

SUMMIT AT SARATOGA

Monthly Newsletter

March 2026



THE Manager's Message

Dear Residents,

Happy Spring! As the saying goes, March comes, “in like a lion, out like a lamb.” We have certainly had our share of a “roaring” winter, so let us hope for early sun and warm, balmy weather. However, no matter what the weather brings, we have another fun-filled month upon us.

In celebration of St. Patrick's Day this month, we will feature Irish Step Dancers, Irish Coffees, Guinness Tasting, Crème De Menthe Parfaits, Shamrock Pies and a St. Patty's Day happy hour with a mashed potato bar... we all have a little bit of Irish in us!

Vintage Visitors Presenters will be presenting Eleanor: First Lady of the World on the 13th and John Dennehey will be back to present Wicked Blooms & Protective Petals on the 2nd.

We start voting on March 13th for Saratoga Today's “Best 55+ Living Residence” contest. Vote daily to help us win for the 6th year in a row!! Wear your purple shirt on Fridays in March.

Welcome Mary Huber!

Enjoy this fun March at the Summit!

Warm regards,



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

Ken Erlenbusch

Justin Carr

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



VOTE IN

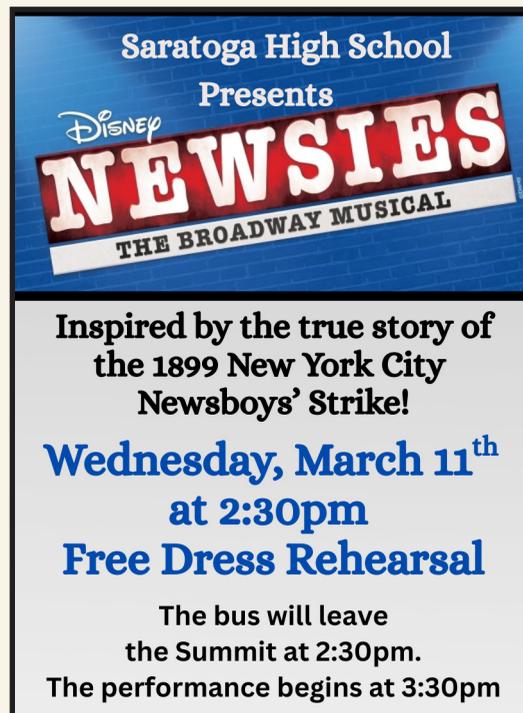
2026
**SARATOGA
TODAY'S
BEST OF 55+
Living Residence**

go
vote

Saratoga's Best
LIVE YOUR BEST LIFE!

**Voting begins
March 13th!**

Easy Voting links will be sent out with
the daily sheets.
Wear your purple Summit shirts on
Fridays!



Saratoga High School
Presents
**DISNEY
NEWSIES**
THE BROADWAY MUSICAL

Inspired by the true story of
the 1899 New York City
Newsboys' Strike!

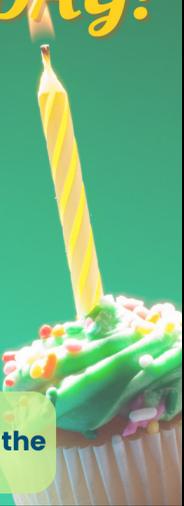
**Wednesday, March 11th
at 2:30pm**
Free Dress Rehearsal

The bus will leave
the Summit at 2:30pm.
The performance begins at 3:30pm

Community Excursions & Programs

HAPPY BIRTHDAY!

Judy Cartwright	3/01
Pat Hackett	3/02
Wilma Rizzi	3/03
Babs Hankison	3/05
Woody Strobeck	3/05
Fran Scott	3/16
Jo Ann Clements	3/27
Elaine DeCoste	3/28
Carole Nielsen	3/29



Let's celebrate together on
Wednesday, March 18th at 3:00 pm in the
Great Room!

Resident Information Meetings

Program Meeting with Kathie

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

Resident Meeting with Christy

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

Theater How-To/Movie Committee

Tuesday, March 10th at 11:00 am - Movie Theater

Intercom How-To

Tuesday, March 24th at 10:00 am - Lobby

St. Patrick's Day Party

Monday, March 16th
at 3:00 pm
in the Great Room

Mashed Potato Bar & Green Beer
will be served!

EXCURSIONS

Lunch at:

Haru *Haru*

**Wednesday, March 4th
at 12:00 pm**

We are a fine dining establishment
specializing in traditional Japanese cuisine

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

Brunch at:

**The Ugly
Rooster Cafe**



**Friday, March 20th
at 11:00 am**

Have breakfast or lunch, your choice!
Delicious comfort food at a great price!

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

Minimum 14 Residents, Maximum 14

**Saratoga Springs High School
presents the musical
Newsies**

**Wednesday, March 11th
at 2:30 pm**

Come enjoy this high energy musical
inspired by the true story of the 1899
Newsboys' Strike.

Please be in the lobby no later than 2:20 pm.
The bus will leave the Summit at 2:30 pm.

Minimum 8 Residents, Maximum 14

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>10:00am Buddy Swim P</p> <p>11:00am Corn Hole FS</p> <p>1:00pm Mexican Train TAV</p> <p>1:00pm Ken Burns Documentary MOV</p>	<p>2</p> <p>11:00am Knitting/Crocheting Group LIB</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm TV Series: The Lincoln Lawyer MOV</p> <p>1:00pm Wicked Blooms and Protective Petals GR</p> <p>1:30pm Bible Devotional Group LIB</p> <p>2:00pm Rummikub TAV</p> <p>3:00pm Happy Hour GR</p> <p>4:30pm Mah Jong TAV</p> <p>PURIM BEGINS AT SUNDOWN</p>	<p>3</p> <p>9:30am Podiatrist Visit: Dr. Masias</p> <p>11:00am Shuffleboard TAV</p> <p>12:00pm Hamantaschen & Tea GR</p> <p>1:30pm Bingo GR</p> <p>3:30pm Pinochle MR</p> <p>5:00/5:15pm Poker Night GR</p> <p>MEAL FORMS DUE</p>	<p>4</p> <p>12:00pm Lunch at Haru</p> <p>1:30pm Movie Matinee MOV</p> <p>2:00pm Mexican Train TAV</p> <p>4:00pm BYOB Wine Wednesday TAV</p> <p>6:00pm Hand & Foot Card Game MR</p>	<p>5</p> <p>8:30am French Toast Stick Breakfast GR</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Shopping Shuttle</p> <p>1:00pm LCR Game TAV</p> <p>5:00pm Cribbage TAV</p> <p>5:00pm Potluck Dinner GR</p>	<p>6</p> <p>10:00am Watercolor with Sue CR</p> <p>10:00am Scrabble TAV</p> <p>1:30pm Creme de Menthe Parfaits GR</p> <p>2:00pm Shuffleboard TAV</p> <p>3:00pm Ladies Billiards BR</p> <p>4:00pm BYOB Tavern Time TAV</p> <p>5:00/5:15pm Poker Night GR</p> <p>WEAR PURPLE</p>	<p>7</p> <p>10:00am Board Games TAV</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Irish Coffee GR</p> <p>1:00pm Hearts TAV</p> <p>1:30pm Ladies Billiards BR</p> <p>1:30pm Movie Matinee MOV</p> <p>2:00pm Wild Acres Irish Step Dancers GR</p> <p>6:00pm Worship & Music with Street Level Chapel GR</p> <p>6:00pm Hand & Foot Card Game MR</p>	
<p>8</p> <p>10:00am Buddy Swim P</p> <p>11:00am Corn Hole FS</p> <p>1:00pm Mexican Train TAV</p> <p>1:00pm Ken Burns Documentary MOV</p> <p> DAYLIGHT SAVINGS TIME BEGINS</p>	<p>9</p> <p>11:00am Knitting/Crocheting Group LIB</p> <p>11:30am Men's League: Billiards Club BR</p> <p>11:30am Program Meeting with Kathie GR</p> <p>1:00pm TV Series: The Lincoln Lawyer MOV</p> <p>1:30pm Bible Devotional Group LIB</p> <p>2:00pm Rummikub TAV</p> <p>3:00pm Happy Hour GR</p> <p>4:30pm Mah Jong TAV</p>	<p>10</p> <p>11:00am Shuffleboard TAV</p> <p>11:00am Theater How-To MOV</p> <p>1:30pm Bingo GR</p> <p>2:00pm Summit Book Club LIB</p> <p>3:30pm Pinochle MR</p> <p>4:15pm SSC Italian Platter TAV</p> <p>5:00/5:15pm Poker Night GR</p>	<p>11</p> <p>12:00pm Park Lane Jewelry TAV</p> <p>1:30pm Movie Matinee MOV</p> <p>2:00pm Mexican Train TAV</p> <p>2:30pm SSHS Presents the musical NEWSIES</p> <p>4:00pm BYOB Wine Wednesday TAV</p> <p>6:00pm Hand & Foot Card Game MR</p>	<p>12</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Shopping Shuttle</p> <p>2:30pm Trivia GR</p> <p>4:15pm SSC Pork Tenderloin TAV</p> <p>5:00pm Cribbage TAV</p>	<p>13</p> <p>10:00am Scrabble TAV</p> <p>1:00pm Vintage Visitors Presents: Eleanor: First Lady of the World GR</p> <p>2:00pm Shuffleboard TAV</p> <p>3:00pm Ladies Billiards BR</p> <p>4:00pm BYOB Tavern Time TAV</p> <p>5:00/5:15pm Poker Night GR</p> <p>WEAR PURPLE</p>	<p>14</p> <p>10:00am Board Games TAV</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Pudding Parfait GR</p> <p>1:00pm Hearts TAV</p> <p>1:30pm Ladies Billiards BR</p> <p>1:30pm Movie Matinee MOV</p> <p>6:00pm Worship & Music with Street Level Chapel GR</p> <p>6:00pm Hand & Foot Card Game MR</p>	
<p>15</p> <p>10:00am Buddy Swim P</p> <p>11:00am Corn Hole FS</p> <p>1:00pm Mexican Train TA</p>	<p>16</p> <p>11:00am Knitting/Crocheting Group LIB</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm TV Series: The Lincoln Lawyer MOV</p> <p>1:30pm Bible Devotional Group LIB</p> <p>2:00pm Rummikub TAV</p> <p>3:00pm St. Patrick's Day Party Mashed Potato Bar GR</p> <p>4:30pm Mah Jong TAV</p>	<p>17</p> <p>11:00am Shuffleboard TAV</p> <p>1:30pm Bingo GR</p> <p>2:45pm Saratoga Springs Public Library Outreach LIB</p> <p>3:15pm Guinness Tasting GR</p> <p>3:30pm Pinochle MR</p> <p>4:15pm SSC Corned Beef TAV</p> <p>5:00/5:15pm Poker Night GR</p> <p></p>	<p>18</p> <p>1:30pm Movie Matinee MOV</p> <p>2:00pm Mexican Train TAV</p> <p>3:00pm Monthly Birthday Party GR</p> <p>4:00pm BYOB Wine Wednesday TAV</p> <p>6:00pm Hand & Foot Card Game MR</p>	<p>19</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Shopping Shuttle</p> <p>1:00pm Social Media Scams GR</p> <p>1:00pm LCR Game TAV</p> <p>4:15pm SSC Chili con Carne TAV</p> <p>5:00pm Cribbage TAV</p>	<p>20</p> <p>10:00am Scrabble TAV</p> <p>11:00am Brunch at the Ugly Rooster Cafe</p> <p>2:00pm Shuffleboard TAV</p> <p>3:00pm Ladies Billiards BR</p> <p>4:00pm BYOB Tavern Time TAV</p> <p>5:00/5:15pm Poker Night GR</p> <p>WEAR PURPLE</p>	<p>21</p> <p>10:00am Board Games TAV</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Root Beer Floats GR</p> <p>1:00pm Hearts TAV</p> <p>1:30pm Ladies Billiard's BR</p> <p>1:30pm Movie Matinee MOV</p> <p>6:00pm Worship & Music with Street Level Chapel GR</p> <p>6:00pm Hand & Foot Card Game MR</p>	
<p>22</p> <p>10:00am Buddy Swim P</p> <p>11:00am Corn Hole FS</p> <p>1:00pm Mexican Train TAV</p> <p>1:00pm Ken Burns Documentary MOV</p>	<p>23</p> <p>11:00am Knitting/Crocheting Group LIB</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm TV Series: The Lincoln Lawyer MOV</p> <p>1:00pm Program Meeting with Christy GR</p> <p>1:30pm Bible Devotional Group LIB</p> <p>2:00pm Rummikub TAV</p> <p>3:00pm Happy Hour GR</p> <p>4:30pm Mah Jong TAV</p>	<p>24</p> <p>10:00am Intercom How-To LOB</p> <p>11:00am Shuffleboard TAV</p> <p>1:30pm Bingo GR</p> <p>3:30pm Pinochle MR</p> <p>4:15pm SSC Meatloaf TAV</p> <p>5:00/5:15pm Poker Night GR</p>	<p>25</p> <p>1:30pm Movie Matinee MOV</p> <p>2:00pm Mexican Train TAV</p> <p>2:30pm Music by Russ Kennedy GR</p> <p>4:00pm BYOB Wine Wednesday TAV</p> <p>6:00pm Hand & Foot Card Game MR</p>	<p>26</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Shopping Shuttle</p> <p>2:30pm Trivia GR</p> <p>4:15pm SSC Caesar Chicken with Fettucine Alfredo TAV</p> <p>5:00pm Cribbage TAV</p>	<p>27</p> <p>10:00am Scrabble TAV</p> <p>1:30pm Easy Peasy Shamrock Pie TAV</p> <p>2:00pm Shuffleboard TAV</p> <p>3:00pm Ladies Billiards BR</p> <p>4:00pm BYOB Tavern Time TAV</p> <p>5:00/5:15pm Poker Night GR</p> <p>WEAR PURPLE</p>	<p>28</p> <p>10:00am Board Games TAV</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm Shamrock Pie GR</p> <p>1:00pm Hearts TAV</p> <p>1:30pm Ladies Billiard's BR</p> <p>1:30pm Movie Matinee MOV</p> <p>6:00pm Worship & Music with Street Level Chapel GR</p> <p>6:00pm Hand & Foot Card Game MR</p>	
<p>29</p> <p>10:00am Buddy Swim P</p> <p>11:00am Corn Hole FS</p> <p>1:00pm Mexican Train TAV</p> <p>1:00pm Ken Burns Documentary MOV</p>	<p>30</p> <p>11:00am Knitting/Crocheting Group LIB</p> <p>11:30am Men's League: Billiards Club BR</p> <p>1:00pm TV Series: The Lincoln Lawyer MOV</p> <p>1:30pm Bible Devotional Group LIB</p> <p>2:00pm Rummikub TAV</p> <p>3:00pm Happy Hour GR</p> <p>4:30pm Mah Jong TAV</p>	<p>31</p> <p>11:00am Shuffleboard TAV</p> <p>11:30am PRN: Stay Steady, Stay Safe GR</p> <p>1:30pm Bingo GR</p> <p>3:30pm Pinochle MR</p> <p>4:15pm SSC Chicken Fried Steak TAV</p> <p>5:00/5:15pm Poker Night GR</p>	<p>BP-Back Patio BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby</p>		<p>TAV-Tavern MOV-Movie Theater MR-Music Room (3rd Floor) P-Pool PC - Pickleball Courts PS-Practitioners Suite PAV- Pavilion</p>		<p> Summit Book Club Tuesday, March 11th at 2:00 pm in the Library</p>

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

March

Office Hours:

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

Community Activities

Happy Purim!

The festival of Purim lasts from sundown on Monday, March 2nd to Tuesday, March 3rd.

Join us for:

Hamantaschen & Tea

Tuesday, March 3rd at 12:00 pm
in the Great Room

Watercolor Workshop with Sue

Friday, March 6th
at 10:00am
in the Craft Room

Budding artists welcome!
Sign up in the Great Room, as spots are limited.

Wild Irish Acres Dancers

Saturday, March 7th
at 2:00 pm
in the Great Room

Feel the rhythm and join the celebration with a spirited Irish step dancing performance full of energy, color, and Celtic charm.

TEAM TRIVIA

WITH DJ MARK HERSH

Thursdays, March 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!!

St. Patrick's Day Festivities

In the Great Room

Creme de Menthe Parfaits
Friday, March 6th at 1:30pm

Wild Acres Irish Step Dancers
Saturday, March 7th at 2:00pm

St. Patty's Day Party &
Mashed Potato Bar
Monday, March 16th at 3:00pm

Guinness Tasting
March 17th at 3:15pm

Easy Peasy Shamrock Pie
Friday, March 27th at 1:30pm

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!

Easy Peasy Cooking Shamrock Pie

Friday, March 27th
at 1:30 pm
in the Tavern

Join us as we make a simple, Shamrock pie
dessert to share on Saturday, March 28th at
1:00pm in the Great Room!

Community Activities

Wicked Blooms & Protective Petals

Monday, March 2nd at 1:00 pm
in the Great Room

Join John Dennehey as he shares how flowers have shaped stories, superstitions, and protections.



Vintage Visitors Presents

Eleanor: First Lady of the World



Friday, March 13th
at 1:00 pm
in the Great Room

Join historic interpreter Phyllis Chapman as she brings Eleanor Roosevelt to life through Vintage Visitors. In first-person storytelling and period costume, experience Eleanor's journey from a shy child to a global champion of peace and human rights.



Russ Kennedy

Singer & Guitarist

Playing songs you forgot you loved!

Wednesday, March 25th at 2:30 pm
in the Great Room



home instead. Social Media Scams

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

Don't get scammed. Learn how to spot today's most common social media scams and protect yourself, your money, and your identity.

PRN Presents: Stay Steady, Stay Safe

Tuesday, March 31st at 11:30 am
in the Great Room

PRN is providing a fun and informative event focused on practical tips, exercises and home modifications to help residents reduce fall risk and stay independent. Free balance screenings at the conclusion of the presentation.
See sign up binder for times.



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, March 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 Outreach

Tuesday, March 17th

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

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.**

