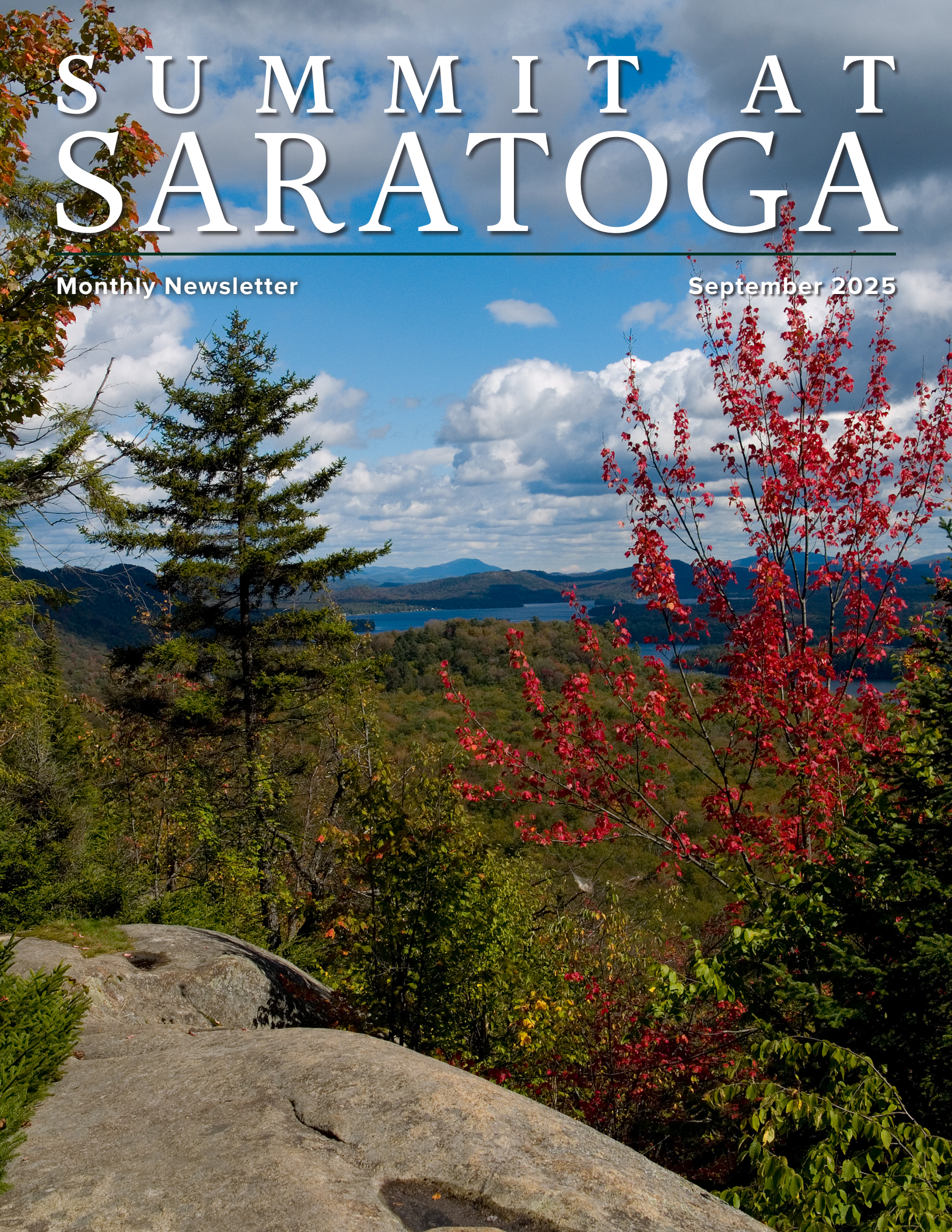


SUMMIT AT SARATOGA

Monthly Newsletter

September 2025



THE
Manager's Message

Dear Residents,

We did it!! For the fifth year in a row, Summit at Saratoga has been voted #1 “55+ Senior Living Residence” in Saratoga County. We thank you, your family and friends, for all the votes! The contest is held annually by our local Saratoga Today newspaper. Congratulations to all of you for making us the absolute best! We owe this honor to the residents for all that you do everyday to make us a true “community”. For being great neighbors, for helping out in every way possible, offering ideas and feedback, participating in programming and fitness classes, and for welcoming new residents ... you have succeeded in creating a home where seniors want to live. Where seniors can thrive and learn and have a great time doing what they wish!

Join us for a lunch on Wednesday, September 10th at 12pm as we celebrate you!! Wear your purple “Best of” t-shirts. Musical entertainment will be by resident Woody Strobeck’s band, Brass & Blues.

Warm Regards,

Christy Durant
Christy Durant
Community Manager



Saratoga Today's "BEST OF" CELEBRATION

**Wednesday, September 10
12:00pm
Great Room**

Kudos to us! Summit at Saratoga was voted
#1 Best 55+ Residence in Saratoga County for the
5th consecutive year!

**Join us for lunch and music by resident Woody Strobeck's
Brass & Blues Band.**

**Wear your
Summit "BEST OF" T-Shirt**



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

MARY ANN EVANS	9/01	PRICILLA REED	9/14	DEIDRE LELAND	9/21
MARYANN HERZOG	9/01	JO FLESSNER-FILZEN	9/15	BEVERLY DAVIS	9/27
JOAN COCO	9/09	FLORENCE OBRIEN	9/15	VIVIEN CALLISON	9/28
MARGI GOODWIN	9/11	SHIRLEY STEVENS	9/16	JOE CORBY	9/28
RAY WINICKI	9/12	GAIL NORRIS	9/18	BILL MOONEY	9/30
BOB DEAN	9/14	JORIS REINTSEMA	9/19		

*Join us 9/24 at 3:00pm in
the Great Room to celebrate!*




Resident Information Meetings

Program Meeting with Kathie
Monday, September 8 at 11:30am - Great Room

Resident Meeting with Christy
Monday, September 22 at 1:00pm - Great Room

Theater How-To/Movie Committee
Wednesday, September 17 at 11:00am - Movie Theater

Intercom How-To
Tuesday, September 9 at 12:45pm - Lobby
Tuesday, September 23 at 1:00pm - Lobby



BOCCE BALL TOURNAMENT

**Friday, September 19
at 10:00am**

Summit at Saratoga Bocce Court

The Saratoga team is the defending champion!
Join us to see who takes the trophy home this year!
Food and Beverage will be provided for players
and spectators.

Please sign up in the Great Room

Excursions

Olde Saratoga Mini Golf & Rustic Pizza



**Friday, September 5
12:00pm**

Join us for a trip to play a round of golf followed by lunch at Rustic Pizza and Eats.

The bus will leave the Summit at 12:00pm
Minimum 8 Residents, Maximum 14

Lunch at Lago by Druthers



**Wednesday, September 17
11:30am**

They offer burgers, pizza, tacos and seafood. Various gluten free and vegan options available.

Have lunch and enjoy the views of Saratoga Lake!

The bus will leave the Summit at 11:45am
Minimum 12 Residents, Maximum 14

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>BE GREEN & RECYCLE CLEAN PLASTICS, TIN, ALUMINUM, PAPER AND GLASS</p></div>	<div>1<div>9:00am Potluck Breakfast GR</div><div>11:00am Knitting/Crocheting Group LIB</div><div>11:30am Men's League: Billiards Club BR</div><div>2:00pm Bible Devotional Group LIB</div><div>2:00pm Rummikub TAV</div><div>4:30pm Mahjong TAV</div><div>LABOR DAY OFFICE CLOSED</div></div>	<div>2<div>9:00am Podiatrist Visits, Dr. Masias</div><div>11:00am Shuffleboard TAV</div><div>1:00pm Tech Hour with Don</div><div>1:30pm Bingo GR</div><div>3:30pm Pinochle MR</div><div>5:00/5:15pm Poker Night GR</div><div>MEAL FORMS DUE</div></div>	<div>3<div>9:30am Bocce Ball</div><div>1:30pm Movie Matinee MOV</div><div>2:00pm Mexican Train TAV</div><div>3:00pm Vocalist Laura Collins GR</div><div>3:00pm Ladies Billiard's BR</div><div>4:00pm BYOB Wine Wednesday TAV</div><div>6:00pm Hand & Foot Card Game MR</div></div>	<div>4<div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Shopping Shuttle</div><div>1:00pm LCR Game GR</div><div>3:00pm Park Lane Jewelry TAV</div><div>5:00pm Resident Potluck Dinner GR</div><div>5:00pm Cribbage TAV</div><div>6:00pm Patio S'mores BP</div></div>	<div>5<div>10:00am Scrabble TAV</div><div>10:00am Gifford Farm Stand LOB</div><div>12:00pm Saratoga Mini Golf / Rustic Pizza</div><div>2:00pm Shuffleboard TAV</div><div>3:00pm Ladies Billiards BR</div><div>4:00pm BYOB Tavern Time TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>6<div>10:00am Board Games TAV</div><div>11:30am Men's League:Billiards Club BR</div><div>1:00pm Root Beer Floats GR</div><div>1:30pm Movie Matinee MOV</div><div>3:00pm Hearts TAV</div></div>
<div>7<div>9:30am Bocce Ball BC</div><div>10:00am Buddy Swim P</div><div>11:00am Corn Hole FS</div><div>1:00pm Mexican Train TAV</div></div>	<div>8<div>10:00am Watercolor Class CR</div><div>11:00am Knitting/Crocheting Group LIB</div><div>11:30am Program Meeting with Kathie GR</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Easy Peasy Cooking with Shelly TAV</div><div>2:00pm Bible Devotional Group LIB</div><div>2:00pm Rummikub TAV</div><div>3:00pm Happy Hour with Jack Kelle GR</div><div>4:30pm Mahjong TAV</div></div>	<div>9<div>10:00am Flower Arranging TAV</div><div>11:00am Shuffleboard TAV</div><div>12:45pm Intercom How-To LO</div><div>1:00pm Fall Prevention & Aging GR</div><div>1:30pm Bingo GR</div><div>2:00pm Summit Book Club LIB</div><div>3:30pm Pinochle MR</div><div>4:15pm SSC Shrimp Alfredo TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>10<div>9:30am Bocce Ball</div><div>10:00am Continental Breakfast Ends</div><div>12:00pm BEST OF PARTY GR/PAT</div><div>1:30pm Movie Matinee MOV</div><div>2:00pm Mexican Train TAV</div><div>3:00pm Ladies Billiard's BR</div><div>4:00pm BYOB Wine Wednesday TAV</div><div>6:00pm Hand & Foot Card Game MR</div><div>Wear your purple shirts!</div></div>	<div>11<div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Shopping Shuttle</div><div>2:30pm Trivia GR</div><div>4:15pm SSC Everything Bagel Chicken TAV</div><div>5:00pm Cribbage TAV</div><div>6:00pm Patio S'mores BP</div></div>	<div>12<div>10:00am Scrabble TAV</div><div>1:00pm Ice Cream at Farmer's Daughter</div><div>2:00pm Shuffleboard TAV</div><div>3:00pm Ladies Billiard's BR</div><div>3:30pm Paw Social BP</div><div>4:00pm BYOB Tavern Time TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>13<div>10:00am Board Games TAV</div><div>11:30am Men's League:Billiards Club BR</div><div>1:00pm Flavored Ice Coffee GR</div><div>1:30pm Movie Matinee MOV</div><div>3:00pm Hearts TAV</div></div>
<div>14<div>9:30am Bocce Ball BC</div><div>10:00am Buddy Swim P</div><div>11:00am Corn Hole FS</div><div>1:00pm Mexican Train TAV</div></div>	<div>15<div>11:00am Knitting/Crocheting Group LIB</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm AARP Presents:Social Security, Understanding Your Benefits GR</div><div>2:00pm Bible Devotional Group LIB</div><div>2:00pm Rummikub TAV</div><div>4:30pm Mahjong TAV</div></div>	<div>16<div>11:00am Shuffleboard TAV</div><div>1:00pm Tech Hour with Don</div><div>1:30pm Bingo GR</div><div>2:45pm Saratoga Springs Public Library Outreach LIB</div><div>3:30pm Pinochle MR</div><div>4:15pm SSC Roast Turkey Dinner TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>17<div>9:30am Bocce Ball</div><div>11:00am Theater How-To MOV</div><div>11:30am Lunch: Lago by Druther's</div><div>1:30pm Movie Matinee MOV</div><div>2:00pm Mexican Train TAV</div><div>3:00pm Ladies Billiard's BR</div><div>4:00pm BYOB Wine Wednesday TAV</div><div>6:00pm Hand & Foot Card Game MR</div></div>	<div>18<div>8:30am Fresh Bagel Breakfast GR</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Shopping Shuttle</div><div>1:00pm LCR Game GR</div><div>5:00pm Cribbage TAV</div><div>5:15pm SSC Three Vines Bistro TAV</div><div>6:00pm Patio S'mores BP</div></div>	<div>19<div>10:00am Continental Breakfast Ends GR</div><div>10:00am Bocce Ball Tournament BC</div><div>10:00am Scrabble TAV</div><div>2:00pm Shuffleboard TAV</div><div>3:00pm Ladies Billiard's BR</div><div>4:00pm BYOB Tavern Time TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>20<div>10:00am Board Games TAV</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Amaretto Sour Cocktail GR</div><div>1:30pm Movie Matinee MOV</div><div>3:00pm Hearts TAV</div></div>
<div>21<div>9:30am Bocce Ball BC</div><div>10:00am Buddy Swim P</div><div>11:00am Corn Hole FS</div><div>1:00pm Mexican Train TAV</div><div>6:00pm Communion Service LIB</div></div>	<div>22<div>11:00am Knitting/Crocheting Group LIB</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Resident Meeting with Christy GR</div><div>2:00pm Bible Devotional Group LIB</div><div>2:00pm Rummikub TAV</div><div>3:00pm Margarita Happy Hour GR</div><div>4:30pm Mahjong TAV</div><div>First Day of Autumn</div></div>	<div>23<div>11:00am Shuffleboard TAV</div><div>1:00pm Intercom How-To LO</div><div>1:30pm Bingo GR</div><div>3:30pm Pinochle MR</div><div>4:15pm SSC Sliced Roast Pork TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>24<div>9:30am Bocce Ball</div><div>1:00pm Herzog Law Presents: Aging in Place GR</div><div>1:30pm Movie Matinee MOV</div><div>2:00pm Mexican Train TAV</div><div>3:00pm Ladies Billiard's BR</div><div>3:00pm Monthly Birthday Party GR</div><div>4:00pm BYOB Wine Wednesday TAV</div><div>6:00pm Hand & Foot Card Game MR</div></div>	<div>25<div>10:00am Reiki with Maria LIB</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Shopping Shuttle</div><div>2:30pm Trivia GR</div><div>4:15pm SSC Shepherd's Pie TAV</div><div>5:00pm Cribbage TAV</div><div>6:00pm Patio S'mores BP</div></div>	<div>26<div>10:00am Scrabble TAV</div><div>10:00am Rain date for Bocce Ball Tournament BC</div><div>2:00pm Shuffleboard TAV</div><div>3:00pm Ladies Billiard's BR</div><div>4:00pm BYOB Tavern Time TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div>27<div>10:00am Board Games TAV</div><div>11:30am Men's League: Billiards Club BR</div><div>1:00pm Pudding Parfaits GR</div><div>1:30pm Movie Matinee MOV</div><div>3:00pm Hearts TAV</div></div>
<div>28<div>9:30am Bocce Ball BC</div><div>10:00am Buddy Swim P</div><div>11:00am Corn Hole FS</div><div>1:00pm Mexican Train TAV</div></div>	<div>29<div>11:00am Knitting/Crocheting Group LIB</div><div>11:30am Men's League: Billiards Club BR</div><div>1:15pm Medicare Changes for 2026 and Avoiding Medicare Scams GR</div><div>2:00pm Bible Devotional Group LIB</div><div>2:00pm Rummikub TAV</div><div>3:00pm Happy Hour GR</div><div>4:30pm Mahjong TAV</div></div>	<div>30<div>11:00am Shuffleboard TAV</div><div>1:00pm Tech Hour with Don</div><div>1:30pm Bingo GR</div><div>3:30pm Pinochle MR</div><div>4:15pm SSC Swedish Meatballs Over Pasta TAV</div><div>5:00/5:15pm Poker Night GR</div></div>	<div><div>Please sign up for Catholic Communion Service in the Great Room.</div></div>	<div><div>New Exercise Class Cardio Flow Thursday 11:30am FS This class will provide specific movements that can assist with inflammation by moving fluids throughout the body.</div></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>

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



Entertainment by
Jack Kelle on
September 8th
Margarita's on
September 22nd

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

Every Monday
at 3:00pm
Great Room

HAPPY HOUR

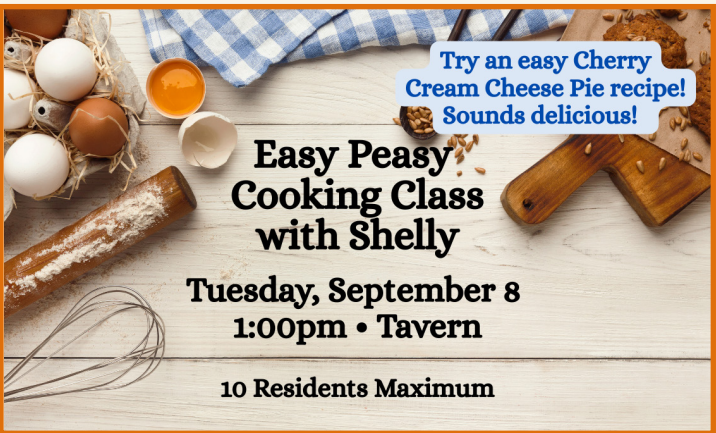


Try an easy Cherry
Cream Cheese Pie recipe!
Sounds delicious!

Easy Peasy
Cooking Class
with Shelly

Tuesday, September 8
1:00pm • Tavern

10 Residents Maximum

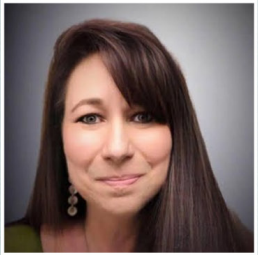


Come join us on the
back patio for a treat
with your dog!
Monday, September 12
3:30pm

Paw Social



Entertainment



Vocalist
Laura Collins
September 3
3:00pm
Great Room

Jack Kelle
Monday,
September 8
3:00pm
Great Room



Brass & Blues
with Resident
Woody Strobeck
Wednesday,
September 10
1:00pm • Great Room



with DJ Mark Hersh
Thursday, Sept. 11th & 25th at 2:30pm
Join us in the Great Room, where the
competition is friendly and the trivia is fun!!
Come and join the teamwork!!

Social Security: Understanding Your Benefits

September 15
1:00pm
Great Room



Social Security: Understanding Your Benefits

This session explains the facets of Social Security (retirement, survivors, and disability benefits), discusses the options for when to claim your retirement benefits, and covers implications of working while collecting benefits.

Aging in Place: Staying Independent at Home

September 24
1:00pm
Great Room

Most people prefer to remain in their homes as they age. This session explores steps to help you stay independent, resources to support aging in place, detailed funding options, and how to access and navigate available services.



PRN Presents: Fall Prevention and Aging

Tuesday, September 9
1:00pm
Great Room

An interactive presentation discussing fall prevention, facts versus myths of the aging process. With a fun interactive bingo game & prizes!



Medicare Changes for 2026 and Avoiding Medicare Scams



Monday, September 29
1:15pm
Great Room

Sandra Kahlon, is a healthcare professional and Medicare Educator, will be coming back to discuss the changes to Medicare for 2026 and provide you valuable information to avoid Medicare scams

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.

reiki

September 25
10:00am
Library

with Maria from
Home Instead

Reiki is a Japanese energy healing technique that promotes relaxation, reduces stress, and enhances healing by channeling universal life force energy.

Class size is limited.
Sign up in the Great Room

Park Lane Jewelry

September 4
3:00pm
Tavern

Park Lane Jewelry, founded in 1955, is a family-owned company offering high-quality, fashion-forward jewelry with a lifetime guarantee. Known for its wide range of styles-from everyday essentials to bold statement pieces- Park Lane combines timeless design with modern trends, making it easy to elevate any outfit.



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, September 2 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, September 16

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

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.

