

SUMMIT AT SARATOGA

Monthly Newsletter

August 2025



THE
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
Christy Durant
Community Manager



The 156th Travers Stakes



6:00pm
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, August 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

Community Activities

Ronni Rosenberg	8/05
Rita Ferari	8/05
Barbara Putnam	8/06
Laurel Corby	8/06
Ed Powers	8/06
Jane Lindberg	8/11
Barbara Humiston	8/13
Cordelia Scher	8/18
Mary Anne Brown	8/21
Wanda Reidy	8/23
Margie Christensen	8/25
Frances Blauvelt	8/30

Happy Birthday



Join us 8/27 at 3:00pm in the Great Room to celebrate!


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

Intercom How-To
Tuesday, August 5 at 1:00pm - Lobby



Trivet Painting Class
Wednesday, August 13
10:00am
Craft Room



Limited seating available.
Please sign up in the Great Room
to reserve your spot!

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
1:00pm

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

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	  BE GREEN & RECYCLE CLEAN PLASTICS, TIN, ALUMINUM, PAPER AND GLASS		Saturday, August 23 Travers Stakes Race 6:00pm - Movie Theater	1 10:00am Scrabble TAV 10:00am Women's Billiard'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	2 9:30am Pickleball PC 10:00am Board Games TAV 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
3 9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	4 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	5 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	6 7:30am Clubhouse Breakfast 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 6:00pm Hand & Foot Card Game MR	7 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	8 10:00am Scrabble TAV 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	9 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
10 9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	11 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 3:00pm Sangria Happy Hour GR 4:30pm Mahjong TAV	12 10:00am 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	13 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	14 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	15 10:00am Scrabble TAV 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	16 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
17 9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	18 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	19 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	20 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	21 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	22 10:00am Scrabble TAV 10:00am Women's Billiards BR 10:00am Gifford Farm Stand LOB 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	23 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
24 9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	25 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 4:30pm Mahjong TAV	26 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	27 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 Billiard's BR 3:00pm Monthly Birthday Party GR 5:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	28 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	29 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	30 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 6:00pm Hand & Foot Card Game MR
31 9:30 Bocce Ball BC 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	Every Monday 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 Yoga/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 <i>life</i>  FITNESS



Happy Hour

Every Monday
3:00pm
Great Room

Sangria Happy Hour August 11

Join us for a drink, light snack and time with your friends!



Come join us on the back patio for a treat with your dog!
Monday, August 25
1:00pm


Paw Social



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



Summit Book Club

Tuesday, August 12
2:00pm
in the Library



In her first novel, Toni Morrison writes about a young black girl who believes she will be beautiful, and thus, loved, if her eyes were blue.

Entertainment



Mark Mason

August 7th
2:30pm
Great Room

Singer & 12 string guitarist Mark Mason is no stranger to audiences. Performing Folk Songs, Sing Along Songs, Popular Songs from the 40's through the 70's Mark's repertoire has something to please everyone.

Russ Kennedy

August 20th
2:00pm
Great Room

The Best in Adult Contemporary and the Classics in Rock, Pop & Country. Russ's smooth, rich vocals and strong guitar playing (with an easy backbeat) is his trademark sound.





TEAM TRIVIA

with DJ Mark Hersh

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!!

Saratoga Springs Public Library Outreach

Libby How-To


Bring your Kindle, Phone, iPad or device to learn about how to borrow and upload books and audiobooks from the Libby online system.

**Wednesday, August 13
2:00pm - Library**



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!





Alpacas Visit from 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 Farm Stand

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
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



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

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

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

Route 50 Shopping

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



Jessica Shiels, Patient Service Coordinator
PRN PT, OT & SLP PLLC
an affiliate of The Weston Healthcare Group

716-204-2405

Vandenburg@prnphysicaltherapy.com



**BE GREEN
& recycle
CLEAN**
plastics, tin,
aluminum, paper
and glass.

