

# SUMMIT AT SARATOGA

---

Monthly Newsletter

July 2025





THE  
Manager's Message

We Remember the day  
Let us remember the day of choice,  
The pride that gave us all,  
Give a salute to those,  
Because of whom we stand tall,  
A day full of love and peace,  
Make the most of it today,  
As it's the Independence Day!  
**Happy 4th of July!**

Residents,  
It is wonderful to finally have Summer here and Saratoga Springs is the Summer Place to Be! Our beautiful city will be bustling with events and visitors. Join us here at Summit for strawberry shortcake, an easy peasy cooking class, lunch at Mama Bears and The Garrison, a visit to the new Old World Market Gourmet, and music by the Gone Gray Band.

Our annual Summer Cookout on July 16th will be catered by Chef Johnny - enjoy hamburgers, hot dogs, salads, lawn games and more. If your last name begins with A-M, please bring a dessert to share.

Every year we collect donations for the Racetrack backstretch workers. We are collecting gently used bedding, blankets, pillows, sheets and pillowcases, towels, men's and women's clothing, shoes and hygiene products. See the full list in the Great Room. Thank you for all of your donations!

Welcome New Residents: Paul and Karen Brown

*Christy Durant*  
Christy Durant  
Community Manager



### SUMMER COOKOUT

**Wednesday, July 16 | 12:30pm**

JOIN US FOR A GOOD OLD TRADITIONAL COOKOUT. WE WILL BE SERVING UP FAVORITE FOODS AND THOSE STAPLES THAT WE ALL LOVE TO ENJOY AT A PICNIC!

ENTERTAINMENT BY  
ALYSON DAVIS AT 1:15PM

Please bring a dessert to share if your last name begins with A-M

## 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  
Ryan Beighey

### 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

Community Activities

### Happy Birthday

Alice Welcome	7/04
Elaine Martin	7/07
Lester Pembrook	7/10
Judy Staubo	7/11
Paul Suppes	7/13
Lester Rosenberg	7/13
Kathy Phelps	7/15
Diane Shanley	7/19
Richard Rozycki	7/22
Sue Peters	7/24
Terry Humiston	7/24
Don Mobray	7/29
Donna Robarge	7/30
Rich Aubin	7/30

### Resident Information Meetings

#### Resident Program Meeting

Monday, July 7 at 11:30am - Great Room

#### Resident Meeting with Christy

Monday, July 21 at 1:00pm - Great Room

#### Theater How-To/Movie Committee

Wednesday, July 30 at 11:00am - Movie Theater

### WINE GLASS PAINTING

MONDAY, JULY 14  
10:00AM  
CRAFT ROOM

LIMITED SEATING AVAILABLE. PLEASE SIGN UP IN THE GREAT ROOM TO RESERVE YOUR SPOT!

## Excursions

### Lunch at The Garrison

**July 9  
11:30am**

Enjoy lunch at a cozy, cabin-like American restaurant in Lake George. It is the perfect setting for an afternoon out with friends!

The bus will leave the Summit at 11:30am  
*Minimum 14 Residents, Maximum 14*






### Lunch at Mama Bear's Diner

**July 23  
12:00pm**

We are a family owned and run Diner in Schuylerville, NY. Serving fresh baked goods made from scratch and delicious breakfast and lunch options in a family friendly atmosphere.

The bus will leave the Summit at 11:30am  
*Minimum 12 Residents, Maximum 14*



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 &amp; 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 &amp; RECYCLE CLEAN PLASTICS, TIN, ALUMINUM, PAPER AND GLASS</div>
<div>BP-Back Patio BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby</div>	<div>MOV-Movie Theater MR-Music Room (3rd Floor) P-Pool PC – Pickleball Courts PS-Practitioners Suite PAV- Pavilion SSC - Summit Supper Club</div>	<div>1 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR MEAL FORMS DUE</div>	<div>2 9:00am Bocce Ball BC 1:00pm Home Instead Presents: Anxiety &amp; Depression in Seniors GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:15pm Old World Gourmet Market Trip 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</div>	<div>3 10:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Game TAV 2:30pm Patriotic Sing-Along GR 5:00pm Resident Potluck Dinner GR 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>4 No Exercise Classes 9:00am Resident Potluck Breakfast GR 10:00am Scrabble TAV 10:00am Billiards BR 2:00pm Shuffleboard TAV 4:00pm BYOB Happy Hour GR 4<sup>th</sup> of July Office Closed</div>	<div>5 9:30am Pickelball PC 10:00am Board Games TAV 11:30am Men's League:Billiards Club BR 1:00pm Arnold Palmer Drink GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts MR 6:00pm Worship &amp; Music GR 6:00pm Hand &amp; Foot Card Game MR</div>
<div>6 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV</div>	<div>7 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 11:30am Program Meeting GR 2:00pm Bible Devotional Group CR 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV</div>	<div>8 10:30am Fireplace &amp; Grill How-To BP 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 2:00pm Summit Book Club LIB 3:30pm Pinochle MR 4:15pm SSC Baked Salmon TAV 5:00/5:15pm Poker Night GR</div>	<div>9 9:00am Bocce Ball BC 11:30am Lunch at The Garrison 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</div>	<div>10 10:30am Men's League: Billiards Club BR 1:00 pm Shopping Shuttle 12:30pm PRN Summer Olympics GR 2:30pm Trivia GR 4:15pm SSC Marry Me Chicken TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>11 10:00am Scrabble TAV 10:00am Billiards BR 2:00pm Shuffleboard TAV 1:30pm Strawberry Shortcake Social GR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>12 9:30am Pickelball PC 10:00am 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 MR 6:00pm Worship &amp; Music GR 6:00pm Hand &amp; Foot Card Game MR</div>
<div>13 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV</div>	<div>14 10:00am Wine Glass Painting CR 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Marilyn Sassi Presents Proctors: A Man and His Theater LIB 2:00pm Bible Devotional Group CR 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV</div>	<div>15 10:00am Flower Arranging TAV 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 2:45pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 4:15pm SSC Stuffed Eggplant TAV 5:00/5:15pm Poker Night GR</div>	<div>16 9:00am Bocce Ball BC 10:00am Continental Breakfast Ends 12:30pm SUMMER COOKOUT 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</div>	<div>17 10:00am Intercom How-To LO 10:30am Men's League: Billiards Club BR 1:00pm LCR Game TAV 1:00pm Shopping Shuttle 4:15pm SSC Three Vines Bistro TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>18 10:00am Scrabble TAV 10:00am Billiards BR 2:00pm Shuffleboard TAV 2:00pm Dip Tasting GR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>19 9:30am Pickelball PC 10:00am 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 MR 6:00pm Worship &amp; Music GR 6:00pm Hand &amp; Foot Card Game MR</div>
<div>20 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV</div>	<div>21 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 CR 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV</div>	<div>22 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:00pm Easy Peasy Cooking Class TAV 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Hot Turkey Grinder TAV 5:00/5:15pm Poker Night GR</div>	<div>23 9:00am Bocce Ball BC 12:00pm Lunch at Mama Bears 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</div>	<div>24 10:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Trivia GR 3:00pm Intercom How-To LO 4:15pm SSC Pot Roast TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>25 10:00am Scrabble TAV 10:00am Billiards BR 2:00pm Shuffleboard TAV 2:00pm Gone Gray Band GR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR</div>	<div>26 9:30am Pickelball PC 10:00am Board Games TAV 11:30am Men's League:Billiards Club BR 1:00pm Bahama Mama Cocktails GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts MR 6:00pm Worship &amp; Music GR 6:00pm Hand &amp; Foot Card Game MR</div>
<div>27 9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV</div>	<div>28 11:00am Knitting/ Crocheting Group LIB 11:30am Men's League: Billiard's Club BR 1:00pm Paw Social BP 2:00pm Bible Devotional Group CR 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV</div>	<div>29 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Stuffed Shells TAV 5:00/5:15pm Poker Night GR</div>	<div>30 9:00am Bocce Ball BC 11:00am Movie Theater How-To MOV 1:30pm Movie Matinee MOV 2:00pm SAIL Presentation GR 2:00pm Mexican Train TAV 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand &amp; Foot Card Game MR</div>	<div>31 10:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm Medicare 101: Learning the Basics and Beyond GR 1:00pm LCR Game TAV 4:15pm SSC Three Vines Bistro TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP</div>	<div>Strawberry Shortcake Social Friday, July 11 1:30pm in the Great Room</div> <div></div>	<div>Dip Tasting Friday, July 18 2:00pm in the Great Room</div> <div></div>



# HAPPY HOUR

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



Come join us on the back patio for a treat with your dog!  
Monday, July 28  
1:00pm

## Paw Social

## ENTERTAINMENT


### Gone Gray Band

Friday, July 25 2:00pm · GREAT ROOM






The Gone Gray Band mission is to play the American classics from the 50s, 60s, and 70s, share them with those who grew up listening to the bands of this era and introduce this great music to those who missed out on the rock 'n roll revolution!

Marilyn Sassi  
Presents  
**Proctors: A Man and His Theater**



Built in 1926 by F. Proctor, the Dean of Vaudeville, Proctors on State Street in Schenectady was a popular theatre that used a method of continuous performance to draw huge crowds and numerous famous vaudevillians of that era. The class will feature Frederick Freeman Proctor who began his show business career as a young circus performer and turned it into a theatrical enterprise over his life of over 54 theaters from coast to coast.

Monday, July 14  
1:00pm  
Library



## TEAM TRIVIA

with DJ Mark Hersh  
Thursday, July 10th & 24th at 2:30pm


Join us in the Great Room, where the competition is friendly and the trivia is fun!!  
**Come and join the teamwork!!**

Patio S'mores are back!  
Thursday nights on the Back Patio at 6:00pm

"Life is s'more fun with friends around the fire!"  
-anonymous



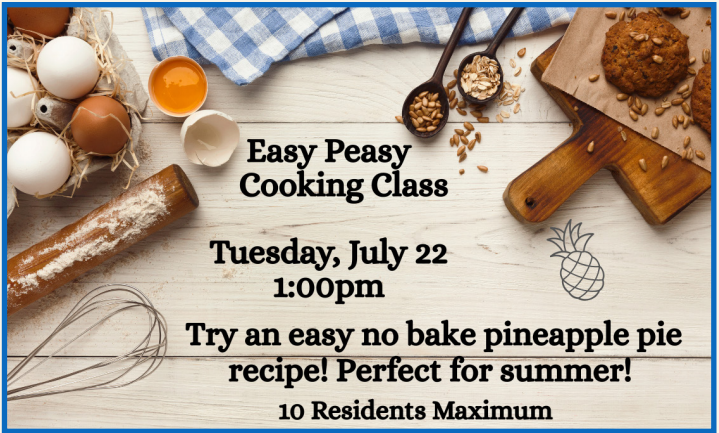
## Medicare 101: Learning the Basics and Beyond



Thursday, July 31  
1:00pm  
Great Room

Join Sandra Kahlon, a healthcare professional and Medicare Educator to learn the basics about the different parts of Medicare and to take a deeper dive into your options.

Today, seniors are inundated with solicitation from Medicare agents and companies looking to profit from creating confusion around Medicare. Sandra will educate you on how the different predatory practices to empower you to consistently make the best choices for your Medicare.



## Easy Peasy Cooking Class

Tuesday, July 22  
1:00pm

Try an easy no bake pineapple pie recipe! Perfect for summer!  
10 Residents Maximum



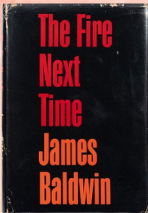
## Old World Market Trip

Wednesday, July 2  
2:15pm

The concept is, there is one way in, one way out, and the customer strolls through experiencing the décor and aromas of New York City's neighborhood markets.

Try a Brooklyn Kettle Bagel, shop the specialty groceries, try some prepared food or just come to check it out!

The bus will leave The Summit at 2:15pm



## Summit Book Club



Tuesday, July 8  
2:00pm  
Library

Published in 1963, this 128 page personal and provocative book consists of two essays that examine the consequences of racial injustice. Described by the New York Times as "deposition, testament and chronicle all presented in searing, brilliant prose."

## Home Instead Presents: Anxiety & Depression in Seniors

Wednesday, July 2  
1:00pm  
Great Room

For older adults, depression often goes along with anxiety, and both can be debilitating, reducing overall health and quality of life. These are common problems among older adults but they're not a normal part of aging. Learn how to recognize the warning signs of both, and how to combat each of these through this phase of life.



## Wednesday, July 30<sup>th</sup> 2:00pm Great Room

Join Southern Adirondack Independent Living for the opportunity to learn more about the free services SAIL offers to help you live more independently.



# 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, July 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, July 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



Jessica Shiels, Patient Service Coordinator  
PRN PT, OT & SLP PLLC  
an affiliate of The Weston Healthcare Group  
**716-204-2405**  
[Vandenburg@prnphysicaltherapy.com](mailto: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
- Vegetable Lasagna

## 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.

