

Manager's Message

Residents,

Saratoga Springs, the August place to be! Health and horses are the foundation of Saratoga's rise to fame, but so are history, culture and attractions. These things are abundant in our popular city, from the Saratoga Racetrack to its age-old mineral baths, Victorian culture and more. Saratoga's springs are among the few naturally carbonated waters in the nation. We are fortunate to reside in such a culturally rich area.

Today, the Spa City is still popular for its rich mineral baths and fabulous culture, but the Saratoga Race Course steals the show every summer with its live thoroughbred horse racing. Breakfast at the Track is always a favorite! Join us on August 6th for breakfast at the track to enjoy while you watch the horse's workout. Or take advantage of the backstretch tour. And join us for a "Saratoga Sunrise" the official drink of the Travers Stake on the 23rd.

We are excited to have Woodlawn Meadow Farm back to share their adorable alpacas with us on the 20th. And Gifford Farm from Gansevoort is setting up a farm stand on Fridays at 10 am. They will offer a variety of vegetables, pure maple syrup and baked goods.

Warm Regards,

Christy Durant Community Manager



Saturday, August 23 Movie Theater

Join us in the movie theater for a live streaming of the 156th Travers Stakes at Saratoga Racetrack!

Saratoga Sunrise Cocktail



Saturday, Gugust 23rd 1:00pm Great Room

The official drink of the Travers Stakes is a fun mix of vodka, orange juice and grenadine, perfect for summer brunching! The trick is to let the grenadine settle at bottom to get the layered sunrise look hence the name.

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



Resident Information Meetings

Resident Program Meeting

Monday, August 11 at 11:30am - Great Room

Resident Meeting with Christy

Monday, August 18 at 1:00pm - Great Room

Theater How-To/Movie Committee

Wednesday, August 27 at 11:00am - Movie Theater

Tuesday, August 5 at 1:00pm - Lobby





Excursions

Clubhouse Breakfast at the Saratoga Racetrack



Wednesday, August 6 7:30am

Breakfast is served on The Porch of the Clubhouse. The cost is \$30 for the buffet plus gratuity.

You are welcome to bring breakfast or buy something from Dunkin at the racetrack and watch the horse's get their morning workout in.

Free, guided backstretch tram tours are available leaving from the clubhouse approximately every 15 minutes.

The bus will leave the Summit at 7:30am

The bus will leave the Saratoga Racetrack to return to the Summit at 9:30am

Minimum 8, Residents, Maximum 14

Lunch at The Ambrosia Diner



Wednesday. August 13 11:30am

Savory, made-from-scratch dishes like fluffy pancakes, juicy burgers, classic Reubens, and loaded omelet's. With its retro décor and warm service, Ambrosia gives you that comforting, small-town diner feel!

The bus will leave the Summit at 11:30am

Minimum 14 Residents, Maximum 14



Dairy Haus Friday, August 22

The Best Hard & Soft Ice Cream in Saratoga Springs, NY since 1985! The bus will leave the Summit at 1:00pm Minimum 8, Residents, Maximum 14

Sunday







Tuesday



Wednesday



Thursday





Friday



Saturday

9:30am Pickleball PC

10:00am Board Games TAV

BP-Back Patio 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 PC - Pickleball Courts **PS-Practitioners Suite PAV-** Pavilion SSC - Summit Supper Club

Monday

BE GREEN & RECYCLE (LEAN PLASTICS, TIN, ALUMINUM, PAPER AND GLASS



7:30am Clubhouse Breakast at the Track

9:30am Bocce Ball BC

1:30pm Movie Matinee MOV

2:00pm Mexican Train TAV

3:00pm Women's Billiard's BR

5:00pm BYOB Wine Wednesday TAV

Saturday, August 23 **Travers Stakes Race** 6:00pm - Movie Theater

10:00am Scrabble TAV 10:00am Women's Billard's BR 10:00am Gifford Farm Stand LOB 1:30pm Sherbert Coolers GR 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR

11:30am Men's League: Billiards Club BR 1:00pm Strawberry Guava Mocktail/Cocktail 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

9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV

11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 2:00pm Bible Devotional Group CR 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mahjong TAV **MEAL FORMS DUE**

9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:00pm Intercom How-To LOB 1:30pm Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR

1210:00am Flower Arranging TAV 10:30am Fireplace & 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 Haddock TAV 5:00/5:15pm Poker Night GR

6:00pm Hand & Foot Card Game MR 9:30am Bocce Ball BC 10:00am Trivet Painting CR 11:30am Lunch at Ambrosia Diner

1:30pm Movie Matinee MOV 2:00pm Saratoga Springs Library **Libby How-To LIB** 2:00pm Mexican Train TAV 3:00pm Women's Billiard's BR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR

11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Game GR 2:30pm Music by Mark Mason GR 5:00pm Potluck Dinner GR 5:00pm Cribbage TAV 6:00pm Patio S'more's BP

11:30am Men's League: Billiards Club BR

1:00pm Shopping Shuttle

2:30pm Trivia GR

4:15pm SSC Three Vines Bistro TAV

5:00pm Cribbage TAV

6:00pm Patio S'more's BP

10:00am Women's Billiards BR 10:00am Gifford Farm Stand LOB 12:00pm Saratoga Racetrack Drop-Off 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR

10:00am Scrabble TAV

10:00am Scrabble TAV

10:00am Women's Billiards BR

10:00am Gifford Farm Stand LOB

10:00am Scrabble TAV

10:00am Women's Billiards BR

10:00am Gifford Farm Stand LOB

1:00pm Maintaining Brain Health GR

2:00pm Shuffleboard TAV

4:00pm BYOB Tavern Time TAV

5:00/5:15 Poker Night GR

10:00am Scrabble TAV

9:30am Pickleball PC 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Cola 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

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9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV

9:30 Bocce Ball BC

10:00am Buddy Swim P

11:00am Corn Hole FS

1:00pm Mexican Train TAV

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 CR 2:00pm Rummikub TAV

4:30pm Mahjong TAV

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 Mahjong TAV

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3:00pm Sangria Happy Hour GR

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 Peppers TAV 5:00/5:15pm Poker Night GR

9:30am Bocce Ball BC 11:00am Woodland Meadow Farm Alpacas **Maintenance Garage** 1:30pm Movie Matinee MOV

2:00pm Mexican Train TAV 2:00pm Guitarist Russ Kennedy GR 3:00pm Women's Billiard's BR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle

1:00pm LCR Game TAV 4:15pm SSC Chicken Cordon Blue TAV 5:00pm Cribbage TAV 6:00pm Patio S'more's BP

11:30am Men's League: Billiards Club BR

12:00pm SSC Taco Bar TAV

1:00pm Shopping Shuttle

2:30pm Trivia GR

5:00pm Cribbage TAV

6:00pm Patio S'more's BP

10:00am Women's Billiards BR 10:00am Gifford Farm Stand LOB 1:30pm Hot Fudge Sundae Bar GR 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR

9:30am Pickleball PC 10:00am 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

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9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV

11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Paw Social BP 2:00pm Bible Devotional Group CR 2:00pm Rummikub TAV 3:00pm Happy Hour GR

11:00am Shuffleboard TAV 11:30am Schoharie Crossing State Historic Site Presents: Erie at 200 GR

1:00pm Tech Hour with Don 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Pot Roast TAV 5:00/5:15pm Poker Night GR

9:30am Bocce Ball BC 11:00am Movie Theater How-To MOV 12:00pm Saratoga Racetrack Drop-Off 1:30pm Movie Matinee MOV

2:00pm Mexican Train TAV 3:00pm Women's Biliard's BR 3:00pm Monthly Birthday Party GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR

1:00pm Ice Cream at The Dairy Haus 2:00pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR

9:30am Pickleball PC 10:00am Board Games TAV 11:30am Men's League:Billiards Club BR 1:00pm Saratoga Sunrise Cocktail GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Travers Stakes Race MOV 6:00pm Worship & Music with Street

Level Chapel GR 6:00pm Hand & Foot Card Game MR

9:30am Pickleball PC 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Chocolate Pudding Parfait GR 1:30pm Movie Matinee MOV 3:00pm Cards: Hearts TAV 6:00pm Worship & Music with Street Level Chapel GR

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9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV

Every Monday

4:30pm Mahjong TAV

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

Every Tuesday

Hydro Rider P 8:00/8:30am Aqua Fit P 9:30am 10:30am Yoga/Balance FS 11:30am Trifecta FS

Every Wednesday

8:30am Water Aerobics P 9:30am Stretch & Flex FS 10:30am Sit 2B Fit FS 1:00pm Buddy Swim P

Every Thursday

8:00am/8:30am Hydro Rider P 9:30am Aqua Fit P 10:30am Yoqa/Balance FS 11:30am Trifecta FS

Every Friday

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

CONNECTED life

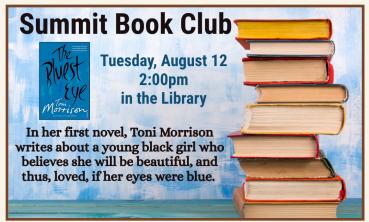
6:00pm Hand & Foot Card Game MR

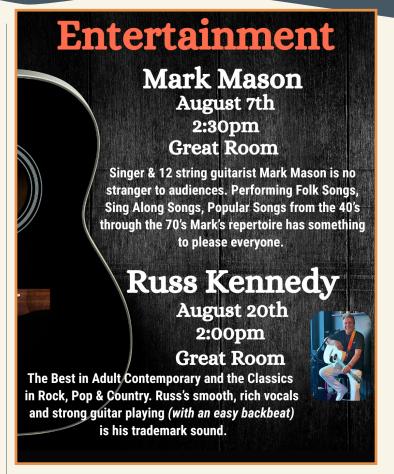








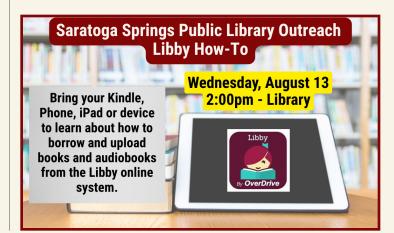






Thursday, August 14th & 28th at 2:30pm
Join us in the Great Room, where the
competition is friendly and the trivia is fun!!

Come and join the teamwork!!



Schoharie Crossing State Historic Site Presents:



The Erie Canal at 200

Tuesday, August 26 11:30am Great Room

David Brooks, from the Schoharie State Historic Site presents the Erie Canal at 200. The Erie Canal is celebrating its bicentennial! This program outlines the story of the canal and how it has been heralded in pop culture, folklore, and the history books. Discover how it was recognized at 100, and what celebrations the corridor has planned for its 200th!



Woodland Meadow Farm Wednesday, August 20 11:00am

Maintenance Garage

Come meet the alpacas and learn about alpaca fiber. Alpaca wool is soft and considered to be one of the warmest types of animal fibers.

Home Instead Presents: Maintaining Brain Health

Friday, August 29 1:00pm Great Room

Positive, everyday actions can make a big difference in brain health. Research shows that certain lifestyle habits can significantly reduce the risk of cognitive decline and Alzheimer's disease. Learn about the risk factors, and what you can do to take charge of your brain health today — it's never too early or too late to start.



Saratoga Racetrack Drop-off



12:00pm Friday, August 8 Wednesday, August 27

Spend the afternoon at the races!
Leave the Summit at 12:00pm for
drop-off at the Racetrack and
be picked up at 3:30pm to
return home!





Gifford Farms will be coming to the Summit Friday's beginning August 1st to sell a variety of vegetables, syrup and baked goods.

10:00am-11:00am

10:00am-11:00am

Lobby or Front Entrance

Friday's: 8/1, 8/8, 8/15, 8/22 & 8/29

Fourth generation Dairy and Vegetable Farm, owned & operated by women located in Gansevoort, NY.



Dairy Haus Ice Cream

Join us for a trip over to Dairy Haus for an ice cream cone or sundae!

> Friday, August 22 1:00pm

Bus leaves the Summit at 1:00pm

Minimum 8 residents, maximum 14



WWW.SUMMITSARATOGA.COM

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, August 5 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, August 19 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

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





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.

