

SUMMIT AT MILL HILL

Monthly Newsletter

November 2021



THE

Community Manager's Message

What else can we think of as we roll into November but giving thanks! We have so much to be thankful for this year...the pleasure of working with Meg, wonderful residents, and now, Sasha!

With Meg's plans to start a new phase in her life, Sasha came to us just the right time. I had a strange feeling that she should be here with us. We tracked Sasha down, and now she is stepping into Meg's (high heel) shoes as our new Concierge!

To help you get to know Sasha, I asked her to share a little bit about herself for our newsletter. Here is a short introduction, written by Sasha...

"I am a Bronx native, who was blessed to meet an amazing Albany native in 1998, while making music in NYC. Twenty-three years later, we are still going strong! Vinnie and I are the proud parents of 2 amazing daughters, one fur baby and one reptilian baby: Solé, 19 (currently at Hartwick College), Lexi, 15 (a junior at Shaker High School), Frisbee (a painted turtle) and Emmitt Otter (a lazy 6-year-old dog, Vinnie's son)!"

Sasha added that *"change is always scary, but from the moment I walked through the doors of Summit at Mill Hill, I had the same feeling I had when I finally found the house I wanted to live in for the rest of my life."* Sasha asks for your patience as she learns the ropes and says that *"this is all new all to me just like it is also new to you! Let's climb this Summit together!"*

Welcome Sasha! Happy November to everyone,

Joan



Community Manager

Joan Scotti

JScotti@SummitSeniorLife.com

Concierge

Sasha Carrington

Scarrington@SummitSeniorLife.com

Maintenance

Matt Grygas

Mike Magnan

Weekend Concierge

Sue Purga

Kelly Chapman

Office Phone

518-941-8871

The Summit At Mill Hill

2 Mill Hill Court

Slingerlands, NY 12159

www.summitatmillhill.com



MOVIES!

Please be sure to try and watch the Thursday night movies listed on the calendar



Thursday
November 4th
at 7pm



Thursday
November 18th
at 7pm

Fun fact: Resident Karen Krassenbaum's sons Mark & Adam produced and directed these films

Independent Living with Aging Vision

A discussion with Lisa Jordan from NABA

Tuesday, November 16th
2:00pm in the Great Room

NABA
Northeastern Association
of the Blind at Albany

TRIVIA
TUESDAY

November 23rd
at 2pm
in the Great Room



Potluck Dinner

Save the date to join your
neighbors on
Thursday,
November 18th
at 5pm
for our first annual
Friendsgiving.

S	M	T	W	TH	F	S
	1	2 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. Election Day Voting Transportation Departure time 11:00 5pm Supper Club Gracie's Kitchen	3 8:30—11 Continental Breakfast 9:00 Communion Service with Colleen-Chapel 10:00am Grocery Shopping 4pm Happy Hour-GR	4 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 5pm Supper Club Peaches Café 7pm Thursday Night Movie Bernard and Doris-MOV	5 8:30—11 Continental Breakfast 3pm Resident Meeting with Joan & Sasha  7:00pm Bingo Night-GR	6 Continental Breakfast 9am—11:30am 2pm Movie An Old-Fashioned Thanksgiving MOV 7pm Saturday Night Live-GR
7 Continental Breakfast 9am—11:30am	8 8:30—11 Continental Breakfast 1:00pm Mah Jongg-Art Room 3pm Knitting & Crocheting Group-GR	9 8:30-11 Continental Breakfast 9—2 Transport to Medical Appts. 5pm Supper Club Lam's Kitchen	10 8:30—11 Continental Breakfast 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Matt 10 am Grocery Shopping 4pm Happy Hour Featuring Laura Collins-GR	11  Office Closed	12 8:30—11 Continental Breakfast 12pm-4pm Holiday Sip & Shop 1:30 Bible Study with Terry-GR	13 Continental Breakfast 9am—11:30am 2pm Movie The Family Stone-MOV 7pm Saturday Night Live-GR
14 Continental Breakfast 9am—11:30am	15 8:30—11 Continental Breakfast 1:00pm Mah Jongg-Art Room 3pm Knitting & Crocheting Group-GR	16 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts.  2pm Independent Living with Aging Vision NABA (Lisa Jordan) 5pm Supper Club Marisa's Place	17 8:30—11 Continental Breakfast 9:00 Communion Service with Colleen-Chapel 10am Grocery shopping 4pm Happy Hour-GR	18 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Walmart Shopping 5pm Friendsgiving Potluck 7pm Thursday Night Movie Puncture-MOV	19 8:30—11 Continental Breakfast 1:30 Bible Study with Terry-GR  7:00pm Bingo Night-GR	20 Continental Breakfast 9am—11:30am 2pm Movie The House without a Christmas Tree-MOV 7pm Saturday Night Live-GR
21 Continental Breakfast 9am—11:30am	22 8:30—11 Continental Breakfast 9:30 am Faith Based Discussion 1:00pm Mah Jongg-Art Room 3pm Knitting & Crocheting Group-GR	23 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Tuesday Trivia with Mark Hersh 5pm Supper Club Bountiful Bread	24 8:30—11 Continental Breakfast 8-12 Podiatrist-Salon 9:00 Communion Service with Colleen-Chapel 10am Grocery Shopping 3pm Book Club LIB 4pm Happy Hour featuring Cole	25 	26 8:30—11 Continental Breakfast Relax Visit (friends, family) Shop (online- shopping)	27 Continental Breakfast 9am—11:30am 2pm Movie Mama Mia-MOV 7pm Saturday Night Live-GR
28 Continental Breakfast 9am—11:30am  Hanukkah begins at sundown	29 8:30—11 Continental Breakfast 1:00pm Mah Jongg-Art Room 3pm Knitting & Crocheting Group-GR	30 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 1pm Massage Meet & Greet  2pm Patty McGee Health Presentation-GR 5pm Supper Club Via Fresca				
 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 (Yoga Studio)	Every Tuesday 9:00 & 10:00 Stretch & Flex (Fitness Studio) 11:00 & 12:00 Hydro Riders (Pool)	Every Wednesday 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)	Every Thursday 9:00 Chair Yoga (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Hydro Riders (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

Community Activities

Please be sure to join us on
Friday November 12, 2021 for our :
2nd Annual Sip and Shop



- Several assorted vendors
- Unique and wonderful items to choose from
- Beverages will be provided in the Tavern
- Holiday music filling the Great Room while you shop

!!!!!!!BINGO!!!!!!!

We're excited to announce that BINGO will be held **every other week of the month** at 7pm in the Great Room



NOVEMBER BIRTHDAYS

Bob Camoin	9
Phyllis Schmidt	29
Frank Nigro	30
Marsha Penrose	30



Health Presentation by Patty McGee

Your Weight & What to do About It
(Once & for all)

**Tuesday, November 30th at 2pm
in the Great Room**



Community Activities

Communion Services

will be available
every Wednesday at 9:00am
with Colleen in the Chapel

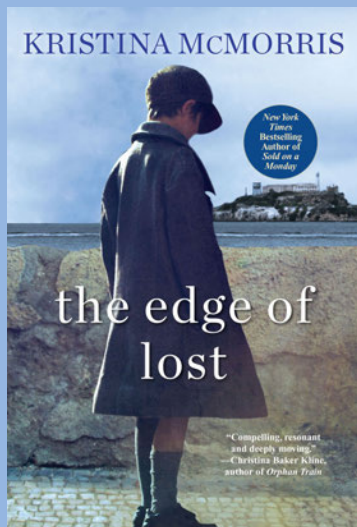


November Book Club Selection:

The Edge of Lost by Kristina McMorris

Book Club discussion will take place at 3pm on
November 24th in the Library.

Please contact Sasha in The Summit Office if you
are interested in joining the Book Club.
scarrington@summitseniorlife.com
518-941-8871

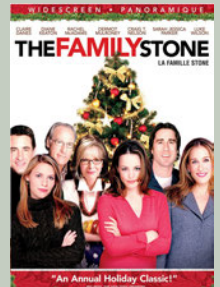


Saturday **MOVIE** Matinee

Saturday, November 6th
An Old-Fashioned Thanksgiving



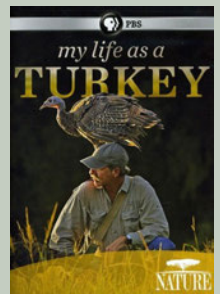
Saturday, November 13th
The Family Stone



Saturday, November 20th
Mama Mia!



Saturday, November 27th
My Life as a Turkey



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.



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 Sasha 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 Sasha by 3pm on Mondays.

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

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.



SupperClub

November 2	Gracie's Kitchen
November 4	Peaches Café
November 9	Lam's Kitchen
November 16	Marisa's Place
November 23	Bountiful Bread
November 30	Via Fresca



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

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.



Walmart



Renew
DAY SPA
at The Summit At Mill Hill

♥ **Gift Certificates Available** ♥

Hair Stylist - Paula 518-361-5629
Nail Specialist - Sonia 518-512-7479
Massage Therapist - Laura Brown
518-867-2262