

SUMMIT AT SARATOGA

Monthly Newsletter

October 2026

Happy 10th Anniversary!

THE Manager's Message

Dear Residents,

It is hard to believe that we are celebrating 10 years at Summit at Saratoga! Having been here since we first opened our doors, I have had the wonderful privilege of watching this community grow from a new building into something so much more—a place that truly feels like home. Over the years, we have celebrated birthdays and holidays, shared countless laughs and conversations, and created memories that will last for years to come.

What makes Summit so special is the people who live here. Our residents continually look out for one another, lend a helping hand, volunteer their time, participate in activities, and step up whenever there is something that needs to be done. Those everyday acts of kindness are what create the warm, welcoming atmosphere that makes Summit such a special place to live. I am incredibly grateful to have been part of this community for the past ten years and want to thank each and every resident for helping make Summit at Saratoga the wonderful community it is today. Happy 10th Anniversary to all of us—and here's to many more years of friendship, laughter, and memories together!

Welcome New Residents

Tom and Trudy Roepe Mariann Abrams Myrna Bodenstab

Happy 10th Anniversary and cheers to many more!
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

PLEASE JOIN US FOR

The Summit at Saratoga
10th Anniversary &
Best of Saratoga Celebration

THURSDAY, OCTOBER 1ST
AT 12:00 PM
IN THE GREAT ROOM

Music by Brass & Blues, with
Summit resident, Woody Strobeck, at 1:00 pm.

Community Excursions & Programs

HAPPY BIRTHDAY

RALPH BLAUVELT	10/1	ANN JENNINGS	10/19
CATHY FIRMAN	10/2	ANDIE FLANNERY	10/23
BOB GOODWIN	10/3	DIANE CUTTING	10/26
JIM HENS	10/7	JUDY BREACHER	10/28
LINDA CHALFANT ALLEN	10/9	BILL ROBARGE	10/28
GIGI MCCLUSKEY	10/8	BOB BLAIR	10/28

Join us as we celebrate our monthly birthdays
on Wednesday, October 28th
at 3:00 pm in the Great Room.



Resident Information Meetings

Theater How-To/Movie Committee

Wednesday, October 7th & 21st at 10:00 am - Movie Theater

Intercom How-To

Wednesday, October 14th & 28th at 10:00 am - Lobby

Program Meeting with Kathie

Thursday, October 22nd at 11:30 am - Great Room

Resident Meeting with Christy

Monday, October 26th at 1:00 pm - Great Room

Fire Drill Review

Tuesday, October 27th at 11:00 am - Great Room

EXCURSIONS



Lunch at the Heidelberg Inn

We have all your favorite German meals, as well as American classics nestled in the Adirondack region. The Heidelberg Inn has been serving customers since 1972.

**Friday
October 16th
at 11:30 am**

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

Fall Foliage Driving Tour



Enjoy a scenic drive to enjoy the fall foliage.

Take a stop at a local ice cream stand on the way home!

**Tuesday,
October 20th
at 11:00 am**

The bus will leave the Summit at 11:00 am.
14 Residents Minimum.

Lunch & Shopping at Lakeside Farms



**Friday,
October 23rd
at 12:00 pm**

Enjoy lunch surrounded by antiques and artwork from local artisans. On-premise bakery and full deli. Lakeside makes fresh apple cider and apple cider donuts. A perfect Fall destination!

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

PLEASE JOIN US FOR A

HALLOWEEN Party

**FRIDAY, OCTOBER 30TH
AT 2:00 PM
IN THE GREAT ROOM**

GOULISH COCKTAIL,
APPETIZERS &
COSTUMES IF YOU DARE!

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 OCTOBER <i>Breast Cancer</i> AWARENESS MONTH Stop in the office to make a donation and receive a bracelet in support of those affected by breast cancer. No amount is too small.	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	1 9:30am Bocce Ball BC 11:30am Men's League: Billiards Club BR 10:00am Continental Breakfast Ends GR 12:00pm 10 th Anniversary/ Best Of Celebration GR 1:00pm Brass & Blues GR 5:00pm Cribbage TAV 5:00pm Resident Potluck Dinner GR 6:00pm Patio S'mores BP	2 10:00am Scrabble TAV 10:00am Pumpkin Watercolor Painting with Sue CR 1:00pm Shopping Shuttle 2:00pm Shuffleboard TAV 2:30pm Apple Carmel Dip GR 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR MEAL FORMS DUE	3 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 Cider House Rules MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
4 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	5 11:00am Knitting/Crocheting Group LIB 11:00am Canasta TAV 11:30am Men's League: Billiards Club BR 1:30pm Bible Devotional Group LIB 3:00pm Octoberfest Happy Hour GR 4:30pm Mah Jongg TAV	6 9:30am Podiatrist Dr. Masias 9:30am Pickleball PC 11:00am Shuffleboard TAV 1:30pm Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR	7 10:00am Theater How-To MOV 10:30am League of Women Voters Voter Registration TAV 11:00am Learn to Play Mah Jongg MR 1:00pm Ralph Blauvelt Presents: Four Hundred Years in America GR 1:30pm Movie: A Haunting in Venice MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	8 11:30am Men's League: Billiards Club BR 12:00pm Park Lane Jewelry TAV 1:00pm Shopping Shuttle 2:30pm Trivia GR 4:15pm SSC Marry Me Chicken TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	9 10:00am Scrabble TAV 11:00am Pumpkin Painting CR 1:00pm Vocalist Roosevelt Baker GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	10 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pumpkin Spice Latte & Cookies GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm When Harry Met Sally MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
11 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	12 9:00am Resident Potluck Breakfast GR 11:00am Knitting/Crocheting Group LIB 11:00am Canasta TAV 11:30am Men's League: Billiards Club BR 1:30pm Bible Devotional Group LIB 3:00pm Happy Hour GR 4:30pm Mah Jongg TAV  OFFICE CLOSED	13 9:30am Pickleball PC 10:30am Lake George Dinner Theater Presents: The 39 Steps 11:00am Shuffleboard TAV 1:30pm Bingo GR 2:00pm Summit Book Club LIB 3:30pm Pinochle MR 4:15pm SSC Salisbury Steak TAV 5:00/5:15pm Poker Night GR	14 10:00am Intercom How-To LOB 11:00am Learn to Play Mah Jongg MR 1:15pm Wesley Community Presents: Navigating Care Options- Planning for the Future GR 1:30pm Movie: Ghostbusters MOV 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	15 11:30am Men's League: Billiards Club BR 12:30pm PRN: Stay Strong, Sharp & Safe GR 1:00pm Shopping Shuttle 1:00pm LCR Game TAV 4:15pm SSC Pork Tenderloin TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	16 10:00am Scrabble TAV 11:30am Lunch at the Heidleburg Inn 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	17 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Ice Cream with Creme de Cocoa GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Silver Linings Playbook MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
18 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	19 11:00am Knitting/Crocheting Group LIB 11:00am Canasta TAV 11:30am Men's League: Billiards Club BR 1:30pm Bible Devotional Group LIB 3:00pm Happy Hour GR 4:30pm Mah Jongg TAV	20 9:30am Pickleball PC 11:00am Shuffleboard TAV 11:00am Fall Foliage Driving Tour 1:30pm Bingo GR 2:45pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 4:15pm SSC Baked Haddock TAV 5:00/5:15pm Poker Night GR 	21 10:00am Theater How-To MOV 11:00am Learn to Play Mah Jongg MR 1:30pm Movie: Practical Magic MOV 1:30pm Rick Reynolds: Artifacts & Stories GR 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	22 11:30am Program Meeting with Kathie GR 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Trivia GR 4:15pm SSC Turkey Dinner TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	23 10:00am Scrabble TAV 12:00pm Lunch & Shopping at Lakeside Farms 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	24 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Bring a Fall Treat to Share GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Autumn Sonata MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
25 10:00am Buddy Swim P 11:00am Corn Hole FS 1:00pm Mexican Train TAV	26 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 1:30pm Bible Devotional Group LIB 3:00pm Happy Hour GR 4:30pm Mah Jongg TAV	27 9:30am Pickleball PC 11:00am Fire Drill Review GR 11:00am Shuffleboard TAV 1:00pm Fire Drill 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Stuffed Shells & Meatballs TAV 5:00/5:15pm Poker Night GR	28 10:00am Intercom How -To LOB 11:00am Learn to Play Mah Jongg MR 1:30pm A Tour of our Neighborhood: Salem, Massachusetts 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	29 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 1:00pm LCR Game TAV 2:00pm Halloween Dog Costume Parade BP 4:15pm SSC Shepherd's Pie & Dickinson's Pre-Orders TAV 5:00pm Cribbage TAV 6:00pm Patio S'mores BP	30 10:00am Scrabble TAV 1:00pm Empty Stocking Project Information Meeting GR 2:00pm Halloween Party GR 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR  National Candy Corn Day 	31 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Pumpkin Mousse GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Hocus Pocus MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR  HALLOWEEN 
 CONNECTED <i>life</i> 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	Office Hours: Monday - Friday 9:00am - 4:30pm Saturday 9:00am - 3:00pm Sunday 9:00am - 12:00pm

Community Activities



Let's Paint
in the Craft Room
Watercolor Painting
with Sue
at 10:00 am

Friday, October 2nd



Friday, October 9th

Pumpkin Painting 10/9 at 11:00 am

Spots are limited. Sign up in the Great Room.



VOCALIST
ROOSEVELT Baker

Friday, October 9th
at 1:00 pm
in the Great Room

Learn to Play Mah Jongg

Wednesdays in October
Starting 10/7
at 11:00 am
in the Music Room

Please bring \$15 for the
required Mah Jongg card.

TEAM TRIVIA
with DJ Mark Hersh

Thursdays,
October 8th & 22nd
at 2:30 pm
in the Great Room

Get ready to test your
knowledge and have some fun!

LWV LEAGUE OF WOMEN VOTERS®
OF SARATOGA COUNTY

Voter Registration
Wednesday, October 7th
at 10:30 am
in the Tavern

The League of Women Voters is a nonpartisan, grassroots organization working to protect and expand voting rights and ensure everyone is represented in our democracy.

Thanksgiving Meal Food Drive
benefiting the Food Pantry at Perry Road Baptist Church

We will be collecting the following items to help provide a Thanksgiving meal to families in need.

Canned Green Beans
Canned Corn
Canned Pumpkin
Stove Top Stuffing
Corn Muffin Mix
Frenche's Fried Onions
Cranberry Sauce

Collection through
October 30th

There will be a bin in the
Tavern for your
donations. Thank you!

PARK LANE
JEWELRY • EST. 1955

Thursday, October 8th
at 12:00 pm
in the Tavern

Come see what's new in the Park Lane catalog! Browse a beautiful selection of jewelry and find something that sparkles just for you.

The Empty Stocking Project
Information Meeting

Friday, October 30th
at 1:00 pm
in the Great Room

Learn about the many ways you can help bring holiday joy to local children! Find out what's involved in sponsoring a child, donating stocking stuffers, or making a monetary contribution to support the Empty Stocking Project.

Community Activities

Four Hundred Years in America



**Wednesday, October 7th
at 1:00 pm
in the Great Room**



Join author and Summit resident, Ralph Blauvelt, for a presentation on his book, *Four Hundred Years in America*. In 1624, the first permanent Dutch settlers arrived in what would become New York. *Four Hundred Years in America* tells the story of the early families of New Netherland, the beginnings of New Amsterdam, and the founding of the city that was renamed New York in 1664. Discover the people, families, and events that helped shape the early history of America.

Navigating Care Options Planning for the Future



**Wednesday, October 14th
at 1:15 pm
in the Great Room**

Join Marc Walker, Wesley Community Administrator, for an informative presentation about navigating care options and planning for the future.

Learn how The Wesley Community's continuum of care model supports changing needs, from therapy and rehabilitation to assisted living, skilled nursing and other services.

The presentation will provide an overview of how Medicaid works and what services may be covered.

Come with your questions and gain a better understanding of the options available to you and your loved ones.



Stay Strong, Sharp & Safe

**Thursday, October 15th
at 12:30 pm
in the Great Room**

Come join our PT, OT and SLP team to learn practical strategies for you to stay strong in your body, sharp in your mind, and safe in your daily routine.

Always be Prepared

Fire Drill Safety Review Meeting

Learn what to expect & how to stay safe

**Tuesday, October 27th
11:00 am in the Great Room**

**FIRE DRILL
1:00 pm**



Artifacts & Stories From Our Local Area and Beyond

**Presented by Rick Reynolds
Ballston Town Historian**

**Wednesday,
October 21st
at 1:30 pm
in the Great Room**

Explore local landmarks, memorable people, and remarkable moments from our area alongside surprising stories from American history. See authentic artifacts and leave with stories to share.

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, October 6th 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, October 20th

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.**

