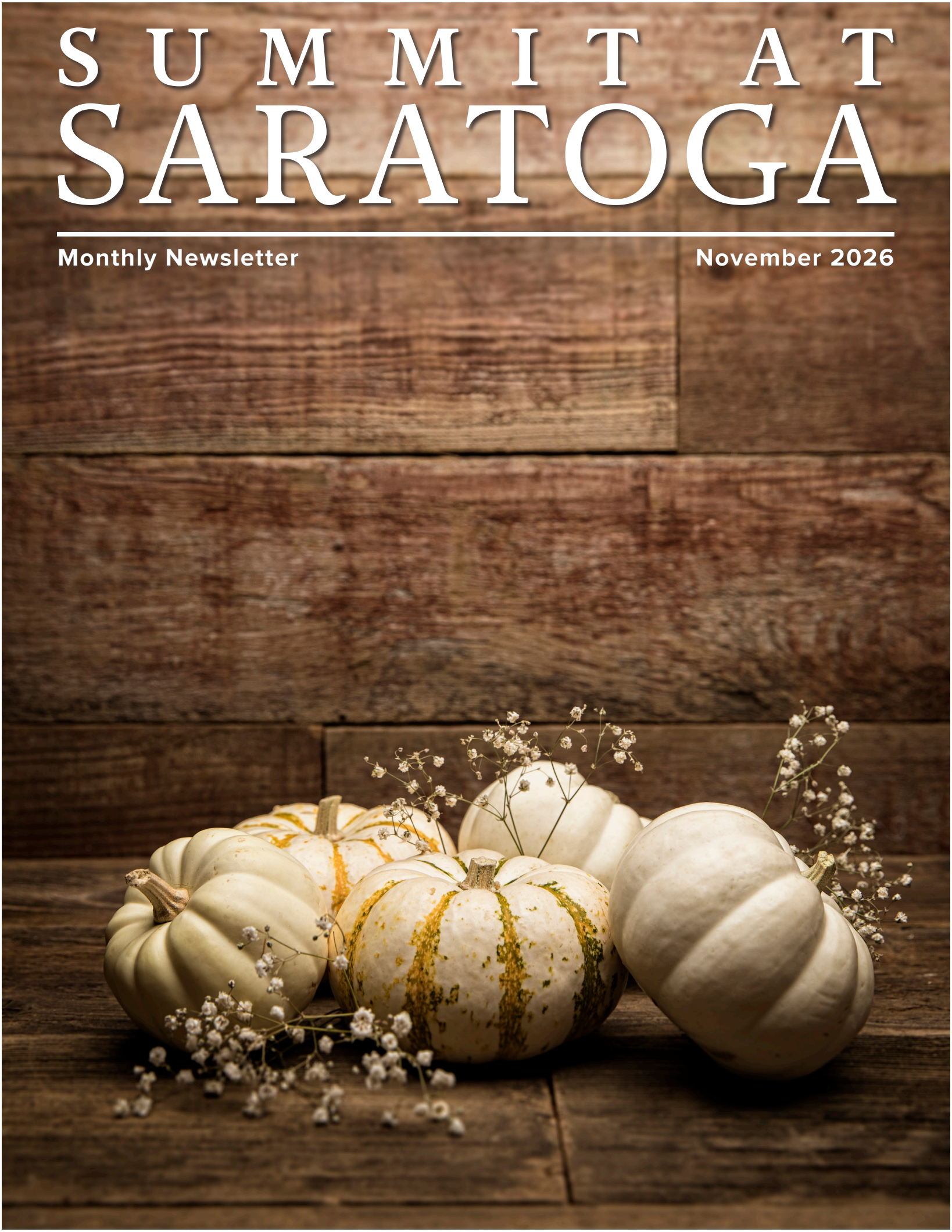
SUMMIT AT SARATOGA

Monthly Newsletter

November 2026



THE Manager's Message

Residents,
As we create our own community here at The Summit, we reach out to help the community we live in. Most of us look forward to the holiday season – a time of gift-giving, delicious family meals and warm memories. However, for some less fortunate residents of our Saratoga Springs community, the holidays are a stressful time.
As we approach the giving season, we would like to support local families and children in need by donating items for "The Empty Stocking Project" coordinated by The Saratoga County Children's Committee. You may sponsor a child or pick up stocking stuffers such as journals, art supplies, games and pajama bottoms. A box will be set out in the Great Room.
A big thank you to our residents who have worked all year on knitting and crocheting hats, scarves and mittens for those in need.
Join us as we honor our Veterans on Friday, November 6th at 1 pm. We will also be writing letters to active military members in coordination with Operation Adopt a Soldier on the 20th. All supplies will be provided.
We thank you for your thoughtfulness and gratitude and look forward to seeing you at our Friendsgiving Dessert Bar on November 18th at 2pm. Please bring a dessert to share.

Welcome New Residents:
Larry and Barbara Kaleta and Mary Lynne Heldmann

Wishing you and your family a Happy Thanksgiving,

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

Happy Birthday

Katherine Cordovano	11/01
Rosalie Powers	11/09
Jocelyn Hannahs	11/11
Donna Rainwater	11/18
Paul Brown	11/22
Art Recesso	11/24
Penni Eoanidis	11/24
Kay Rubendall	11/26
Anne Amedore	11/28

Please join us on Wednesday, November 25th at 3:00 pm in the Great Room to celebrate!

Resident Information Meetings

Snow Removal Meeting

Monday, November 2nd at 12:00 pm - Great Room

Tuesday, November 17th at 12:30 pm - Great Room

Intercom How-To

Tuesday, November 10th & 24th at 10:00 am - Lobby

Theater How-To/Movie Committee

Thursday, November 5th & 19th at 10:00 am -Movie Theater

Program Meeting with Kathie

Monday, November 23rd at 11:30 am - Great Room

Resident Meeting with Christy

Monday, November 30th at 1:00 pm - Great Room

Thanksgiving Tree

It's that time of year! Please join the Summit in giving thanks to our local heroes, the Wilton EMS Ambulance Responders for all they do for us. How can you help? We invite residents to: Purchase a gift card (no denomination is too small) to a local favorite business (Dunkin, Chipotle, Stewarts, Market 32, etc.) and hang it on the giving tree in the office.

EXCURSIONS

Shopping & Lunch at Clifton Park Center

Monday, November 16th at 9:30 am

Clifton Park Center is an indoor and outdoor mall. Stores include Boscov's, JCPenney, Loft, Marshalls and more! Lunch at your own choosing. We will leave to return to the Summit at 1:00 pm.

The bus will leave the Summit at 9:30 am.
14 Residents Minimum.

Brunch at The Divot

Wednesday, November, 18th at 9:30 am

Join us for brunch at The Divot, a casual and welcoming spot in Saratoga Springs. Enjoy classic brunch favorites and creative choices, including breakfast tacos, omelets, pancakes, French toast, chicken & waffles, and more!
See the menu in the sign-up binder!

The bus will leave the Summit at 9:30 am.
14 Residents Minimum.

NOVEMBER 2026

WWW.SUMMITSENIORLIFE.COM

Summit At Saratoga Office: 518.430.2136 | Maintenance Emergency Phone: 518.925.0905

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED *life* FITNESS	**Every Monday** 8:00/8:30am Hydro Rider P 9:30am Water Aerobics P 10:30am Strength Training FS 11:15am HIIT FS	**Every Tuesday** 8:00/8:30am Hydro Rider P 9:30 Aqua Fit P 10:30am Yoga/Balance 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	**Every Friday** 1:00pm Buddy Swim P	**FALL 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 in the basket on the conversation table. The winner will be announced at the Resident Meeting on Monday, November 30th !
1 10:00am Buddy Swim P 11:00am Cornhole FS 1:00pm Mexican Train TAV 1:00pm Ken Burns: Statue of Liberty MOV Fall Back, Daylight Savings Time Ends	**2** 11:00am Knitting/Crocheting Group LIB 11:00am Canasta TAV 11:30am Men's League: Billiards Club BR 12:00pm Snow Removal Meeting GR 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jongg TAV MEAL FORMS DUE	**3** 9:30am Podiatrist Dr. Masias 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don 1:30pm Bingo GR 3:30pm Pinochle MR 5:00/5:15pm Poker Night GR Election Day	**4** 11:00am Learn to Play Mah Jongg MR 1:30pm Herzog Law GR 1:30pm Movie The Starling MOV 2:00pm Mexican Train TAV 3:00pm Apple Cider Donut Sundaes GR 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	**5** 10:00am Theater How-To MOV 11:30am Men's League: Billiards Club BR 1:00pm Shopping Shuttle 2:30pm Trivia GR 5:00pm Cribbage TAV 5:00pm Resident Potluck Dinner GR	**6** 10:00am Scrabble TAV 10:00am Watercolor with Sue CR 1:00pm Veterans Day Celebration GR Thank you for your service 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards BR 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	**7** 10:00am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Fall Teas & Treats GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie And Justice for All 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 Cornhole FS 1:00pm Mexican Train TAV	**9** 11:00am Knitting/Crocheting Group LIB 11:00am Canasta TAV 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 Jongg TAV 5:30pm Alyson Davis GR	**10** 10:00m Intercom How-To LOB 11:00am Shuffleboard TAV 1:30pm Bingo GR 2:00pm Summit Book Club LIB 3:30pm Pinochle MR 4:15pm SSC Stuffed Peppers TAV 5:00/5:15pm Poker Night GR	**11** 9:00am Resident Potluck Breakfast GR 11:00am Learn to Play Mah Jongg MR 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR Office Closed	**12** 11:30am Men's League: Billiards Club BR 12:30pm PRN Strength Training for Posture & Osteoporosis GR 1:00pm Shopping Shuttle 2:30pm Trivia GR 4:15pm SSC Chicken Alfredo TAV 5:00pm Cribbage TAV	**13** 10:00am Scrabble TAV 10:00am Card Making with Barb CR 1:00pm Marilyn Sassi Presents: "Coming to America" LIB 2:00pm Shuffleboard TAV 3:00pm Ladies Billiards GR 3:30pm Guitarist Ed Salvo GR 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 Root Beer Floats GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Sleepless in Seattle MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
15 10:00am Buddy Swim P 11:00am Cornhole FS 1:00pm Mexican Train TAV	**16** 9:30am Shopping & Lunch at Clifton Park Center 11:00am Knitting/Crocheting Group LIB 11:00am Canasta TAV 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 Jongg TAV	**17** 11:00am Shuffleboard TAV 12:30pm Snow Removal Meeting GR 1:30pm Bingo GR 2:45pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle MR 4:15pm SSC Chicken Fried Chicken TAV 5:00/5:15pm Poker Night GR	**18** 9:30am Brunch at the Divot 11:00am Learn to Play Mah Jongg MR 1:30pm Movie Our Souls At Night MOV 2:00pm Friendsgiving Dessert Bar GR 2:00pm Mexican Train TAV 4:00pm BYOB Wine Wednesday TAV 6:00pm Hand & Foot Card Game MR	**19** 10:00am Theater How-To MOV 11:30am Men's League: Billiards Club BR 12:15pm SSC Soup & Sandwich Lunch TAV 1:00pm Shopping Shuttle 2:30pm LCR Game TAV 5:00pm Cribbage TAV	**20** 10:00am Scrabble TAV 11:00am Operation Adopt-A-Soldier Letter Writing GR 1:30pm Home Instead Presents: Turning Hard Conversations into Helpful Ones GR 2:00pm Shuffleboard TAV 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 Hot Cider GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Steel Magnolias 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 Cornhole FS 1:00pm Mexican Train TAV	**23** 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 1:30pm Bible Devotional Group LIB 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jongg TAV	**24** 10:00am Intercom How-To LOB 11:00am Shuffleboard TAV ## 1:00pm Shopping Shuttle ## 1:30pm Bingo GR 3:30pm Pinochle MR 4:15pm SSC Shrimp Over Rice TAV 5:00/5:15pm Poker Night GR	**25** 11:00am Learn to Play Mah Jongg MR 1:30pm Movie: The Art of Racing in the Rain 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** Happy Thanksgiving 1:00pm SSC Turkey Dinner OFFICE CLOSED	**27** 10:00am Scrabble TAV 1:30pm Cider & Treats GR 2:00pm Shuffleboard TAV 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 Apples & Caramel Dip GR 1:00pm Hearts TAV 1:30pm Ladies Billiards BR 1:30pm Movie Joyful Noise MOV 6:00pm Worship & Music with Street Level Chapel GR 6:00pm Hand & Foot Card Game MR
29 10:00am Buddy Swim P 11:00am Cornhole FS 1:00pm Mexican Train TAV	**30** 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 2:00pm Rummikub TAV 3:00pm Happy Hour GR 4:30pm Mah Jongg TAV Empty Stocking Project Gifts Due	November	Summit Book Club Tuesday, November 10th at 2:00 pm In the Library	HIIT - High Interval Intensity Training 30 seconds on and 15 seconds off, can be done sitting or standing and at your own pace. Try our new Monday, 11:15 am class!!	Office Hours: Monday - Friday 9:00am - 4:30pm Saturday 9:00am - 3:00pm Sunday 9:00am - 12:00pm	

Community Activities



Ken Burns Statue of Liberty

Sunday, November 1st at 1:00 pm in the Movie Theater

Join us for a fascinating look at the history and meaning of the Statue of Liberty, exploring its origins as a symbol of freedom, hope, and the American experience.

Thank You Veterans

The Summit will pay tribute to our resident Veterans on

Friday, November 6th at 1:00 pm

In the Great Room

Veterans, please bring a photo of yourself in uniform to the office by Thursday, November 5th. We will make a copy to hang in the lobby to share. Photos close to 8x10 are best.

HERZOG LAW FIRM

Wills & Trusts

Wednesday, November 4th at 1:30 pm in the Great Room

Join Attorney, Phillip Vacchio, of Herzog Law Firm, to learn about Revocable & Irrevocable Trusts, Advance Directives, types of Wills and how to use them to benefit yourself and loved ones. Learn about protecting your home, assets and avoiding court & spend downs.

TEAM TRIVIA with DJ Mark Hersh

Thursdays, November 5th & 12th at 2:30 pm in the Great Room

Get ready to test your knowledge and have some fun!

APPLE CIDER DONUT SUNDAES



An apple cider donut topped with creamy vanilla ice cream for the perfect autumn sundae!

Wednesday, November 4th at 3:00 pm in the Great Room

Operation Adopt A Soldier

Join us as we come together to send support, encouragement, and appreciation to deployed soldiers through handwritten letters.

Friday, November 20th at 11:00 am In the Great Room



All supplies will be provided – just bring your heart and your words! Come write with us and make a difference, one letter at a time.

Watercolor with Sue

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



Cardmaking with Barb

Friday, November 13th at 10:00 am in the Craft Room



The Empty Stocking Project



Gifts are due by Monday, November 30th.

If you would like to sign-up to sponsor a child, the book is located in the Great Room. Donating stocking stuffers or making a monetary contribution to support the Empty Stocking Project is appreciated as well. Thank you!

ENTERTAINMENT

VOCALIST ALYSON DAVIS



Monday, November 9th
at 5:30 pm
in the Great Room

GUITARIST ED SALVO

Friday, November 13th
at 3:30 pm
in the Great Room

Thank you, Knitting Group!



A little warmth, a lot of love! Thank you to our amazing knitting group for generously sharing your time and talents to make scarves, mittens, hats, ear warmers, and neck warmers for the Franklin Community Center. Each handmade item is a special gift that will help keep a child cozy and warm this winter. We are so grateful for your kind hearts and thoughtful hands! We will be displaying some of their beautiful work this month, stay tuned for the date!

MARILYN SASSI PRESENTS: "COMING TO AMERICA"

Friday, November 13th
at 1:00 pm
in the Library

Join us for a fascinating look at America's earliest English settlements, from Roanoke Island to Jamestown and Plymouth. Explore how early colonists built and furnished their homes, with illustrations of lost settlements and the evolution of English architecture through the 18th century.

PRN
PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

Strength Training for Posture & Osteoporosis

Thursday, November 12th
at 12:30 pm
in the Great Room

PRN will provide strategies for staying strong and upright despite being challenged by conditions such as osteoporosis. Refreshments served!

home instead.

Turning Hard Conversations Into Helpful Ones

Friday, November 20th
at 1:30 pm
in the Great Room

Aging brings changes, some expected, some not, but the desire to stay in control of life and choices remains constant. Starting these conversations early gives you more time to understand each other's wishes, explore options, and preserve independence and dignity.

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.

Renew DAY SPA at The Summit at Saratoga

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, November 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, November 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.

Hannaford · ALDI · Market 32 by Price Chopper · Target · Walmart



BE GREEN & recycle CLEAN plastics, tin, aluminum, paper and glass.