

SUMMIT AT SARATOGA

Monthly Newsletter

August 2026



THE Manager's Message

Dear Residents,

Saratoga Springs, the August place to be! Health and horses are the foundation of Saratoga's rise to fame, but so are history, culture and attractions. These things are abundant in our popular city, from the Saratoga Racetrack to its age-old mineral baths, Victorian culture and more. Saratoga's springs are among the few naturally carbonated waters in the nation. We are fortunate to reside in such a culturally rich area.

Join us for the Racetrack's Signature Cocktail, a "Saratoga Sunrise" on Saturday, August 8th. The Saratoga Sunrise is a popular summer cocktail associated with Saratoga Springs, New York, particularly enjoyed at Saratoga Race Course during the racing season. It's a flavorful twist on a classic screwdriver, known for its layered appearance that mimics a sunrise.

Ballston Spa Historian Rick Reynolds will be here on August 12th to deliver a presentation on America 250 and our fight for independence. Interested in welcoming new residents at Summit? Attend our informational meeting on becoming a Summit Ambassador on August 21st.

Welcome New Resident:
Alexandra Stephani Apt 228

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



Welcome New Residents

**Friday, August 7th
at 11:30 am
in the Great Room**

Join us as we welcome our
new residents to our
community!

Community Excursions & Programs

Sue Jennings	8/02
Ronni Rosenberg	8/05
Rita Ferari	8/05
Barbara Putnam	8/06
Ed Powers	8/06
Jane Lindberg	8/11
Barbara Humiston	8/13
Michelle Nierotka	8/17
Cordelia Sher	8/18
Wanda Reidy	8/23
Margi Christensen	8/25
Frances Blauvelt	8/30
Connie Sloan	8/30



HAPPY Birthday

Join us as we celebrate our monthly birthdays on **Wednesday, August 26th** at 3:00 pm in the Great Room.

Resident Information Meetings

Fireplace and Grill How-To

Thursday, August 6th & 27th at 10:00 am - Back Patio

Theater How-To/Movie Committee

Tuesday, August 11th & 18th at 10:00 am - Movie Theater

Intercom How-To

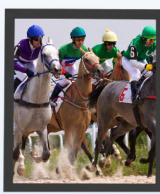
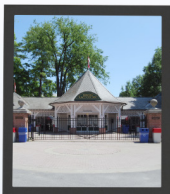
Tuesday, August 4th & 25th at 10:00 am - Lobby

Program Meeting with Kathie

Monday, August 17th at 11:30 am - Great Room

Resident Meeting with Christy

Monday, August 24th at 1:00 pm - Great Room



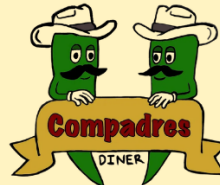
Spend the afternoon at the Races!

**Wednesday, August 26th
at 11:45 am**

Enjoy a day at the Saratoga Race Course!
We'll leave the Summit at 11:45 am for drop-off at the track, and we'll pick you up at 4:00 pm for the return ride home!

EXCURSIONS

Breakfast at Compadres



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

**Friday,
August, 14th
at 8:30 am**

The bus will leave the Summit at 8:30 am.
8 Residents Minimum.

Lunch at Rustic Pizza & Olde Saratoga Mini Golf



**Wednesday,
August, 19th
at 12:00 pm**



Join us for a trip to play a round of golf followed by lunch at Rustic Pizza and Eats.

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

CANOPY SARATOGA

**Friday,
August 28th
at 11:30 am**

A new garden, cafe and home goods destination. Grab a pastry and coffee while you peruse their store!

The bus will leave the Summit at 11:30 am.
8 Residents Minimum.

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CONNECTED *life*



FITNESS

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

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

2 9:30am Bocce Ball BC
10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV

3 11:00am Knitting/Crocheting Group LIB
11:00am Canasta TAV
11:30am Men's League: Billiards Club BR
2:00pm Rummikub TAV
3:00pm Happy Hour GR
4:30pm Mah Jongg TAV

4 9:30am Podiatrist Visits: Dr. Masias
9:30am Pickleball PC
10:00am Intercom How-To LOB
11:00am Shuffleboard TAV
1:00pm Marilyn Sassi Presents: Molly Brant LIB
1:00pm Tech Hour with Don
3:30pm Pinochle MR
5:00/5:15pm Poker Night GR
MEAL FORMS DUE

5 8:30am Breakfast Yogurt Bar GR
1:30pm BINGO GR
1:30pm Movie Matinee MOV
2:00pm Mexican Train TAV
4:00pm BYOB Wine Wednesday TAV
6:00pm Hand & Foot Card Game MR

6 9:30am Bocce Ball BC
10:00am Grill & Fireplace How-To BP
11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
1:00pm LCR Game TAV
5:00pm Cribbage TAV
5:00pm Resident Potluck Dinner GR
6:00pm Patio S'mores BP

7 10:00am Scrabble TAV
11:30am Welcome New Residents GR
2:00pm ENTERTAINMENT GR
2:00pm Shuffleboard TAV
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

8 10:00am Board Games TAV
11:30am Men's League: Billiards Club BR
1:00pm Saratoga Sunrise Cocktail 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

9 9:30am Bocce Ball BC
10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV
6:30pm Mr. Ding-A-Ling

10 11:00am Knitting/Crocheting Group LIB
11:00am Canasta TAV
11:30am Men's League: Billiards Club BR
1:00pm Office of the Aging: Resources for Seniors GR
3:00pm Happy Hour GR
4:30pm Mah Jongg TAV

11 9:30am Pickleball PC
10:00am Theater How-To MOV
11:00am Shuffleboard TAV
1:00pm Tech Hour with Don
1:30pm Bingo GR
2:00pm Summit Book Club LIB
3:30pm Pinochle MR
4:15pm SSC Sliced Turkey Dinner TAV
5:00/5:15pm Poker Night GR

12 10:45am Illusionist Josh Farley at Halfmoon
1:30pm Rick Reynolds Presents: America 250: The Ballston Connection GR
1:30pm Movie Matinee MOV
2:00pm Mexican Train TAV
4:00pm BYOB Wine Wednesday TAV
6:00pm Hand & Foot Card Game MR

13 9:30am Bocce Ball BC
11:30am Men's League: Billiards Club BR
12:00pm Taco Bar TAV
1:00pm Shopping Shuttle
2:30pm Trivia GR
5:00pm Cribbage TAV
6:00pm Patio S'mores BP

14 10:00am Scrabble TAV
8:30am Breakfast at Compadres
2:00pm Shuffleboard TAV
2:00pm Vocalist: Alyson Davis GR
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

15 10:00am Board Games TAV
11:30am Men's League: Billiards Club BR
1:00pm Bring a Treat to Share 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

16 9:30am Bocce Ball BC
10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV

17 11:00am Knitting/Crocheting Group LIB
11:00am Canasta TAV
11:30am Men's League: Billiards Club BR
11:30am Program Meeting with Kathie GR
2:00pm Rummikub TAV
3:00pm Happy Hour GR
4:30pm Mah Jongg TAV

18 9:30am Pickleball PC
10:00am Theater How-To MOV
11:00am Shuffleboard TAV
1:00pm Tech Hour with Don
1:30pm Bingo GR
2:45pm Saratoga Springs Public Library Outreach LIB
3:30pm Pinochle MR
4:15pm SSC Grilled Salmon TAV
5:00/5:15pm Poker Night GR

19 12:00pm Rustic Pizza & Eats and Olde Saratoga Mini Golf
1:30pm Movie Matinee MOV
2:00pm Mexican Train TAV
4:00pm BYOB Wine Wednesday TAV
6:00pm Hand & Foot Card Game MR

20 9:30am Bocce Ball
11:30am Men's League: Billiards Club BR
12:30pm PRN Slouch to Strength GR
1:00pm Shopping Shuttle
1:00pm LCR Game TAV
2:30pm Paw Social BP
4:15pm SSC Country Fried Steak TAV
5:00pm Cribbage TAV
6:00pm Patio S'mores BP

21 10:00am Scrabble TAV
10:00am JCPenny Exclusive Resident Shopping Event
1:00pm Welcome Ambassador Meeting GR
2:00pm Shuffleboard TAV
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

22 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

23 9:30am Bocce Ball BC
10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV
6:30pm Mr. Ding-A-Ling

24 11:00am Knitting/Crocheting Group LIB
11:00am Canasta TAV
11:30am Men's League: Billiards Club BR
1:00pm Resident Meeting with Christy GR
2:00pm Rummikub TAV
3:00pm Happy Hour GR
4:30pm Mah Jongg TAV

25 9:30am Pickleball PC
10:00am Intercom How-To LOB
11:00am Shuffleboard TAV
1:00pm Tech Hour with Don
1:30pm Bingo GR
3:30pm Pinochle MR
4:15pm SSC Chicken Marsala TAV
5:00/5:15pm Poker Night GR

26 11:45am Saratoga Racetrack Drop Off
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

27 9:30am Bocce Ball BC
10:00am Grill & Fireplace How-To BP
11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
2:30pm Trivia GR
4:15pm SSC Chicken Parmesan GR
5:00pm Cribbage TAV
6:00pm Patio S'mores BP

28 10:00am Scrabble TAV
11:30am Canopy of Saratoga
2:00pm Shuffleboard TAV
3:00pm Ladies Billiards BR
4:00pm BYOB Tavern Time TAV
5:00/5:15pm Poker Night GR

29 10:00am Board Games TAV
11:30am Men's League: Billiards Club BR
1:00pm Flavored Lemonade 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
6:00pm Travers Stakes MOV

30 9:30am Bocce Ball BC
10:00am Buddy Swim P
11:00am Corn Hole FS
1:00pm Mexican Train TAV

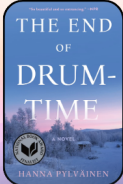
31 11:00am Knitting/Crocheting Group LIB
11:00am Canasta TAV
11:30am Men's League: Billiards Club BR
2:00pm Rummikub TAV
3:00pm New Resident Happy Hour GR
4:30pm Mah Jongg TAV

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

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

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

Summit Book Club



Tuesday,
August 11th
at 2:00 pm

In the Library



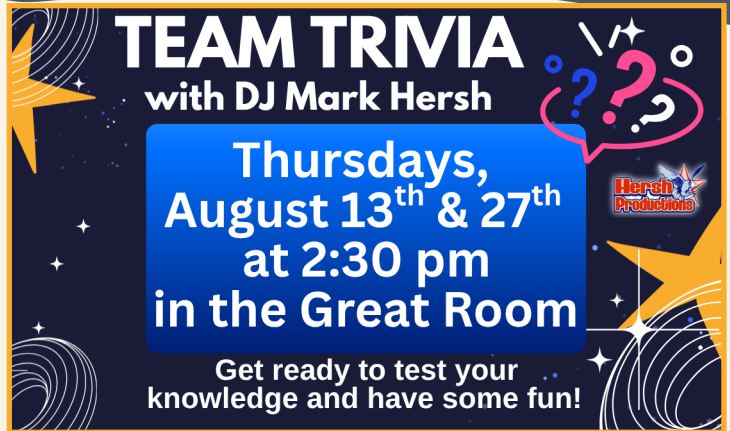
Community Activities



**MR. DING-A-LING
ICE CREAM TRUCK**

Sundays,
August 9th & 23rd
at 6:30 pm
at the front
entrance

The graphic features a blue background with various ice cream treats like ice cream bars, cones, and a truck at the bottom.



TEAM TRIVIA
with DJ Mark Hersh

Thursdays,
August 13th & 27th
at 2:30 pm
in the Great Room

Get ready to test your
knowledge and have some fun!

The graphic has a dark blue background with stars and a pink question mark icon.



Summit Service Club
Backstretch Donations

Donations can be put in garage #33,
across from the garden bed area between
8:00 am and 3:00 pm.

List of items in need is on the
conversation table in the Great Room.

"Volunteering is a work of heart"♡

The graphic includes a red heart icon.



**MAGIC ACROSS AMERICA TOUR WITH
ILLUSIONIST**

JOSH FARLEY

**WEDNESDAY,
AUGUST 12TH
10:45 AM**

**AT THE SUMMIT AT HALFMOON
SHOW BEGINS AT 11:30 AM.**

Bus will leave the Summit at 10:45 am. 14 Residents Minimum.

The graphic features a man in a suit and a magic hat.



HAPPY HOUR

**Every Monday
at 3:00 pm
in the Great Room**

August 31st - New Resident Happy Hour
Come meet and mingle with our newest
friends at the Summit!

The graphic shows two glasses of beer.



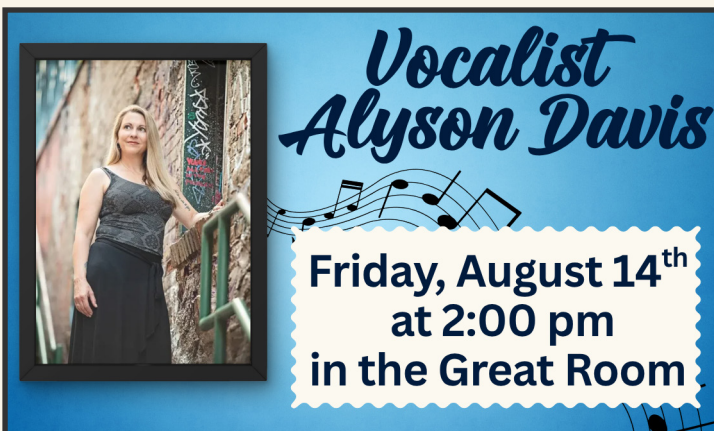
**Exclusive Resident Shopping
Event at JCPenney**

**Friday, August 21st
10:00 am**

Shop before the store
opens and enjoy
refreshments, coupons &
a gift card drawing!

The Bus will leave the Summit at 9:55 am.

The graphic includes a shopping bag icon.



**Vocalist
Alyson Davis**

**Friday, August 14th
at 2:00 pm
in the Great Room**

The graphic features a photo of a woman and musical notes.



SARATOGA
The 157th Travers Stakes

**Saturday, August 29th
at 6:00 pm
in the Movie Theater**

Join us in the movie theater for a live
streaming of the 157th Travers Stakes
at Saratoga Racetrack!

Art by local artist
Greg Montgomery

The graphic includes a horse and jockey icon.

Community Activities

MARILYN SASSI
PRESENTS:

"MOLLY BRANT: A WOMAN
BETWEEN TWO WORLDS"

TWO-PART LECTURE

PART 2

TUESDAY, AUGUST 4TH

AT 1:00 PM

IN THE LIBRARY

Office of the Aging:

Resources for Seniors

Monday, August 10th
at 1:00 pm
in the Great Room

Come by and
learn about all the
Office of the
Aging has to offer!

America 250: The Ballston Connection

presented by Ballston Town Historian,
Rick Reynolds

Wednesday,
August 12th
at 1:30 pm
in the Great Room



Enjoy a 30-minute film, followed by a
discussion, a look at the filmmaking process,
and a Q&A session.

America's fight for independence was shaped not
only by famous battles like Saratoga, but also by the
courage of everyday people in local communities.
Discover the stories of lesser-known Revolutionary
heroes, including James Gordon, Granny Leake, and
George Scott, in this documentary **by Ballston Town
Historian Rick Reynolds**, filmed and edited by
Charlton resident Dave Waite. You'll leave with a new
appreciation for the local people who helped win
our freedom.



From Slouch to Strength
Thursday, August 20th
at 12:30 pm
in the Great Room

Come join PRN to discuss the connection between
your posture and overall physical performance.

Learn how posture affects body mechanics,
strength, flexibility, balance and coordination. Fun
interactive bingo game and prizes!

Welcome Ambassador's Meeting

Friday, August 21st
1:00 pm
in the Great Room

Are you interested in welcoming new
residents to our community? Join us at this
meeting to learn how committee members
assist in welcoming new residents and
prospects to our community.



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, August 4th 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, August 18th

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
100 N. GATEWAY RD. SARATOGA, NY 12158



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.**

