

# SUMMIT AT SARATOGA

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Monthly Newsletter

January 2024



# THE Manager's Message

In the spirit of the New Year, let us embrace new resolutions to better ourselves and our community. If being more active is one of your resolutions, try one of our fitness classes on land or in the pool. You can always observe the class before trying it. If you are interested in starting to exercise, please attend our presentation on "Exercising in the New Year" on January 19th. Join us on the 31st at the Step On It Program to discuss where we will virtually travel to next.

We have had great success with our "Summit Wellness" program and inviting resources into our community such as a podiatrist, physical therapy group, hearing aid specialists, etc. You are invited to learn what energy healing is and the benefits of receiving Reiki on January 3rd and to learn more about acupuncture with Dr. Wayne on the 18th.

Have you been admiring our beautiful flower arrangements in the foyer? Learn about the Art of Japanese flower arranging called Ikebana on the 10th.

So many other intriguing lectures as well such as "Managing Medications", "Exercising You Lower Extremities" and "Developing Strategies for Successful Aging". See the calendar for dates and times.

Lastly, welcome new residents!

Sue Ann Pease

Richard Snyder

Happy New Year!



Christy Durant  
Community Manager

## Thank You!

*Thank you residents, friends and families for your generous gifts!*

Through your donations, we have far exceeded our expectations at helping the following organizations throughout the holiday season. You truly have made a difference.

Franklin Community Center: *Thanksgiving Giving Baskets*

Saratoga County Children's Committee: *Empty Stocking Project*

*The Marine Toys for Tots Program*

Emergency Services: *Wilton EMS & Greenfield Fire Department*

### Community Manager

Christy Durant  
CDurant@SummitSeniorLife.com

### Resident Services Coordinator

Rebecca Detora  
RDetora@SummitSeniorLife.com

### Concierge

Jessica Pratt  
Concierge@SummitSeniorLife.com

### Maintenance

Clyde Moore Jr.  
Skip Vickery

### Cleaner

Krick Wahl

### Weekend Concierge

Lisa Wilson  
Shelly Pooler

### Transportation

Matt Leguire

The Summit At Saratoga  
1 Perry Road  
Saratoga Springs, NY 12866  
518-430-2136  
www.summitsaratoga.com

Emergency Maintenance Number  
518-925-0905



Mike Jewett	1/1
Caroline Sciangula	1/03
Irmi Bauer	1/06
George Covell	1/13
Jeanette Cochran	1/17
Laurene Biviano	1/19
Richard Cordovano	1/22
Harry Holowach	1/23

Help us celebrate our monthly birthdays on  
 Wednesday, January 17 at 3:00pm  
 in the Great Room.  
 Cake & ice cream for all!

### Resident Informational Meetings

Resident Program Meeting  
 Monday, January 4 at 3:30pm  
 Great Room



Resident Meeting with Christy  
 Monday, January 8 at 11:30am  
 Great Room

Theatre How-To/Movie Committee  
 Thursday, January 11 at 11:00am  
 Movie Theater



*Too busy to grocery shop? Too tired to cook?*

Dickinson's Delights meals are available in the front office any day of the week on a first come/first serve basis. The dishes below are frozen and ready to be heated.

*This month's anyday choices:*

- Chicken Cordon Bleu, mashed potatoes \$12
- Lasagna \$20
- Meatloaf with brown gravy & mashed potatoes \$12

# Excursions

**Lunch at 99 Restaurant & Pub**  
 Wednesday, January 3



## RESTAURANT & PUB

Convenient, inviting and delicious are all reasons you should join us for this lunch outing at the restaurant where there is something for everyone!

**Please be in the lobby no later than 11:50am.**  
**The bus will leave the Summit at 12:00pm.**  
 10 resident minimum, 14 maximum



**Wednesday, January 17**

A hidden gem, located on Broadway in Saratoga, offers delicious food and of course, great wine!

**Please be in the lobby no later than 11:20am.**  
**The bus will leave the Summit at 11:30am.**  
 10 residents minimum, 14 maximum



**Wednesday, January 31**

Join us as we head to the Olde Bryan Inn, where their traditions began in 1773 and continues today. It's where history comes alive!

**Please be in the lobby no later than 11:20am.**  
**The bus will leave the Summit at 11:30am.**  
 10 residents minimum, 14 maximum



S	M	T	W	TH	F	S
<b>Location Key</b> BC-Bocce Ball Court BP-Back Patio BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FP-Front Patio FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre MR-Music Room (3rd Floor) P-Pool PC-Pickleball Court PS-Practitioners Suite TAV-Tavern	1  9:15pm Resident Potluck Breakfast <b>Office is Closed</b>	2 9:00am Podiatrist Visits, Dr. Masias 11:00am Shuffleboard TAV 1:00pm <i>Virgin River</i> (TV Series) MOV 1:00pm Tech Hour with Don LIB 1:30pm Quarter Bingo TAV 3:30pm Pinochle TAV 5:00/5:15pm Poker Night GR	3 <b>12:00pm Lunch at 99 Restaurant &amp; Pub</b> 1:30pm Movie Matinee MOV 3:00pm Mexican Train TAV  <b>3:30pm Presentation: Introduction to Reiki GR</b> 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR <b>Meal Order Form Due</b>	4 11:30am Men's League: Billiards Club BR <b>1:00pm Shopping Shuttle</b> 2:30pm Line Dancing FS 3:30pm Program Meeting with Rebecca GR 4:15pm Resident Potluck Dinner GR 5:00pm Cribbage TAV	5 10:00am Craft Class with Sue: Watercolor Workshop CR 10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Crown</i> MOV 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	6 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Chocolate Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
7 10:00am Buddy Swim P <b>11:00am Docuseries MOV</b> 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 6:00pm Communion Service LIB	8 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 11:30am Resident Meeting with Christy GR  <b>1:00pm Presentation: Managing Medications GR</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	9 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don TAV 1:00pm <i>Virgin River</i> (TV Series) MOV 1:30pm Quarter Bingo GR 2:00pm Monthly Book Club: Euphoria LIB  <b>3:30pm Presentation: Exercises for Lower Extremities GR</b> 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Stuffed Shells Dinner TAV 5:00/5:15pm Poker Night GR	10 <b>11:00am Presentation: Sunmark Credit Union GR</b> <b>1:00pm The Art of Ikebana: Japanese Flower Arranging GR</b> 1:30pm Movie Matinee MOV 3:00pm Mexican Train TAV 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	11 11:00am Theater How-to MOV 11:30am Men's League: Billiards Club BR <b>1:00pm Shopping Shuttle</b> 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Meatloaf Dinner TAV 5:00pm Cribbage TAV	12 10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Crown</i> MOV 1:00pm Styles Galore with Pianist Judith Thomas and Flutist Jolene Crowley GR 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	13 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Baileys & Coffee GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
14 10:00am Buddy Swim P <b>11:00am Docuseries MOV</b> 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	15  9:15pm Resident Potluck Breakfast <b>Office is closed</b>	16 11:00am Shuffleboard TAV 12:30pm Spoonful of Sugar Bakery LO 1:00pm <i>Virgin River</i> (TV Series) MOV 1:00pm Grief Talk with Don LIB 1:30pm Quarter Bingo GR 2:45-3:30pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Salmon Dinner TAV 5:00/5:15pm Poker Night GR	17 <b>11:30am Lunch at Thirsty Owl</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 3:00pm Monthly Birthday Party GR 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	18 11:30am Men's League: Billiards Club BR  <b>1:00pm Presentation: Acupuncture as A Way Towards Better Health and Wellness GR</b> 2:30pm Line Dancing FS 4:15pm Summit Supper Club: BBQ Chicken and Macaroni & Cheese Dinner TAV 5:00pm Cribbage TAV	19  10:15am Scrabble TAV <b>11:00am Presentation: Exercising in the New Year! GR</b> 12:30pm Netflix Series: <i>The Crown</i> MOV 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:00/5:15pm Poker Night GR	20 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Root beer Floats GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
21 10:00am Buddy Swim P <b>11:00am Docuseries MOV</b> 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	22 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV <b>1:00pm Storytelling with Margaret French LIB</b> 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	23 11:00am Shuffleboard TAV 1:00pm Tech Hour with Don LIB 1:00pm <i>Virgin River</i> (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Chicken Parmesan Dinner TAV 5:00/5:15pm Poker Night GR	24 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV  <b>3:00pm Presentation: Developing Strategies for Successful Aging</b> 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	25 11:30am Men's League: Billiards Club BR 12:15pm Summit Lunch Club: Soup & Submarine TAV <b>1:00pm Shopping Shuttle</b> 2:30pm Team Trivia with Mark Hersh GR 5:00pm Cribbage TAV 6:00pm Drink at the Fireplace: Dirty Snowman GR	26 10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Crown</i> MOV 1:30pm Meditate Together LIB 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 4:15pm Resident Potluck Appetizer GR 5:00/5:15pm Poker Night GR	27 10:30am Board Games TAV 11:30am Men's League: Billiards Club BR 1:00pm Hot Chocolate & Peppermint Schnapps Bar GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Worship & Music with Street Level Chapel GR
28 10:00am Buddy Swim P 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV	29 11:00am Social Knitting & Crochet LIB 11:30am Men's League: Billiards Club BR 11:30am Board Game/Canasta TAV 3:00pm <i>Welcome New Residents</i> Happy Hour with music by Laura Collins GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV	30 11:00am Shuffleboard TAV 1:00pm <i>Virgin River</i> (TV Series) MOV 1:00pm Tech Hour with Don LIB 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Roast Pork Dinner TAV 5:00/5:15pm Poker Night GR	31 <b>11:30am Lunch at Olde Bryan Inn</b> 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV  <b>3:30pm Travel Tour Meeting MOV</b> 4:00pm Lip Reading Class LIB 6:00pm Hand & Foot Card Game MR	 <b>Line Dancing - Alternating Thursdays at 2:30pm</b> <b>Lip Reading Tuesdays at 4:00pm</b>		
 	<b>Every Monday</b> Balance FS 9:30am Yoga FS 10:00am Strength Training FS 10:30am	<b>Every Tuesday</b> Hydro Rider P 8:00am/8:30am Tai Chi I: Basics FS 9:00am Aqua Fit P 9:30am Tai Chi III: Intermediate LIB 9:40am Tai Chi II: Basics + 73 LIB 10:20am Balance Class FS 10:30am Yoga FS 11:00am Move & Groove FS 11:30am	<b>Every Wednesday</b> Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:30am Buddy Swim P 1:00pm	<b>Every Thursday</b> Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Move & Groove FS 11:30am	<b>Every Friday</b> Water Aerobics P 8:30am Tai Chi I: Basics FS 9:00am Tai Chi IV: Advanced FS 9:40pm Hydro Rider P 9:30am/10:00am Tai Chi II: Basics + 73 FS 10:20am Buddy Swim P 1:00pm	

# Community Programs

## HAPPY MONDAYS



### Monday Happy Hour

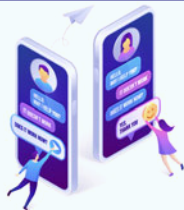
Unwind and relax with fellow residents each and every Monday at 3:00pm in the Great Room.

**Monday, January 29— Welcome New Residents Happy Hour with music by Laura Collins**  
Come meet and mingle with our newest friends at the Summit.

### Tech Help with Don

Tuesday, January 2, 9, 23, 30  
1-3:00pm

Please sign up in the Great Room.



### Meditate Together

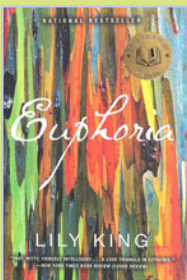
Friday, January 5, 19, 26  
1:30pm - 2:00pm Library

Unwind your mind as we meditate together. This resident-led program will be 30 minutes long, split into two parts. The first 20 minutes will be spent listening to a guided meditation. Then you will be invited to share if you feel comfortable doing so.

### Summit Book Club

Tuesday, January 9  
2:00pm  
Library

This month we are reading and discussing *Euphoria* by Lily King. All residents are welcome. No sign-up necessary. Happy Reading!



Wednesday, January 10  
11:00am  
Great Room

## TEAM TRIVIA

with DJ Mark Hersh

January 11 & 25 at 2:30pm

Join us in the Great Room, where the competition is friendly and the trivia is fun!!

**Come and join the teamwork!!**



Friday, January 12

1:00pm

Great Room

with Pianist Judith Thomas and Flutist Jolene Crowley

Come enjoy the solo and duet skills of Judith and Jolene, as they span the ages with joy and fine musicianship!

### Exercising in the New Year!

Barbara Howansky  
Friday, January 19  
11:00am  
Great Room

Make fitness part of your New Years resolution! Join Fitness Specialist and director of our fitness classes to learn:

- ◇ Why is staying active important?
- ◇ How does being active affects your health?
- ◇ What kinds of exercises are helpful for you as an individual?

### Storytelling with Margaret French

Monday, January 22  
1:00pm  
Library



Margaret French tells personal and family stories with their roots in Canada, the land where she grew up, and in upstate New York, Saratoga, where she now lives. Her stories are unexpected,

often humorous, sometimes touching tales about our all-too-human condition. She often includes traditional folktales and myths or local history. Margaret also enjoys leading storytelling and writing workshops. You can find many of her stories on her blog at [www.margaretfrench.com](http://www.margaretfrench.com).





**Introduction to Reiki**  
by Gina Clemente  
**Reiki Master & Healer**  
Wednesday, January 3  
3:30pm  
Great Room

You are invited to learn what energy healing is, and the benefits of receiving Reiki sessions! Reiki is a non-invasive healing technique that reduces stress and promotes healing of body, mind and spirit. Bring your questions and curiosity!

### Managing Medications

Monday, January 8  
1:00pm  
Great Room

Join Dr. Barry Loffredo for an informative seminar and discover tips and tricks for easy medication management.



### Exercises for Lower Extremities

Enid Wasacz  
Physical Therapist

Tuesday, January 9  
3:30pm  
Great Room

To remain safe and independent, find out what exercises are ideal for your lower extremities.

### The Art of Ikebana: Japanese Flower Arranging

Wednesday, January 10  
1:00pm  
Great Room



Learn from fellow residents the basics of Ikebana during a hands-on workshop. With a little practice, we will successfully make our first Ikebana arrangement.

Please sign up,  
12 residents maximum

### Acupuncture as a Way Towards Better Health and Wellness

Dr. Michael Wayne, PhD, Lac  
Thursday, January 18  
1:00pm  
Great Room



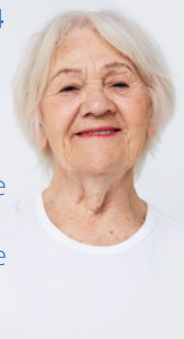
Interest in acupuncture has exponentially increased over the last decade. More and more people find it helpful in the treatment of health issues and as an approach that can better their health. In this presentation, Dr. Wayne will explain what acupuncture is, how it works, and how it can benefit you. There will be ample time for questions and answers.

### Developing Strategies for Successful Aging

Dr. Ellen Cole  
Emerita Professor of Psychology  
Russell Sage College

Wednesday, January 24  
3:00pm  
Great Room

Dr. Ellen Cole is the author of a variety of articles and books on positive aging. One of her favorite quotes, from psychiatrist George Vaillant is "The mission of positive aging is very clear: to add more life to years, not just more years to life."



### Travel Tour Meeting

Wednesday, January 31  
3:30pm  
Theater



It's the start of a new year with a lot of interesting places to visit!! Join us for this meeting to discuss where we can stop next. Come with ideas of places you would like to see, learn history and more!!

# 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.



## 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.



at The Summit at Saratoga

♥ Gift Certificates Available ♥

### Stylist

Patricia Keefe 518-992-4904

### Therapeutic Massage

Shari Parslow 518-879-9365

### Nail Technician

Tina Mone 518-698-4693

## Spa Garment Care

Fresh Market Plaza, 56 Marion Avenue,  
Saratoga Springs, NY 12866

(518) 935-0525

Dry Cleaning, Shoe Repair & Tailoring

Free Pick-up and Delivery

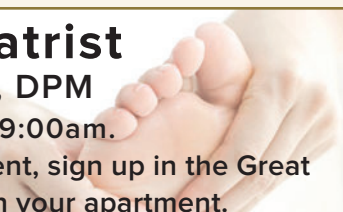
10% off on all orders

## On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, January 2 at 9:00am.

To make your appointment, sign up in the Great Room. He will visit you in your apartment.



## SENIOR REHABILITATION SERVICES

# HECTORPT

www.hectorpt.com

(518) 577-5214



Homemade soups, chili,  
quiche and more!

Tuesday, January 16  
12:30-1:30pm  
Lobby

## Route 50 Shopping

Please sign up for the *Thursday 1:00pm*  
Shopping Shuttle in the Great Room.



## Saratoga Springs Public Library Outreach

Tuesday, January 16  
2:45pm - 3:30pm  
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