

S U M M I T A T SARATOGA

Monthly Newsletter

February 2026



THE Manager's Message

Dear Residents,

February is the month of **romance** and **love**. Join us to make Valentine's Day cards on the 6th with Barb and for our Valentine's Day celebration featuring our Chocolate Fountain and vocalist Alyson Davis on the 13th.

This month is also National Heart Awareness Month. It is National **Wear Red Day** on Friday, February 6th. Help drive awareness about the importance of fighting the No. 1 killer of women by wearing red. Wear red and join us at 1:30 pm in the Great Room for a group photo to show our support and stay for healthy hors d'oeuvres. In addition, come to the healthy talk on "Improving Your Heart Healthy Diet" on February 24th .

Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual Lenten sacrifices and fasting of the Lenten season. Mardis Gras fun this month includes delicious Paczki's at breakfast on February 17th. We are also celebrating the Chinese New Year with a Chinese lunch on the 17th.

Welcome New Resident: Mary Huber

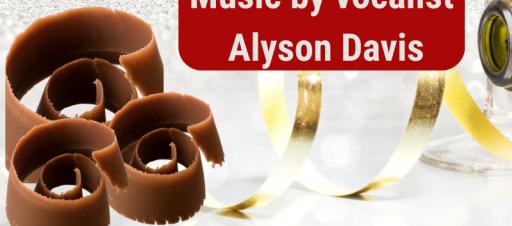
Sincerely,

Christy Durant

Christy Durant
Community Manager

St. Valentine's Day
Champagne Punch & Chocolate
Friday, February 13th
at 1:30 pm
in the Great Room

Music by vocalist
Alyson Davis



Ensemble Connect



Wednesday, February 11th
at 1:30 pm
in the Great Room

Ensemble Connect is a two-year fellowship program of the finest young professional classical musicians based out of Carnegie Hall. Join us for a special performance at the Summit as they celebrate their 19th year!

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

HAPPY BIRTHDAY!



Linda Bergh	2/05
Lee DeCoste	2/08
Carole O'Dwyer	2/15
Nikki Mastantuono	2/15
Sally Mooney	2/17
Barbara Hens	2/18
Dan Spillane	2/22
Olga Holowach	2/22
Betty Garcia	2/26
Laura Winicki	2/28

Let's celebrate together on Wednesday, February 25th at 3:00 pm in the Great Room!

Resident Information Meetings

Program Meeting with Kathie

Monday, February 9th at 11:30 am - Great Room

Resident Meeting with Christy

Monday, February 23rd at 1:00 pm - Great Room

Theater How-To/Movie Committee

Tuesday, February 24th at 11:00 am - Movie Theater

Intercom How-To

Tuesday, February 3rd at 10:00 am - Lobby

National Wear Red Day



Friday, February 6th

1:30 pm Group Photo

1:45 pm Heart Healthy Appetizers
in the Great Room

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. Help us spread awareness about the importance of fighting heart disease, the No. 1 killer of women.

EXCURSIONS

Brunch at:

Compadres



Wednesday, February 11th
at 11:00 am

Join us for brunch at Compadres. They offer a mix of Mexican & American cuisine.

Breakfast is served all day.

Please be in the lobby no later than 10:50 am.
The bus will leave the Summit at 11:00 am.

Minimum 8 Residents, Maximum 14

Lunch at:

Beer Wine Pizza



Wednesday, February 25th
at 12:00 pm

Hand-Tossed Pizza, Jumbo Wings,
Signature Burgers, Salads 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

Saratoga Dessert Bar & Mall Walk

Friday, February 27th
at 11:00 am

Take a walk and shop the Wilton Mall.
Try the new dessert bar in the food court. They offer desserts as well as soup, sandwiches and serve breakfast all day.

Please be in the lobby no later than 10:50 am.
The bus will leave the Summit at 11:00 am.

Minimum 8 Residents, Maximum 14

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Sunday



Monday

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

Tuesday

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

Wednesday

Cookie Booth



Thursday, February 19th
at 2:00pm in the Lobby
Cash & Checks accepted

Thursday

2026 Winter Olympics

February 6th - 22nd
Opening ceremonies
at 12:00pm
in the movie theater



Friday

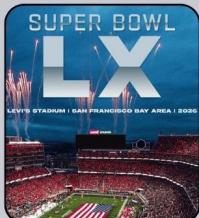


February 18
Imposition of Ashes
Time TBD

Saturday

SUPERBOWL LX

Sunday,
February 8
at 6:30pm
Movie
Theater



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

2 11:00am Knitting/Crocheting Group LIB
11:30am Men's League: Billiards Club BR
1:30pm Bible Devotional Group LIB
2:00pm Rummikub TAV
3:00pm Happy Hour GR
4:30pm Mah Jong TAV
Meal Forms Due

3 9:30am Podiatrist visits: Dr. Masias
10:00am Intercom How-To LOB
11:00am Shuffleboard TAV
1:30pm Bingo GR
3:30pm Pinochle MR
5:00/5:15pm Poker Night GR

4 12:30pm Hearts TAV
1:00pm Soup Cookoff GR
1:30pm Movie Matinee MOV
2:00pm Mexican Train TAV
4:00pm BYOB Wine Wednesday TAV
6:00pm Hand & Foot Card Game MR

5 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
1:00pm LCR Game TAV
1:30pm Stress Reduction Workshop GR
2:00pm Aerial America:
South Carolina MOV
5:00pm Cribbage TAV
5:00pm Potluck Dinner GR

6 10:00am Scrabble TAV
11:00am Valentine's Day Cards with Barb CR
12:00pm Winter Olympics Begin MOV
1:30pm Wear Red Group Photo & Social GR
2:00pm Shuffleboard TAV
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR
National Wear Red Day

7 10:00am Board Games TAV
11:30am Men's League: Billiards Club BR
1:00pm Cupid's 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

8 10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV
1:00pm Ken Burns Documentary MOV
6:30pm Superbowl LX MOV

9 10:00am Watercolor Workshop with Sue CR
11:00am Knitting/Crocheting Group LIB
11:30am Men's League: Billiards Club BR
1:30am 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

10 10:00am Flower Arranging TAV
11:00am Shuffleboard TAV
1:30pm Bingo GR
2:00pm Summit Book Club LIB
3:30pm Pinochle MR
4:15pm SSC Polish Platter TAV
5:00/5:15pm Poker Night GR

11 11:00am Brunch at Compadres
12:30pm Hearts TAV
1:30pm Movie Matinee MOV
1:30pm Ensemble Connect GR
2:00pm Mexican Train TAV
4:00pm BYOB Wine Wednesday TAV
6:00pm Hand & Foot Card Game MR

12 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
2:00pm Aerial America: New York MOV
2:30pm Trivia GR
4:15pm SSC Pot Pie TAV
5:00pm Cribbage TAV

13 10:00am Scrabble TAV
1:30pm St. Valentine's Day Party GR
1:30pm Vocalist Alyson Davis GR
2:00pm Shuffleboard TAV
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

14 10:00am Board Games TAV
11:30am Men's League: Billiards Club BR
1:00pm Pudding Parfait 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
Valentine's Day

15 10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV
1:00pm Ken Burns Documentary MOV

16
9:00am Potluck Breakfast GR
2:00pm Rummikub TAV
3:00pm Resident Led Happy Hour GR
4:30pm Mah Jong TAV
OFFICE CLOSED

17
8:30am Mardi Gras Paczkis GR
11:00am Shuffleboard TAV
12:00pm SSC Chinese Lunch TAV
1:30pm Bingo GR
2:45pm Saratoga Springs Public
Library Outreach LIB
3:30pm Pinochle MR
5:00/5:15pm Poker Night GR

18 12:30pm Hearts TAV
12:45pm Chocolate Tasting GR
1:30pm Movie Matinee:
3 Keys to Heart Health MOV
2:00pm Mexican Train TAV
4:00pm BYOB Wine Wednesday TAV
6:00pm Hand & Foot Card Game MR
Ash Wednesday

19 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
1:00pm Driver Safety for the
Mature Driver GR
1:00pm LCR Game TAV
2:00pm Aerial America: Trailblazers MOV
4:00pm Dickinsons Pre-Orders GR
5:00pm Cribbage TAV
5:15pm Three Vines Bistro TAV

20 10:00am Scrabble TAV
1:00pm Fitness at the Summit
with Barbara Howansky GR
2:00pm Shuffleboard TAV
2:00pm Dessert Trifle GR
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

21 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

22 10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV
1:00pm Ken Burns Documentary MOV
8:00pm Winter Olympics
Closing Ceremonies MOV

23 11:00am Knitting/Crocheting Group LIB
11:30am Men's League: Billiards Club BR
12:30pm Easy Peasy Cooking
Sausage & Rice TAV
1:00pm Resident Meeting with Christy GR
1:30pm Bible Devotional Group LIB
2:00pm Rummikub TAV
3:00pm Happy Hour GR
4:30pm Mah Jong TAV

24 11:00am Shuffleboard TAV
11:00am Theater How- To MOV
11:30am PRN The Heart:
An Owner's Manual GR
1:30pm Bingo GR
3:30pm Pinochle MR
4:15pm SSC Baked Haddock TAV
5:00/5:15pm Poker Night GR

25 12:00pm Lunch at BWP
12:30pm Hearts TAV
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

26 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
2:00pm Aerial America: Yellowstone MOV
2:30pm Trivia GR
4:15pm SSC Hawaiian Chicken TAV
5:00pm Cribbage TAV

27 10:00am Scrabble TAV
11:00am Saratoga Dessert Bar & Mall
2:00pm Shuffleboard TAV
2:30pm Folksinger Mark Mason GR
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

28 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

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
9:30am 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
11:15am Yoga/Balance FS

Office Hours:

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

Community Activities



Soup Cook-Off

February 4th at 1:00 pm
in the Great Room

SIGN UP IN THE GREAT
ROOM IF YOU WOULD
LIKE TO MAKE SOUP
FOR THE EVENT!!

Join fellow residents for a
soup cook-off celebrating
home-cooked favorites,
creativity, and community.

MARDI GRAS

Join us for Paczkis
Tuesday, February 17th
in the Great Room
at 8:30 am



Chocolate Tasting



Wednesday, February 18th
at 12:45 pm in the
Great Room

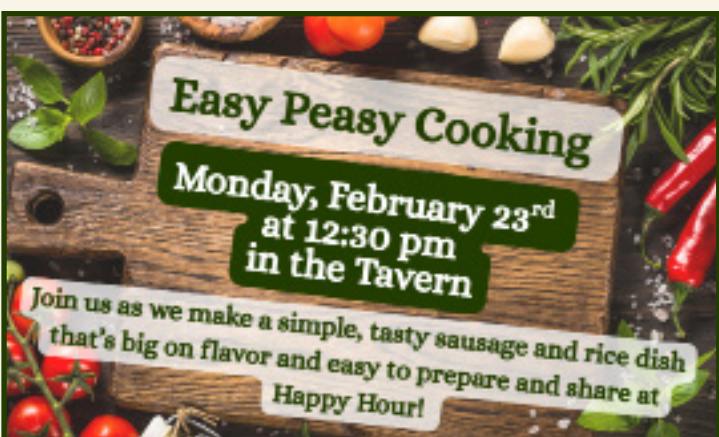
Enjoy a guided chocolate tasting that
invites you to sample a variety of
chocolates while learning about their
flavors, textures, and origins.



TEAM TRIVIA

WITH DJ MARK HERSH
Thursdays, February 12th & 26th
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!!



MARK MASON

Folksinger & Guitarist

Friday, February 27th
at 2:30 pm
in the Great Room



Community Activities



Dr. Lori Mosca's
3 KEYS to HEART HEALTH
Streamed on PBS Living

Wednesday, February 18th
at 1:30 pm
in the Movie Theater

Many of us know that good eating habits, exercise and stress reduction are important to improving health, but the biggest challenge is how to get started and stay on track. Dr. Lori Mosca, a leading preventive cardiologist, will show the three keys that will help you prevent heart disease, the number one killer of women.



The Heart: An Owner's Manual

Tuesday, February 24th
at 11:30 am

PRN provides a presentation on a healthy heart, activities and benefits of exercise.



Driver Safety for the Mature Driver

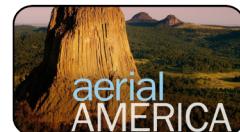
Thursday, February 19th
at 1:00 pm
in the Great Room

Smart tips for staying safe, confident, and independent on the road. Helpful insights to support safe, comfortable driving at every stage.

Fitness at the Summit presented by Barbara Howansky

Friday, February 20th
at 1:00 pm
in the Great Room

Join us to explore the fitness classes offered at the Summit and discover how they can enhance your health and well-being!



Thursdays in the Movie Theater at 2:00 pm

Helicopter flights above the USA give breathtaking views of the nation's historic landmarks and natural wonders all presented in stunning HD aerial cinematography while narration provides background information and historical context.

2/5 SOUTH CAROLINA: Enjoy the journey that showcases American history, pristine beaches, colorful cities and wild spaces.

2/12 NEW YORK: Hear the stories of New York's expansive natural wonders, the city that never sleeps and its infamous residents.

2/19 TRAILBLAZERS: America has seen over two centuries of trailblazers who have altered our culture, our landscapes and our lives. Enjoy this coast-to-coast tour where these leaders made history.

2/26 YELLOWSTONE: Soar above Yellowstone while you learn about why it became the world's first National Park in 1872.

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, February 3rd at 9:30am

To make your appointment, sign up in the Great Room. He will visit you in your apartment.



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.

