

SUMMIT AT MILL HILL

Monthly Newsletter

June 2021



THE
Community Manager's Message

Happy June!
It is so wonderful to see your lovely, smiling faces, without masks! Just in time for summer!

Though we might think of the “lazy days of summer” as we head into June, I think Mill Hill will soon feel busier than ever! This month we will welcome many new residents, which will give us all the opportunity to enrich our lives as we make new friends.

Together we hope you will enjoy our Connected Life programming in June, from simple activities like Mah Jongg and poker in the Tavern to presentations such as “Judaism & Christianity: Similarities and Differences” (June 3rd), “Beyond the Pines” (June 15th) and “The Grand Hotels of Victorian Saratoga Springs” (June 22nd).

A few other events to look forward to...

- For the Gentlemen, a “Men’s Luncheon” on June 1st
- A presentation about opportunities to travel, by Wade Tours on June 4th
- A trip to Grapevine Farms, Cobleskill, for lunch and shopping on June 18th!

Be sure to check your calendars for these and other events. To our new residents, I want to remind you of the activities and services that are available to you, including daily Continental Breakfast, Fitness Classes, Salon Services and more! Stop in the office or send an email if you have any questions.

Enjoy the summer weather,

Joan



Community Manager

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Concierge

Meg Nigro
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Maintenance

Matt Grygas
Mike Magnan

Weekend Concierge

Samantha Foley
Kelly Chapman

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518-941-8871

The Summit At Mill Hill
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Slingerlands, NY 12159
www.summitatmillhill.com



Men's
Luncheon

Tuesday, June 1st at 12:30
in The Great Room

Featuring a guest speaker from
The Tri-City Valley Cats

The Tri-City ValleyCats are a professional independent baseball team based in Troy, New York. The Tri-City name refers to the three nearby cities of Albany, Schenectady, and Troy which make up New York State's Capital District.



Kevin Davis	June 2nd
Frank Blumenstock	June 10th
Stu Madnick	June 14th
Pat Handler	June 25th

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



Lunch and Shopping at
Grapevine Farms in Cobleskill

Join us for an afternoon out at this charming 1850's farmhouse with 3 floors of themed rooms. Bistro, Wine Cellar, Bakery and Shopping.

On Friday, June 18th the Summit Van will depart at 11:30am and arrive at Grapevine Farms around 12:15. You can have lunch in the Bistro and spend some time browsing, shopping or wine tasting.

Bus will depart at 2:30 for return to Mill Hill.



WADE TOURS



Wade Tours Presentation
Friday, June 3rd at 1:30pm in the Great Room

Come and explore the options for day trips
this summer and fall.



S	M	T	W	TH	F	S
<div>June</div>		1 8:30—11 Continental Breakfast 9—2 Transport to medical appts 12:30pm Men's Luncheon with Guest Speaker from the Tri-city ValleyCats 1:30pm Mah Jongg— Tav 5pm Supper Club— Ted's Fish Fry	2 8:30—11 Continental Breakfast 1:30 Wellness Group 4pm Happy Hour— GR	3 8:30—11 Continental Breakfast 2pm "Judaism & Christianity: Similarities & Differences"  Frederica Francesoni, PhD 5pm Supper Club Casa Real	4 8:30—11 Continental Breakfast 1:30pm Wade Tours Presentation-GR 3pm Resident Meeting with Joan & Meg— GR	5 Continental Breakfast 9am—11:30am 2pm Movie, "Slumdog Millionaire"
6 Continental Breakfast 9am—11:30am 12pm Bocce Ball	7 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV 7pm Poker— GR	8 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Towne TV - How to Use the Movie Theatre 5pm Supper Club— La Famiglia	9 8:30—11 Continental Breakfast 9:30am Meditation with Matt 4pm Happy Hour— GR	10 8:30—11 Continental Breakfast 9—2 Transport to medical appts 10am Grocery Shopping 2pm Watercolor Cactus Painting with Angela 5pm Supper Club Akonomi	11 8:30—11 Continental Breakfast 1:30pm Bible Study with Terry— GR	12 Continental Breakfast 9am—11:30am 2pm Movie, "Braveheart"
13 Continental Breakfast 9am—11:30am 12pm Bocce Ball	14 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV 7pm Poker— GR Flag Day	15 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts.  2pm "Beyond the Pines" presentation by Michael Diana - GR 5pm Supper Club— Club-Inferno	16 8:30—11 Continental Breakfast 1:30pm Wellness Group 4pm Happy Hour Harp Music— GR	17 8:30—11 Continental Breakfast 9—2 Transport to medical appts 10am Grocery shopping 2pm Reversing Cognitive Impairment 5pm Supper Club Lam's Kitchen	18 8:30—11 Continental Breakfast 11:30am Depart for Grapevine Farms, Cobleskill Lunch & Shopping 2:30pm Depart Grapevine Farms for Mill Hill	19 Continental Breakfast 9am—11:30am 2pm Movie, "Philomena" 5:30pm Potluck Dinner
20 Continental Breakfast 9am—11:30am 12pm Bocce Ball Father's Day Summer Begins	21 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV 7pm Poker— GR	22 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts.  2pm The Grand Hotels of Victorian Saratoga Springs— GR 5pm Supper Club— Pizza by Dom	23 8:30—11 Continental Breakfast 9:30am Faith Based Discussion— GR 1:30pm Wellness Group 4pm Happy Hour— GR	24 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club Athos Tavern	25 8:30—11 Continental Breakfast 2pm Garden Club	26 Continental Breakfast 9am—11:30am 2pm Movie, Alfred Hitchcocks, "Notorious"
27 Continental Breakfast 9am—11:30am 12pm Bocce Ball	28 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV 7pm Poker— GR	29 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Patty McGee-Health Presentation 5pm Supper Club Emma Cleary's	30 8:30—11 Continental Breakfast 9:30am Meditation with Matt— LIB 3pm Book Club Discussion Sold on a Monday— LIB 4pm Happy Hour Live Music— PAT			<div>Location Key</div> <div>FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio</div>
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>9:45 Strength & Balance-FS (Fitness Studio) 10:45 Water Aerobics-P (Pool)</div>	<div>Every Tuesday</div> <div>9:00 Stretch & Flex-FS (Fitness Studio) 10:00 Stretch & Flex-FS (Fitness Studio) 11:00 Hydro Riders-P (Pool)</div>	<div>Every Wednesday</div> <div>10:45 Sit To Be Fit-FS (Fitness Studio) 11:45 Water Aerobics-(Pool)</div>	<div>Every Thursday</div> <div>10:00 Tai Chi-FS (Fitness Studio) 11:00 Chair Yoga-FS (Fitness Studio)</div>	<div>Every Friday</div> <div>8:45 Water Aerobics-P (Pool)</div>	



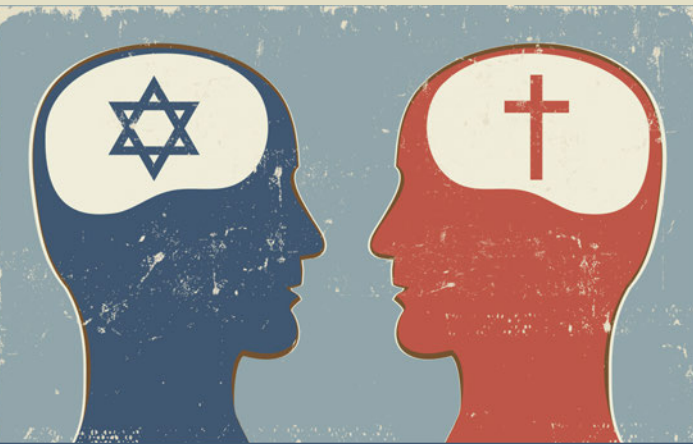
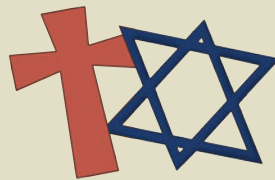
LEARNING

Judaism and Christianity: Similarities & Differences

Thursday, June 3rd at 2pm
In the Great Room

This lecture introduces to the history of Jewish-Christian relations from the first century of the Common Era through to the start of the twenty-first century. We will focus on the history of theological stances, interactions between Jews and Christians, and popular attitudes. We will also grapple with questions that confront Jews and Christians in the present, questions about history, memory, theological differences, and the potential for dialogue.

Federica Francesconi is Assistant Professor of History and Director of the Judaic Studies Program at the University at Albany, State University of New York. Her research and publications address the social, religious, and cultural aspects of the early modern history of Jews in Italy, focusing on the multi-faceted politics and dynamics of ghetto life. She is the author of *Invisible Enlighteners: The Jewish Merchants of Modena, from the Renaissance to the Emancipation* (University of Pennsylvania Press, 2021)



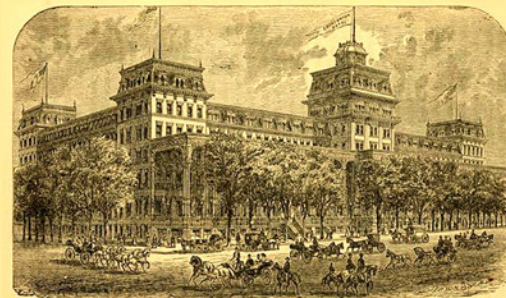
Beyond The Pines

Presented by Michael Diana of
The Schenectady Historical Society

Tuesday, June 15th at 2pm
in The Great Room



Beyond the Pines: The Schenectady story began more than three centuries ago with a small trading post on the fringes of the Dutch colonial world. Living at the crossroads of great empires, Schenectadians lived a rugged life and survival was never guaranteed. Colonial Schenectady was a place both immediately recognizable and bizarrely foreign. This presentation explores the social, economic and military developments of this first chapter in our city's history.



THE GRAND UNION HOTEL,
SARATOGA SPRINGS.
The most complete in all its appointments for the comfort and pleasure of the guests of any summer hotel in the world.
HENRY CLAIR, Lessee.

Tuesday, June 22nd at 2pm
in The Great Room

THE GRAND HOTELS OF VICTORIAN SARATOGA SPRINGS

Presented by Charles Kuenzel

By the middle of the 1800's, Saratoga Springs was the number one tourist destination in America. To accommodate the thousands of summer visitors many very large hotels were built to provide every comfort for the summer visitor.

These hotels became the social centers of the day offering fine dining, great music, nightly hops and balls as the cornerstones of the "summer social" scene. This environment also provided celebrity watching, and all out gossiping about these notable visitors, and their morality. This presentation will touch on all aspects of the summer scene in Saratoga.

CALLING ALL POKER PLAYERS

WEEKLY POKER GAME
MONDAY EVENINGS AT 7:00PM
IN THE TAVERN.

We're playing for dimes & nickels and will increase the stakes if we have the interest.

Please contact Meg in the Summit Office if you want to be dealt in.

(518) 941-8871



THE JUNE BOOK CLUB

Selecton is: *sold on a monday*

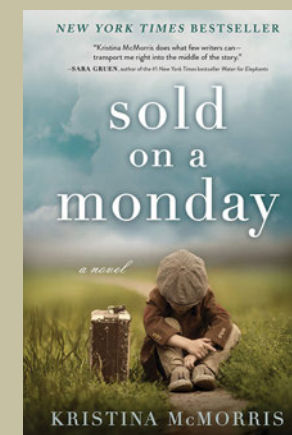
by
Kristina McMorris

Book Club discussion will
take place

June 30th at 3pm
in the Library.

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

meg@summitseniorlife.com



SupperClub

FOOD & FRIENDS

June 1	Ted's Fish Fry
June 3	Casa Real
June 8	La Famiglia
June 10	Akonomi
June 15	Inferno
June 17	Lam's Kitchen
June 22	Pizza by Dom
June 24	Athos Tavern
June 29	Emma Cleary's Cafe

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)
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.

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.



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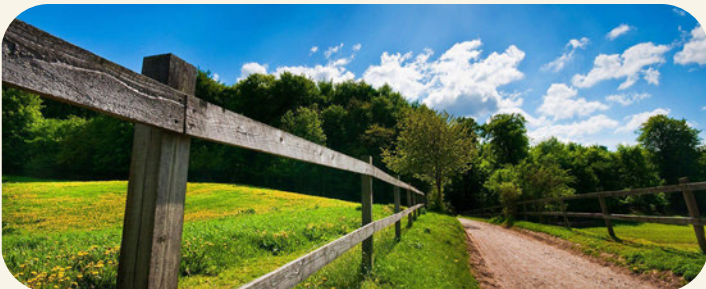


♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629

Nail Specialist - Sonia 518-512-7479

Massage Therapist - Charlene Watson
518-813-3347



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

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716-255-3674