

# SUMMIT AT SARATOGA

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Monthly Newsletter

April 2026



# THE Manager's Message

Dear Residents,

**April** is the first full month of Spring. Rainy and wet one day, the next day full of a warm promise of green growth to come.

April is Volunteer Appreciation Month- the Summit would like to thank our residents for all they do for us as well as our volunteers from the outside community, Val Raccuia, Don Moldovan, Dorie Polacko and the Street Level Chapel! All of our residents and volunteers make the Summit the best! Join us in thanking them at our Ice Cream Sundae Bar on Friday, April 24th.

April 22nd is Earth Day - save a tree and bring your own mug! Storage space is available in the Great Room under the breakfast bar. The Jack Kelle Duo will be back to perform at our Luau on the 30th! Join us for some tunes on the steel drum, dancing and Pina Coladas!

## Welcome New Residents

Jo Mo Moriarta, Jocelyn Hannahs and Jim & Marie Michaels!

Looking forward to seeing you at our Spring events!

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

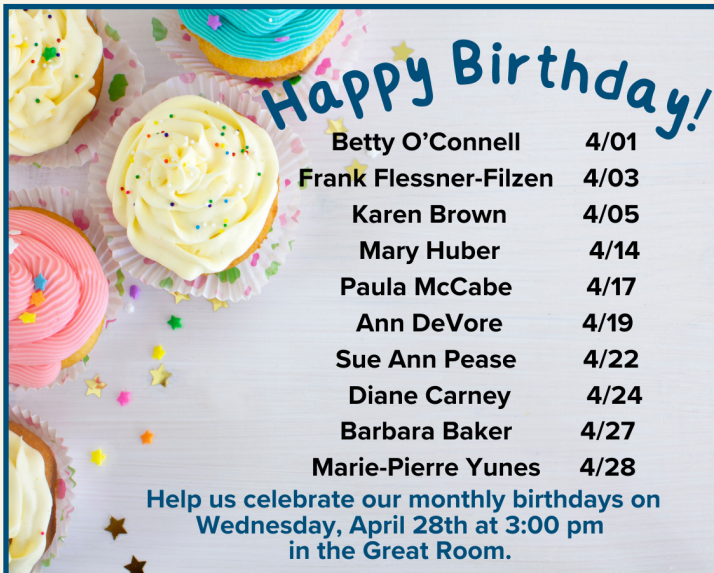
### Transportation

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

# Community Excursions & Programs



**Happy Birthday!**

Betty O'Connell	4/01
Frank Flessner-Filzen	4/03
Karen Brown	4/05
Mary Huber	4/14
Paula McCabe	4/17
Ann DeVore	4/19
Sue Ann Pease	4/22
Diane Carney	4/24
Barbara Baker	4/27
Marie-Pierre Yunes	4/28

Help us celebrate our monthly birthdays on Wednesday, April 28th at 3:00 pm in the Great Room.

## Resident Information Meetings

**Program Meeting with Kathie**  
Monday, April 13<sup>th</sup> at 11:30 am - Great Room

**Resident Meeting with Christy**  
Monday, April 27<sup>th</sup> at 1:00 pm - Great Room

**Theater How-To/Movie Committee**  
Tuesday, April 7<sup>th</sup> at 11:00 am - Movie Theater

**Intercom How-To**  
Tuesday, April 21<sup>st</sup> at 10:00 am - Lobby

## Volunteer Appreciation ICE CREAM SUNDAE BAR

**Friday, April 24<sup>th</sup> at 2:00 pm  
in the Great Room**

Let's enjoy some ice cream to thank the volunteers who help make the Summit such a special place to live!



## EXCURSIONS

### Lunch at Seasoned




**Tuesday, April 14<sup>th</sup>  
at 11:15 am**

SUNY Adirondack Culinary Arts and Culinary and Baking Arts students gain hands-on experience in Seasoned, a student-run restaurant in bustling downtown Glens Falls.

The bus will leave the Summit at 11:15am.  
14 Residents Minimum

### Lunch at The Ripe Tomato



**Wednesday, April 22<sup>nd</sup>  
at 12:00 pm**

Simple, hearty Italian and American fare prepared to order using fresh, local ingredients.

The bus will leave the Summit at 12:00 pm  
14 Residents Minimum

## Summit Senior Living

### MAH JONGG AFTERNOON at the Summit at Glenwyck

Coming May 20<sup>th</sup>

More details to follow!

Please sign up in the Great Room by April 10<sup>th</sup>

We are hoping for 4-8 players from each community.



S M T W TH F S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Summit Book Club</b> Tuesday, April 14 <sup>th</sup> at 2:00 pm in the Library 	<b>Voting Ends April 9<sup>th</sup></b> 	<b>1</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm PRN OT Awareness GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	<b>2</b> 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Game TAV 5:00pm Cribbage TAV 5:00pm Potluck Dinner GR <b>MEAL FORMS DUE</b> PASSOVER, BEGINS AT SUNDOWN	<b>3</b> 10:00am Watercolor with Sue CR 10:00am Scrabble TAV 1:00pm Fitness at the Summit with Barbara Howansky GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR <b>GOOD FRIDAY</b> WEAR PURPLE	<b>4</b> 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Flavored Coffees GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Matinee MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
<b>5</b> 8:30am Hot Cross Buns GR 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV <b>EASTER</b>	<b>6</b> 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm TV Series: The Lincoln Lawyer MOV 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV	<b>7</b> 9:30am Podiatrist Visits: Dr. Masias 10:00am Flower Arranging TAV 11:00am Shuffleboard TAV 11:00am Theater How-To MOV 1:30pm Bingo GR 1:30pm Tech Hour with Don 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR	<b>8</b> 1:00pm Living Well/Leaving Well GR 1:30pm Movie Matinee MOV 2:00pm Popcorn Tasting GR 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	<b>9</b> 8:30am Donut Bar GR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Trivia GR 4:15pm SSC Pizza & Salad TAV 5:00pm Cribbage TAV	<b>10</b> 10:00am Scrabble TAV 1:00pm Mary Kay Skin Hands GR 2:00pm Shuffleboard TAV 2:00pm Sherbet Coolers GR 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR <b>WEAR PURPLE</b>	<b>11</b> 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Root Beer Floats GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Matinee MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
<b>12</b> 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:00pm Ken Burns Documentary MOV	<b>13</b> 11:00am Knitting/Crocheting Group LIB 11:30am Program Meeting with Kathie GR 11:30am Men's League: Billiards Club BR 1:00pm TV Series: The Lincoln Lawyer MOV 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV	<b>14</b> 11:00am Shuffleboard TAV 11:15am Lunch at Seasoned 1:30pm Bingo GR 1:30pm Tech Hour with Don 2:00pm Summit Book Club LIB 3:30pm Pinochle MR 4:15pm SSC Sliced Roast Pork TAV 5:00/5:15pm Poker Night GR	<b>15</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Staying Safe at Home GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	<b>16</b> 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm BIG LCR Game TAV 2:00pm Vocalist Alyssa Yeager GR 4:15pm Chicken & Rice TAV 5:00pm Cribbage TAV	<b>17</b> 10:00am Scrabble TAV 1:30pm Stress Management GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	<b>18</b> 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Bring a Sweet Treat Social GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Matinee MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
<b>19</b> 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:00pm Ken Burns Documentary MOV	<b>20</b> 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 12:00pm Easy Peasy Cooking TAV 1:00pm TV Series: The Lincoln Lawyer MOV 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jong TAV	<b>21</b> 10:00am Intercorn How-To LOB 11:00am Shuffleboard TAV 1:30pm Bingo GR 1:30pm Tech Hour with Don 2:45pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 4:15pm SSC Baked Salmon TAV 5:00/5:15pm Poker Night GR	<b>22</b> 12:00pm Lunch at the Ripe Tomato 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:30pm Pianist Cole Brodeick GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR 	<b>23</b> 10:00am Flower Arranging TAV 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Trivia GR 4:15pm SSC Sunny Wok Combination Plate with Egg Roll TAV 5:00pm Cribbage TAV	<b>24</b> 10:00am Scrabble TAV 2:00pm Shuffleboard TAV 2:00pm Volunteer Appreciation Ice Cream Sundae Bar GR 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	<b>25</b> 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Cranberry Orange Asperol Spitz GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Matinee MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
<b>26</b> 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV 1:00pm Ken Burns Documentary MOV	<b>27</b> 11:00am Knitting/Crocheting Group LIB 11:30am Men's League: Billiards Club BR 1:00pm TV Series: The Lincoln Lawyer MOV 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	<b>28</b> 11:00am Shuffleboard TAV 12:00pm SSC Soup and Sub GR 1:30pm Bingo GR 1:30pm Tech Hour with Don 3:00pm Monthly Birthday Party GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR	<b>29</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Bingo Trivia GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	<b>30</b> 11:30am Men's League: Billiards Club BR 12:30pm Shopping Shuttle 2:00pm Hawaiian Luau with Jack Kelle GR 4:15pm SSC Swedish Meatballs TAV 5:00pm Cribbage TAV	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



**Every Monday**  
 8:00/8:30am Hydro Rider P  
 9:30am Water Aerobics P  
 10:00am Tai Chi III: Int. Group 1 LIB  
 10:30am Strength Training FS  
 10:30am Tai Chi III: Int. 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**  
 10:00am Tai Chi III: Int. Group 1 FS  
 10:30am Tai Chi III: Int. Group 2 FS  
 1:00pm Buddy Swim P

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

# Community Activities




**Now showing  
Mondays at  
1:00 pm  
in the  
Movie Theater**

**TEAM TRIVIA**  
with DJ Mark Hersh

**Thursdays,  
April 9<sup>th</sup> & 23<sup>rd</sup>  
at 2:30 pm  
in the Great Room**

Get ready to test your knowledge and have some fun!



**APRIL MUSIC ENTERTAINMENT**

**VOCALIST  
ALYSSA YEAGER**

**APRIL 16<sup>TH</sup>  
AT 2:00 PM**



**PIANIST  
COLE BRODERICK**

**APRIL 22<sup>ND</sup>  
AT 3:30 PM**



**Mary Kay Satin Hands  
with Lynn Neal**

**FRIDAY, APRIL 10<sup>TH</sup>  
AT 1:00 PM**

**IN THE GREAT ROOM**

Come receive a luxurious satin hands treatment.  
MARY KAY



**Spring Door Decorating Contest**

Take a stroll on all three floors and pick your favorite apartment door entrance way. Pick up a ballot in the Great Room and place it in the basket on the conversation table.

The winner will be announced on Monday, April 27<sup>th</sup>



**Easy Peasy Cooking**

**Monday, April 20<sup>th</sup>  
at 12:00 pm  
in the Tavern**

Let's get together to make a hot spinach & artichoke dip to serve and eat at Happy Hour!

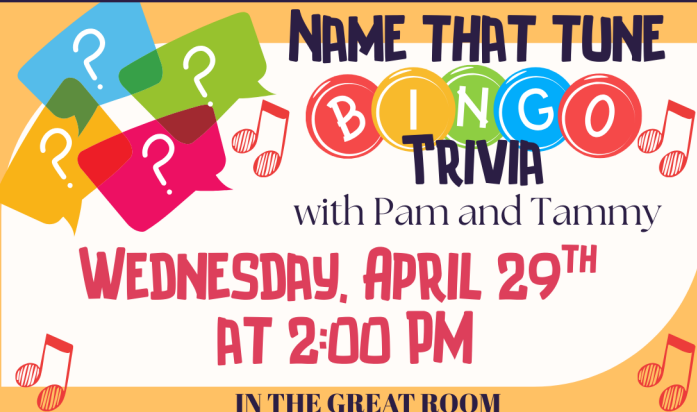


**NAME THAT TUNE  
BINGO  
TRIVIA**

with Pam and Tammy

**WEDNESDAY, APRIL 29<sup>TH</sup>  
AT 2:00 PM**

**IN THE GREAT ROOM**



# Community Activities

## PRN Presents: OT Awareness Month

**Wednesday, April 1<sup>st</sup> at 2:00 pm  
in the Great Room**

Come learn the benefits of occupational therapy!  
Learn how occupational therapy is essential to  
helping adults age in place during this interactive  
presentation!



## Fitness at the Summit presented by Barbara Howansky

**Friday, April 3<sup>rd</sup>  
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!



## Living Well, Leaving Well Wednesday, April 8<sup>th</sup> at 1:00 pm in the Great Room

Rita Fatula, DNP, RN (retired)  
has a Doctorate in Nursing;

Twenty years experience providing end-of-life care.

Join us for an open and informative discussion.

Topics will include (but are not limited to):

- Advance Directives
- Quality of Life
- How to talk about difficult subjects with family.

You're encouraged to bring your own questions and can  
submit them anonymously

## Staying Safe and Independent at Home with Sandra Kahlon

**Wednesday, April 15<sup>th</sup> at 2:00 pm  
in the Great Room**

Learn practical, easy-to-implement  
tips and modifications to help make  
your home safer, prevent falls and  
give you added piece of mind.



**HOME INSTEAD  
PRESENTS:  
STRESS  
MANAGEMENT  
FRIDAY, APRIL 17<sup>TH</sup>  
AT 1:30 PM  
IN THE GREAT ROOM**

APRIL 22, 2026

**EARTH  
DAY**

**"PRESERVE TODAY, THRIVE  
TOMORROW: EARTH DAY EVERY DAY"  
BRING YOUR OWN COFFEE MUG.  
SAVE SOME TREES!**



# 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, April 7th 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, April 21st

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.**

