

SUMMIT AT SARATOGA

Monthly Newsletter

November 2025



THE Manager's Message

Dear Residents,

As we create our own community here at The Summit, we reach out to help the community we live in. Most of us look forward to the holiday season – a time of gift-giving, delicious family meals and warm memories. However, for some less fortunate residents of our Saratoga Springs community, the holidays are a stressful time. Please see the list of food items we are collecting for food baskets for the Perry Road Baptist Church located next door.

As we approach the giving season, we would like to support local families and children in need by donating items for “The Empty Stocking Project” coordinated by The Saratoga County Children’s Committee. You may sponsor a child or pick up stocking stuffers such as journals, art supplies, games and pajama bottoms. A box will be set out in the Great Room.

Join us as we honor our Veterans on Monday, November 10th featuring staff member and singer, Shelly Pooler. We will also be writing letters to active military members in coordination with Operation Adopt a Soldier on the 5th and 12th.

We thank you for your thoughtfulness and gratitude and look forward to seeing you at our Harvest Gathering on November 6th at noon.

Wishing you and your family a Happy Thanksgiving,



Christy Durant
Community Manager



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
Ken Erienbusch

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 Excursions & Programs

Happy Birthday

Katherine Cordovano	11/01
Louisa Hodder	11/09
Rosalie Powers	11/09
Elaine Tabakman	11/11
Paul Brown	11/22
Art Recesso	11/24
Penni Eoanidis	11/24
Kay Rubendall	11/26
Anne Amedore	11/28



Please join us on Wednesday, November 26th at 3:00 pm in the Great Room to celebrate!

Resident Information Meetings

Program Meeting with Kathie

Monday, November 10th at 11:30 am - Great Room

Resident Meeting with Christy

Monday, November 24th at 1:00 pm - Great Room

Theater How-To/Movie Committee

Tuesday, November 12th at 11:00 am - Movie Theater

Snow Removal Meeting

Thursday, November 13th at 1:30 pm - Great Room

Intercom How-To

Tuesday, November 4th at 10:00 am - Lobby



Thanksgiving Tree



It's that time of year! Please join the Summit in giving thanks to our local heroes, the Wilton EMS Ambulance Responders for all they do for us.

How can you help? We invite residents to:

Purchase a gift card (no denomination is too small) to a local favorite business

(Dunkin, Chipotle, Stewarts, Market 32, etc.) and hang on the giving tree in the office.

Excursions



Lunch at the Thirsty Owl Wine & Bistro

Wednesday, November 5th
12:00 pm

Good times and great wines await you at the Thirsty Owl! Try one of their wines while you enjoy lunch with your friends!

The bus will leave the Summit at 12:00 pm

Minimum 8 Residents, Maximum 14

Lunch at the Saratoga Winery



Friday,
November 14th
11:45 am

The Saratoga Winery offers a diverse menu featuring wood-fired pizzas, sandwiches, salads, and a selection of local wines and craft beers.

The bus will leave the Summit at 11:45 am

Minimum 14 Residents, Maximum 14

Shopping at Clifton Park Center

Wednesday, November 19th

10:00 am



Clifton Park Center is an indoor and outdoor mall. Stores include Boscov's, JC Penny, Loft, Marshalls and more! Lunch at your own choosing.



The bus will leave the Summit at 10:00 am and pick you back up at 1:00 pm

Minimum 14 Residents, Maximum 14

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED <i>life</i>  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	Every Tuesday 11:15am Yoga/Balance FS 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	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
2 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV Fall Back, Daylight Savings Time Ends 	3 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Broadway Sounds & Songs GR 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV MEAL FORMS DUE	4 9:00am Podiatrist Visits, Dr. Masias 10:00am Intercom How-To LOB 11:00am Transportation to Gavin Park Voting Poll 11:00am Shuffleboard TAV 1:00pm Shopping Shuttle 1:30pm Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR Election Day	5 12:00pm Lunch at The Thirsty Owl 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Adopt A Soldier Letter Writing GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	6 10:00am Continental Breakfast Ends GR 11:30am Men's League: Billiards Club BR 12:00pm Thanksgiving Luncheon GR 5:00pm Potluck Dinner GR 5:00pm Cribbage TAV 	7 10:00am Watercolor with Sue CR 10:00am Scrabble TAV 2:00pm Shuffleboard TAV 3:00pm Pianist Andy Iorio GR 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR	8 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Fall Teas & Pumpkin Treats 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
9 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV	10 11:00am Knitting/Crocheting Group LIB 11:30am Program Meeting with Kathie GR 11:30am Men's League: Billiards Club BR 1:00pm Elderberry Syrup Workshop GR 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 2:30pm Veteran's Day Celebration GR 3:00pm Veteran's Day Happy Hour GR 4:30pm Mah Jong TAV	 9:00am Resident Potluck Breakfast GR 11:00am Shuffleboard TAV 1:30pm Bingo GR 2:00pm Summit Book Club LIB 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR Office is Closed	12 10:00am Reiki with Maria LIB 11:00am Movie Theater How-To MOV 1:00pm Easy Peasy Cooking TAV Pumpkin Ice Cream Pie TAV 3:00pm Adopt A Soldier Letter Writing GR 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	13 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:30pm Snow Removal Meeting GR 2:30pm Trivia GR 4:15pm SSC Chicken Parmesan TAV 5:00pm Cribbage TAV	14 10:00am Scrabble TAV 11:45am Lunch at The Saratoga Winery 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR	15 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pumpkin Ice Cream Pie GR 1:30pm Ladies Billiards 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
16 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV 6:00pm Communion Service LIB 8:00pm Ken Burns: The American Revolution MOV	17 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Author, Val Mega Raccuia Book: Too Much, Please GR 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV 8:00pm Kens Burns: The American Revolution MOV	18 11:00am Shuffleboard TAV 12:00pm Park Lane Jewelry TAV 1:30pm Bingo GR 2:45pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 4:15pm SSC Baked Salmon TAV 5:00/5:15pm Poker Night GR 8:00pm Ken Burns: The American Revolution MOV	19 10:00am Shopping at Clifton Park Center 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR 8:00pm Ken Burns: The American Revolution MOV	20 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 8:00pm Ken Burns: The American Revolution MOV	21 10:00am Scrabble TAV 1:00pm Home Instead Presents: Forgiveness & Gratitude GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR 8:00pm Ken Burns: The American Revolution MOV	22 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pumpkin Latte & Cookies GR 1:30pm Ladies Billiards 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
23 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV	24 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm Resident's Meeting with Christy GR 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV	25 11:00am Shuffleboard TAV 11:30am PRN: Strength Training for Posture & Osteoporosis GR 1:00pm Tech Hour with Don 1:00pm Shopping Shuttle 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Pot Roast TAV 5:00/5:15pm Poker Night GR	26 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	27 happy Thanksgiving Office is Closed	28 10:00am Scrabble TAV 1:30pm Apple Cider & Treats GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15 Poker Night GR	29 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Carmel Apple Dip GR 1:30pm Ladies Billiards 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
30 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 2:00pm Horseshoes PAV	 NOVEMBER		Fall Door Decorating Contest Take a stroll on all three floors and pick your favorite apartment door entrance way. Pick up a ballot in the Great Room and place it in the basket on the conversation table. The winner will be announced at the Resident Meeting on Monday, November 24	November Book Club  Arcadia by Lauren Groff	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

Community Activities

Thank You Veterans

The Summit will pay tribute to our resident veterans on
Monday, November 10th at 2:30 pm
In the Great Room

Veterans, please bring a photo of yourself in uniform to the office by Monday, November 10. We will make a copy to hang in the lobby to share. Photos close to 8x10 are best.

Water Color Workshop with Sue Friday, November 7th at 10:00 am In the Craft Room

Sign up in the Great Room, as there is limited seating.

ENTERTAINMENT

IN THE GREAT ROOM

Broadway Sounds and Songs Monday, November 3rd 1:00 pm

Come enjoy music by
Cole Porter and Rogers & Hammerstein. Music
from the musicals Oklahoma, Carousel & South
Pacific to name a few!

Pianist Andy Iorio



Friday,
November 7th
3:00 pm

THE AMERICAN REVOLUTION

A FILM BY
KEN BURNS, SARAH BOTSTEIN & DAVID SCHMIDT
Premieres Nov. 16, 2025

In the Movie Theater
8:00 pm - 10:00 pm

November 16th thru
November 21st

Ken Burns, "America's History Teacher," has won 17 Emmys, 2 Grammys, and 2 Oscar nominations. His latest film, The American Revolution, is a 6 part, 12 hour series on PBS that took ten years to create and contains much local history.

Thanksgiving Meal Food Drive

benefiting the Food Pantry at Perry Road Baptist Church

We will be collecting the following items to help provide a Thanksgiving meal to families in need.

Canned Green Beans
Canned Corn
Canned Pumpkin
Stove Top Stuffing
Corn Muffin Mix
Frenche's Fried Onions
Cranberry Sauce

Collection from
November 1st thru
November 12th

There will be a bin in the
Tavern for your
donations. Thank you!



Operation Adopt A Soldier

Join us as we come together to send support, encouragement, and appreciation to deployed soldiers through handwritten letters.

Wednesday, November 5th
& November 12th at 3:00 pm
In the Great Room



All supplies will be provided – just bring your heart and your words!
Come write with us and make a difference, one letter at a time.

TEAM TRIVIA

WITH DJ MARK HERSH

Thursdays, November 13th &
November 20th at 2:30 pm

Join us in the Great Room, where the competition is friendly and the trivia is fun.
Come and join the teamwork!!

Community Activities



Elderberry Syrup Workshop Green Sugar Leaf Farm Monday, November 10th at 1:00 pm In the Great Room



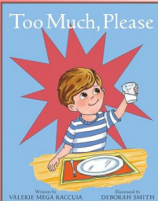
Join us for a cozy, hands-on session where we'll dive deep into the magic of elderberry. At this class, you'll discover:
Why elderberry has long been called the "medicine chest" of herbs and how properly cooked elderberry supports immunity, respiratory function, recovery from colds & flu, and more.
We'll guide you through making a syrup by demonstration and taste test a few variations. It's a chance to experiment, savor and leave with new recipes and deeper understanding of this botanical ally.
Hope you'll join us and bring your curiosity!

Try an easy
Pumpkin Ice Cream Pie
recipe! Yum!

Easy Peasy Cooking Class

Wednesday, November 12th
1:00 pm • Tavern

10 Residents Maximum



Too Much, Please by Valerie Mega Raccuia Monday, November 17th 1:00 pm In the Great Room

A day in the life of Christopher and his dad. Too Much, Please tells the story of Christopher, a three-year old who spends the day with his dad, asking for Too Much of all his favorite things. Author, Val Mega Raccui and Summit Volunteer will take us through her journey to make this book a reality.

Park Lane Jewelry November, 18th at 12:00 pm In the 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. Stop by and maybe you'll find something for yourself or a gift!



Home Instead Presents: Forgiveness & Gratitude The Importance of Self-Reflection as We Get Older Friday, November 21st at 1:00 pm In the Great Room

Learn how gratitude, forgiveness and self-awareness play a role in our physical and mental wellness- appropriate topics as we gear up for the holiday season!



Strength Training for Posture & Osteoporosis Tuesday, November 25th 11:30 am In the Great Room

PRN will provide strategies for staying strong and upright despite being challenged by conditions such as osteoporosis.

Reiki November 12th 10:00 am 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



The Empty Stocking Project

The Empty Stocking Project is the largest and most widely recognized project of the Saratoga County Children's Committee. There are hundreds of children living within Saratoga County who are less fortunate. A holiday wish list may include new clothes, toys, games or other items the child wants. The Empty Stocking binder is located in the Great Room.

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, November, 4 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, November 18

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.**

