

# SUMMIT AT HALFMOON

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Monthly Newsletter

February 2026





# Manager's Message

## Live Bird Show with Whispering Willow Wild Care!

"Whispering Willow Wild Care is a non-profit organization dedicated to wildlife rehabilitation and education. Founded by Joyce Perry, the organization has been assisting injured and orphaned wildlife for over 20 years."

Don't miss this live educational program about Birds of Prey! Whispering Willow Wild Care will be bringing Owls, a Raven, and a talking Crow that can catch cheerios as a trick!

**Wednesday, February 25<sup>th</sup>**  
**11:00 am**

Sign up in the Lounge ~ In the Great Room



## Staff

### Community Manager

Laura Leathem  
LLeathem@summitseniorlife.com

### Resident Services Coordinator

Andrea O'Malley  
Aomalley@summitseniorlife.com

### Maintenance

Alex Tinney  
Mark Lobdell

### Concierge/ Marketing Assistant

Joanne Krazit  
Brenda Carey

### Housekeeping

Anne Bentley

### Office Phone

518-807-6800

The Summit at Halfmoon  
29 Sitterly Road  
Halfmoon, NY 12065  
518-807-6800

Emergency  
Maintenance Number  
518-380-3860

## February Birthdays

2/3 Donna Speanburg  
2/8 Jeannette Wilary  
2/11 Jim Mindel  
2/13 Marlene Prusky  
2/14 Phyllis Hand  
2/15 Louis Sisto  
2/16 Janice Greene  
2/16 Jerry Wallace  
2/17 Marilyn Blakey  
2/23 Jean Boese

Help us celebrate our monthly birthdays on  
**Tuesday, February 24<sup>th</sup> at 2:00 pm**  
In the Great Room cake & ice cream for all!

## Welcome New Residents

**Stephen Picarazzi**  
from Saratoga Springs, NY

**Judith Stock**  
from Hague, NY

**Theodore Stock**  
from Easthampton, MA

**Iris Davenport**  
from Rexford, NY

# Welcome to Summit at Halfmoon!!!

## SupperClub

FOOD & FRIENDS

Eat-in or Pick-up available in the Great Room

Deliver Supper Club Order Form  
to the Office with exact cash.

**Due: 9 AM Friday, January 30<sup>th</sup>**

**Monday, February 2<sup>nd</sup> - Chef Mickey (\$16)**

Ricotta Stuffed Shells, Meatballs, Salad,  
Roll & Dessert

**Wednesday, February 4<sup>th</sup> - Chef Mickey (\$16)**

Roasted Turkey Breast, Mashed Potatoes,  
Vegetables, Gravy, Salad, Roll & Dessert

**Monday, February 9<sup>th</sup> - Andolina's (\$20)**

Homemade Chicken Soup, Chicken Salad on Mini  
Rolls, Garden Salad & Dessert

**Wednesday, February 11<sup>th</sup> - Chef Mickey (\$16)**

Polish Platter: Kielbasa, Pierogies, Cabbage,  
Cheese & Potatoes, Salad, Bread & Dessert

**Wednesday, February 18<sup>th</sup> - Chef Mickey (\$16)**

Stuffed Eggplant w/Meatballs, Salad, Roll &  
Dessert

**Monday, February 23<sup>rd</sup> - Andolina's (\$20)**

Individual Meatloaf w/Gravy, Smashed  
Potatoes, Carrots, Roll & Dessert

**Wednesday, February 25<sup>th</sup> - Chef Mickey (\$16)**

Baked Haddock, Mashed Potatoes, Broccoli,  
Salad, Roll & Dessert

## Build Your Own Omelet Breakfast

**\$10 With Chef Johnny**

Thursday, February 12<sup>th</sup>  
8:30 am, 9:00 am & 9:30 am

Breakfast includes oven roasted home fries with omelet  
to order, choice of meat, cheese, and veggies. Dine in or  
carry out offered.

Please use order form attached to the supper club form



In the Great room

LUNCH OUTING:



**OUTBACK**  
STEAKHOUSE®

**Thursday,  
February 19<sup>th</sup>  
12:00 pm**



*Sign up in the Lounge*

ORDER LUNCH WITH:

~ IN THE GREAT ROOM ~

**THURSDAY  
FEBRUARY 5<sup>TH</sup>  
1:00 PM**



PRICES VARY WITH WHAT YOU ORDER

PLEASE USE THE SUPPER CLUB FORM

**LW**

**LIN'S WOK CHINESE FOOD**  
~ IN THE GREAT ROOM ~

**\$4**

**TUESDAY,  
FEBRUARY 17<sup>TH</sup>  
4:00 PM**



~ IN THE GREAT ROOM ~

PLEASE USE THE SUPPER CLUB FORM

**PIZZA PARTY!**

**FRIDAY,  
FEBRUARY 27<sup>TH</sup>  
4:00 PM**

**\$5**



## Men's Lunch

Menu:

- Soup
- Salad
- Sandwiches

**Thursday,  
February 26<sup>th</sup>  
12:30 pm**

Price will vary on the number of men signed up. Sign up by 2/23.

Sign up in the office ~ In the Family Dining Room



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div></div><div></div><div></div><div></div><div><div>COLOR CODE</div><div>BLUE: MOVIES</div><div>GREEN: ENTERTAINMENT</div><div>ORANGE: FOOD OPTIONS</div><div>PINK: MEETINGS</div><div>RED: OUTINGS</div></div><div><div>GR - Great Room</div><div>LNG - Lounge</div><div>FDR - Family Dining Room</div><div>MOV - Movie Theater</div><div>FS - Fitness Studio</div><div>CP - Chapel</div><div>BIL -Billiards Room</div><div>PS - Practitioner's Suite</div><div>PBC - Pickleball Courts</div><div>CY - Courtyard</div><div>LIB - Library</div></div></div>						
<div>1</div> <div>11:00 am Catholic Church Service (CP)</div> <div>2:00 pm Where the Crawdad's Sing (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Chicken Foot &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm Where the Crawdad's Sing (MOV)</div>	<div>2</div> <div>11:30 am Watercolors W/Sue (FDR)</div> <div>1:00 pm - 3:00 pm Wii Bowling (GR)</div> <div>4:00 pm Supper Club w/ Chef Mickey Ricotta Stuffed Shells (\$16) (GR)</div> <div>6:00 pm Hand &amp; Foot (GR)</div> <div>7:00 pm Canasta (LIB)</div> <div>7:00 pm The Naked Gun (MOV)</div>	<div>3</div> <div>10:00 am Bowling at Spare Time</div> <div>11:30 am Movie Meeting (GR)</div> <div>12:00 pm AARP: Virtual Paint Class (FDR)</div> <div>2:30 pm Star Trek: The Motion Picture (MOV)</div> <div>3:00 pm Pinochle (LIB)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div> <div>HAPPY BIRTHDAY DONNA SPEANBURG</div>	<div>4</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>10:00 am AGS: Virtual Boost Your Brain (FDR)</div> <div>11:30 am The Wise Guys (FDR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey Roasted Turkey Breast (\$16) (GR)</div> <div>6:00 pm Bunco (GR)</div> <div>7:00 pm Voted Movie (MOV)</div>	<div>5</div> <div>1:00 pm Panera Lunch (GR) (\$)</div> <div>2:00 pm Karaoke/Sing-Along (LNG)</div> <div>2:30 pm Black Swan (MOV)</div> <div>3:00 pm AARP: Virtual Class: Digital Vaults for Safe Document Storage (FDR)</div> <div>3:00 pm Shuffleboard (LNG)</div> <div>6:00 pm Revenge (LNG)</div> <div>Medical Transports</div>	<div>6</div> <div>9:00 am Grocery Shopping</div> <div>12:00 pm Winter Olympics Opening Ceremony (MOV)</div> <div>12:00 pm Marvin Bubie: Erie Canal Seals (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour: Wear Red Tootie and the Mother Pluckers (GR)</div> <div>7:00 pm Avengers Age of Ultron (MOV)</div> <div>HAPPY BIRTHDAY JEANNETTE WILARY</div>	<div>7</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm The Honeymooners Special: The Valentine Special (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Mah Jong (LNG)</div> <div>6:00 pm Rummikub (GR)</div>
<div>8</div> <div>11:00 am Catholic Church Service (CP)</div> <div>2:00 pm Twins (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Superbowl Party (LNG)</div> <div>6:00 pm Chicken Foot &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm Twins (MOV)</div>	<div>9</div> <div>9:00 am Dr. Masias Podiatrist</div> <div>11:30 am Marilyn Sassi Presents: History of Toys (MOV)</div> <div>1:00 pm - 3:00 pm Wii Bowling (GR)</div> <div>4:00 pm Supper Club w/Andolina's Homemade Chicken Soup (\$20) (GR)</div> <div>6:00 pm Hand &amp; Foot (GR)</div> <div>7:00 pm Canasta (LIB)</div> <div>7:00 pm The Naked Gun 2 1/2 (MOV)</div>	<div>10</div> <div>11:15 am Proctors: Valentines Day Favorites</div> <div>11:30 am PRN: "The Heart: An Owners Manual" (GR)</div> <div>2:30 pm Ready Player One (MOV)</div> <div>3:00 pm Pinochle (LIB)</div> <div>4:00 pm Eddie F's (\$15) (GR)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div>	<div>11</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:30 am The Great Courses: England, the 1960's &amp; the Triumph of the Beatles (MOV)</div> <div>12:00 pm Lynn Neal: Mary Kay Pamper Session (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey Polish Platter (\$16) (GR)</div> <div>6:00 pm Thwart (GR)</div> <div>7:00 pm Voted Movie (MOV)</div> <div>HAPPY BIRTHDAY JIM MINDEL</div>	<div>12</div> <div>8:30 am Breakfast w/Chef Johnny Omelets (\$10) (GR)</div> <div>2:00 pm Karaoke/Sing-Along (LNG)</div> <div>2:30 pm Downton Abbey (MOV)</div> <div>3:00 pm Shuffleboard (LNG)</div> <div>4:00 pm Saratoga Soundtrack Chorus (GR)</div> <div>6:00 pm Revenge (LNG)</div> <div>Medical Transports</div>	<div>13</div> <div>9:00 am Grocery Shopping</div> <div>12:00 pm Trinity Health Presents: Fall Prevention &amp; Home Safety (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour: Mark Mason BYOB (GR)</div> <div>7:00 pm Ant-Man (MOV)</div> <div>HAPPY BIRTHDAY MARLENE PRUSKY</div>	<div>14</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm An Unexpected Valentine (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Mah Jong (LNG)</div> <div>6:00 pm Rummikub (GR)</div> <div>HAPPY BIRTHDAY PHILLY HAND</div>
<div>15</div> <div>11:00 am Catholic Church Service (CP)</div> <div>2:00 pm Stripes (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Chicken Foot &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm Stripes (MOV)</div> <div>HAPPY BIRTHDAY LOUIS SISTO</div>	<div>16</div> <div></div> <div>OFFICE CLOSED/NO BREAKFAST/NO FITNESS CLASSES</div> <div>HAPPY BIRTHDAY JANICE GREENE</div> <div>HAPPY BIRTHDAY JERRY WALLACE</div>	<div>17</div> <div>12:00 pm Mark Hersh Trivia (GR)</div> <div>2:30 pm Funny Face (MOV)</div> <div>3:00 pm Pinochle (LIB)</div> <div>4:00 pm Lin's Wok Chinese Food (\$14) (GR)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div> <div>HAPPY BIRTHDAY MARILYNN BLAKEY</div>	<div>18</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:00 am River's Casino</div> <div>11:00 am Ash Wednesday Service (CP)</div> <div>11:30 am The Wise Guys (FDR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey Stuffed Eggplant (\$16) (GR)</div> <div>6:00 pm Bunco (GR)</div> <div>7:00 pm Voted Movie (MOV)</div> <div>HAPPY BIRTHDAY JIM MINDEL</div>	<div>19</div> <div>12:00 pm Lunch Outing: Outback Steakhouse</div> <div>2:00 pm Karaoke/Sing-Along (LNG)</div> <div>2:30 pm Stand By Me (MOV)</div> <div>3:00 pm Shuffleboard (LNG)</div> <div>6:00 pm Revenge (LNG)</div> <div>Medical Transports</div>	<div>20</div> <div>9:00 am Grocery Shopping</div> <div>11:00 am Service Club Meeting (GR)</div> <div>12:00 pm Book Swap (LNG)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 pm Happy Hour: Deb Zep (GR)</div> <div>7:00 pm Captain America: Civil War (MOV)</div>	<div>21</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm Pricilla (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Mah Jong (LNG)</div> <div>6:00 pm Rummikub (GR)</div>
<div>22</div> <div>11:00 am Catholic Church Service (CP)</div> <div>2:00 pm Regretting You (MOV)</div> <div>4:00 pm Poker (LIB)</div> <div>6:00 pm Chicken Foot &amp; Left Right Center (10 Dimes) (GR)</div> <div>7:00 pm Regretting You (MOV)</div>	<div>23</div> <div>11:30 am Resident Meeting with Laura &amp; Staff (GR)</div> <div>1:00 pm - 3:00 pm Wii Bowling (GR)</div> <div>4:00 pm Supper Club w/Andolina's Meatloaf (\$20) (GR)</div> <div>6:00 pm Hand &amp; Foot (GR)</div> <div>7:00 pm Canasta (LIB)</div> <div>7:00 pm The Naked Gun 33 1/3 (MOV)</div> <div>HAPPY BIRTHDAY JEAN BOESE</div>	<div>24</div> <div>12:00 pm Songs By Heart (GR)</div> <div>2:00 pm Birthday Party (GR)</div> <div>2:30 pm A Fish Called Wanda (MOV)</div> <div>3:00 pm Pinochle (LIB)</div> <div>6:00 pm Mexican Train (GR)</div> <div>Medical Transports</div>	<div>25</div> <div>8:30 am Waffle Wednesday (GR)</div> <div>11:00 am Whispering Willow Bird Show (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>2:30 pm Bridge (LNG)</div> <div>4:00 pm Supper Club w/Chef Mickey Baked Haddock (\$16) (GR)</div> <div>6:00 pm Thwart (GR)</div> <div>7:00 pm Voted Movie (MOV)</div>	<div>26</div> <div>12:00 pm Craft w/Andrea (GR)</div> <div>12:30 pm Men's Lunch (FDR) (\$)</div> <div>2:00 pm Karaoke/Sing-Along (LNG)</div> <div>2:30 pm People We Meet on Vacation (MOV)</div> <div>3:00 pm Shuffleboard (LNG)</div> <div>6:00 pm Revenge (LNG)</div> <div>Medical Transports</div>	<div>27</div> <div>9:00 am Grocery Shopping</div> <div>12:00 pm Program Meeting w/Andrea (GR)</div> <div>2:00 pm Quarter Bingo (GR)</div> <div>4:00 PM Pizza Party (\$5)</div> <div>4:00 pm Happy Hour: Chuck Oaks &amp; The Acorns BYOB (GR)</div> <div>7:00 pm Black Widow (MOV)</div>	<div>28</div> <div>10:30 am Cornhole (FS)</div> <div>1:00 pm Scrabble (LNG)</div> <div>2:00 pm Love at First Sight (MOV)</div> <div>3:00 pm Billiards (BIL)</div> <div>4:00 pm Mah Jong (LNG)</div> <div>6:00 pm Rummikub (GR)</div>

CONNECTED life



FITNESS

Every Monday

10:00 am Balance Class (FS)

11:00 am Stretch & Flex (FS)

3:00 pm Chair Dancing (LNG)

Every Tuesday

1:00 pm Sit to be Fit (FS)

2:00 pm Water Aerobics (Pool)

Every Wednesday

9:30 am Strength & Balance (FS)

10:30 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

11:00 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

Every Thursday

10:00 am Sit to be Fit (FS)

11:00 am Water Aerobics (Pool)

Every Friday


10:00 am Pilates (FS)

11:00 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

11:30 am Hydro-rider Class (30 min) (Pool) - Sign-up Required

WEDNESDAY NIGHT MOVIE

7PM



Take a vote and have a say on what we rent on Wednesday. Minimum 5 people to rent the movie.



# Community Activities



**Thursday,  
February 12<sup>th</sup> at 4:00 PM**

**Saratoga Soundtrack** is a chorus who has fun while striving for musical excellence through education, accountability and integrity.

*In the Great Room ~ Sign up in the Lounge*

## PROCTORS

### Valentine's Day Favorites

Claudia Bracaliello, Carl Hackert & Genina Sheehan (Vocalist making her debut)

**Tuesday,  
February 10<sup>th</sup>  
11:15 am**

Show at 12:00 pm  
Sign up in Lounge

**In the Proctors GE Theatre**



## PRESENTS:

11:30 am - 1:00 pm

**In the Movie Theater**



**Wednesday, February 11<sup>th</sup>**

**England the 1960's & The Triumph of the Beatles**

Episode 7 - The Beatles Conquer America

Episode 8 - The Englishness of a Hard Day's Night

Episode 9 - Help! The Beatles at the Top in 1965



*Ash Wednesday  
Service*

**Wednesday,  
February 19<sup>th</sup>  
11:00 am**

**Imposition of Ashes by  
Father Donald Bourgeois**

*Sign up in the Lounge ~ In the Chapel*

## FEBRUARY OUTINGS

*Sign up in the Lounge*

### BOWLING AT SPARE TIME

*February 3<sup>rd</sup> at 10:00 am*

### PROCTORS: VALENTINES DAY FAVORITES

*February 10<sup>th</sup> at 11:15 am*

### RIVER'S CASINO

*February 18<sup>th</sup> at 11:00 am*

### LUNCH OUTING: OUTBACK STEAKHOUSE

*February 19<sup>th</sup> at 12:00 pm*



## HAPPY HOUR

**2/6**

**TOOTIE & THE  
MOTHER PLUCKERS**

**2/13**

**MARK MASON - BYOB**

**2/20**

**DEB ZEP**

**2/27**

**CHUCK OAKS & THE  
ACORNS - BYOB**



**FRIDAYS AT 4:00 PM**

**IN THE GREAT ROOM**



**Watercolors with Sue**

**TUESDAY,  
FEBRUARY 2<sup>ND</sup>  
11:30 AM**

*In the Family Dining Room ~ Sign up in the Lounge*



**\*PRIZES\***

## TEAM TRIVIA

**WITH MARK HERSH**



**Tuesday, February 17<sup>TH</sup> at 12:00 PM**

**IN THE GREAT ROOM ~ SIGN UP IN THE LOUNGE**



# Welcome to Summit at Halfmoon!!!

## AARP Virtual Classes

**TUESDAY, FEBRUARY 3<sup>RD</sup> AT 12:00 PM**

Virtual Paint Class

**THURSDAY, FEBRUARY 5<sup>TH</sup> AT 3:00 PM**

Digital Vaults for Safe Document Storage

In this presentation, we'll explore what digital vaults are, how they differ from general cloud storage, and the kinds of documents they're designed to protect. You'll learn how they can support estate planning, emergency preparedness, and long-term peace of mind. We'll also cover key privacy and security concerns, and you'll see demos of several popular digital vault services in action.

In the Family Dining Room ~ Sign up in the Lounge

## FIGHT THE WINTER BLUES

with Lynn Neal & May Kay Products

COME RECEIVE A LUXURIOUS  
SATIN HANDS TREATMENT.

**WEDNESDAY,  
FEBRUARY 11<sup>TH</sup>**

**12:00 PM**

IN THE GREAT ROOM ~ SIGN UP IN THE LOUNGE

MARILYN SASSI PRESENTS:

HISTORY OF

**t o y s**

**MONDAY**

**FEBRUARY 9<sup>TH</sup>**

**11:30 AM**

IN THE MOVIE THEATER ~ SIGN UP IN THE LOUNGE

## SONGS BY HEART

JOIN US FOR SONGS BY HEART—A LIVELY  
PROGRAM WHERE MUSIC, MEMORIES,  
AND SMILES COME TOGETHER.

**TUESDAY,  
FEBRUARY 24<sup>TH</sup>**

**12:00 PM**

IN THE GREAT ROOM  
SIGN UP IN THE LOUNGE



## BOOK SWAP

In the Lounge

**FRIDAY,**

**FEBRUARY 20<sup>TH</sup>**

**12:00 PM - 3:00 PM**

Please bring gently used books down to the  
lounge to swap with fellow residents.

**SIGN UP IN THE LOUNGE**



## MARVIN BUBIE PRESENTS: ERIE CANAL SEALS

**FRIDAY  
FEBRUARY 6<sup>TH</sup>  
12:00 PM**



Join Marvin's informational  
presentation and gain some great knowledge about the  
Erie Canal, the ditch that changed America!

IN THE GREAT ROOM ~ SIGN UP IN THE LOUNGE



## "The Heart: An Owner's Manual"

**Tuesday, February 10<sup>th</sup>  
at 11:30 am**



PRN provides a presentation on healthy heart,  
activities, and benefits of exercise. Interactive bingo  
game & prizes included.

In the Great Room ~ Sign up in the Lounge

## Join for virtual classes Albany Guardian Society! Boost Your Brain:



**WEDNESDAY, FEBRUARY 4<sup>TH</sup> AT 10:00 AM**

Challenge your brain with games and exercises. You will be  
introduced to several websites and apps to help you improve  
your memory, concentration, and attention span. Small daily  
habits strengthen focus, improve memory, and help you think  
smarter every single day consistently.

In the FDR ~ Sign up in the Lounge



# Concierge Services

## MEAL OPTIONS

### CONTINENTAL BREAKFAST

Daily 8:30—10:15 AM

### LUNCH

Lunch outings available twice each month.

Please see calendar.

### SUPPER CLUB

You have the option of two hot meals each week. They come ready to eat, from local Chefs/eateries.

You can pick up your pre-paid meals at 4pm in the Great Room or consider dining in with others.



## Friday Grocery Shopping

**Every Friday**, the Halfmoon bus goes to 5 local grocery stores: Market 32, Hannaford, Trader Joe's, Aldi, and Walmart. We will leave at 9:00 am. The bus will pick you up at the main entrance and shopping lasts 1 hour. Please Sign-up in the Lounge.



**TRADER JOE'S**

**Walmart**

## Medical Appointments Every Tuesday and Thursday

Every Tuesday and Thursday, we provide transportation to scheduled, routine medical appointments within a 10-mile radius of our community. This service is available between the hours of 9 AM and 2 PM. Contact the office for more details and to reserve your appointment time.



**PRN**  
PT OT & SLP PLLC

Rehabilitation Services  
an affiliate of The Weston Healthcare Group

Located in the Practitioner's Suite on the 3rd Floor

**315-878-1327**



♥ Gift Certificates Available ♥

**Nails: Tina 518-698-4693**

**Nails: Darcy 518-605-7566**

**Esthetician: Jolene 210-857-5851**

**Hair: Sue 518-495-6054**

**Massage: Cathy 518-229-0741**



**CleanEatz**

## MEALS FOR PURCHASE

- Basic Chicken & Red Potatoes
- Crispy Asian Chicken
- Sweet & Sour Chicken
- Basic Steak Strips & Mash
- Teriyaki Beef
- Buffalo Chicken Mac & Cheese
- Chicken in Sweet Chili Sauce
- Pineapple Chicken Teriyaki
- Philly Beef Bowl
- Hot Honey Chicken Bowl
- Pesto Chicken Alfredo

**\$10  
MEAL**

**WHILE  
SUPPLIES  
LAST**

~PURCHASE IN THE OFFICE~

## Resident Informational Meetings

**Theater How-To/Movie Committee**

Tuesday February 3rd at 11:30 am

**Resident Meeting with Laura & Staff**

Monday, February 23rd at 11:30 am

**Resident Program Meeting**

Friday, February 27th at 12:00 pm

## On-Site Podiatrist

**Dr. Michael Masias, DPM**

Monday, February 9th at 9:00 am

Dr. Masias will be on site.

518-320-8659

