

SUMMIT AT MILL HILL

Monthly Newsletter

July 2021



THE

Community Manager's Message

The summer often brings back nostalgic memories of days long gone. After all, for many years, July meant long, hot days with nothing to do but to play outside.

What memories do you have when you think of July? The sounds and colors of fireworks, the smell of barbeque or swimming at a lake? Remember as a kid, the days of summer seemed long and joyful. Well, as adults we can still have fun!

In addition to the activities and outings we have planned at the Summit at Mill Hill, there are many things to do nearby! Here are a few ideas...

Guilderland Farmers' Market, open every Sunday from July 4 – September 26, from 10am – 2pm. Located at 457, Route NY-146, Guilderland. Just 5.2 miles away, via Wormer Rd.

The Albany County Helderberg-Hudson Rail Trail offers a safe and fun hike for all ages. This bike and pedestrian-friendly route connects the Port of Albany to Voorheesville, and over 9 miles are paved. We can access the trail easily by taking a right onto State Farm Rd. (Rte. 155), then take a slight right onto Normanskill Rd (at the 2nd light).

Tawasentha Park, 188 NY Rte. 146, Altamont - This 200-acre town park, known for beautiful perennial gardens, is within 6 miles of Summit at Mill Hill. Tawasentha is a great place to hike or picnic, and on Thursday nights at 7:30pm, you can see live music at the Performing Arts Center. For more information call 518-456-3150 or check out:

www.TownOfGuilderland.org.

If you are up for a longer trip, why not take a ride to Cooperstown, Lake George or Saratoga Springs? There is so much to do in the area.

Don't forget to check out our July calendar – I hope you will join us for some summer fun!

Happy July!

Joan



Community Manager

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TEAM TRIVIA

WITH MARK HERSH

ARE YOU GOOD AT TRIVIA...ENJOY
A LITTLE HEALTHY COMPETITION...
JUST LIKE HAVING SOME LAUGHS?

JOIN US FOR TEAM TRIVIA
ON TUESDAY, JULY 20TH AT 2PM
IN THE GREAT ROOM.



Karen Krassenbaum	July 13
Bev Harrington	July 19
Patrick O'Keefe	July 27

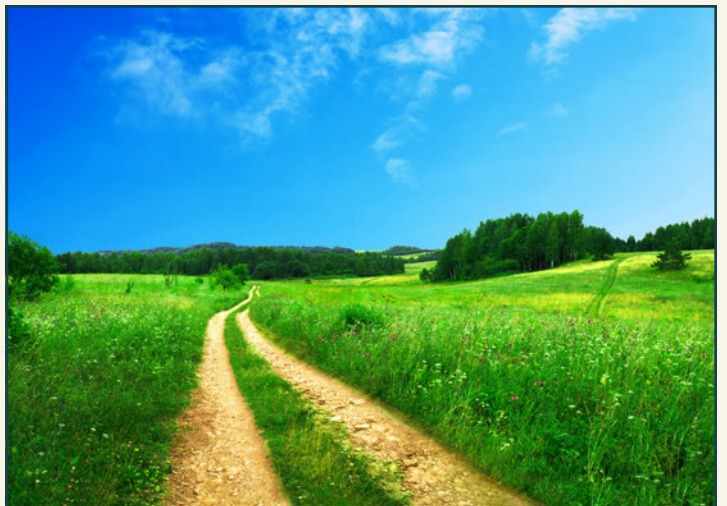
Help us celebrate our July birthdays
by wishing these residents a very
Happy Birthday!

SUMMIT SENIOR LIVING BOCCE BALL TOURNAMENT

Friday, July 23rd at 2pm
The Summit at Eastwyck

Refreshing cocktails and snacks will be served. Come and cheer on our team. All are welcome.

The Summit van will transport 13 residents or you may follow the van in your own vehicle.



S	M	T	W	TH	F	S
<div></div>				1 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 5pm Supper Club Via Fresca	2 8:30—11 Continental Breakfast 3pm Resident Meeting with Joan & Meg— GR	3 Continental Breakfast 9am—11:30am 2pm Movie, “Born on the 4th of July”
4 Office Closed	5 Office Closed	6 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 5pm Supper Club King’s Wok	7 8:30—11 Continental Breakfast 9:30am Meditation with Matt 4pm Happy Hour— GR	8 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 4pm “Eat This Not That” presentation by Patty McGee-GR 5pm Supper Club - La Familglia	9 8:30—11 Continental Breakfast 1:30pm Bible Study with Terry— GR	10 Continental Breakfast 9am—11:30am 2pm Movie, “Fried Green Tomatoes”
11 Continental Breakfast 9am—11:30am 2pm Rumique —GR	12 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV	13 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 1pm Birds of Prey-GR 5pm Supper Club Casa Real	14 8:30—11 Continental Breakfast 10am Transporation to Walmart 4pm Happy Hour Live Music by Russ Kennedy	15 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 2pm Informational Medicare Class 5pm Supper Club Pizza by Dom	16 8:30—11 Continental Breakfast 11am Bus to Stuyvesant Plaza 2pm Bus Pick Up Stuyvesant Plaza 5:30pm Potluck Dinner - GR	17 Continental Breakfast 9am—11:30am 2pm Movie, “Puncture” Produced by Resident Karen Krassenbaum’s sons
18 Continental Breakfast 9am—11:30am 2pm Rumique —GR	19 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV	20 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Team Trivia—GR 5pm Supper Club Bellini’s Counter	21 8:30—11 Continental Breakfast 9:30am Faith Based Discusscussion— GR 1:30 Albany Institute of History & Art 4pm Happy Hour— GR	22 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 5pm Supper Club B. Good	23 8:30—11 Continental Breakfast 2pm Bocce Ball Tournament The Summit at Eastwyck	24 Continental Breakfast 9am—11:30am 2pm Movie, “The Wedding Crashers”
25 Continental Breakfast 9am—11:30am 2pm Rumique —GR	26 8:30—11 Continental Breakfast 1:30pm Mah Jongg— TAV	27 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Patty McGee Health Presentation 5pm Supper Club Emma Cleary’s	28 8:30—11 Continental Breakfast 9:30am Meditation with Matt— LIB 3pm Book Club Discussion We Were The Lucky Ones— LIB 4pm Happy Hour Live Music by John Hill	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 10:30 The Albany Pine Bush Discovery Center 11am Bus to Stuyvesant Plaza 2pm Bus Pick Up Stuyvesant Plaza	31 Continental Breakfast 9am—11:30am 2pm Movie, “The Good Liar”
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	Every Monday 9:45 Strength & Balance (Fitness Studio) 10:45 Water Aerobics (Pool)	Every Tuesday 9:00 Stretch & Flex (Fitness Studio) 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)	Every Wednesday 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)	Every Thursday 10:00 Chair Yoga (Fitness Studio) 11:00 Water Balance (Pool)	Every Friday 8:45 Water Aerobics (Pool) 10:30 Tai Chi (Fitness Studio)	Location Key FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio



LEARNING

BIRDS OF PREY PRESENTATION

**1 PM TUESDAY, JULY 13TH
GREAT ROOM**



Raptors include owls, hawks, eagles, and falcons. All birds of prey have remarkable adaptations and skills for survival in the wild, and all are breathtakingly beautiful and fascinating to watch!

Admired for their strength, speed and astounding grace raptors are some of the most successful hunters in the animal kingdom. Their fierce independence and tenacity has been the source of admiration for countless generations.

Learn about them, their unique behaviors and the conservation issues that impact them including natural selection and human impact on species survival.



**Saturday, July 17th
In the Summit Theatre**

Puncture is an independent feature film starring Chris Evans, directed by Adam Kassen and Mark Kassen. The film is based on the true story of Michael David "Mike" Weiss and Paul Danziger. It was chosen as one of the spotlight films for the 2011 Tribeca Film Festival,.



Discover the Pine Bush Friday, July 30th 10:30am—11:30am

An extraordinary journey into the Albany Pine Bush—a globally rare, nationally significant and locally distinct inland pine barrens. Our experts will guide you through this 0.5-mile walk on semi-paved surface and sand where you will discover Pine Bush natural history, and observe seasonal surprises and transformations.

We will talk about and look for the endangered Karner blue butterfly and seasonal wildflowers!



Community Activities

RIVERS CASINO AND RESORT



Thursday, July 22nd from 11:00—2:00 pm

We will be providing transportation to the Rivers Casino and Resort. If you want to try some gambling or have a little lunch in a new environment be sure to sign up in the Great Room.



THE JULY BOOK CLUB

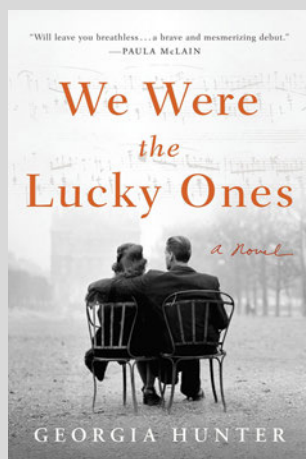
Selecton is:
We Were The Lucky Ones
by Georgia Hunter

Book Club discussion will take place

**July 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



SupperClub

FOOD & FRIENDS

July 1	Via Fresca
July 6	King's Wok
July 8	La Famiglia
July 13	Casa Real
July 15	Pizza by Dom
July 20	Bellini's Counter
July 22	B. Good
July 27	Emma Cleary's Café
July 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.

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.



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



Grocery Shopping

On Thursday at 10:00 am the Mill Hill Van goes to one of several local grocery stores.

The 2nd Wednesday of each month at 10:am the van will go to Walmart.

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



Walmart



Spa Garment Care

5 New Karner Road (Route 155)
Guilderland, NY 12084

(518) 608-1063

Dry Cleaning, Shoe Repair & Tailoring
Free Pick-up and Delivery
10% off on all orders



PRN
Physical Therapy

Rehabilitation Services
an affiliate of The Weston Healthcare Group

PRN Staff Contact Information

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