

THE Manager's Message

LIKE ALMOST EVERY MONTH, BEAUTIFUL SEPTEMBER COMES AND GOES EACH YEAR WITH LITTLE FANFARE. WE FINISH UP THE SCHOOL SHOPPING, PLAN A QUICK LABOR DAY COOKOUT, SOLEMNLY OBSERVE PATRIOT DAY, AND ON SEPTEMBER 22ND WE EXPERIENCE THE AUTUMNAL EQUINOX... THAT MOMENT IN TIME WHEN THERE ARE EQUAL HOURS OF DAYLIGHT AND DARKNESS.

IT DOES US ALL GOOD TO TAKE A CLOSER LOOK AT SEPTEMBER. AFTER
ALL, FEW MONTHS WORK SO HARD TO PLEASE US. SEPTEMBER SEEMS TO
KNOW HOW WE FEEL. SHE GRADUALLY TURNS DOWN THE OUTDOOR
THERMOSTAT SO WE CAN BETTER ENJOY SITTING ON THE PORCH. SHE
GENTLY REMINDS OUR SUMMER TOURISTS THAT IT'S TIME TO HEAD HOME.
SHE SEEMS TO UNDERSTAND THE NEED FOR A LITTLE PEACE AND QUIET. AT
HER URGING, CHICKADEES, CARDINALS, AND BLUE JAYS APPEAR AT OUR
WINDOWS AS A REMINDER OF THE FINE COMPANY THEY'LL BE AT OUR
FEEDERS DURING COLDER DAYS TO COME. IF YOU ENJOY A HOT CUP OF
COFFEE AND A JUICY SLICE OF FRESH APPLE PIE, SEPTEMBER DOES HER
BEST TO MAKE IT HAPPEN. AND AFTER ALL HER OTHER WORK IS DONE, SHE
FINDS TIME TO PAINT OUR LANDSCAPE WITH THE STUNNING REDS,
YELLOWS. AND ORANGES OF FALL.

THANK YOU, SEPTEMBER, FOR ALL THAT YOU DO! ENJOY!

LAURA LEATHEM
COMMUNITY MANAGER





FRIDAY, SEPTEMBER 19TH at Saratoga Summit

Bus leaves at 9:00 am Event starts at 10:00 am

Food, Music & Fun

Welcome to Summit at Halfmoon!!!

Staff

Community Manager

Laura Leathem LLeathem@summitseniorlife.com

Resident Services Coordinator

Andrea O'Malley
Aomalley@summitseniorlife.com

Maintenance

Alex Tinney Mark Lobdell

Concierge/ Marketing Assistant

Joanne Krazit Brenda Carey

Housekeeping

Anne Bentley

Office Phone

518-807-6800

The Summit at Halfmoon 29 Sitterly Road Halfmoon, NY 12065 518-807-6800

Emergency Maintenance Number 518-380-3860



Eat-in or Pick-up available in the Great Room

Deliver Supper Club Order Form to the Office with <u>exact cash</u>.

Due: 9 AM Thursday, August 29th

Wednesday, September 3rd - Chef Mickey (\$16)

Vegetable Lasagna with Alfredo Sauce, Salad, Roll & Dessert

Monday, September 8th - Chef Johnny (\$16) Lobster Mac & Cheese, Salad, Bread & Dessert

Wednesday, September 10th - Chef Mickey (\$16)

Grilled Chicken Breasts, Mashed Potatoes, Gravy, Vegetables, Salad, Roll & Dessert

Monday September 15th - Chef Johnny (\$16) Chicken Parm, Pasta, Salad, Bread & Dessert

Wednesday, September 17th - Chef Mickey (\$16)

Sliced Turkey, Mashed Potatoes, Gravy, Stuffing, Vegetable, Cranberry Sauce, Salad, Roll & Dessert

Monday, September 22nd - Chef Johnny (\$16)

Marry Me Chicken, Yellow Rice, Salad, Bread & Dessert

Wednesday, September 24th - Chef Mickey (\$16)

Sliced Roast Pork, Mashed Potatoes, Gravy, Vegetable, Salad, Roll & Dessert

Monday, September 29th - Chef Johnny (\$16)

Pulled Pork Sliders, Mac-n-cheese, coleslaw, Bread & Dessert







Lunch and Shopping in Downtown Ballston Spa

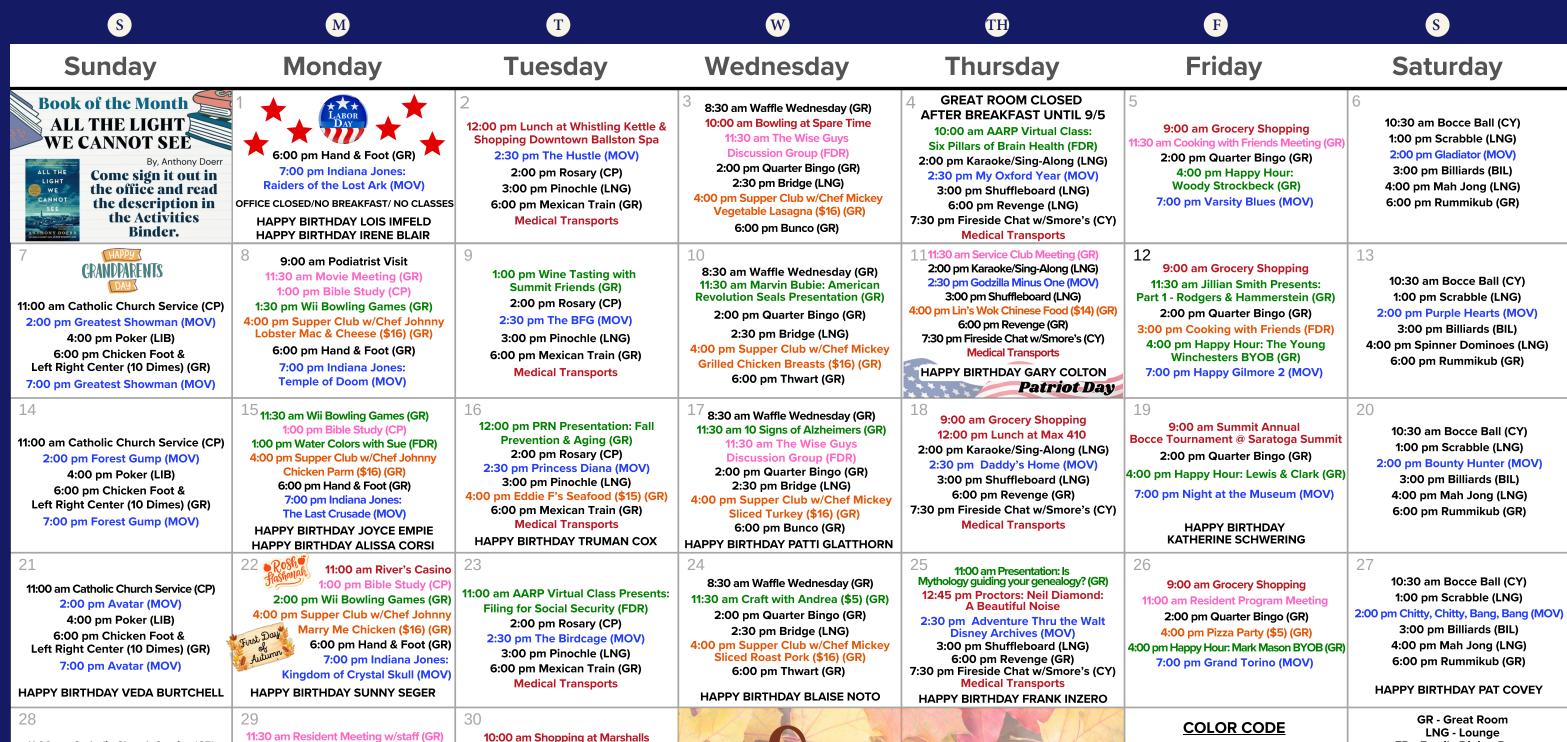
LUNCH OUTINGS

Signup in the lounge

Thursday, September 18th 12:00 pm











11:00 am Catholic Church Service (CP)

2:00 pm Remember the Titans (MOV)

4:00 pm Poker (LIB)

6:00 pm Chicken Foot &

Left Right Center (10 Dimes) (GR)

7:00 pm Remember the Titans (MOV)

Every Monday

1:00 pm Bible Study (CP)

2:00 pm Wii Bowling Meeting (GR)

4:00 pm Supper Club w/Chef Johnny

Pulled Pork Sliders (\$16) (GR)

6:00 pm Hand & Foot (GR)

7:00 pm Indiana Jones: Dial of Destiny (MOV)

HAPPY BIRTHDAY JUDY BURNELL

10:00 am Balance Class (FS) 11:00 am Chair Yoga (FS) 3:00 pm Chair Dancing (LNG)

Every Tuesday

2:00 pm Birthday Party (GR)

2:30 pm Rosary (CP)

2:30 pm Freelance (MOV)

3:00 pm Pinochle (LNG)

6:00 pm Mexican Train (GR)

Medical Transports

10:00 am Sit to be Fit (FS) 11:00 am Water Aerobics (Pool)

Every Wednesday

10:00 am Strength & Balance (FS) 11:00 am Hydro-rider Class (30 min) (Pool) - Sign-up Required 11:30 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

Every Thursday

10:00 am Sit to be Fit (FS) 11:00 am Water Aerobics (Pool)

Every Friday

BLUE: MOVIES

GREEN: ENTERTAINMENT

ORANGE: FOOD OPTIONS

PINK: MEETINGS

RED: OUTINGS

PURPLE: ORDERS DUE

10:00 am Pilates (FS) 11:00 am Hydro-rider Class (30 min) (Pool) - Sign-up Required 11:30 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

GR - Great Room LNG - Lounge **FD - Family Dining Room MOV** - Movie Theater FS - Fitness Studio CP - Chapel **BIL** -Billiards Room PS - Practitioner's Suite **PBC - Pickleball Courts**

CY - Courtyard

LIB - Library

S

3:00 pm Billiards (BIL)

1:00 pm Scrabble (LNG)

3:00 pm Billiards (BIL)

1:00 pm Scrabble (LNG)

3:00 pm Billiards (BIL)







Wednesday,

September 3rd

10:00 AM

SIGN UP IN THE LOUNGE



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Filing For Social

Six Pillars of **Brain Health**

THURSDAY SEPTEMBER 4TH

10:00 AM

TUESDAY SEPTEMBER 23RD 11:00 AM

Security

IN THE FAMILY DINING ROOM ~ SIGN UP IN THE COUNGE





Game Times in the Great Room

9/8 - 1:30 pm

9/15 - 11:30 am

9/22 - 2:00 pm

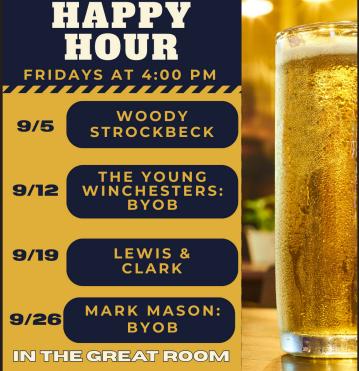
9/29 - 2:00 pm (Meeting)

ANNOUNCE SEPTEMBER WINNERS

Teams will be listed in Activities Binder, who is playing who on which day.















12:00 pm

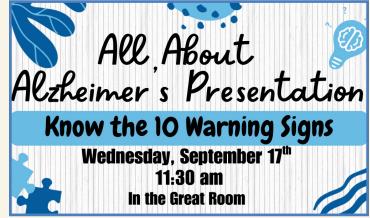
Sign up in the Lounge

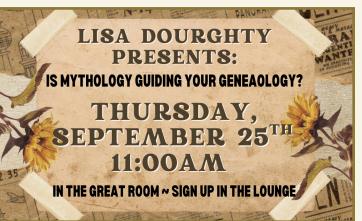
Come join PRN for an interactive presentation discussing fall prevention, facts verses myths of the aging process. With a fun interactive bingo game & prizes!

CRAFT WITH ANDREA

Wednesday, September 24th 11:30 am

Sign up in the Office by 9/17 \$5 Refundable Deposit Description of craft in the activities book.





SUMMIT SERVICE CLUB

"Volunteering is a work of heart Join fellow residents as they develop on-going volunteer opportunities for our community!

CURRENT PROJECT:

Company: Captain - Community Human Services

DONATION PLEASE DROP ITEMS OFF TO THE DONATION BIN. LOCATED IN THE LOUNGE

ITEMS: • FULL LIST OF DONATION ITEMS IN ACTIVITIES BINDER & HUNG ON BULLETIN BOARD

Shelf Stable Items: Canned Goods: · Macaroni & Cheese · Tuna

· Bread

• Pasta

• Pancake Mix

• Rice

· Toilet Paper · Chicken · Paper Towels

· Baked Beans • Soup

 Paper Plates Napkins

• Fruit Cocktail • Tissues

Exciting Extras: Personal Hygiene:

 Bar Soap Body Wash

· Household Cleaning · Pet Food

• Shampoo/Conditioner Makeup

· Body Lotion Deodorant

· Vegan Items · Reusable Grocery Bags

Paper Products:

NEXT MEETING:

September, 11th at 11:30am ~ In the Great Room

Concierge Services

MEAL OPTIONS

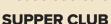
CONTINENTAL BREAKFAST

Daily 8:30-10:15 AM

LUNCH

Lunch outings available twice each month.

Please see calendar.



You have the option of two hot meals each week. They come ready to eat, from local Chefs/eateries.

You can pick up your pre-paid meals at 4pm in the Great Room or consider dining in with others.

Friday Grocery Shopping

Every Friday, the Halfmoon bus goes to 5 local grocery stores: Market 32, Hannaford, Trader Joe's, Aldi, and Walmart. We will leave at 9:00 am. The bus will pick you up at the main entrance and shopping lasts 1 hour. Please Sign-up in the Lounge.







TRADER JOE'S



Medical Appointments Every Tuesday and Thursday

Every Tuesday and Thursday, we provide transportation to scheduled, routine medical appointments within a 10-mile radius of our community. This service is available between the hours of 9 AM and 2 PM. Contact the office for more details and to reserve your appointment time.



Located in the Practitioner's Suite on the 3rd Floor 315-878-1327



Gift Certificates Available



Nails: Tina 518-698-4693

Nails: Darcy 518-605-7566

Esthetician: Jolene 210-857-5851

Hair: Sue 518-495-6054

Massage: Cathy 518-229-0741

FROZEN DINNERS



ine?

Need dinner? Don't feel like cooking?

Chef Johnny's frozen meals are available in the office, for \$14, on a first come/ first serve basis. The below dishes are ready to be simply heated & enjoyed.

- Veggie Lasagna
- Turkey Dinner with Stuffing, Mashed Potatoes and Veggies
- Chicken Parmigiana with Pasta, Sauce and Veggies
- Cheese Manicotti with Sauce and Veggies
- Meatloaf Dinner with Mashed Potatoes and Veggies

Resident Informational Meetings

Theater How-To/Movie Committee Monday, September 8th at 11:30 am

Resident Program Meeting Friday, September 26th at 11:00 am

Resident Meeting with Laura & Staff Monday, September 29th at 11:30 am

On-Site Podiatrist

Dr. Michael Masias, DPM Monday, September 8th at 9:00am Dr. Masias will be on site. 518-320-8659