



SUMMIT AT SARATOGA

Monthly Newsletter

October 2025

THE
Manager's Message

Dear Residents,

Happy 9th Anniversary!! It is hard to believe that we opened the doors to this wonderful community nine years ago. Meeting so many fabulous people has made this experience a glorious journey. After getting to know each other, we grew together, we laughed together and most importantly we became a true community. Residents became neighbors and then, friends.

Not to be missed.... a scenic ride to Lake George and lunch at Log Jam and Lakeside Farms. A visit to Grant's Cottage and the Wilton Historical Society. Local historian Charlie Kuenzel will be back to provide a presentation on the "Grand Hotels of Saratoga."

Most importantly, this year, we will be donating the Summit Service Club's handmade hats, scarves and mittens to local families in need through the Franklin Community Center. Many thanks to all of those who donated their time to knit or crochet.

Don't forget about our Halloween Celebration on the 30th with band Carmen and Life's Guilty Pleasures! What will the staff be dressed as this year?

Welcome New Residents: Diane Carney and Dom Pellegrino

Warm Regards,

Christy Durant
Christy Durant
Community Manager



HALLOWEEN PARTY

Thursday, October 30
2:15pm
Great Room

Goulash cocktail, appetizers and costumes if you dare!

Music by Carmen and Life's Guilty Pleasures

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

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

RALPH BLAUVELT	10/01	ANN JENNINGS	10/19
CATHY FIRMAN	10/02	ANDIE FLANNERY	10/23
BOB GOODWIN	10/03	BARB HEALY	10/24
CARLENE MCCARTHY	10/04	DIANE CUTTING	10/26
JIM HENS	10/07	JUDY BRECHER	10/28
LINDA CHALFANT ALLEN	10/09	BILL ROBARGE	10/28
MARY RYAN	10/15	BOB BLAIR	10/28
GIGI MCCLUSKEY	10/18		

Join us 10/29 at 3:00pm in the Great Room to celebrate!

Resident Information Meetings

Program Meeting with Kathie

Thursday, October 9 at 11:30am - Great Room

Resident Meeting with Christy

Monday, October 20 at 1:00pm - Great Room

Theater How-To/Movie Committee

Wednesday, October 22 at 11:00am - Movie Theater

Intercom How-To

Tuesday, October 7 at 1:00pm - Lobby

Fire Drill Review

October 28 at 11:00am - Great Room

Saratoga Casino & Raceway



Wednesday, October 15
9:45am

Join us for gambling fun & lunch. With over 1,700 exciting slots and electronic table games, your fun may never stop! Plenty of dining options for you to enjoy!

Bus leaves the Summit at 9:45am
8 Residents Minimum, 14 Maximum

Excursions

Guided Tour: Ulysses S. Grant Cottage
National Historic Landmark



Friday, October 10
11:20am

Visit the Grant Cottage Historic Site, the final home of Ulysses S. Grant: 18th President of the United States, Commanding General of the U.S. Army during the Civil War, and beloved American Public Figure.

The Price is \$8 per person.
Please sign up and pay in the office.
8 Residents Minimum; 12 Maximum per Facility



Fall Foliage Tour &
Lunch at the Log Jam



Tuesday, October 14
10:00am

Hop on the bus for a scenic ride to enjoy the fall foliage around Lake George. A stop for lunch at the Log Jam will be the perfect ending to a full day!

The bus will leave the Summit at 10:00am
14 Residents Minimum, Maximum 14

Lunch at Lakeside Farms
Wednesday, October 22
11:30am



You will love their lunch, apple barn and Ye Olde Farmhouse Gift Shoppe located in Ballston Lake.

Please be in the lobby no later than 11:20am
The bus will leave the Summit at 11:30am
14 Residents Minimum, 14 Maximum

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	October Summit Book Club The Night Watchman by Louise Erdrich Tuesday, October 14 2:00pm Library	1 10:00am Pumpkin Painting CR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR MEAL FORMS DUE	2 11:30am Men’s League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Game TAV 5:00pm Resident Potluck Dinner GR 5:00pm Cribbage TAV 6:00pm Patio S’mores BP	3 10:00am Scrabble TAV 10:00am Watercolor with Sue CR 10:00am Billiard’s BR 2:00pm Shuffleboard TAV 3:00pm Beer Tasting GR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	4 10:00am Board Games TAV 11:30am Men’s League: Billiards Club BR 1:00pm Root Beer Floats GR 1:30pm Ladies Billiard’s BR 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
5 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV	6 11:00am Knitting/Crocheting Group LIB 11:30am Men’s League: Billiards Club BR 12:00pm Yellow Dot/Lifesaver Program GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV	7 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm Intercom How-To LOB 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Stuffed Eggplant & Meatballs TAV 5:00/5:15pm Poker Night GR	8 11:00am Wilton Heritage Museum & King Brother’s Dairy 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	9 11:30am Men’s League: Billiards Club BR 11:30am Program Meeting with Kathie GR 11:30am Saratoga Library Brown Bag Lunch Series 1:00pm Shopping Shuttle 2:30pm Trivia GR 5:00pm Cribbage TAV 5:15pm SSC Three Vines TAV 6:00pm Patio S’mores BP	10 10:00am Scrabble TAV 10:00am Billiard’s BR 11:20 Ulysses S. Grant Cottage Tour 2:00pm Shuffleboard TAV 3:00pm Ladies Billiard’s BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	11 10:00am Board Games TAV 11:30am Men’s League: Billiards Club BR 1:00pm Pumpkin Latte & Cookies GR 1:30pm Ladies Billiard’s BR 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
12 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV	13 9:00am Potluck Breakfast GR 11:00am Knitting/Crocheting Group LIB 11:30am Men’s League: Billiards Club BR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 4:00pm BYOB Happy Hour GR 4:30pm Mah Jong TAV OFFICE CLOSED	14 10:00am Fall Foliage Tour & Lunch at The Log Jam 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 Meatloaf TAV 5:00/5:15pm Poker Night GR	15 9:45am Saratoga Casino & Raceway 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Pianist Cole Broderick GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	16 11:30am Men’s League: Billiards Club BR 12:00pm Scarf Tying Tips GR 1:00pm Shopping Shuttle 1:00pm LCR Game TAV 4:15pm SSC Beef Enchiladas TAV 5:00pm Cribbage TAV 6:00pm Patio S’mores BP	17 10:00am Scrabble TAV 10:00am Billiards BR 1:00pm Easy Peasy Cooking TAV 2:00pm Shuffleboard TAV 3:00pm Ladies Billiard’s BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	18 10:00am Board Games TAV 11:30am Men’s League: Billiards Club BR 1:00pm Pumpkin Mousse Dessert GR 1:30pm Ladies Billiard’s BR 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
19 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV 6:00pm Communion Service LIB	20 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 LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV	21 10:00am Flower Arranging TAV 11:00am Shuffleboard TAV 12:00 SSC Chinese Lunch 1:30pm Bingo GR 2:45pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR	22 11:00am Theater How- To MOV 11:30am Lunch at Lakeside Farms 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	23 11:30am Men’s League: Billiards Club BR 12:00pm Welcoming Committee/Ambassador’s Meeting GR 1:00pm Shopping Shuttle 2:30pm Trivia GR 4:15pm SSC Chicken Alfredo TAV 5:00pm Cribbage TAV 6:00pm Patio S’mores BP	24 10:00am Scrabble TAV 10:00am Billiard’s BR 1:00pm Apple Cider Float GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiard’s BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	25 10:00am Board Games TAV 11:30am Men’s League: Billiards Club BR 1:00pm Pumpkin Crunch Dessert GR 1:30pm Ladies Billiard’s BR 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
26 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV	27 9:30am Vaccine Clinic Last Name A-M TAV 10:45am Vaccine Clinic Last Name N-Z TAV 11:00am Knitting/Crocheting Group LIB 11:30am Men’s League: Billiards Club BR 1:00pm Living Well, Leaving Well GR 2:00pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Octoberfest Happy Hour GR 4:30pm Mah Jong TAV	28 11:00am Fire Drill Review GR 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:00pm Fire Drill 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Sliced Ham & Sweet Potato TAV 5:00/5:15pm Poker Night GR	29 1:00pm Grand Hotels of Saratoga GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Monthly Birthday Party GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	30 11:30am Men’s League: Billiards Club BR **12:00pm Shopping Shuttle** 1:00pm LCR Game TAV 2:15pm Halloween Party GR 5:00pm Cribbage TAV 5:15pm SSC Three Vines TAV 6:00pm Patio S’mores BP	31 10:00am Scrabble TAV 10:00am Billiard’s BR 2:00pm Shuffleboard TAV 2:15pm Dog Costume Parade BP 2:30pm Spooky Sensation Station GR 3:00pm Ladies Billiard’s BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR Halloween	 Breast Cancer Awareness Month Stop in the office to make a donation and receive a bracelet in support of those affected by breast cancer. No amount is too small. All proceeds benefit the American Cancer Society. 

CONNECTED life



FITNESS

Every Monday

8:00/8:30am Hydro Rider P
9:00am Tai Chi I: Basics FS
9:30am Tai Chi II: Basics + 73 FS
9:30am Water Aerobics P
10:00am Tai Chi III: Intermediate Group 1 LIB
10:30am Strength Training FS
10:30am Tai Chi III: Intermediate Group 2 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 Cardio Flow FS

Every Friday

9:00am Tai Chi I: Basics FS
9:30 Tai Chi II: Basics + 73 FS
10:00am Tai Chi III: Intermediate Group 1 FS
10:30am Tai Chi III: Intermediate Group 2 FS
1:00pm Buddy Swim P

Community Activities



PUMPKIN PAINTING
WEDNESDAY, OCTOBER 1
10:00 AM
CRAFT ROOM



Summit Service Club
 The knitting group has continued making scarves, hats and mittens for the past year. They have beautiful handmade items that are ready to be delivered to the Franklin Community Center!
 This is a wonderful way to help our community!

- 38 scarves
- 17 children's hats
- 2 Adult hats
- 37 Hats/Headband plus Scarves Sets

"Volunteering is a work of heart"



Try an easy Pumpkin Mousse recipe! Sounds delicious!

Easy Peasy Cooking Class with Christy
Friday, October 17
1:00pm • Tavern
 10 Residents Maximum




HALLOWEEN
Friday, October 31st
Great Room

- 2:15pm Dog Costume Parade on the Back Patio
- 2:30pm Spooky Sensation Station Great Room

Come join us for a little Halloween Fun!

Entertainment

Pianist Cole Broderick
Wednesday, October 15
2:00pm
Great Room



Carmen & Life's Guilty Pleasures
Thursday, October 30
2:30pm
Great Room



TEAM TRIVIA
 with DJ Mark Hersh
Thursday, Oct. 9th & 23rd at 2:30pm
 Join us in the Great Room, where the competition is friendly and the trivia is fun!!
Come and join the teamwork!!



You will need to bring your completed vaccine consent form (please wait to sign & date until the day of the clinic), two insurance cards, Medicare Part B & your prescription card.

Vaccine Clinic
Monday, October 27
Tavern

Hannaford will be offering the following vaccines:



- FLU
- RSV
- Shingles
- Tetanus
- Pneumonia
- Covid

Tavern Arrival Times:
 9:30am Last name begins with A-M
 10:45am Last name begins with N-Z

Community Excursions & Programs

THE GRAND HOTELS OF SARATOGA
 Presented by Charlie Kuenzel

Wednesday, October 29
1:00pm
Great Room

Saratoga was the number one tourist destination in the 1800's and served as the playground for the ultra rich. The heart of social activity was the many grand hotels in the city located on Broadway. This talk will discuss the size and dimensions of these splendid hotels and the social gatherings in each of them during the nineteenth century.


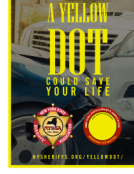
Living Well, Leaving Well
Monday, October 27
1:00pm
Great Room

Rita Fatula, DNP, RN (retired) has a Doctorate in Nursing; twenty years experience providing end-of-life care. Join us for an open and informative discussion. Topics will include (but are not limited to):

- Advance Directives
- Quality of Life

How to talk about difficult subjects with family members
 You're encouraged to bring your own questions and can submit them anonymously

Yellow Dot
Monday, October 6
12:00pm
Great Room

Come learn about the Yellow Dot program. Yellow Dot is a free program designed to help first responders provide life-saving medical attention during that first "golden hour" after a crash or other emergency. A Yellow Dot in the driver's-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment.

Wilton Heritage Museum Tour & King Brothers Dairy
Wednesday, October 8
11:00am





Join us for a tour of the Wilton Heritage Museum and then a trip to King Brother's Dairy for a treat! Maybe try a fall ice cream flavor or cider donut sundae!

Bus leaves The Summit at 11:00am
 Minimum 8 Residents, Maximum 14

Ambassador's Club / Welcome Committee Meeting
Thursday, October 23
12:00pm
Great Room


Are you interested in welcoming new residents to our community? Join us at this meeting to learn how committee member assist in welcoming new residents and prospects to our community.

BROWN BAG LUNCH LECTURE SERIES
 At the Saratoga Springs Public Library

75 Years: The History of the Saratoga Springs Public Library
Thursday, October 9th

LET'S CELEBRATE 75 YEARS! MICHELLE ISOPO, ARCHIVIST AND HISTORY LIBRARIAN OF THE SARATOGA ROOM AT THE SARATOGA SPRINGS PUBLIC LIBRARY, WILL SHARE THE STORY OF THE LIBRARY'S 75-YEAR HISTORY. FROM THE OPENING OF THE FIRST FREE LIBRARY IN 1950 TO THE CURRENT THREE-STORY LIBRARY IN THE HEART OF SARATOGA SPRINGS!



Please be in the lobby no later than 11:20am.
 The bus leaves the Summit at 11:30am.
 5 residents minimum, 14 maximum

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, October 7 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, October 21

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



PRN

PT OT & SLP PLLC

Rehabilitation Services
an affiliate of The Weston Healthcare Group

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.**

