

SUMMIT AT MILL HILL

Monthly Newsletter

January 2022



THE

Community Manager's Message

Happy 2022!

As we ring in the New Year, I can't help but review the highlights (and challenges) of 2021! What a year we experienced!

In the beginning of January 2021, with only thirty-five apartments leased, it was easy for residents to stay socially distant from each other. If you were a resident of Summit at Mill Hill then, you may remember the days of breakfast bags, and fitness in the Great Room. No doubt we all remember how quiet the roads were, with schools and businesses closed. The future seemed so uncertain.

Fortunately, and thanks to our colleagues at Eastwyck, we were quickly able to connect with Miller Young, of Youngs Pharmacy, for help with our vaccinations. By the Spring, Covid infection rates started to decrease, and things started to look brighter. Eventually, we were able to resume a full program of fitness, social and educational programming.

Now here we are in January of 2022, still wearing masks and battling Covid-19. Though we may not like it, we all know the precautions we need to take to keep everyone healthy, including mask wearing, frequent hand washing and social distancing.

We will get through this challenging time together. And despite the current news about Covid, we can all look forward to forming new friendships, and joining in life enriching events, activities, and trips in the months to come.

Thank you for all that you do to make this a unique and lively community. Every day, I witness acts of kindness, love, and support, from one resident to another. This is truly heartwarming and inspiring to me and the team at Mill Hill.

On behalf of the entire Summit Team, we wish you a Happy and Healthy New Year!

Warm Regards,

Joan



Community Manager

Joan Scotti
JScotti@SummitSeniorLife.com

Resident Services Coordinator

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



A new game has been introduced
to our community!

Mexican Train



The game will be played every Saturday
in the Great Room at 2pm.

All residents are welcome to play.

*(Summit will provide additional sets
to accommodate everyone)*

**Let's go play the SLOTS!!
At the Rivers Casino and Resorts**



**When: Friday January 7th
Time: Van departs at 12pm
pickup at 2:30pm**

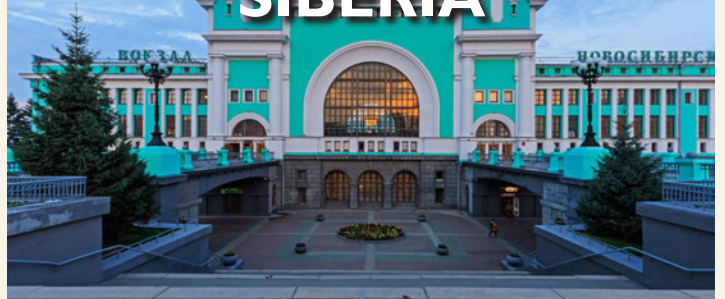
JOIN US FOR BIBLE STUDY



Please join us for the
Non-Denominational Bible Study with Terry

**Friday January 14th
in the Chapel at 1:30pm**

Steve Lapidus presents: SIBERIA



Please join us in the Great Room to hear the
wonderful experiences and details about his time in
Siberia. Tuesday, January 10th, at 2pm.

Nurturing Your Memory



**Presented by:
Helmut Hirsch**

**Tuesday
January 4th
in the GR**

**Mill Hill will
now have**



Classes will be held every Wednesday at 9am in the
Fitness Center with Zumba Gold instructor:

Maira Senick



S	M	T	W	TH	F	S
						 OFFICE CLOSED
2 Continental Breakfast 9—11:00	3 8:30—10:30 Continental Breakfast 12:00 Monday Matinee—MOV 2:00 Mah Jongg—Tavern 3:00 Knitting & Crocheting Group—GR	4 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts.  1:00 Helmut Hirsch presents: “Nurturing Your Memory”—GR 5:00 Supper Club—Lam’s Kitchen	5 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 9:00 ZUMBA 9:30 Meditation with Matt—LIB 10:00 Grocery Shopping 4:00 Happy Hour featuring: Mike Miner—GR	6 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Route 20 Cafe 7:00 Thursday Night Movie—MOV	7 8:30—10:30 Continental Breakfast 10:00 Walmart Shopping 12—2:30 Rivers Casino & Resort Trip 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo—GR	8 Continental Breakfast 9—11:00 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
9 Continental Breakfast 9—11:00 Happy National Law Enforcement Appreciation Day!	10 8:30—10:30 Continental Breakfast 12:00 Monday Matinee—MOV  2:00 “Siberia” presented by: Steve Lapidus 2:00 Mah Jongg—Tavern 3:00 Knitting & Crocheting Group—GR	11 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 2:00 Tuesday Trivia with Mark Hersh—GR 5:00 Supper Club—Inferno	12 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 10:00 Grocery shopping 4:00 Happy Hour featuring: Carmen Lookshire—GR	13 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Jimmy John’s 7:00 Thursday Night Movie—MOV	14 8:30—10:30 Continental Breakfast  1:00 Marilyn Sassi Presents: “Early Stone Houses of Ulster County”—GR 1:30 Bible Study with Terry—Chapel	15 Continental Breakfast 9—11:00 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
16 Continental Breakfast 9—11:00	17 8—10 Men’s Breakfast—TAV 8:30—10:30 Continental Breakfast 9:30 Faith Based Discussion with Mike 12:00 Monday Matinee—MOV 2:00 Mah Jongg—Tavern 3:00 Knitting & Crocheting Group—GR	18 OFFICE CLOSED Martin Luther King Jr. Day 	19 8:30—10:30 Continental Breakfast 9:00 ZUMBA 9:00 Communion Service with Colleen—Chapel 10:00 Grocery shopping 4:00 Happy Hour featuring: Tim Farkas—GR	20 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 4—6 Ladies Night—GR 5:00 Supper Club—Gracie’s Kitchen 7:00 Thursday Night Movie—MOV	21 8:30—10:30 Continental Breakfast 7:00 Bingo—GR	22 Continental Breakfast 9—11:00 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
23/30 Continental Breakfast 9—11:00	24/31 8:30—10:30 Continental Breakfast 12:00 Monday Matinee—MOV 2:00 Mah Jongg—Tavern 3:00 Knitting & Crocheting Group—GR	25 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts.  2:00 Patti McGee Health Presentation “Protein Power and Shakes”, Harmful or Healthy?—GR 5:00 Supper Club—Pizza by Dom	26 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 4:00 Happy Hour—GR	27 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—King’s Wok 7:00 Thursday Night Movie—MOV	28 8:30—10:30 Continental Breakfast  1:00 Marilyn Sassi Presents: “The First Houses of New England”—GR	29 Continental Breakfast 9—11:00 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
	Every Monday 8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength & Balance 10:00—10:30 Strength & Balance (Fitness Studio) 10:45—11:30 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
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Community Activities

Marilyn Sassi presents:

Early Stone Houses of Ulster County

Friday, January 14th at 1pm-GR

Followed by:

The First Houses of New England

Friday January 28th at 1pm-GR



MEN'S BREAKFAST

FOOD & FELLOWSHIP



*Gentleman, gather your neighbor
gentleman friends and join us in the
tavern*

When: Monday January, 17th

Time: 8:30-10am

Where: Tavern

*Breakfast will be provided by Mill Hill and
served buffet style .*

Celebrating January Birthdays

Rita L' Hereux

Sharon Sim

Anne Pennock

Ladies NIGHT IN

The Summit at Mill Hill
will be holding a

"Ladies Night"

A shopping event right here in our
Great Room with multiple vendors
offering a variety of pampering
goodies for purchase.

When: Thursday January 20th

Time: 4-6pm

Where: Great Room

Community Activities

Patti McGee presents:

Protein Powder
& Shakes
Harmful or Healthy?

Tuesday, January 25
at 2:00pm
Great Room



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



January Book Club Selection:

The Four Winds
by Kristin Hannah

Book Club discussion
will take place at 3pm
on **January 29th** 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 Jan, 8
American Factory



Saturday Jan, 15
Moonstruck



Saturday Jan, 22
As Good As It Gets



Saturday Jan, 29
The Day The Earth Stood Still



Concierge Services

CONTINENTAL BREAKFAST

In the Great Room, weekdays 8:30–10:30,
9:00–11:00 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 9:00 and 2:00.

Call the office to reserve your appointment time.



SupperClub

January 4Lam's Kitchen
January 6Route 20 Café
January 11.....Inferno
January 13.....Jimmy John's
January 20.....Gracie's Kitchen
January 25.....Pizza by Dom
January 27King's Wok



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

Wednesdays at 10:00 local grocery stores - Market 32 & Hannaford.

First Friday at 10:00 Walmart shopping.

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 Therapists - Laura Brown
& Charlene Watson 518-867-2262