

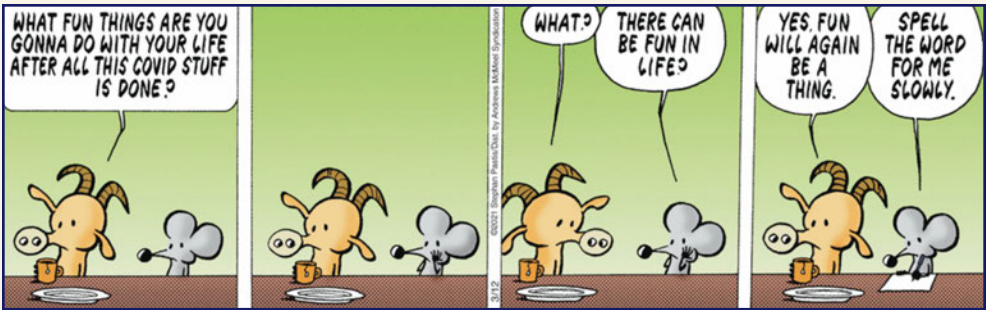
SUMMIT AT MILL HILL

Monthly Newsletter

April 2021



THE Community Manager's Message



Happy April!

This is one of my favorite months, not only because of the spring flowers and budding leaves, but also due to the “Just for Fun” days: April Fool’s Day, National No Housework Day (on April 7th), and Go Fly a Kite Day (April 21st)!

This will be our first full month of “fun”, as we resume our Connected Life programming! I hope you will join us for our fitness classes, plus the following special events: :

- Thursday, April 1st – Harp music, performed by Dawn Danis
- Tuesday, April 6th – “Inside the Blue Line”, presented by Mike Camoin
- Tuesday, April 13th – “Boomtown Immigration”, presented by Michael Diana

We will also be offer 2 outings to Stuyvesant Plaza! Why not take a ride to enjoy shopping or lunch at this sweet outdoor plaza? The dates are Friday, April 9th, and Friday, April 23rd. Reserve a seat on the bus by signing up in the Great Room.

We are getting back in the swing of things slowly, after a long year of online programming and zoom calls. Yes, after all the “Covid Stuff”, F-U-N will again be a thing!

Warm regards,

Joan

Community Manager

Community Manager

Joan Scotti
JScotti@SummitSeniorLife.com

Concierge

Meg Nigro
Meg@SummitSeniorLife.com

Maintenance

Matt Grygas
Mike Magnan

Weekend Concierge

Samantha Foley
Kelly Chapman

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518-941-8871

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Slingerlands, NY 12159
www.summitatmillhill.com



Meet Your Neighbors

Marilyn and Joe Minichelli Apt. 309

Marilyn Minichelli was the first person to live here at the Summit at Mill Hill. She moved in December 27, 2019 and her husband, Joe, joined her several months later. Prior to this the Minichellis lived in Broome County, NY their whole lives. Joe worked for IBM for 30 years, retired and went back to work at Fidelity Investments for a few more years. He is an avid gardener and a wealth of knowledge if you have a gardening question. Marilyn worked part time in a Special Education class for 20 years. Her interests include reading non-fiction and walking.

The Minichellis decided to move to the Summit because their daughter, son-in-law and 3 granddaughters are living nearby. Marilyn and Joe are so happy to be near their daughter and her family. According to the Minichellis, “Summit is a wonderful place to live! We feel fortunate to be here!”

Judy and Stu Madnick Apt. 216

Judy and Stu Madnick moved to Summit at Mill Hill at the end of October 2020 and are thoroughly enjoying the sense of community. Stu, a native of Gloversville, NY, retired in 2003 from the Capital District Transportation Authority. His interests during retirement have included daily multi-mile walks (regardless of the weather!), pickleball, billiards, attending UAlbany basketball games; cheering for his favorite sports teams, especially the New York Giants, and traveling. Judy was born and raised in Albany. She was a middle-school mathematics teacher but spent most of her career operating home-based businesses as a court transcriptionist/scopist, wordprocessing specialist, and résumé writer. She enjoys genealogy research, volunteering for and serving on the boards of several local organizations, playing MahJongg, and traveling.

Stu and Judy lived in Albany for most of their married life, with the exception of six retirement years in Jacksonville, FL. They returned to the Albany area in 2013 to be closer to their two children (one living just five minutes from Summit at Mill Hill), three grandchildren, and three step-grandchildren. They are looking forward to celebrating their 55th wedding anniversary in June.



Lucille Kaplan	April 4th
Ann Reed	April 6th
Steve LaPidus	April 15th
Merry Lyng	April 17th
Barbara Schwoegler	April 18th
Carol Huta	April 23rd
Linda Blumenstock	April 30th
Michele McGinn	April 30th
Ron Killelea	April 30th

Help us celebrate our monthly birthdays by wishing these residents a very Happy Birthday!



Home
About
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Posts
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Info and Ads

Like us on
Facebook

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
				1 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 2pm Celebration of Easter Harp Music-GR 5pm Supper Club— La Famiglia	2 8:30-11 Continental Breakfast 1pm Easter Devotion with Mike-GR	3 Continental Breakfast 9—11:30am 1pm Movie, “Bridesmaids”
4 	5 8:30-11 Continental Breakfast 2pm Garden Club starting seeds –location TBA	6 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 2pm Inside the Blue Line presented by Mike Camoin –GR 5pm Supper Club - Tara’s Kitchen	7 8:30-11 Continental Breakfast 9:30 Meditation with Matt 4pm-Happy Hour Brian Zapel Performing-GR	8 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club—Casa Real	9 8:30-11 Continental Breakfast 11am Bus to Stuyvesant Plaza 2pm Bus Pick-up at Stuyvesant Plaza 3pm Resident Meeting with Joan & Meg	10 Continental Breakfast 9am—11:30am 1pm Movie, “Somethings Got Give”
11 Continental Breakfast 9am—11:30am 2pm Fireside chat with neighbors-GR	12 8:30-11 Continental Breakfast 1pm Meet & Greet with Salon Staff –Salon	13 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 2pm Boomtown Immigration Michael Diana –GR 5pm Supper Club—Inferno	14 8:30-11 Continental Breakfast 1:30pm Faith Based Discussion with Mike-LIB 4pm Happy Hour-TAV	15 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club—Ted’s Fish Fry	16 8:30-11 Continental Breakfast 4pm Meet & Greet Happy Hour-TAV (Get to know your neighbors)	17 Continental Breakfast 9am—11:30am 1pm Movie, “Sleepless in Seattle”
18 Continental Breakfast 9am—11:30am Take a spring stroll around the neighborhood	19 2pm Patty McGee Health Presentation –GR	20 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 5pm Supper Club—Pizza by Dom	21 8:30-11 Continental Breakfast 9:30 Meditation with Matt 1:30pm Faith Based Discussion with Mike 4pm-5pm Happy Hour John Hill Performing - GR	22 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club—Lam’s Kitchen	23 8:30-11 Continental Breakfast 11am Bus to Stuyvesant Plaza 2pm Bus Pick-up at Stuyvesant Plaza	24 Continental Breakfast 9am—11:30am 1pm Movie, “Bridget Jones’s Diary”
25 Continental Breakfast 9am—11:30am Look for signs of spring in our garden beds.	26 8:30-11 Continental Breakfast 2pm Mahjong-GR	27 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am PT/OT Complimentary Screening—YS 5pm Supper Club—Gennaro’s	28 8:30-11 Continental Breakfast 3pm Book Club Discussion <i>My Name is Mary Sutter</i> -LIB 4-5pm Happy Hour-TAV	29 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club—Akonomi	30 8:30-11 Continental Breakfast 2pm Garden Club Spring planting	
CONNECTED life  FITNESS	Every Monday Strength & Balance FS 9:45am Water Aerobics P 10:45am	Every Tuesday Stretch & Flex FS 10am Hydro Riders P 11am	Every Wednesday Sit To Be Fit FS 11am	Every Thursday Chair Yoga FS 11am	Every Friday Water Aerobics P 8:45am Tai Chi FS 10:30am	



LEARNING

Tai Chi for Better Balance and More Energy



Learn the gentle and relaxing movements of Tai Chi for Arthritis and Falls Prevention, the evidence-based program designed by Dr. Paul Lam. These slow, safe, and enjoyable movements improve balance, posture, and breathing — a relaxing experience for the whole body supporting overall wellness.

Tai chi can be learned by anyone regardless of age, and it can also be done seated. No equipment or special clothing needed; comfortable clothing that easily allows movement and comfortable shoes are best. Beginners welcome.

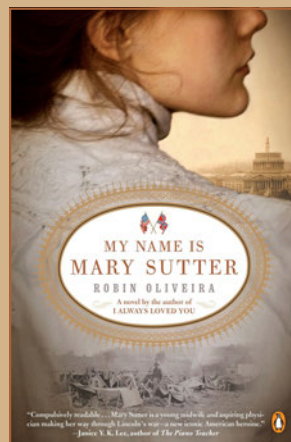
Instructor: Sabine Seiler is a self-employed editor, writer, translator, and writing coach with a Ph.D. in English. She has been studying and sharing her knowledge of Tai Chi for many years and is a certified Tai Chi instructor teaching throughout the Capital Region.

April Book Club Selection

Book Club Discussion
will take place
April 28th at 3pm
in the Library.

Please contact Meg in The
Summit Office if you are
interested in joining
The Book Club.

meg@summitseniorlife.com
518-941-8871



Easter Harp & Song celebration

Performed by
Dawn Danis



Thursday, April 1st at 2pm
In The Great Room

Boomtown Immigration in Schenectady, New York

Presented by Michael Diana
from The Schenectady
Historical Society

Humans are always on the move. We seek new opportunities and face challenges as we adapt to changes in the world around us. For tens of thousands of immigrants, Schenectady, New York offered its own opportunities and challenges. This talk explores why people immigrate and the unprecedented impact of immigration and technology on urban Schenectady.

BOOMTOWN

Immigration, Technology,
and Urban Schenectady



PRN
Physical Therapy
Rehabilitation Services
an affiliate of The Weston Healthcare Group

PRN Staff Contact Information

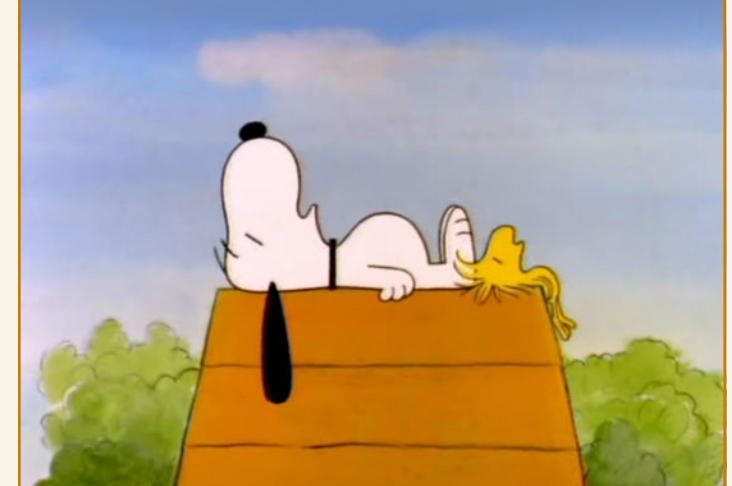
Denise Bilka, Physical
Christine Fitzgerald, Occupational
Marybeth Ryan, Speech

SummitMillHill_NY85@prnphysicaltherapy.com

716-255-3674

**A good laugh and a long sleep
are the two best cures for anything.**

Irish Proverb



Concierge Services

CONTINENTAL BREAKFAST

In the Great Room, weekdays 8:30am – 11:00am,
9am – 11:30am Saturdays & Sundays.

We are happy to offer a continental breakfast to our residents (with the exception of holidays when the office is closed). Start your morning off right with a healthy breakfast while enjoying each other's company.



Thursday Grocery Shopping

On Thursdays 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.



♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629

Nail Specialist - Sonia 518-512-7479

Massage Therapist - Charlene Watson
518-813-3347

Summit Supper Club

April 1	La Famiglia
April 6	Tara's Kitchen
April 8	Casa Real
April 13	Inferno
April 15	Ted's Fish Fry
April 20	Pizza by Dom
April 22	Lam's Kitchen
April 27	Gennaro's
April 29	Akonomi



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)
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.

SPA GARMENT CARE

5 New Karner Road (Route 155)

Guilderland, NY 12084

(518) 608-1063

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