

# S U M M I T A T SARATOGA

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Monthly Newsletter

January 2026



# THE Manager's Message

Dear Residents,

In the spirit of this New Year, let us embrace new resolutions to better ourselves and our community. If being more active is one of your resolutions, try one of our fitness classes on land or in the pool. You can always observe the class before trying it.

Many thanks for the generous donations to the food pantry at The Perry Road Baptist Church, The Saratoga County Children's Committee Empty Stocking Project, Toys for Tots, and Wilton EMS.

So many great lectures and presentations this month! Join us on the 7th for a presentation on a couple's adventures traveling on Route 66, a wine tasting by Thirsty Owl, the Musical Bingo Duet, winter cookie decorating and another easy peasy cooking class.

Lastly, join us for our Winter Tea Party on the 30th and don't miss the fabulous musical performance scheduled this month by Barbara & Rafael Picon. Note the calendar for dates and times. Let's have fun together this winter!!

Cheers to 2026!,



Christy Durant  
Community Manager

## Thank You

**Thank you residents, friends, and families for your generous gifts!**

Through your donations, we have exceeded our expectations at helping our community throughout the holiday season. You truly have made a difference.

**Perry Road Baptist Church: Thanksgiving Meal Food Donations**

**Saratoga County Children's Committee: Empty Stocking Project**

**The Marine Toys for Tots Program**

**Wilton Emergency Medical Services**

## Staff



### Community Manager

Christy Durant  
CDurant@SummitSeniorLife.com

### Resident Services Coordinator

Kathie Dunne  
KDunne@summitseniorlife.com

### Concierge

Jessica Barr  
Concierge@SummitSeniorLife.com

### Maintenance

Ken Erlenbusch

### 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](http://www.summitsaratoga.com)

### Maintenance Emergency Number

518-925-0905

# Community Excursions & Programs

## January Birthdays

Mike Jewett	1/01
Caroline Sciangula	1/03
Irmi Bauer	1/06
Loretta Bergen	1/14
Jeanette Cochran	1/17
Richard Cordovano	1/22
Harry Holowach	1/23
Fran Gailor	1/24
Sue DeLorenzo	1/27
Skip Perkins	1/31



Let's celebrate together on  
Wednesday, January 21<sup>st</sup> at 3:30 pm in the Great Room!

## Resident Information Meetings

### Program Meeting with Kathie

Monday, January 5<sup>th</sup> at 11:30 am - Great Room

### Resident Meeting with Christy

Monday, January 26<sup>th</sup> at 1:00 pm - Great Room

### Theater How-To/Movie Committee

Tuesday, January 6<sup>th</sup> at 11:00 am - Movie Theater

### Intercom How-To

Tuesday, January 13<sup>th</sup> at 10:00 am - Lobby



## Winter Tea

**Friday, January 30<sup>th</sup>  
at 2:00 pm  
in the Great Room**

Wrap your hands around a warm cup and take a bite of something sweet. Come escape the cold with our winter tea and dessert!

## EXCURSIONS

### Lunch at Osaka Asian Fusion

**Wednesday, January 14<sup>th</sup>  
at 12:00 pm**

Come have lunch just around the corner. They have a lot of options on their menu. Try sushi, Pad Thai, Hibachi, Ramen, poke bowls and more!

**Please be in the lobby no later than 11:50 am.  
The bus will leave the Summit at 12:00 pm.**

**Minimum 8 Residents, Maximum 14**

### Lunch and Brewery Tour at Artisinal Brew Works

**Friday, January 23<sup>rd</sup>  
at 12:15 pm**

The menu complements their brews, which feature locally sourced ingredients and dishes that range from hearty pub favorites to innovative culinary creations.

**Please be in the lobby no later than 12:05 pm.  
The bus will leave the Summit at 12:15 pm**

**Minimum 8 Residents, Maximum 14**

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

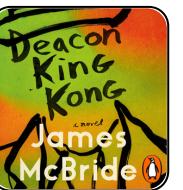
Saturday



BP-Back Patio  
BR-Billiards Room (3rd Floor)  
CR-Craft Room (2nd Floor)  
FS-Fitness Studio  
GR-Great Room  
LIB-Library  
LO-Lobby

TAV-Tavern  
MOV-Movie Theater  
MR-Music Room (3rd Floor)  
P-Pool  
PC – Pickleball Courts  
PS-Practitioners Suite  
PAV- Pavilion

Summit Book Club  
Tuesday, January 13<sup>th</sup> at 2:00 pm in the Library



1 9:00am Potluck Breakfast GR



New Years Day  
OFFICE CLOSED

2 10:00am Watercolor with Sue CR  
10:00am Scrabble TAV  
2:00pm Undecorate Day GR/LIB  
2:00pm Shuffleboard TAV  
2:30pm Hot Cocoa Bar GR  
3:00pm Ladies Billiards BR  
4:00pm BYOB Tavern Time TAV  
5:00/5:15pm Poker Night GR  
**MEAL FORMS DUE**

3 10:00am Board Games TAV  
11:30am Men's League: Billiards Club BR  
1:00pm Pudding Parfaits GR  
1:30pm Ladies Billiard's BR  
1:30pm Movie Matinee MOV  
6:00pm Worship & Music with Street Level Chapel GR  
6:00pm Hand & Foot Card Game MR

4 10:00am Buddy Swim P  
11:00am Corn Hole FS  
1:00pm Mexican Train TAV  
1:00pm Ken Burns Documentary MOV

5 11:00am Knitting/Crocheting Group LIB  
11:30am Men's League: Billiards Club BR  
**11:30am Program Meeting with Kathie GR**  
1:30pm Bible Devotional Group LIB  
2:00pm Rummikub TAV  
3:00pm Happy Hour GR  
4:30pm Mah Jong TAV

6 9:00am Podiatrist visits: Dr. Masias  
11:00am Shuffleboard TAV  
11:00am Theater How- To MOV  
1:30pm Bible Devotional Group LIB  
2:00pm Rummikub TAV  
3:00pm Happy Hour GR  
5:00/5:15pm Poker Night GR

7 1:00pm Route 66 Talk GR  
1:00pm Hearts TAV  
1:30pm Movie Matinee MOV  
2:00pm Mexican Train TAV  
4:00pm BYOB Wine Wednesday TAV  
6:00pm Hand & Foot Card Game MR

8 11:30am Men's League: Billiards Club BR  
11:45am Smithsonian Channel  
Aerial America MOV  
**1:00pm Shopping Shuttle**  
2:30pm Trivia GR  
4:15pm SSC Meatloaf TAV  
5:00pm Cribbage TAV

9 10:00am Scrabble TAV  
**1:00pm Thirsty Owl Wine Tasting GR**  
2:00pm Shuffleboard TAV  
3:00pm Ladies Billiards BR  
4:00pm BYOB Tavern Time TAV  
5:00/5:15pm Poker Night GR

10 10:00am Board Games TAV  
11:30am Men's League: Billiards Club BR  
1:00pm Black or White Russian Cocktail GR  
1:30pm Ladies Billiard's BR  
1:30pm Movie Matinee MOV  
6:00pm Worship & Music with Street Level Chapel GR  
6:00pm Hand & Foot Card Game MR

11 10:00am Buddy Swim P  
11:00am Corn Hole FS  
1:00pm Mexican Train TAV  
1:00pm Ken Burns Documentary MOV

12 11:00am Knitting/Crocheting Group LIB  
11:30am Men's League: Billiards Club BR  
**12:30 Easy Peasy Cooking Class TAV**  
1:30pm Bible Devotional Group LIB  
2:00pm Rummikub TAV  
3:00pm Happy Hour GR  
4:30pm Mah Jong TAV

13 10:00am Intercom How-To LIB  
11:00am Shuffleboard TAV  
1:30pm Bingo GR  
2:00pm Summit Book Club LIB  
3:30pm Pinochle MR  
4:15pm SSC Baked Salmon TAV  
5:00/5:15pm Poker Night GR

14 **12:00pm Lunch at Osaka Asian Fusion**  
1:00pm Hearts TAV  
1:30pm Movie Matinee MOV  
2:00pm Mexican Train TAV  
**2:30pm Music with The Picons GR**  
4:00pm BYOB Wine Wednesday TAV  
6:00pm Hand & Foot Card Game MR

15 11:30am Men's League: Billiards Club BR  
11:45am Smithsonian Channel  
Aerial America MOV  
**1:00pm Shopping Shuttle**  
3:00pm Old World Market Talk GR  
5:00pm Cribbage TAV  
5:15pm SSC Three Vines Bistro TAV

16 10:00am Scrabble TAV  
**1:30pm Winter Cookie Decorating GR**  
2:00pm Shuffleboard TAV  
3:00pm Ladies Billiards BR  
4:00pm BYOB Tavern Time TAV  
5:00/5:15pm Poker Night GR

17 10:00am Board Games TAV  
11:30am Men's League: Billiards Club BR  
1:00pm Hot Chocolate Bar GR  
1:30pm Ladies Billiard's BR  
1:30pm Movie Matinee MOV  
6:00pm Worship & Music with Street Level Chapel GR  
6:00pm Hand & Foot Card Game MR

18 10:00am Buddy Swim P  
11:00am Corn Hole FS  
1:00pm Mexican Train TAV  
1:00pm Ken Burns Documentary MOV  
6:00pm Communion Services LIB

19 **MARTIN LUTHER KING JR. DAY**  
9:00am Potluck Breakfast  
1:00pm Selma MOV  
**OFFICE CLOSED**

20 11:00am Shuffleboard TAV  
1:30pm Bingo GR  
2:45pm Saratoga Springs Public Library Outreach LIB  
3:30pm Pinochle MR  
4:15pm SSC Sliced Roast Pork TAV  
5:00/5:15pm Poker Night GR

21 1:00pm Hearts TAV  
1:30pm Movie Matinee MOV  
2:00pm Mexican Train TAV  
3:30pm Monthly Birthday Party GR  
4:00pm BYOB Wine Wednesday TAV  
6:00pm Hand & Foot Card Game MR

22 8:30am French Toast Stick Breakfast GR  
11:30am Men's League: Billiards Club BR  
11:45am Smithsonian Channel  
Aerial America MOV  
**1:00pm Shopping Shuttle**  
2:30pm Trivia GR  
4:15pm SSC Marry Me Chicken TAV  
5:00pm Cribbage TAV

23 10:00am Scrabble TAV  
**12:15pm Lunch & Tour at Artisinal Brew Works**  
2:00pm Shuffleboard TAV  
2:30pm Peppermint Hot Cocoa GR  
3:00pm Ladies Billiards BR  
4:00pm BYOB Tavern Time TAV  
5:00/5:15pm Poker Night GR

24 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  
6:00pm Worship & Music with Street Level Chapel GR  
6:00pm Hand & Foot Card Game MR

25 10:00am Buddy Swim P  
11:00am Corn Hole FS  
1:00pm Mexican Train TAV  
1:00pm Ken Burns Documentary MOV

26 11:00am Knitting/Crocheting Group LIB  
**11:30am Home Instead: Grief & Aging GR**  
11:30am Men's League: Billiards Club BR  
**1:00pm Resident Meeting with Christy GR**  
1:30pm Bible Devotional Group LIB  
2:00pm Rummikub TAV  
3:00pm Crazy Hat Happy Hour GR  
4:30pm Mah Jong TAV

27 **11:00am Wilton EMS GR**  
11:00am Shuffleboard TAV  
1:30pm Bingo GR  
3:30pm Pinochle MR  
4:15pm SSC Chicken Marsala TAV  
5:00/5:15pm Poker Night GR

28 1:00pm Hearts TAV  
1:30pm Movie Matinee MOV  
**2:00pm Name That Tune Bingo GR**  
2:00pm Mexican Train TAV  
4:00pm BYOB Wine Wednesday TAV  
6:00pm Hand & Foot Card Game MR

29 11:30am Men's League: Billiards Club BR  
11:30am PRN Winter Olympics GR  
**1:00pm Shopping Shuttle**  
1:00pm Big LCR Game GR  
3:00pm Smithsonian Channel:  
America's Treasures MOV  
4:15pm SSC Lasagna TAV  
5:00pm Cribbage TAV

30 10:00am Scrabble TAV  
2:00pm Shuffleboard TAV  
**2:00pm Winter Tea GR**  
3:00pm Ladies Billiards BR  
4:00pm BYOB Tavern Time TAV  
5:00/5:15pm Poker Night GR

31 10:00am Board Games TAV  
11:30am Men's League: Billiards Club BR  
1:00pm Flavored Coffee & Tea Bar GR  
1:30pm Ladies Billiard's BR  
1:30pm Movie Matinee MOV  
6:00pm Worship & Music with Street Level Chapel GR  
6:00pm Hand & Foot Card Game MR

CONNECTED life  
FITNESS

Every Monday

8:00/8:30am Hydro Rider P  
9:15am 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

8:00/8:30am Hydro Rider P  
9:30 Aqua Fit P  
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

9:15am 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  
10:30am Tai Chi III: Intermediate Group 2 LIB

Office Hours:  
Monday - Friday 9:00am - 4:30pm  
Saturday 9:00am - 3:00pm  
Sunday 9:00am - 12:00pm

# Community Activities

## Winter Watercolor with Sue

Friday, January 2<sup>nd</sup>  
at 10:00 am  
in the Craft Room

All budding artists welcome! Sign up in the Great Room.

## TEAM TRIVIA

WITH DJ MARK HERSH  
Thursdays, January 8<sup>th</sup> & 22<sup>nd</sup>  
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!!

## Thirsty Owl Wine Tasting

  
Friday, January 9<sup>th</sup>  
at 1:00 pm  
in the Great Room

Thirsty Owl features their very own nationally acclaimed wines produced at a family owned vineyard and winery on the shores of beautiful Cayuga Lake in the Finger Lakes. Join us for an afternoon tasting and learning about their wines!

Please sign up in the Great Room as spots are limited.

## Easy Peasy Cooking

Join us on  
Monday, January 12<sup>th</sup>  
at 12:30 pm  
in the Tavern to make a  
delicious chipped beef dip  
for all to enjoy at Happy  
Hour!



## Happy Hour

EVERY MONDAY AT 3:00PM IN THE GREAT ROOM

JOIN US FOR A LIGHT SNACK, DRINKS AND SOME FUN WITH YOUR FRIENDS. WE HOPE TO SEE YOU THERE!

## Winter Cookie Decorating with Kathie

Friday, January 16<sup>th</sup>  
at 1:30 pm  
in the Great Room

Be sure to sign up as spots are limited!



## Barbara & Rafael Picon

Wednesday, January 14<sup>th</sup>  
at 2:30 pm  
in the Great Room



Pop, Classic Rock, R&B and Latin that blends flute, flamenco guitar, synthesizer, vocal leads and harmonies. Come check them out!



## NAME THAT TUNE BINGO

with Pam and Tammy

WEDNESDAY, JANUARY 28<sup>TH</sup>  
2:00 PM

IN THE GREAT ROOM



# Community Activities

## Traveling the Mother Road, America's Route 66: An Adventure

Presented by Joanne and Rick Reynolds



**Wednesday, January 7th  
at 1:00 pm  
in the Great Room**

Celebrate Route 66's 100th Anniversary!

Join us for a lively presentation highlighting our personal and professional road trip along America's iconic Route from Chicago to Santa Monica. Enjoy stories, photos, and reflections on the road's history, the people we met, and the importance of preserving this legendary highway for future generations.

## Wilton Emergency Medical Services



**Tuesday, January 27<sup>th</sup>  
at 11:00 am  
in the Great Room**

Wilton Emergency Squad, Inc. is committed to being a leader in the Emergency Medical Services arena and to provide our community with excellence in pre-hospital care. Learn more about how they help us at the Summit and answer any questions you may have!

## Winter Olympics

**Thursday, January 29<sup>th</sup>  
at 11:30 am  
in the Great Room**

Join us for some fun in our very own Winter Wacky Olympic Day! Come for competition, prizes, laughs and refreshments!



## Old World Gourmet Market

  
**Thursday, January 15<sup>th</sup>  
3:00 pm  
in the Great Room**

Join the chef from Old World Gourmet as she tells us about all they have to offer. They partner with family-owned farms, legacy kitchens, and makers with centuries of wisdom to provide everything from groceries to prepared meals!

## America's Treasures



**Thursday, January 29<sup>th</sup>  
at 3:00 pm  
in the Movie Theater**

Lincoln's hat, Dorothy's slippers, Ali's gloves. Learn the stories of how they came to be a part of the National Museum of American History's collection and meet the people who have restored some of these treasures.

# 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, January 6th 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, January 20th

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](mailto: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.

