

SUMMIT AT MILL HILL

Monthly Newsletter

September 2020



THE

Community Manager's Message

Did you know that September is known as “National Self Improvement” month?

I think that many people think of September as a chance for a fresh start. For me, the thought of September brings to mind memories of a new school year. Whether I was shopping for myself or for my children, I looked forward to buying new pencils, new sneakers, and a new backpack – it was a whole new start!

Is there something that you have been meaning to tackle that you have not yet been able to accomplish? Perhaps now is the time to refocus your energy! Why not set a new goal...one that is specific, attainable and within your control? Whether you want to start eating healthier foods, gain strength or organize your personal space, there is no time like today to get started.

With the thought that September is time to “refocus your energy”, here are some of the events we have planned:

- Wednesday, 9/2, 1pm – “Keeping You on Your Toes”, presented by Carla Wasbes, PT, MSPT
- Wednesday, 9/9, 1pm – “Is COVID Your Wake-Up Call”, by Patricia McGee, RN, MSN
- Friday, 9/18, 11am – “Staying Active as We Age”, Barbara Howansky, Personal Trainer
- Friday, 9/25, 1pm – “From Mess to Bliss”, Liz Halvorsen, Professional Organizer

I hope you will find the September calendar inspiring and that you will join us for these and other activities.

Here's to a happy and productive new month!

Joan
Community Manager

Community Manager

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Maintenance

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Welcome

NEW RESIDENTS

HELEN MARCHESE

RON KILLELEA

BILL GRONVALL

TOM CAIRNS

BARBARA & BRUCE SCHWOEGLER



September Birthdays



Join us in wishing
Clive a very
Happy Birthday.

Clive Reed

9/03

All residents are welcome to join us in the Great Room on Wednesday, September 30 at 1:30pm to celebrate this month's birthdays.



WEDNESDAYS
AT 4PM
IN THE TAVERN

Join Us For September
Happy Hours



Tai Chi

Now offered regularly.

Mondays at 1:30pm in the Yoga Studio.

Special Happy Hour with Entertainment

Wednesday, September 16th, 4pm

Cocktails & Acoustic Guitar
featuring

Tim Farkas

On The Patio - weather permitting



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About
Photos
Reviews
Videos
Events
Posts
Community
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Summit at Mill Hill

See what's new, flip through our photo albums and take a look at the resident spotlights we will be featuring!

Visit our website:
www.summitseniorlife.com

S	M	T	W	TH	F	S
Location Key FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio		1 9-2 Transport to Medical Appts. 5pm Supper Club New Village Deli & Pizza	2 1pm "Keeping You On Your Toes" Presentation & Luncheon GR	3 9-2 Transport to Medical Appts. 10am Dr. Masias Podiatrist visits 5pm Supper Club Lilac Blossom	4 10am Grocery Shopping 1:30 Meeting with Joan & Meg GR	5 2pm Movie Mystic Pizza National Cheese Pizza Day
6 11am Coffee Klatch  2pm Pop-up Movie	7 	9-2 Transport to Medical Appts. 10:30 Breakfast Bags 1:00 "Making Refrigerator Pickles" with the Garden Club in the Family Dining Room 5pm Supper Club Bountiful Bread	9 9:30 Meditation with Matt LIB 1pm "Is Covid-19 Your Wake-up Call?" Presentation & Luncheon 4pm Happy Hour TAV	10 9-2 Transport to Medical Appts. 1:30pm Experience Archery with Matt & Mike 5pm Supper Club Fin Your Fishmonger	11 10am Grocery Shopping 11am-1:30pm Beginners Painting Class Megan Ruch, Artist & Instructor Patriot Day	12 2pm Enjoy an afternoon milkshake in the Great Room National Chocolate Milkshake Day
13 11am Coffee Klatch  2pm Pop-up Movie	14 10:30 Breakfast Bags 3pm Movie, "Rocketman" - The story of Elton John	15 9-2 Transport to Medical Appts. 1pm Make a Bird House with Matt & Mike 5pm Supper Club Via Fresca	16 2pm Faith Based Discussion Group with Mike LIB 4pm Happy Hour with Live Music by Tim Farkas PAT	17 9-2 Transport to Medical Appts. 2pm "Staying Active as We Age" Presentation GR 5pm Supper Club Emma Cleary's	18 10am Grocery Shopping 2pm Garden Club Meeting Creating A Fall Planter PAV Rosh Hashanah begins at sundown	19 Rum & Coke 1pm TAV  Talk Like A Pirate Day
20 11am Coffee Klatch  2pm Pop-up Movie	21 10:30 Breakfast Bags 3pm Movie, "Peanut Butter Falcon" Peace Day	22 9-2 Transport to Medical Appts. 1:30 Sew Simple - GR 5pm Supper Club Marisa's Place Autumn begins	23 9:30 Meditation with Matt LIB 2pm Tie Dye with Angela GR 4pm Happy Hour TAV	24 9-2 Transport to Medical Appts. 5pm Supper Club Ben & Bills Deli	25 10am Grocery Shopping 1pm "From Mess To Bliss," Presentation GR	26 Visit Indian Ladder Farms for fresh apples and cider donuts Open 9-5 
27 11am Coffee Klatch  2pm Pop-up Movie	28 3pm Movie, "Apollo 11"	29 9-2 Transport to Medical Appts. 5pm Supper Club Peach's Cafe	30 1:30 Celebrate our September Birthdays GR 3pm Book Club Discussion of Little Fires Everywhere LIB 4pm Happy Hour TAV 			
CONNECTED life  FITNESS	Every Monday Water Aerobics P 9:45am Tai Chi YS 1:30pm	Every Tuesday Stretch & Flex GR 10am Hydro Riders P 11am	Every Wednesday Sit To Be Fit GR 11am	Every Thursday Chair Yoga GR 11am	Every Friday Water Aerobics P 8:45am	



LEARNING

Keeping You On Your Toes



**Wednesday, September 2nd
1pm in the Great Room**

Join **Carla Wasbes** for lunch and an empowering presentation on how physical therapy can keep you well and active throughout your life.

Is Covid-19 Your Wake Up Call?

PATTY MCGEE RN, MSN & INTEGRATIVE HEALTH COACH

Wednesday, September 9th at 1pm

You are most likely feeling the effects of COVID-19 and don't even know it. The emotional and physical toll of not spending time with your family and friends is affecting people at alarming rates. This stress can lead to worsened symptoms associated with chronic disease, anxiety, overeating and more.

Wednesday, September 9 at 1pm

Lunch will be served at this event

Join us for this important interactive class to learn why it's urgent to:

- Take Control of your health before a crisis strikes
- Reduce comorbidities associated with COVID-19
- Boost your immune system now



*Presented by Patty McGee,
RN, MSN
Integrative Health Coach*

Staying Active As We Age

by

Fitness Director, Barbara Howansky.

Thursday, September 17th at 2pm

In the Great Room



From Mess To Bliss

**Friday, September 25th
at 1pm in the Great Room**

Join **Liz Halvorsen**, Professional Organizer, as she takes you through home organizing tips & tricks to help maximize your time & space.

After listening to Liz you'll leave feeling ready to conquer your space and go from mess to bliss!



Please email Meg . . .

with your suggestions for workshops, entertainment, book club or other programs you would like to see on your calendar.

meg@summitseniorliving.com



Painting Class

Friday, September 11th at 11am

Local Artist, **Megan Ruch**, will be teaching a beginner painting class. You will create a beautiful still-life piece of art & possibly discover a hidden passion.

Class limited to 8



SUMMIT GARDEN CLUB

Friday, September 18th
2pm at the Pavilion

Join Amy from The Gade Farm to create a beautiful Fall planter to decorate your patio or balcony.



TUESDAY, SEPTEMBER 22TH
1:30PM GREAT ROOM

Come and experiment with sewing. You will have the opportunity to make something on a sewing machine with the guidance of an Instructor. Options include, place mats, a mask, or perhaps something else that inspires you.

DIY
SWIRLY
TIE DYE
T-SHIRTS

Wednesday
September
23rd
2:00pm
Great Room

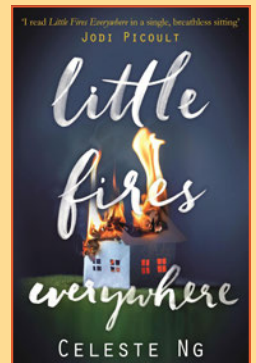
WITH ANGELA CUOZZO

Summit Book Club

Wednesday, September 30
At 3:00pm
Library

This month we are reading and discussing *Little Fires Everywhere*, by Celeste Ng.

All residents are welcome. No sign up necessary.
Happy Reading!



Concierge Services

Summit Supper Club

September 1	New Village Deli
September 3	Lilac Blossom
September 8	Via Fresca
September 10	Fin Your Fishmonger
September 15	Via Fresca
September 17	Emma Cleary's Cafe
September 22	Marisa's Place
September 24	Ben & Bill's Deli
September 29	Peach's Cafe

Friday Grocery Shopping

On Fridays at 10:00 am, the Mill Hill van goes to one of several local grocery stores or Walmart.

Please sign up in the office if you would like to use this service.



Transportation to Medical Appointments

Every Tuesday & Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 9 AM and 2 PM.

Call the office to reserve your appointment time.



THE FOOD FLORIST

• GIFTABLE COMFORT FOOD •
WHEN YOU WANT TO SEND MORE THAN FLOWERS



Too busy to grocery shop? Too tired to cook?

Food Florist meals may be ordered weekly. The homemade dishes are frozen and ready to be heated. Each two-person serving is \$11.

This month, the Food Florist entrees we have on hand are:

Chicken Pot Pie,
Sausage Lasagna,
Spinach-Zucchini Lasagna (Gluten-Free)
and Swedish Meatballs.

Please call Meg in the office anytime, to order one of the above Food Florist meals. To place a custom order, see more meal options at thefoodflorist.com and place your order with Meg by 3pm on Mondays.

On-Site Podiatrist

Dr. Michael Masias, DPM

First Thursday of every month.

Please call his office directly to schedule an appointment. 518-320-8659



♥ Gift Certificates Available ♥

Wednesdays Hair Stylist - Paula 518-361-5629
Wednesdays Nail Specialist - Sonia 518-512-7479
Tuesdays Massage Therapist - Charlene Watson
518-813-3347 (Start date - TBD)