

SUMMIT AT SARATOGA

Monthly Newsletter

May 2025



THE
Manager's Message

All that I am or ever hope to be, I owe to my mother.”
Abraham Lincoln

Welcome month of May, where the plantings are budding and the sun shines over us ushering in summer. The same is true here at The Summit, as we ready our outside areas to enjoy. Join us on the patio for a friendly game of bocce or head out on Wednesday mornings to learn how to play the fastest growing sport in the US, pickleball. Racquets are available in the pavilion storage room. Or join us for “How to Play Billiards” on the May 23rd and 30th.

This month we honor not only the hard work of our Mothers but those who gave their life while serving in our armed forces protecting our country. We will celebrate both this month. Come to our Tea & Dessert Party on May 7th to honor our Mothers. And later in the month we will celebrate and honor those patriots who gave their life for us at our Red, White and Blue Happy Hour on the 19th.

Looking forward to seeing you at our Spring events!

Warm regards,



Christy Durant
Community Manager

Rivers Casino &
Lunch at Max 410



Tuesday, May 6th

Hop on the bus to
Schenectady and enjoy a
day out at Rivers Casino
and lunch at Max 410!

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

14 residents minimum, 14 maximum

The Cello Experience
Studio Spring Concert

Thursday, May 15th
6:00pm
Great Room

This spring concert
will feature a variety
of pieces from the
Suzuki Cello
Repertoire,
showcasing each
student's unique
journey and growth.



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

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!

Donna Perry 5/01
Al DeLorenzo 5/03
David Hoadley 5/10
Alice Lissow 5/10
Calvin BURGART 5/11
Niel Nielsen 5/14
Fran Valentine 5/16
Peg Duell 5/17
Lois Zink 5/18
Linda Aubin 5/18
Beth Caruso 5/19
Joyce Sova-Gervais 5/26



Come join us in the Great Room on Wednesday, May 28th at 3:00pm to celebrate our monthly birthdays!

Resident Informational Meetings

Resident Program Meeting
Monday, May 5 at 11:30am
Great Room

Resident Meeting with Christy
Monday, May 19 at 1pm
Great Room



Theater How-To/Movie Committee
Wednesday, May 21 at 11:00am
Movie Theater

MAH JONG
TOURNAMENT

HOSTED BY:
SUMMIT AT SARATOGA
Thursday, May 29th
Tavern

Meet & Greet / 10:30am
Mah Jong / 10:45am
Spring Luncheon / 12:15pm
Mah Jong / 1:00pm
Dessert & Prizes / 2:30pm

\$5 per person,
Please sign up in the office.

Excursions

Lunch at The Peppermill
Family Restaurant

Wednesday, May 14



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

14 residents minimum, 14 maximum

Lunch at Haru
Japanese Steakhouse & Hibachi
Wednesday, May 28th



Come enjoy traditional authentic
Japanese cuisine and sushi!

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

10 residents minimum, 14 maximum

Outing to Tree House Brewery
Friday, May 30th



Join us for craft beer,
cocktails, soda and pizza!

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

10 residents minimum, 14 maximum



with DJ Mark Hersh

Thursday, May 8th & 22nd at 2:30pm

Join us in the Great Room, where the
competition is friendly and the trivia is fun!!

Come and join the teamwork!!

| S | M | T | W | TH | F | S |
|--|--|--|--|--|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| <div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div> | <div>Every Monday</div> <div>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</div> | <div>Every Tuesday</div> <div>Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am 10:30am Yoga/Balance FS 11:30am Trifecta FS</div> | <div>Every Wednesday</div> <div>8:30am Water Aerobics P 9:30am Stretch & Flex FS 10:30am Sit 2B Fit FS 1:00pm Buddy Swim P</div> | <div>Every Thursday</div> <div>8:00am/8:30am Hydro Rider P 9:30am Aqua Fit P 10:30am Yoga/Balance FS 11:30am Trifecta FS</div> | <div>Every Friday</div> <div>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</div> | <div></div> <div>BE GREEN & RECYCLE CLEAN PLASTICS, TIN, ALUMINUM, PAPER AND GLASS</div> |
| 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 SSC - Summit Supper Club | <div></div> <div>Learn to Play Billiards May 23rd & May 30th 9:00am BR</div> | <div></div> <div>Bocce Ball Sundays at 9:30am Wednesdays at 9:00am Weather permitting BC</div> | 1 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 5:00 Resident Pot Luck Dinner GR 5:00pm Cribbage TAV | 2 10:00am Scrabble TAV 10:00am Spring Watercolor Workshop CR 1:00pm Elder Financial Exploitation GR 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR MEAL FORMS DUE | 3 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Kentucky Derby Mint Juleps GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship & Music with Street Level Chapel GR 6:45pm Kentucky Derby Race MOV 6:00pm Hand & Foot Card Game MR |
| 4 9:30am Bocce Ball BC 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 | 5 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 11:30am Resident Program Meeting GR 1:00pm Together in Caring Services Info GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Fiesta Happy Hour GR 4:30pm Mahjong TAV Cinco De Mayo | 6 9:00am Podiatrist Visits, Dr. Masias 9:30am Schenectady Casino & Lunch 10:00am Flower Arranging GR 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 1:30pm Pinochle MR 4:15pm SSC Pizza & Friendship Salad TAV 5:00/5:15pm Poker Night GR | 7 9:00am Bocce Ball BC 1:30pm Movie Matinee MOV 2:00pm Mother's Day Tea GR 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR | 8 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 Hersch GR 5:15pm SSC Three Vines Bistro TAV 5:00pm Cribbage TAV | 9 10:00am Scrabble TAV 1:00pm Home Instead Presents: Managing Arthritis GR 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR | 10 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Flavored Lemonade GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship & Music Street Level Chapel GR 6:00pm Hand & Foot Card Game MR |
| 11 9:30am Bocce Ball BC 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 MOTHER'S DAY | 12 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Saratoga County Presents: Women of the Saratoga Campaign GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mahjong TAV | 13 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 1:30pm Pinochle MR 2:00pm Monthly Book Club 4:15pm SSC Stuffed Shells TAV 5:00/5:15pm Poker Night GR | 14 9:00am Bocce Ball BC 11:30am Lunch at the Peppermill 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:30pm Tech 101 with Don GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR | 15 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game GR 2:00pm Vocalist Alyson Davis GR 4:15pm SSC Chicken/Broccoli Pinwheels and Pre-Orders TAV 5:00pm Cribbage TAV 6:00pm The Cello Experience Spring Concert GR | 16 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 5:00/5:15 Poker Night GR | 17 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 |
| 18 9:30am Bocce Ball BC 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 | 19 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 Red/White/Blue Happy Hour GR 4:30pm Mahjong TAV | 20 11:00am Shuffleboard TAV 11:15am Trinity Health Alert System GR 1:00pm Tech Hour with Don 1:30pm Bingo GR 1:30pm Pinochle MR 2:45pm-3:30pm Saratoga Springs Public Library Outreach LIB 4:15pm SSC Everthing Bagel Chicken TAV 5:00/5:15pm Poker Night GR | 21 9:00am Bocce Ball BC 11:00am Theater How-to MOV 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Pianist Andy Lorio 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR | 22 11:30am Men's League: Billiards Club BR 12:00pm SSC Soup & Sub Lunch TAV 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersch GR 5:00pm Cribbage TAV | 23 10:00am Scrabble TAV 10:00 Learn to Play Billiards BR 11:15am PRN Therapy:Speech Therapy GR 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR | 24 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Flavored Iced Coffee 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 |
| 25 9:30am Bocce Ball BC 10:00am Buddy Swim P 12:00pm Corn Hole FS 1:00pm Mexican Train TAV 1:30pm Movie Matinee MOV | 26 9:00am Resident Pot Luck Breakfast 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 4:30pm Mahjong TAV CLOSED FOR MEMORIAL DAY | 27 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 1:30pm Pinochle MR 3:15pm Step On It Travel Tour: Ha Long Bay---Dramatic Karst Landscape MOV 4:15pm SSC Turkey Dinner TAV 5:00/5:15pm Poker Night GR | 28 9:00am Bocce Ball BC 11:30 Lunch at Haru Hibachi 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 | 29 10:30am Mah Jong Tournament TAV 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Dice Game GR 5:15pm SSC Three Vines Bistro TAV 5:00pm Cribbage TAV | 30 10:00am Scrabble TAV 10:00am Learn to Play Billiards BR 1:00pm Tree House Brewery Outing 1:00pm Netflix Series: The Resident MOV 1:30pm Meditate Together LIB 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR | 31 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 |

Happy Hour

JOIN US EVERY MONDAY AT 3:00PM IN THE GREAT ROOM

Monday May 5th - Fiesta Happy Hour
Fiesta appetizers and margaritas for Cinco de Mayo

Monday, May 19th - Red/White/Blue Happy Hour
Patriotic cocktails and appetizers in honor of Memorial Day



Learn to Play Billiards

Ready to learn to play? You will learn the basics of billiards. No experience needed, just bring your good vibes!

Friday, May 23rd & Friday, May 30th
10:00am





Mother's Day Tea & Desserts

Wednesday, May 7th 2:00pm
Great Room

HAPPY MOTHER'S DAY

All residents are warmly invited to enjoy an afternoon filled with delicious desserts and a selection of teas

Bocce Ball

Sundays at 9:30am and Wednesdays at 9:00am

Weather permitting, all levels welcome!
Appropriate sneakers required!



Live Entertainment

Vocalist Alyson Davis

Thursday, May 15
2:00pm
Great Room

Pianist & Composer
Andy Lorio

Wednesday, May 21
3:00pm
Great Room



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 our upcoming movies and more!



Spring Water Color Workshop with Sue

Friday, May 2nd
10:00am
Craft Room

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

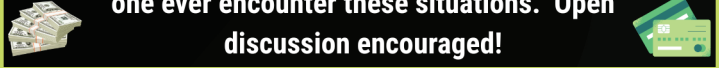


Elder Financial Exploitation

John Cruise
Corporate Security & Resiliency Investigations & Forensics

Friday, May 2 at 1:00pm
Great Room

Join us for an informative and engaging seminar focused on protecting our elder community from financial scams and exploitation. You'll learn how to spot red flags, recognize various types of fraud, and understand the steps to take if you or a loved one ever encounter these situations. Open discussion encouraged!



Women of the Saratoga Campaign

Anne Clothier
Assistant to the Historian

Monday, May 12th 1:00pm

Many know the story of British General John Burgoyne's surrender to the Americans after the Battle of Saratoga in 1777, commonly referred to as the Turning Point of the American Revolution. Familiar names such as Benedict Arnold and Philip Schuyler are often associated with this history, but what about the women who were also involved in this crucial campaign? Come and hear about the very women of the Saratoga Campaign!


BROWN BAG LUNCH LECTURE SERIES

AT SARATOGA SPRINGS PUBLIC LIBRARY

The Legacy of Saratoga's Mom and Pop Grocery Stores
Thursday, May 8th

Join us as Carole Godette presents the legacy of Saratoga Mom and Pop stores. Relive memories of our iconic neighborhood shops from the past!

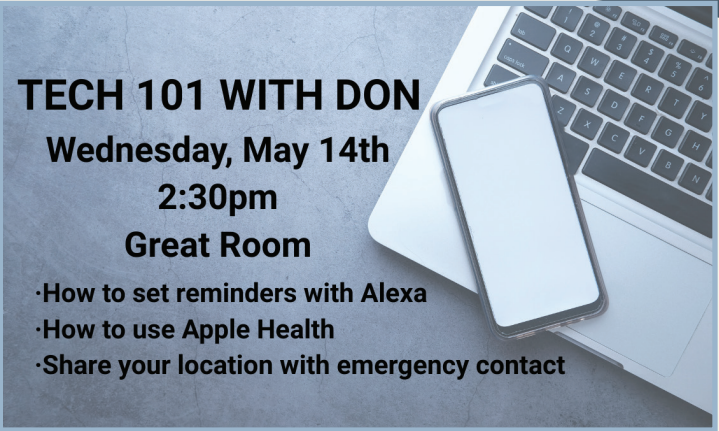
Please be in the lobby no later than 11:20am.
The bus leaves the Summit at 11:30am.
5 residents minimum, 14 maximum



TECH 101 WITH DON

Wednesday, May 14th
2:30pm
Great Room


- How to set reminders with Alexa
- How to use Apple Health
- Share your location with emergency contact



Trinity Health Alert System Presentation

May 20th 11:15am
Great Room

Trinity Health Alert offers multiple state-of-the-art medical alert systems that help patients remain safe and have peace of mind at home, or while traveling outside their home. Come learn about all of the options they provide to keep you safe!

 ST PETER'S HEALTH PARTNERS
A Member of Trinity Health

Home Instead Presents: Managing Arthritis

Friday, May 9 at 1:00pm
Great Room

While arthritis is common among older adults, it is not a normal part of aging. Learn about the different risk factors for developing arthritis, as well as tips for managing your symptoms. We'll also explore how to be proactive with diet and activity for prevention and pain management.

 home instead

Step On It Travel Tour

Ha Long Bay - Dramatic Karst Landscapes

Tuesday, May 27th
3:15pm Theater

Our Step On It Walking Program this month will highlight Ha Long Bay. It is a spectacular region off the coast of Vietnam that consists of thousands of islands. In this travel tour you will learn about dramatic karst landscapes. **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.



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, May 6 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, May 20

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

Patient Service Coordinator

Gina Vandenburg

716-204-2405

Vandenburg@prnphysicaltherapy.com

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

Route 50 Shopping

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



**BE GREEN
& recycle
CLEAN**

**plastics, tin,
aluminum, paper
and glass.**

