

SUMMIT AT SARATOGA

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

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 21st at 3:30 pm in the Great Room!

Resident Information Meetings

Program Meeting with Kathie

Monday, January 5th at 11:30 am - Great Room

Resident Meeting with Christy

Monday, January 26th at 1:00 pm - Great Room

Theater How-To/Movie Committee

Tuesday, January 6th at 11:00 am - Movie Theater

Intercom How-To

Tuesday, January 13th at 10:00 am - Lobby



Winter Tea

**Friday, January 30th
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 14th
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


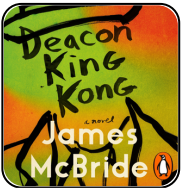


**Friday, January 23rd
at 12:15 pm**

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

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	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 13th 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 Bingo GR 3:30pm Pinochle MR 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 1:00pm LCR Game TAV 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  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	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Office Hours:
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	8:00/8:30am Hydro Rider P 9:30 Aqua Fit P 10:30am Yoga/Balance FS 11:30am Trifecta FS	8:30am Water Aerobics P 9:30am Stretch & Flex FS 10:30am Sit 2B Fit FS 1:00pm Buddy Swim P	8:00am/8:30am Hydro Rider P 9:30am Aqua Fit P 10:30am Yoga/Balance FS 11:30am Cardio Flow FS	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	Monday - Friday 9:00am - 4:30pm Saturday 9:00am - 3:00pm Sunday 9:00am - 12:00pm

Community Activities

Winter Watercolor with Sue

Friday, January 2nd

at 10:00 am

in the Craft Room

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



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!

TEAM TRIVIA

WITH DJ MARK HERSH

Thursdays, January 8th & 22nd
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!!



Winter Cookie Decorating with Kathie

Friday, January 16th
at 1:30 pm
in the Great Room

Be sure to sign up as spots
are limited!

Thirsty Owl Wine Tasting

Friday, January 9th

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.

Barbara & Rafael Picon


Wednesday, January 14th
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!

Easy Peasy Cooking

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



NAME THAT TUNE BINGO

with Pam and Tammy

WEDNESDAY, JANUARY 28TH
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 27th
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 29th
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 15th
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 29th
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

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

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

Route 50 Shopping

Please sign up for the **Thursday 1:00pm** Shopping Shuttle in the Great Room.



Jessica Shiels, Patient Service Coordinator
PRN PT, OT & SLP PLLC
an affiliate of The Weston Healthcare Group

716-204-2405

Vandenburg@prnphysicaltherapy.com



**BE GREEN
& recycle
CLEAN**
plastics, tin,
aluminum, paper
and glass.

