

SUMMIT AT MILL HILL

Monthly Newsletter

September 2021



THE

Community Manager's Message

You may know that September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love. All symbolic of love!

Here at the Summit at Mill Hill, we do not have to look for symbols of love because love is all around us. Every day, I witness an outpouring of support and kindness in our community. Your thoughtful and generous gift to Matt and his family was just one recent example of the love that is in your hearts.

This month, as we welcome many new residents, I know that you will encourage them to participate in the classes and activities that are part of your normal routines: Fitness and swim classes Monday – Friday, Supper Club on Tuesdays and Thursdays, and of course, Happy Hour on Wednesdays!

Why not also try something new, like “Knitting and Crocheting” on Mondays at 3pm or our “Drawing from Life” series on Thursdays at 2pm? Also, check out the trips we have planned to Cooperstown (Sept. 17th) and the Rhode Island Lobster Fest on Saturday, Sept. 26th! I hope you will join us...and bring some new friends!

Here's to a Happy September,

Joan



September Book Club Selection:

Small Great Things
by Jodi Picoult

Book Club discussion will take place on September 29th at 3pm in the Library

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

meg@summitseniorlife.com
518-941-8871



Community Manager

Joan Scotti
JScotti@SummitSeniorLife.com

Concierge

Meg Nigro
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Maintenance

Matt Grygas
Mike Magnan

Weekend Concierge

Samantha Foley
Kelly Chapman

Office Phone

518-941-8871

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



Summit Flu Clinic

Wednesday, September 22nd
at 2pm in the Tavern

Sign up to receive a flu shot
right here at the Summit



Yoga for Relaxation and to Promote Sleep



Monday Evenings in the
3rd floor Yoga Studio
At 7pm

Come join Colleen on Monday evenings starting September 13th from 7pm to 8pm for yoga to relax and to promote a good night sleep.

Gentle movement, breath work, and meditation will be used. Please wear comfy clothing and bring a blanket or something to wrap up in.

No experience required. The use of a chair is optional. Everyone is welcome!



INDIAN LADDER FARMS VISIT TUESDAY, SEPTEMBER 7TH AT 1PM

SHOP FOR APPLES, CIDER, PUMPKINS,
DOUGHNUTS AND MORE AT THIS
BEAUTIFUL HELDERBERG FARM.



Lois Lehman	Sept. 1
Trudy Warner	Sept. 10
Vicki Miller	Sept. 15
Jerry Carberry	Sept. 26
Ed Blankenship	Sept. 27

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

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<p>5</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>6</p> <p>HAPPY LABOR DAY</p>	<p>7</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 1pm Indian Ladder Farms Visit 5pm Supper Club Lam's Kitchen</p>	<p>8</p> <p>8:30—11 Continental Breakfast 9:30 Meditation with Matt 10 am Grocery Shoppin 2pm Mongolia Travel Lecture with Steve LaPidus 4pm Happy Hour - GR</p>	<p>9</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 2pm Drawing From Life Art Series 5pm Supper Club Pizza by Dom</p>	<p>10</p> <p>8:30—11 Continental Breakfast 10am Walmart 1:30 Bible Study with Terry-GR</p>	<p>11</p> <p>Continental Breakfast 9am—11:30am 2pm Movie, "Washington's Spies Film Series"</p>
<p>12</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>13</p> <p>8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV 3pm Knitting & Crocheting Group - GR</p>	<p>14</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm LBJ vs. JFK vs. Nixon 5pm Supper Club Akonomi</p>	<p>15</p> <p>8:30—11 Continental Breakfast 10am Grocery shopping 2pm Medicare Class 4pm Happy Hour - GR</p>	<p>16</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 2pm Drawing From Life Art Series 5pm Supper Club Tesoro's</p>	<p>17</p> <p>8:30—11 Continental Breakfast 9am Cooperstown Day Trip</p>	<p>18</p> <p>Continental Breakfast 9am—11:30am 2pm Movie, "Washington's Spies Film Series"</p>
<p>19</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>20</p> <p>8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV 3pm Knitting & Crocheting Group - GR</p>	<p>21</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Trivia with Mark Hersh 5pm Supper Club Emma Cleary's Cafe</p>	<p>22</p> <p>8:30—11 Continental Breakfast 9:30 Faith Based Discussion 10am Grocery Shopping 2pm FLU CLINIC - TAV 4pm Happy Hour - GR</p>	<p>23</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 2pm Drawing From Life Art Series 5pm Supper Club Tesoro's 6:30pm Havurah Meeting - FDR</p>	<p>24</p> <p>8:30—11 Continental Breakfast 2pm Marilyn Sassi Presentation 5:30pm Potluck Dinner – GR</p>	<p>25</p> <p>Continental Breakfast 9am—11:30am 2pm Movie, "Washington's Spies Film Series"</p>
<p>26</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>27</p> <p>8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV 3pm Knitting & Crocheting Group - GR</p>	<p>28</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Patty McGee Health Presentation - GR</p>	<p>29</p> <p>8:30—11 Continental Breakfast 10am Grocery Shopping 1:30pm Make a Fall Wreath with Kelly - Art Room 3pm Book Club Discussion, "Small Great Things" - LIB 4pm Happy Hour - GR</p>	<p>30</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 2pm Drawing From Life Art Series 5pm Supper Club Route 20 Cafe</p>		

CONNECTED *life*

FITNESS

Every Monday
8:45 Water Aerobics (Pool)
9:45 Strength & Balance (Fitness Studio)
10:45 Water Aerobics (Pool)
7:00 Relaxation Yoga (Fitness Studio)

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



**SATURDAYS
IN SEPTEMBER
MOVIE SERIES**
2PM IN THE
SUMMIT THEATRE.

Based on the book,
Washington's Spies,
join us for this action
packed historical drama.

This film series about the Revolutionary War is fast-paced and thought provoking. You won't want to miss it.

Are you interested in joining a Havurah?



This is a social group for our Jewish Summit Residents to get together to celebrate holidays, have speakers and learn a bit about our heritage. All ideas for programming are welcome.

Our introductory meeting will be on Thursday, September 23 at 6:30pm after Supper Club, in the Family Dining Room opposite the theatre.

If interested please contact:
Ethel Kramer, Apt. 212, (413) 854-4501



**Friday, September 17th
departing at 9am**

Join fellow residents for a fun day in this picturesque town. You can tour Lake Otsego on the Glimmerglass Queen or visit the Farmer's Museum. Lunch will be at The Lakefront Restaurant at 12:30pm.



Early Dutch Culture presented by Marilyn Sassi

**Friday, September 24th at 2pm in
the Great Room**

This lecture will cover the distinctive early Dutch architecture and what New York City, Albany & Schenectady really looked like in the 17th century. The program also includes some of the lovely Dutch copper & brass that they were known for and how they introduced slavery to New York.



September Investment Club

Sept. 10 - Oct. 1

1pm—2pm

\$50 per session Paid in advance
\$200 pp/singles, \$190pp/couples

You are invited to participate in Patty's Investment Club here at the Summit.

It's a lot more fun to get healthy when you have the company of amazing people who share similar goals and a nurse health coach to usher you through the process.

Each participant will choose at least one area of their life they want to improve and focus on. You'll be put on a sustainable health tract and receive lots of support. Patty will introduce a new topic each week that will inspire and motivate you to easily attain your health goals.

Some areas of your health you may want to work on:

- Weight Loss • Life Transitions
- Medication Reduction • Chronic Disease
- Healthy Food Planning

Contact Patty with questions:
patty@pattymcgee.coach

See Meg for registration form

SupperClub

FOOD & FRIENDS

September 2	Sage Bistro
September 7	Lam's Kitchen
September 9	Pizza by Dom
September 14	Akonomi
September 16	Tesoro's
September 21	Emma Cleary's Cafe
September 23	Café Calabria
September 28	Peaches Cafe
September 30	Route 20



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.



Wednesday Grocery Shopping

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

The 2nd Thursday of each month at 10:00am the van will go to 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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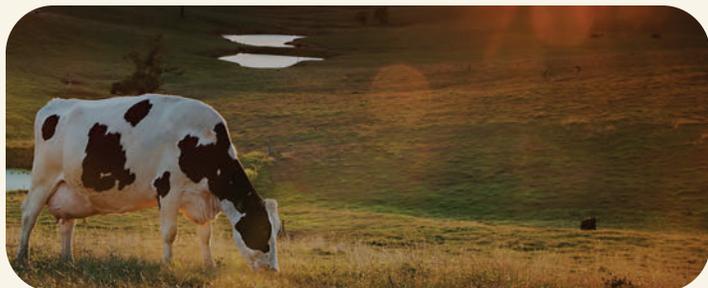


♥ Gift Certificates Available ♥

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

SummitMillHill_NY85@prnphysicaltherapy.com

716-255-3674