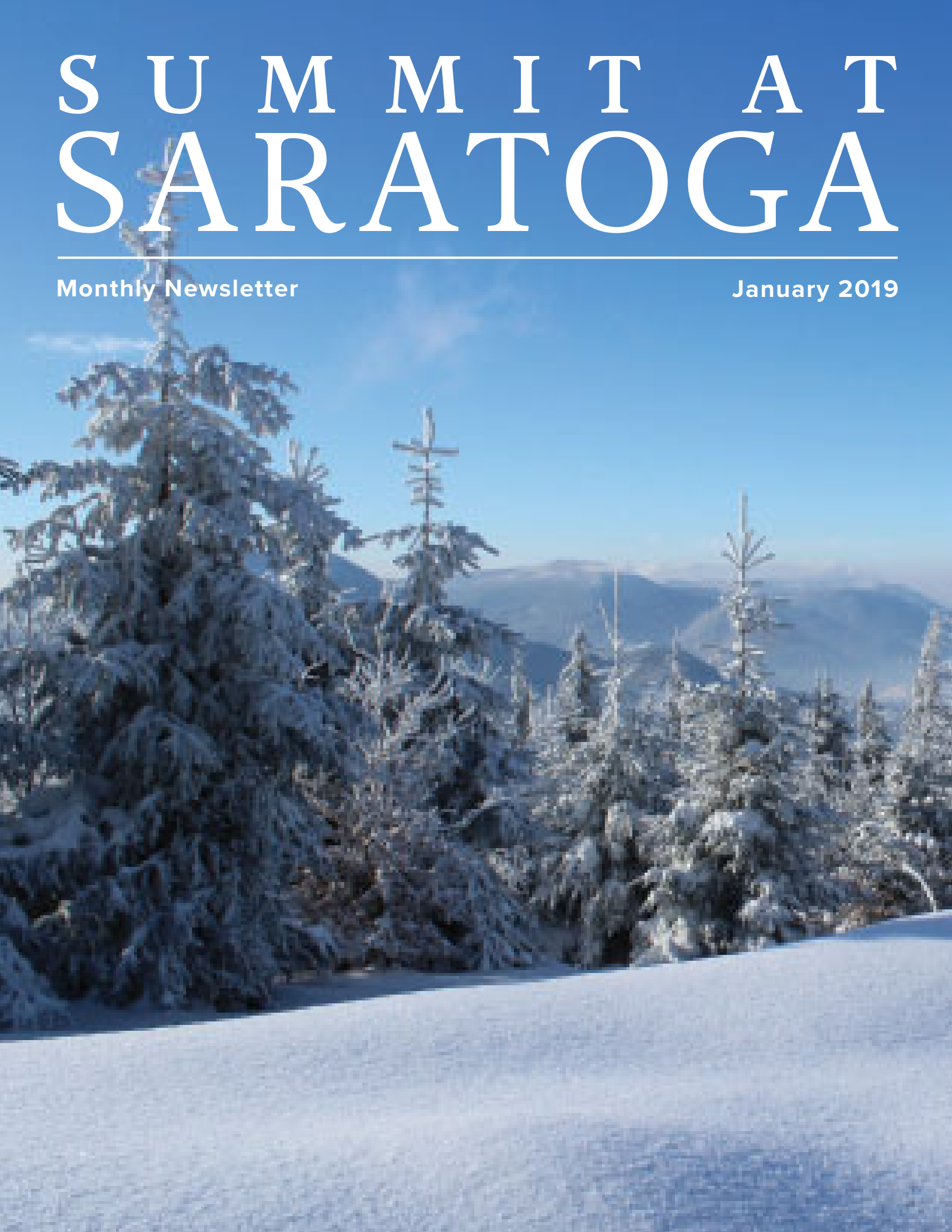


SUMMIT AT SARATOGA

Monthly Newsletter

January 2019



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 or a new class such as Yoga or tribal dance lessons.

Or try one of our new program offerings like “Most Memorable Moments in Sports” and “Whose Line is it Anyways?” Remember the old game show where a panel asks questions and you have to guess the occupation? Also, join us for a Popcorn Tasting Bar on the 9th and Crazy Hat Happy Hour on the 28th.

Join us on January 10th to learn how to protect yourselves against “Senior Scams” presented by the Attorney General’s office and on January 17th to learn all about some interesting history of the British spy James Bond 007 in the Adirondacks.

This month, explore vivid underwater worlds across almost forty exhibits at the Via Aquarium in Rotterdam and listen to an organ concert at Proctor’s Theatre. Or, join us for lunch at two local downtown hot spots, Mrs. London’s or the new Pig N’ Whistle Deli.

One more fun event in January is “High School Memories” on the 31st. Take a stroll down memory lane and look back through your high school or teenage photos. Please drop off your photo to the office by January 18th and we will display them until we play guess who? We did this last year with baby photos and it was a lot of fun! Plan to attend the photo reveal on the 30th.

Many thanks to all who participated in the “Empty Stocking Project” and the collection of toys for “Toys for Tots”. You have put a smile on so many children’s faces this year!

Happy New Year!



Christy Durant
Community Manager

High School Photo Contest

Bring your photo down to the office!

Residents and staff alike will submit a high school photo to be copied and displayed. We will showcase your photos in the Lobby the week of January 20th. Do not share your captivating photo with others! We will have everyone guess who belongs to which photo and the one with the most correct guesses wins a prize.

Reveal: January 31 at 3:00pm



Community Manager

Christy Durant

Resident Services Coordinator

Rebecca Detora

Concierge

Jessica Pratt

Maintenance

Jerry Gideon
Clyde Moore Jr.
Mike McGan

Weekend Concierge

Maureen Godlewski
Sandi Pickens
Jennifer Stroebel

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

Resident Testimonial



Rocco & Rondelle Rosato

It all started when they were teenagers with an official blind date at Rye Playland Amusement Park. Rocco, from the Bronx, and Rondelle, from Yonkers, said they moved several times before their final move to Saratoga but never left New York State. As a matter of fact, Saratoga was a favorite stop on their way to their vacation destination each year. Coming from Chappaqua they were pleasantly surprised at all Saratoga had to offer. The flowers, the snow and the people made them realize Saratoga was where they wanted to raise their son, Nicholas.

Even though Rocco had a degree in Mass Communication and Psychology he pursued a career in financial services. Rondell recalls Rocco working 2 straight years with not one day off. He continues to work diligently from their apartment. Rondelle proudly admits that she chose to stay at home with their son instead of pursuing a nursing career. When the time was right she began working at Travelers Insurance and continues to do so today.

From their first visit to The Summit they were impressed with the atmosphere, accommodations, residents and programs. "It's nothing to hear a knock at the door and find someone bringing you a dish to try", Rondelle said. She also mentioned how she is trying new leisure pursuits since living here. She has become part of the Mahjong group and even opted to go to line dancing class. The cold weather has not stopped them from venturing out to their grandsons' sporting events or their daily walk around the building.

For those considering a move to The Summit, they say "come check it out and see all that you are able to get involved in."

Resident Informational Meetings

Thursday, January 3 at 1:30pm
Resident Meeting with Christy

Thursday, January 3 at 2:00pm
Program Meeting

Thursday, January 10 at 11:30am
Theatre How-To

Wednesday, January 16 at 10:30am
Go Green Committee Meeting



All residents are encouraged to attend!

January Birthdays



Caroline Sciangula	1/3
Yoshie Krosky	1/5
Bob Dudley	1/8
Joan Bullock	1/9
Bill Flannery	1/10
Henry Redling	1/15
Silvia Dauenheimer	1/19
Richard Cordovano	1/22
Mary Alice Russo	1/27
Georgia Radtke	1/29
David Spingarn	1/30
Carmen Glenn	1/31



Help us celebrate our monthly birthdays on
Wednesday, January 30 at 3:00pm
in the Great Room.

Cake & Ice Cream for all!

Community Activities

JANUARY ART CLASSES In the Craft Room

Paint on Wine Glass



**Thursday,
January 17
at 11:00am**

Learn-To-Do Tole Painting



**Thursdays,
January 10 and 24
at 7:15pm**

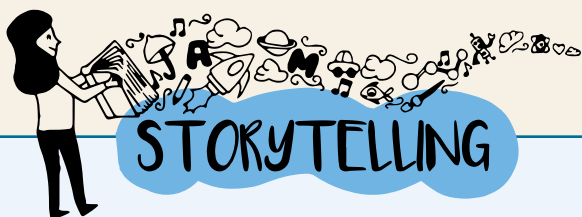
Summit Book Club Joins Saratoga Reads!

Tuesday, January 15 at 11:30am

Our Book Club invites all residents to participate in reading *Exit West* by Mohsin Hamid. Inspired by the current national conversation about migrants, refugees, and newcomers to the United States, Saratoga Springs Public Library has chosen *Exit West*, by Mohsin Hamid, as the 2019 Saratoga READS!

Saratoga Reads! has an uncomplicated mission: to invite all members of the Saratoga Springs community to participate in a shared reading experience, and to take part in conversations and events inspired by our annual reading selections.

We have complimentary books in the office if you would like to join. All are welcome.



Storytelling with Betty and Margaret Tuesday, January 8 at 1:00pm Library

Family Stories: The Good, The Bad & "Don't Tell A Soul"

Margaret French and Betty Cassidy will tell stories about families a lot like yours. Warm. Funny. Poign-ant. Human.

Happy Hour with Rick Bedrosian Friday, January 18 at 4:00pm Great Room

Besides performing as a solo artist, Rick is currently the leader of two renowned bands—the award winning Celtic Rock group, Hair Of The Dog and the wildly popular Beatlemania band, Hey Jude. Rick Bedrosian is also the creator and host of a brand new food, music and travel television series called, "I Could Eat". Expect to have a lot of fun singing along to popular Irish songs, Beatles classics and more.



HEY JUDE™

Hair Dog®

Wednesday, January 9 at 3:00pm

WHAT'S MY LINE?



What's My Line? is a panel game show that originally ran in the United States on the CBS Television Network from 1950 to 1967. The game requires resident panelists to question other residents in order to determine his or her occupation. "Yes" or "No" are the only answers allowed!
Don't Miss Out!!

Most Memorable Moments in Sports

Wednesday, January 16 & 23 at 3:00pm

Relive the most celebrated sporting events ever broadcast. You will hear the actual events on two audio CD's.

The words and excitement of the announcers will take you back to the heart-stopping thrill of the event, when an athlete triumphed...and the crowd went wild!

Excursions & Events



sponsored by
SUNY EMPIRE STATE COLLEGE

Winter Storytellers Series 2019

January 2 "Stories of Echoes of Old Saratoga"

by Joe Doolittle

January 23 Memorable Moments

by Betty Cassidy

SUNY Empire State College 12 pm - 1 pm

The bus will leave The Summit at 11:15 am

Free and open to the public

at **PROCTORS**



Featuring the Mighty Wurlitzer
"Goldie"

Tuesday, January 15

Bus will leave The Summit at 10:45am

COMING IN FEBRUARY

AGATHA
CHRISTIE'S
THE
STRANGER

Sunday, February 3 at 2pm

The Riggi Theater at The National Museum of Dance
A World Premiere from the pen of the world's most
famous mystery writer.

Mrs. London's
January 9



Bus will leave The Summit at 11:15am
Check out this boutique bakery and café that
is rooted in the French culinary tradition.
10 residents minimum, 14 maximum



**Lunch at
The Publik House**

January 14

Bus will leave The Summit at 11:30am

This restaurant offers the best pizza in the area and
some of the finest homemade meals around.

10 residents minimum, 14 maximum



Monday, January 30

Bus will leave The Summit at 1:00pm

Visit the Via Aquarium and experience the wonders
of the ocean in our own backyard! Explore two
tunnel tanks, view live piranha feeding, or touching
a live sting ray in our sting ray touch tank. Self-
guided tour will take you face-to-face through
intimate locations such as lakes, rivers, streams,
kelp forests and coral reefs, both local and
worldwide! Our aquarium provides an interactive
experience unlike any other in the Capitol Region.
Self-guided tour

Minimum of 10 residents per trip.

S	M	T	W	TH	F	S
<p>BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GAM-Game Room (2nd Floor) GR-Great Room LIB-Library MOV-Movie Theatre ML-Music Lounge (3rd Floor) P-Pool TAV-Tavern</p>		<p>1</p> <p>Office is Closed</p> <p>New Year's Day</p>	<p>2</p> <p>Sign-up for Summit Supper Club GR 10:00am Social Knitting LIB 11:00am</p> <p> Academy of Lifelong Learning presents Stories of Echoes of Old Saratoga by Joe Doolittle 11:15am</p> <p>Movie Matinee MOV 1:30/6:15pm Mexican Train TAV 2:00pm The Summit Supper Club with Chef Mickey TAV 4:30pm</p>	<p>3</p> <p>Scrabble TAV 10:30am Resident Meeting with Christy GR 1:30pm Program Meeting GR 2:30pm The Summit Supper Club with Applebee's TAV 4:30pm Pinochle TAV 6:15pm Resident Meet-Up!! TAV 6:30pm</p>	<p>4</p> <p>Shopping Shuttle 10:30am</p> <p>Tribal Fitness FS 10:30am Wii Jeopardy ML 1:30pm Wii Bowling ML 2:15pm BYOB Tavern Time TAV 4:00pm Poker Night TAV 5:30pm</p>	<p>5</p> <p>Quarter Bingo TAV 10:00am Board Games GR 10:30am Open Studio CR 1:00pm Movie Matinee: <i>St. Vincent</i> MOV 1:30pm <i>Flavored Coffees</i> GR 3:00pm Billiards BR 3:30pm</p>
<p>6</p> <p>Pancake Breakfast 8:30am Mexican Train TAV 10:30am</p> <p> The Great Courses: The World Was Never The Same MOV 11:30am</p> <p>Rummikub TAV 1:00pm Sunday Football LIB 1:00/4:00pm Poker GR 2:00pm Downton Abbey MOV 6:30pm</p>	<p>7</p> <p>Scrabble TAV 10:30am Hand & Foot Card Game ML 1:00pm Trivia TAV 3:00pm Happy Hour GR 4:00pm The Summit Supper Club with Primo's Lasagna Special TAV 4:30pm Learn to Play Mahjong TAV 5:30pm Monday Night Movie MOV 6:15pm Mahjong TAV 6:30pm Monday Night Football LIB 8:00pm</p>	<p>8</p> <p>Mexican Train TAV 10:00am Sign-up for Summit Supper Club GR 10:00am</p> <p> Academy of Lifelong Learning Spring Semester Overview GR 10:00am</p> <p>Storytelling The Good, The Bad & Don't Tell A Soul LIB 1:00pm Quarter Bingo TAV 2:00pm Poker Night GR 5:30pm Rummikub TAV 6:00pm</p>	<p>9</p> <p>Social Knitting LIB 11:00am Lunch at Mrs. London's 11:15am</p> <p>Popcorn Tasting GR 1:00pm Movie Matinee MOV 1:30/6:15pm Mexican Train TAV 2:00pm What's My Line? GR 3:00pm</p> <p>National Popcorn Day</p>	<p>10</p> <p>Scrabble TAV 10:30am Theatre How-To MOV 11:30am</p> <p> Smart Seniors Presentation GR 1:30pm</p> <p>The Summit Supper Club with Pratt's Catering TAV 4:30pm Resident Meet-Up!! TAV 6:30pm Learn-to-do Tole Painting CR 7:15pm</p>	<p>11</p> <p>Shopping Shuttle 10:30am</p> <p>Cooking Class GR 11:00am Blood Pressure Clinic GR 12:00pm Meditation LIB 1:00pm Pot Luck Appetizer Party GR 4:00pm Poker Night GR 5:30pm</p>	<p>12</p> <p>Quarter Bingo TAV 10:00am Board Games GR 10:30am Storytelling with Betty LIB 11:30am Open Studio CR 1:00pm Movie Matinee: <i>Eye in The Sky</i> MOV 1:30pm <i>Hot Chocolate Bar</i> GR 3:00pm Billiards BR 3:30pm</p>
<p>13</p> <p>Mexican Train TAV 10:30am</p> <p> The Great Courses: The World Was Never The Same MOV 11:30am</p> <p>Rummikub TAV 1:00pm Sunday Football LIB 1:00/4:00pm Poker GR 2:00pm Downton Abbey MOV 6:30pm</p>	<p>14</p> <p>Scrabble TAV 10:30am Lunch at The Publiik House 11:30am</p> <p>Hand & Foot Card Game ML 1:00pm Food Florist Delivery TAV 1:00pm Trivia TAV 3:00pm Happy Hour GR 4:00pm Learn to Play Mahjong TAV 5:30pm Monday Night Movie LIB 6:15pm Mahjong TAV 6:30pm Monday Night Football LIB 8:00pm</p>	<p>15</p> <p>Mexican Train TAV 10:00am Sign-up for Summit Supper Club GR 10:00am</p> <p>Proctors Organ Concert Series 10:45am</p> <p>Book Club: <i>Exit West</i> LIB 11:30am Quarter Bingo TAV 2:00pm Saratoga Springs Public Library Visits GR 2:30pm Poker Night GR 5:30pm The Summit Supper Club with Specialty Dinner from Three Vines Bistro TAV 5:30pm Rummikub TAV 6:00pm</p>	<p>16</p> <p>Go Green Committee GR 10:30am Social Knitting LIB 11:00am Movie Matinee MOV 1:30/6:15pm Mexican Train TAV 2:00pm Most Memorable Moments in Sports (Pt 1) LIB 3:00pm The Summit Supper Club with Chef Mickey TAV 4:30pm</p>	<p>17</p> <p>Scrabble TAV 10:30am Paint on Wine Glasses CR 11:00am</p> <p> James Bond Presentation LIB 1:30pm</p> <p>Vodka Fizzes at The Bar TAV 3:30pm Pinochle TAV 6:15pm Resident Meet-Up!! TAV 6:30pm</p>	<p>18</p> <p>Shopping Shuttle 10:30am</p> <p>Tribal Fitness FS 10:30am Organize Craft Room CR 1:00pm Hot Toddy's with Musician Rick Bedrosian GR 4:00pm Poker Night GR 5:30pm</p>	<p>19</p> <p>Quarter Bingo TAV 10:00am Board Games GR 10:30am Open Studio CR 1:00pm Movie Matinee: James Bond MOV 1:30pm <i>Root Beer Floats</i> 3:00pm Billiards BR 3:30pm</p>
<p>20</p> <p>Pancake Breakfast 8:30am Mexican Train TAV 10:30am</p> <p> The Great Courses: The World Was Never The Same MOV 11:30am</p> <p>Rummikub TAV 1:00pm Sunday Football LIB 1:00/4:00pm Poker GR 2:00pm Downton Abbey MOV 6:30pm</p>	<p>21</p> <p>Hand & Foot Card Game ML 1:00pm Learn to Play Mahjong TAV 5:30pm Monday Night Movie LIB 6:15pm Mahjong TAV 6:30pm</p> <p style="text-align: center;">Office is Closed</p> <p>Martin Luther King Jr. Day</p>	<p>22</p> <p>Mexican Train TAV 10:00am Sign-up for Summit Supper Club GR 10:00am</p> <p>Saratoga Casino & Raceway 10:15am</p> <p>Quarter Bingo TAV 2:30pm The Summit Supper Club with Pizza & Friendship Salad GR 4:15pm Poker Night GR 5:30pm Rummikub TAV 6:00pm</p>	<p>23</p> <p>Social Knitting LIB 11:00am</p> <p> Academy of Lifelong Learning presents Memorable Moments by Betty Cassidy 11:15am</p> <p>Movie Matinee MOV 1:30/6:15pm Mexican Train TAV 2:00pm Most Memorable Moments in Sports (Pt 2) LIB 3:00pm</p>	<p>24</p> <p>Scrabble TAV 10:30am</p> <p> Dr. Gerald Stulc and Book Signing of The Surgeon's Mate GR 1:00pm</p> <p>The Summit Supper Club with Dickinson's TAV 4:30pm Resident Meet-Up!! TAV 6:30pm Learn-to-do Tole Painting CR 7:15pm</p>	<p>25</p> <p>Shopping Shuttle 10:30am</p> <p>Organize Tavern Games TAV 11:00am Blood Pressure Clinic GR 12:00pm Meditation LIB 1:00pm BYOB Tavern Time TAV 4:00pm Poker Night TAV 5:30pm</p>	<p>26</p> <p>Quarter Bingo TAV 10:00am Board Games GR 10:30am Open Studio CR 1:00pm Movie Matinee: <i>Open Range</i> MOV 1:30pm <i>Hot Chocolate Bar</i> GR 3:00pm Billiards BR 3:30pm</p>
<p>27</p> <p>Mexican Train TAV 10:30am</p> <p> The Great Courses: The World Was Never The Same MOV 11:30am</p> <p>Rummikub TAV 1:00pm Sunday Football LIB 1:00/4:00pm Poker GR 2:00pm Downton Abbey MOV 6:30pm</p>	<p>28</p> <p>Scrabble TAV 10:30am Hand & Foot Card Game ML 1:00pm</p> <p>VIA Aquarium 1:00pm</p> <p>Trivia TAV 3:00pm Crazy Hat Happy Hour GR 4:00pm Learn to Play Mahjong TAV 5:30pm Monday Night Movie MOV 6:15pm Mahjong TAV 6:30pm Monday Night Football LIB 8:00pm</p> <p>National Hat Day</p>	<p>29</p> <p>Mexican Train TAV 10:00am Sign-up for Summit Supper Club GR 10:00am</p> <p>Quarter Bingo TAV 2:00pm The Summit Supper Club with The Wishing Well TAV 4:15pm Poker Night GR 5:30pm Rummikub TAV 6:00pm</p>	<p>30</p> <p>Social Knitting LIB 11:00am</p> <p>Arthritis Overview & Adaptations by MVP GR 1:00pm</p> <p>Movie Matinee MOV 1:30pm/6:15pm Mexican Train TAV 2:00pm Monthly Birthday Party GR 3:00pm</p>	<p>31</p> <p>Quiche Breakfast GR 8:30am Scrabble TAV 10:30am Highschool Photo Contest Reveal GR 3:00pm</p> <p>The Summit Supper Club with Three Vines TAV 4:15pm Pinochle TAV 6:15pm Resident Meet-Up!! TAV 6:30pm</p>	<p>Please note that all outings are highlighted in red.</p> <p>Presentations are highlighted in blue.</p> <p>Connected Life programs and events are indicated with this icon</p> 	
<p>CONNECTED life</p>  <p>FITNESS</p>	<p>Every Monday</p> <p>Hydro Rider P 8:00am/8:30am Strength Training FS 9:30am Water Walking P 2:00pm</p>	<p>Every Tuesday</p> <p>Water Aerobics P 8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Balance Class FS 11:30am</p>	<p>Every Wednesday</p> <p>Stretch N'Flex FS 9:00am Sit2BeFit FS 10:00am Water Walking P 11:00am/2:00pm Buddy Swim P 1:00am</p>	<p>Every Thursday</p> <p>Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Balance Class FS 11:30am</p>	<p>Every Friday</p> <p>Water Aerobics P 8:30am Hydro Riders P 9:30/10:00am</p>	<p>Every Saturday & Sunday</p> <p>Water Walking P 11:00am Buddy Swim P 1:00pm</p>

Concierge Services



You are welcome to set up a pedicure, manicure or hair appointment.

Mondays and Thursdays from 9 am - 3 pm.

Phone 518-316-1912

♥ Gift Certificates Available ♥

Massage Therapy

RENEW DAY SPA

Shari Parslow 518-879-9365

Esthetician, Bhavani Kurtz

518-290-6780

Residents receive 20% off regular rates



STONE'S PHARMACY

1 Main St., Lake Luzerne, NY 12846

P: (518) 696-3214 | F:(518) 696-5192

Residents can set up an account in advance and Stone's will deliver free of charge in the Saratoga area Monday—Friday between 5:30pm and 6pm.

You must be home to accept delivery.

Pharmacy Delivery

Route 50 Shopping

Fridays at 10:30-12:00

Let us know where you want to go.



CONTINENTAL BREAKFAST

8:30 AM until 10:30 AM in the Great Room

We are happy to offer a continental breakfast to our residents seven days a week. Start your morning off right with a healthy breakfast while enjoying each other's company.



There are also copies of the newspaper located in the Great Room for residents to read.

SPA GARMENT CARE Valet Pick-up & Delivery

Please call to notify Spa Garment Care that you have items to be cleaned at

(518) 935-0525

10% off on all orders



HOMETOWN MOBILE VETERINARY PRACTICE

**In-home veterinary care for the cats and dogs
of The Summit at Saratoga**

By appointment: 518-796-0023
or email hometownmobilevet@gmail.com

10% discount on examinations
and select professional services

Be Our Guest

Guest Suite Available
See office for details

PRIVATE TRANSPORTATION

Tuesdays and Thursdays 9am - 3pm.
Please notify the office at least
one week ahead of time.

It must be within
a 12-mile radius.



January Recipe

James Bond's Vesper Martini



Three measures of Gordon's, one of vodka, half a measure of Kina Lillet. Shake it very well until it's ice-cold, then add a large thin slice of lemon peel. Got it?
— "Casino Royale," Chapter 7

Every James Bond fan will recognize the lines in this recipe as the first martini Bond ordered in Ian Fleming's 1953 book, "Casino Royale." It is possibly the most famous drink order in history, it's extremely precise, and recreating the Vesper martini at home is easier than you think. In honor of James Bond's 25th anniversary year, perhaps you might want to try this classic cocktail.

This drink is purely fictional, one created by the author in his first book about the now famous British Secret Service agent. It's even become known as the "Bond martini." Of course, as any devotee of the books or movies knows, Bond is very fond of fine cocktails and this was certainly not the last drink in the series.

The Vesper martini is interesting because it combines gin and vodka with a dry vermouth. It's a very potent mix and Fleming (er, Bond) is very specific about brands for two of the ingredients involved.

INGREDIENTS

- 3 ounces Gordon's Gin
- 1 ounce vodka
- 1/2 ounce Lillet (or another dry vermouth)
- Garnish: lemon peel

PREPARATION

1. In a cocktail shaker, combine the ingredients with ice.
2. Shake well and strain into a chilled martini glass.

3. Garnish with a large piece of lemon peel.

Tip: Shaking the drink will break down more ice and add a greater amount of water to the cocktail. This dilution is actually a good thing, because it creates a well-balanced cocktail in which all the ingredients become one flavor.

Shaken, Not Stirred

Anytime you have a debate over shaking versus stirring cocktails, one can't help but think of Bond's famous line, "shaken, not stirred." That one first appeared in Fleming's 1956 novel "Diamonds Are Forever." One thing's for sure, Fleming certainly knew his way around great drinks. That recipe is easy enough, though many people prefer to stir it like they do a classic martini. The shake is actually a good thing here because it dilutes the drink, which is very heavy on the alcohol. It's said that vodka in the 50's was often bottled at 100 proof and that Gordon's was 94 proof at the time (it's since been reformulated).

Interpreting Bond's Vesper Martini

The Kina Lillet Bond speaks of can be found today labeled as White or Blanc Lillet (pronounced lee-lay). It's a brand of dry vermouth that has been made in France since the late 1800s. It is often referred to as "the apéritif of Bordeaux." The Gordon's Gin available in the U.S. today is different than that found in the U.K. They're both different than the Gordon's that Fleming knew because the recipe and strength have changed. While Gordon's is a good everyday gin, many people prefer Tanqueray or Beefeater. Pretty much any top-shelf London dry gin will make a nice Vesper.

As mentioned, the vodka Bond would have likely drank would have been 100 proof. These are not the easiest bottles to find, though brands like Absolut, New Amsterdam, and Svedka are available.

Finally, Bond's glassware of choice for the Vesper is a deep Champagne goblet. Many of the cocktail glasses used back in Fleming's time would have held only 3 ounces and, when shaken, the Vesper tops off at almost 5 ounces. It's reasonable to assume that the goblet preference was simply a matter of volume. Today, we do like our big martini glasses.

Have you ever wished you could get fit, have fun and embrace your feminine side... simultaneously?



Adirondack Grooves Tribal Fitness will be here to teach a unique dance class on **Friday, January 4 & 18** at 10:30am.

Fitness Studio



LEARNING

The World Was Never The Same

Sundays at 11:30am in the Theatre

In this sweeping course, you will have the opportunity to witness events and people that changed history.



ACADEMY FOR LIFELONG LEARNING

Tuesday, January 8 at 10:00am
in the Great Room

Join Director, Jeff Shinenman, to learn about courses offered for the upcoming Spring semester.



Arthritis Overview & Adaptations Session 1

Wednesday, January 30 at 1:00pm Tavern



Living Well Presentation



Smart Seniors Presentation

by Michael Sprague

Senior Consumer Frauds Representative

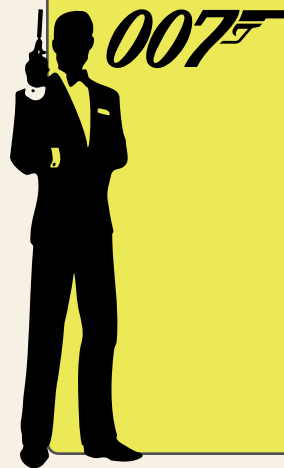
New York State Office of the Attorney General

Thursday, January 10 at 1:30pm Great Room

Join us to hear how scams work, how to avoid them, general tips on how to keep your information safe, what steps to take if you are scammed or your information is compromised, and what resources are out there to assist you.

History of James Bond By Frieda Toth

Thursday, January 17 at 1:30pm



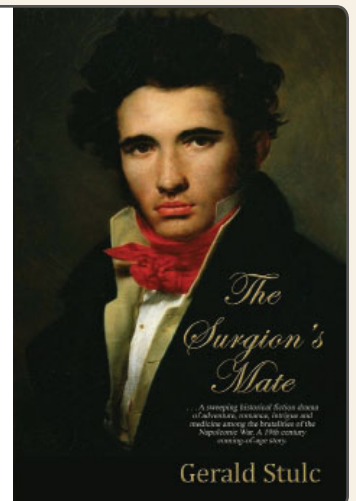
James Bond is turning 25! His movies, of course. Please join Frieda, an internationally known James Bond scholar, as she tells us all about where the famous author travelled locally and his inspirations for some of his works. Frieda's work appears in Artistic License Renewed and her book, *007 in the Adirondacks*, is coming out soon.

Author, Dr. Gerald Stulc and Book Signing of *The Surgeon's Mate*

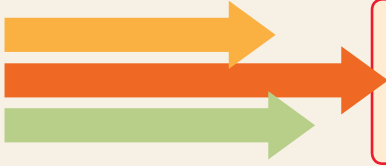
Thursday, January 24 at 1:00pm Great Room

This historical fiction novel is a sweeping drama of adventure, romance, intrigue, and military medicine against the background of the Napoleonic War. It is a 19th-century coming of age story where an aspiring young man learns the meanings of courage, duty, and true love. It is receiving excellent reviews and will soon be available as an audiobook on Amazon.

Dr. Stulc is eminently qualified to write such a book. He is a retired surgeon, and served for sixteen years as a flight surgeon and Captain for the Navy and Marines in the United States Naval Reserves. As a student of military and medical history, the novel incorporates extensive research as well as his direct experiences as a military and trauma doctor.



Summit Supper Club



Sign up on Tuesdays from 10:00am - 11:00am in the Great Room for upcoming Summit Supper Club Meals.

Eden Gourmet Catering

Wednesday, January 2

Shrimp Alfredo over pasta, salad, roll and butter

Wednesday, January 16

Pot Roast, potatoes and carrots, gravy, salad, roll and butter

Tavern @ 4:30pm, \$12 per person

Primo Pizzeria and Italian Specialties



Monday, January 7 at 4:30pm

Lasagna Special \$13.00

Residents are welcome to order off of the menu as well.

Pratt's Catering



**Thursday, January 10
at 4:30pm Tavern**

Chicken a la King over toast points, garlic mashed potatoes, steam mixed vegetables.

\$12.00 per person



Three Vines is a family run authentic Italian restaurant where every item in the kitchen is made fresh, in-house daily.

Specialty Dinner will be served on Tuesday, January 15 at 5:30pm and is \$12.50 per person.

Thursday, January 31 Residents will be able to choose from the menu posted in the sign-up binder. Delivery to the Lobby is at 5:15pm.



Too busy to grocery shop? Too tired to cook?

Food Florist meals are available in the front office any day of the week on a first come/first serve basis. The below dishes are frozen and ready to be simply heated. Each 2-person serving is \$11.

This month's choices:

Chicken Pot Pie

Traditional Sausage Lasagna

Holiday Casserole

Swedish Meatballs

Regular Delivery **Monday, January 14 at 1:00pm** in the Tavern. Pre-order not necessary.

Pizza & Friendship Salad - \$3 per person



**Thursday, January 22 at 4:15pm
in the Great Room**

Please bring a topping for the salad. The pizza will be delivered and soda is provided. You are welcome to bring another beverage of choice.

Dickinson's Delights

Thursday, January 24

Pulled pork, macaroni and cheese and corn

Tavern @ 4:30pm, \$14 per person

Please order in the office by Tuesday, January 22
Pre-ordered prepared soups, entrees and desserts available to be delivered at 4:15pm.

The Connected Life Program focuses on highlighting the four key aspects we believe are a vital part of a healthy, happy, and balanced life.

Residents are able to choose activities and programs that complement their personal tastes in Health & Fitness, Lifelong Learning, Community Activities, and Leisure & Recreation. The best part? All programs are free for our residents along with a daily continental breakfast.

This includes all of our wellness activities, referrals to community service providers, an array of educational programs, choices of weekly recreational events, regular social opportunities and gatherings, transportation services for shopping, medical visits, and so much more!



HEALTH

Healthy living is an integral part of the Connected Life Program. Whether you're a devoted yoga class-goer, enjoy taking evening walks with a friend, love water aerobics, or just need to meditate in the morning before you start your day, our Health program has something for you.



LEARNING

As seniors, sometimes we think we have seen (and know) it all, but as John Wooden once said "It's what you learn after you know it all that counts." We have monthly lectures and presentations on an array of topics to stimulate the mind.



ACTIVITIES

Being part of a community is more than just being neighbors. It's individuals coming together to build each other up, share similar interests, laugh together, and help each other grow.



LEISURE

Summit residents are never without an opportunity to have some fun. Whether it's trying their hand at a friendly game of cards, unwinding in the salon, perfecting their cross stitch, or just relaxing and catching up with other residents.

December Moments



Live Well



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