

# SUMMIT AT HALEMOON

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Monthly Newsletter

January 2024



# THE Manager's Message

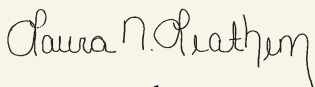
**H**ard to believe, but it's New Year's resolution time again. Rather than declare resolutions foolish, as I typically do, I've been trying to find one I might actually stick to.

Yoga's out. I tried it in 2003 and looked ridiculous in the outfit. I could always read more nonfiction. My husband recommended a book on bowling strategy. Sounds like a real page-turner. Calling my parents more often to share exciting details of my life might be a good resolution were it not for the fact that my parents' lives are far more exciting than mine. Why discourage myself? What about adopting a pet or learning to cook something more thrilling than spaghetti? I thought about taking a class on improving my concentration, but I didn't think about it for very long. New hobbies are always a great idea.

I considered growing an herb garden, but then I'd have to learn to cook, and I might not be able to concentrate on two resolutions at once. I'm seriously considering learning a new language. If I focus on Scottish, I might better appreciate the meaning of that old New Year's Eve favorite, *Auld Lang Syne*. At the stroke of midnight, since the days of Guy Lombardo, people at parties everywhere mumble through the lyrics of that venerable classic. Maybe it's just a matter of bad diction or bad Champagne, but I suspect I'll do better if I learn to speak Scottish... or maybe not.

If only I could make a decision, this New Year's Eve wouldn't be so stressful. Maybe I'll just focus on losing a few pounds, so I'll look better in those damn yoga pants!

Have the Happiest of Happy New Years!



Laura Leathem  
Community Manager

## Staff

### Community Manager

Laura Leathem  
LLeathem@summitseniorlife.com

### Resident Services Coordinator

Aleksandra Wocher  
AWocher@summitseniorlife.com

### Cleaning Attendant

Gabi Pinnetti

### Maintenance

Keith Wargo  
Christopher Waite

### Weekend Concierge

Joanne Krazit  
Gabi Pinnetti

### Office Phone

518-807-6800

### Emergency Maintenance

518-380-3860

Summit at Halfmoon  
29 Sitterly Road  
Halfmoon, NY 12065



### EMS Safety Information & Blood Pressure Clinic January 17th at 10:30 am

Local EMS will be coming to our Great Room to talk about important safety information to keep in mind and will be following up with a Blood Pressure Clinic!

All are welcome!



### Transportation Information



January 22nd at 12:00 pm  
Great Room

Come meet our local CDTA representatives and learn about the different transportation opportunities available!

# Welcome to Summit at Halfmoon!!!



<b>Joan Parks</b>	<b>01/09</b>
<b>Robert Imfeld</b>	<b>01/10</b>
<b>Marilyn Pomposello</b>	<b>01/21</b>
<b>Monica Chang</b>	<b>01/25</b>
<b>Marilyn Leslie</b>	<b>01/28</b>
<b>Fred Bass</b>	<b>01/31</b>

Please join us to celebrate our monthly birthdays on Wednesday, January 31st at 2:00 pm in the Great Room!

## History of the American Musical with Kenneth Blatt January 2nd at 10:45 am

One of America's great contributions to world culture has been the development of the Musical as a unique theatrical genre. The form first appeared in the minstrel shows of the post-Civil War era. These productions were performed mostly by former slaves or their descendants.

The musical form continued to develop under the influence of ragtime and jazz. The songs were incorporated into book musicals, musical revues, variety shows (Vaudeville) and Burlesque.

The composers were brilliant songsmiths including Irving Berlin, Jerome Kern, George Gershwin, Richard Rodgers and Cole Porter. Their songs captured the hearts of audiences around the U.S and throughout the developed world. The History of the American Musical is a fascinating study of American ingenuity and knowhow at its most creative.



## Book Club

Monday, Wednesday & Friday  
at 1:00 pm in the Library

### December's Book: *Woman in the Library* by Salari Gentill

The ornate reading room at the Boston Public Library is quiet, until the tranquility is shattered by a woman's terrified scream. Security guards take charge immediately, instructing everyone inside to stay put until the threat is identified and contained. While they wait for the all-clear, four strangers, who'd happened to sit at the same table, pass the time in conversation and friendships are struck. Each has his or her own reasons for being in the reading room that morning—it just happens that one is a murderer.
















### January's Books:

New members are welcome and discussions are being made for future books. Please come and participate with our first Resident-led book choice.

## Halfmoon Diner Lunch Outing January 3rd at 11:45 am

Sign-up in the Office  
Max of 11 people on the Bus



S	M	T	W	TH	F	S
<p>BIL - Billiards Room CP - Chapel FD - Family Dining Room FS - Fitness Studio GR - Great Room LIB - Library LNG - Lounge MOV - Movie Theater PS - Practitioner's Suite</p>	<p>1</p>  <p><b>New Year's Day</b> Office Closed/No Breakfast/No Classes</p>	<p>2</p>  <p>10:45am History of the American Musical with Kenneth Blatt (GR) 2:00 pm Rosary (CP) 2:30 pm To Catch a Thief (MOV) 6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p>	<p>3</p> <p>8:30 am Waffle Wednesday (GR) 11:45 am Lunch Outing Halfmoon Diner 1:00 pm Book Club (LIB) 4:00 pm Supper Club with Eddie F's Fish &amp; Chips (\$16) (FD)</p>	<p>4</p> <p>1:00 pm Knitting &amp; Crochet Circle (LIB) 2:30 pm Catch Me If You Can (MOV) 4:00 pm Pot-Luck - Mac n' Cheese &amp; Chili (GR)</p> <p><b>Medical Transports</b></p>	<p>5</p> <p>9:00 Grocery Shopping 1:00 pm Book Club (LIB) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour with Jack Kelle Band BYOB (GR)</p>	<p>6</p> <p>1:00 pm Scrabble (LNG) 2:00 pm The Perfect Storm (MOV) 4:00 pm Rummikub (LNG) 6:00 pm Thwart or Hand &amp; Foot (GR)</p>
<p>7</p> <p>11:00 am Downton Abbey S1E1 (MOV) 4:00 pm Poker (LIB) 6:00 pm Game Night (GR)</p>	<p>8</p> <p>11:00 am Welcome Sign Painting (GR) 1:00 pm Chair Dancing (FS) 1:00 pm Book Club (LIB) 2:00 pm Pinochle (LNG) 4:00 pm Supper Club with Chef Johnny - Omelet Breakfast for Dinner (\$16) (FD)</p> <p><b>Dr. Masias Monthly Visit</b></p>	<p>9</p>  <p>1:00 pm Daughter for Hire Introduction (GR) 2:00 pm Rosary (CP) 2:30 pm Pajama Game (MOV) 6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b> <b>HAPPY BIRTHDAY JOAN PARKS!</b></p>	<p>10</p>  <p>8:30 am Waffle Wednesday (GR) 10:30 am Hector PT: Exercises for the Lower Extremities to Remain Safe and Independent (GR) 1:00 pm Book Club (LIB) 4:00 pm Supper Club with Chef Mickey Stuffed Shells w/ Meatballs (\$15) (FD)</p> <p><b>HAPPY BIRTHDAY ROBERT IMFELD!</b></p>	<p>11</p>  <p>11:00 am Clifton Park - Halfmoon Library Informational Session (GR) 1:00 pm Knitting &amp; Crochet Circle (LIB) 2:30 pm Breathless (MOV)</p> <p><b>Medical Transports</b></p>	<p>12</p>  <p>9:00 Grocery Shopping 11:00 am Fitness Machine Orientation and Fitness Class Intro (FS) 1:00 pm Book Club (LIB) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour with Timothy Farkas (GR)</p>	<p>13</p> <p>1:00 pm Scrabble (LNG) 2:00 pm The Truman Show (MOV) 4:00 pm Mojang (LNG) 6:00 pm Thwart or Hand &amp; Foot (GR)</p>
<p>14</p> <p>11:00 am Downton Abbey S1E2 (MOV) 4:00 pm Poker (LIB) 6:00 pm Game Night (LNG)</p>	<p>15</p>  <p>1:00 pm Book Club (LIB) 2:00 pm Pinochle (LNG)</p> <p><b>Martin Luther King Day</b> Office Closed/No Breakfast/No Classes</p>	<p>16</p> <p>11:00 am Resident Meeting (GR) 2:00 pm Rosary (CP) 2:30 pm The Little Princess (MOV) 3:30 pm Crafting with Carol (GR) 6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p>	<p>17</p>  <p>8:30 am Waffle Wednesday (GR) 10:30 am EMS Safety Information &amp; Blood Pressure Clinic (GR) 11:45 am Lunch Outing Emma Jayne's 1:00 pm Book Club (LIB) 4:00 pm Supper Club with Chef Mickey Salmon w/ Whole-Grain Mustard Sauce (\$15) (FD)</p>	<p>18</p>  <p>12:00 pm - Cooking Demonstration with Chef Johnny - Everything Bagel Chicken (FD) 1:00 pm Knitting &amp; Crochet Circle (LIB) 2:30 pm The Collector (MOV) 4:00 pm Pot-Luck Wine Tasting &amp; Appetizers (GR)</p> <p><b>Medical Transports</b></p>	<p>19</p> <p>9:00 Grocery Shopping 1:00 pm Book Club (LIB) 2:00 pm Quarter Bingo (GR) 4:00 pm Pizza Party with Mark Galeo BYOB (\$5) (GR)</p>	<p>20</p> <p>1:00 pm Scrabble (LNG) 2:00 pm Mad Max Fury Road (MOV) 4:00 pm Spinner Dominoes (LNG) 6:00 pm Thwart or Hand &amp; Foot (GR)</p>
<p>21</p> <p>11:00 am Downton Abbey S1E3 (MOV) 4:00 pm Poker (LIB) 6:00 pm Game Night (LNG)</p> <p><b>HAPPY BIRTHDAY MARILYN POMPOSELLO!</b></p>	<p>22</p>  <p>12:00 pm CDTA Transportation Information Session (GR) 1:00 pm Book Club (LIB) 2:00 pm Pinochle (LNG) 4:00 pm Supper Club with Chef Johnny - Soup &amp; Subs (\$16) (FD)</p>	<p>23</p> <p>2:00 pm Rosary (CP) 2:30 pm Something's Gotta Give (MOV) 6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p>	<p>24</p>  <p>8:30 am Waffle Wednesday (GR) 11:00 am Presentation with Marilyn—Gilded Age of Hudson Valley (MOV) 1:00 pm Book Club (LIB) 4:00 pm Supper Club with Chef Mickey - Eggplant Parmigiana (\$15) (FD)</p>	<p>25</p> <p>1:00 pm Knitting &amp; Crochet Circle (LIB) 2:30 pm Casino Royale (MOV) 4:00 pm Pot-Luck - Dinner &amp; Dessert (GR)</p> <p><b>Medical Transports</b> <b>HAPPY BIRTHDAY MONICA CHANG!</b></p>	<p>26</p> <p>9:00 Grocery Shopping 1:00 pm Book Club (LIB) 2:00 pm Quarter Bingo (GR) 4:00 pm Happy Hour with Gone Grey Band (GR)</p>	<p>27</p> <p>1:00 pm Scrabble (LNG) 2:00 pm Thunderball (MOV) 4:00 pm Mojang (LNG) 6:00 pm Thwart or Hand &amp; Foot (GR)</p>
<p>28</p> <p>11:00 am Downton Abbey S1E4 (MOV) 4:00 pm Poker (LIB) 6:00 pm Game Night (LNG)</p> <p><b>HAPPY BIRTHDAY MARILYN LESLIE!</b></p>	<p>29</p> <p>10:15 am Monet The Immersive Experience (\$25) 1:00 pm Book Club (LIB) 2:00 pm Pinochle (LNG) 4:00 pm Supper Club with Chef Johnny - Beef Rigatoni (\$16) (FD)</p>	<p>30</p> <p>11:30 am Men's Lunch - Pizza (FD) 2:00 pm Rosary (CP) 2:30 pm Dirty Dancing (MOV) 6:00 pm Mexican Train (GR)</p> <p><b>Medical Transports</b></p>	<p>31</p>  <p>8:30 am Waffle Wednesday (GR) 1:00 pm Book Club (LIB) 2:00 pm January Birthday Party (GR) 4:00 pm Supper Club with Chef Mickey - Roasted Pork (\$15) (FD)</p> <p><b>HAPPY BIRTHDAY FRED BASS!</b></p>			
	<p><b>Every Monday</b> 8:30 am Hydrorider Class (30 min) (Pool) - Sign-up Required 9:00 am Hydrorider Class (30 min) (Pool) - Sign-up Required 9:45 am Balance Class 10:45 am Chair Yoga</p>	<p><b>Every Tuesday</b> 10:00 am Sit to be Fit 11:00 am Water Aerobics (Pool)</p>	<p><b>Every Wednesday</b> 10:00 am Stretch and Flex 11:00 am Drumming</p>	<p><b>Every Thursday</b> 10:00 am Sit to be Fit 11:00 am Water Aerobics (Pool)</p>	<p><b>Every Friday</b> 1:00 pm Pilates</p>	

# Community Activities



## Potluck Gatherings *Sign-up in Office*

**January 4th at 4:00 pm**  
**Mac n' Cheese & Chili**

Your best chili and cheese dinners are being requested for a Pot-luck in the Great Room with your neighbors!

**January 18th at 4:00 pm**  
**Wine Tasting & Appetizers**

Bring your favorite wine, or two! And some yummy snacks to share with friends in the Great Room!

**January 25th at 4:00 pm**  
**Dinner & Desserts**

Homemade or store bought, bring some dinner & desserts to the Great Room and get together with some of your neighbors!

*Welcome Sign Painting*  
*January 8th at 11:00 am*

Post-Holiday decorations lacking? Come to the Great Room to decorate a welcome sign for your door and enjoy a mini pancake bar!  
**Max 10 people - Sign-up in Office**



*Chair Dancing*  
**January 8th at 1:00 pm**

Ready to Sway with the Stars? This is a seated exercise and dance session with some popular songs from the 50's, 60's, 70's, & more!

*Join in the Fitness Suite!*



**DAUGHTER** *for hire*<sup>®</sup>

*A helping hand for senior living*

**Introduction**  
**January 9th at 1:00 pm**

Come to the Great Room and learn about a local organization with care companions to assist with non-medical services such as laundry, light housekeeping, meal prep and medical appointment transportation.

Have peace of mind!

**HECTORP**  
Senior Rehabilitation Services PLLC.



**Exercise for the Lower Extremities  
to Remain Safe and Independent**

**January 10th at 10:30 am**  
**Great Room**



**CLIFTON PARK  
HALFMOON  
PUBLIC  
LIBRARY**

**Information Session**  
**January 11th at 11:00 am**  
**Great Room**

**Fitness Machine Orientation & Fitness  
Class Introduction/Description**

**January 12th at 11:00 am**

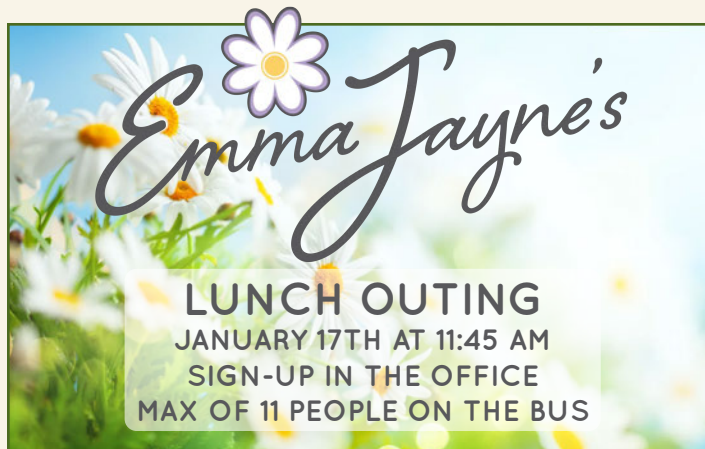
**Great Room & Fitness Suite**



*Crafting with Carol*

*January 16th at 3:30 pm*

Join Carol to make one of her crafty creations! She will be in the Great Room at 3:30 pm on the 16th to make something fun and have some laughs!



# Community Activities

## Cooking Demonstration with Chef Johnny Everything Bagel Chicken



**January 18th at 12:00pm**

Join Chef Johnny in the Family Dining Room to learn how he makes everything bagel chicken with cream cheese scallion sauce and enjoy a lunch after!

Sign-up in the Office

**Monet**  
THE IMMERSIVE EXPERIENCE  
A SPECTACULAR AUDIOVISUAL JOURNEY THROUGH IMPRESSIONISM

**January 29 at 10:15 pm**  
Pay \$25 and Sign-up in Office



**January 19th at 4:00 pm**

Pizza party combo with BYOB happy hour! Pre-pay \$5 in the office and sign up to receive 2 slices of pizza!

Join us and enjoy  
live music by **Mark Galeo!**

## Gilded Age of Hudson Valley with Marilyn Sassi

**January 24th at 11:00 am**

Local historian and Schenectady native Marilyn Sassi presents on the Gilded Age in Hudson Valley, exploring why this time period was crucial for American enterprise and the impact the immense economic growth had on the region.



This talk will explore a wide range of topics—including industrialization, urbanization, and immigration—and their impact on established and developing strata in society. Come learn about the history of the Vanderbilt Estates, the Paine Mansion, and other prices of history in our backyard! Begins at 11 AM in the Movie Theater, January 24th.

## SupperClub FOOD & FRIENDS

4:00 pm Pick-up or Eat-in available  
in the Family Dining Room

Monday Dinners due on the Friday Before  
Wednesday Dinners due on the Monday Before

### Wednesday the 3rd - Eddie F's

Fish & Chips (*French Fries or Onion Rings*) (\$16)

### Monday the 8th - Chef Johnny

Omelet Breakfast for Dinner (\$16)

### Wednesday the 10th - Chef Mickey

Stuffed Shells w/ Meatballs, a salad & a roll (\$15)

### Wednesday the 17th - Chef Mickey

Salmon w/ a mustard sauce, brown veggie rice,  
salad & a roll (\$15)

### Monday the 22nd - Chef Johnny

Butternut Squash with Apple Bisque & Subs (\$16)

### Wednesday the 24th - Chef Mickey

Eggplant Parmigiana w/ Pasta, salad & a roll (\$15)

### Monday the 29th - Chef Johnny

Beef Rigatoni w/ garden salad & garlic bread (\$16)

### Wednesday the 31st - Chef Mickey

Roasted Pork w/ mashed potatoes, vegetable  
gravy, salad & a roll (\$15)

# Concierge Services

## MEAL OPTIONS

### Continental Breakfast

8:30 AM—10:15 AM



### Lunch

Lunch outings available twice each month as well as a monthly Men's Lunch. Please see calendar.

### Supper Club

You have the option of two hot or to-go meals each week. They come ready to eat, from local Chefs. You can pick up your pre-paid meals at 4 pm in the Family Dining Room.

## Friday Grocery Shopping

Every Friday, the Halfmoon bus goes to 5 local grocery stores: **Market 32, Hannaford, Trader Joe's, Aldi, and Walmart.** We will leave at **9:00 am.** The bus will pick you up at the main entrance and shopping lasts **1 hour.** Please sign up in the main office.



**TRADER JOE'S** Walmart

## Medical Appointments Every Tuesday and Thursday

**Tuesdays and Thursdays, 9am-2pm.**

Please notify the office at least one week ahead of time. Destination must be within a 10-mile radius.

**HECTORP**  
Senior Rehabilitation Services PLLC.



Located in the Practitioner's Suite  
on the 3rd Floor

518-577-5214



♥ Gift Certificates Available ♥

Nails: Tina 518-698-4693

Esthetician: Jolene 510-857-5851

Hair: Sue 518-495-6054

Massage: Cathy 518-229-0741

## Resident Informational Meeting

**Resident Meeting with Laura & Staff**  
Tuesday, January 16th at 11:00 am

**Resident Program Meeting**  
Coming in February, Look out for a date!

**Theater How-To/Movie Committee**  
Coming in February, Look out for a date!



## GENOA IMPORTING

*Need dinner? Don't feel like cooking?*

Genoa Importing meals are available in the office on a first come/ first serve basis. The below dishes are frozen and ready to simply be heated & enjoyed. Each 2-person serving is \$14.

*Dinner Options:*

Veggie Lasagna | Baked Ziti with Meat Sauce |  
Turkey Dinner with Stuffing Roasted Potatoes and Veggies | Stuffed Shells with Sauce and Mozzarella |  
Meatloaf Dinner with Mashed Potatoes and Veggies

## On-Site Podiatrist

Dr. Michael Masias, DPM

Starting at 10:00 on the 2nd Monday of every month, Dr. Masias will be on site.

518-320-8659