Friday, April 11

1:00pm in the Great Room

Join us to discover the benefits of membership at the Saratoga Senior Center, including programming support groups, community connections, and more!

**Flowers: Emojis of the Victorian Era**

John Dennehey  
Monday, April 21 at 1:00pm  
Great Room

A misunderstanding in the 1700s about a flower game in Turkey, ignited a fascination with a language of flowers in the Victorian Era. This presentation sheds light on flower symbolism, the significance of the way flowers were given, and how a fascination with this fad encouraged more women into the field of the sciences.



Thursday, April 24  
12:30pm  
Great Room

April is National Occupational Therapy Month and we are excited to tell you how vital this profession is. Come learn the benefits of Occupational Therapy!

Learn how Occupational Therapy is essential to helping adults age in place during this interactive presentation. Refreshments served!

**Step On It Travel Tour Great Blue Hole—Coastal Symmetry in Sinkholes**

Tuesday, April 29  
3:15pm • Theater



This month, our Step On It Program will feature the second longest coral reef in the world, located in Belize. See why it's a favorite location of scuba divers and snorkelers! 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, April 1 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, April 15

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.

