



SUMMIT AT MILLHILL

Monthly Newsletter

May 2022

THE

Community Manager's Message

This May, after a 2-year hiatus, the Tulip Festival will return to Washington Park on Mother's Day weekend, May 5 – eighth! In case you have never been, this festival includes musical performances, a Tulip Queen coronation, vendors, and over 100,000 blooming tulips!

This year, I felt inspired me to look up the history of the Tulip Festival. I found the story behind it to be heartwarming. This might interest you too:

In 1945 during World War II, a General stationed in Holland, General James Gavin appealed to Mayor Erastus Corning, to create a special bond between Nijmegen (the oldest city in Holland), and Albany. The conditions in Nijmegen were grim, as the people there had endured 2 years of intense bombings and starvation. Despite their hardships, the Dutch residents showed respect and admiration to the American soldiers. They also tended to the graves of all the fallen Allied troops. General Gavin's appeal won the heart of Mayor Corning, and later that year, Corning declared Nijmegen the "sister city" of Albany.

From 1945 through 1947, the citizens of Albany sent food and supplies to the people of Nijmegen, even though the Albany residents were enduring wartime food rationing themselves. Delegations of Albany citizens also traveled to Holland to offer whatever aid and assistance they could provide. Through their efforts, the people of Albany were re-immersed in their Dutch roots.

In 1947, as a heartfelt expression of gratitude, the people of Nijmegen gave Albany a gift of 21,000 tulip bulbs. In 1948, Mayor Corning passed an ordinance declaring the tulip to be Albany's official flower, and even persuaded Queen Wilhelmina of the Netherlands to name a particular variety of tulip (the rare "Orange Wonder") as "the tulip of Albany". To celebrate, Albany held the very first Tulip Festival in 1949!

This month, I hope you will join us when we go to see the tulips on May 4th!

Happy May! And Happy Mother's Day to all the mom's at Mill Hill!

Joan



Community Manager

Joan Scotti
JScotti@SummitSeniorLife.com

Resident Services Coordinator

Sasha Carrington
Scarrington@SummitSeniorLife.com

Maintenance

Matt Grygas
Mike Magnan

Transportation/Maintenance

John Sawyer

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



Washington Park Tulip Walk

Wednesday, May 4th

Time: 12:00 — 1:30



HAPPY CINCO DE MAYO

Happy hour will be on
Thursday, May 5th at 4:00

The drink special is Margaritas

Summit staff will be
making tacos!!!



Hope to
see you
there!



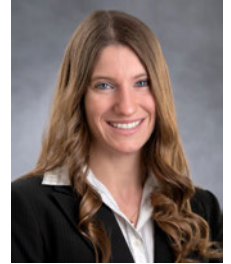
Revolutionary

FINANCIAL PLANNING
An Office of Halliday Financial

Join us on May, 13th at 1:00 pm in the Great Room
for a discussion on

Health Care Proxies and Power of Attorneys

With: Jessica Wilson
Revolutionary Financial
Planning and Financial Advisor



Social Isolation and Caregiving

Presented by Bob Sinacore
President of New York State
Wide Senior Action Council,
Albany County Chapter

Wednesday, May 18th
Time: 1:00
Place: Great Room



USS SLATER TOUR

WHEN: MAY, 9TH

TIME: 11:30—1:30

Cost: \$8.00pp

USS SLATER
ALBANY, NEW YORK



During World War II, 563 Destroyer Escorts battled Nazi U-boats on the Atlantic protecting convoys of men and material. In the Pacific they stood in line to defend naval task forces from Japanese submarines and Kamikaze air attacks. Today, only one of these ships remains afloat in the United States, the USS SLATER.

Walk the decks

Aboard USS SLATER you'll get to walk in the footsteps of heroes. The ship is restored to exactly how it looked in 1945, you'll be transported back in time and learn of the Greatest Generation in the fight for their lives.

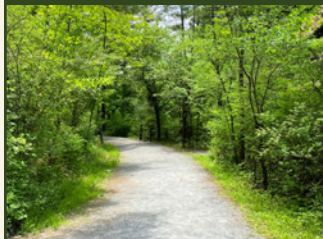
Climb into the hot seat!

While on tour of SLATER you'll have the chance to take the 40 mm guns by the "wheel" and take aim. You'll also have the opportunity to handle each shell type - 3 inch, 40 mm, and 20 mm.

S	M	T	W	TH	F	S
1 9:00—11:00 Continental Breakfast 2:00 Movie	2 8:30—10:30 Continental Breakfast 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 7:00pm Texas Hold'em—GR	3 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Pizza by Dom	4 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 12—2:00 Washington Park Tulip Walk 1:00 Opera in the Theatre	5 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 7:00 Thursday Night Movie—MOV 4:00 Happy Hour—GR CINCO DE MAYO	6 8:30—10:30 Continental Breakfast 10:00 Walmart Shopping Walmart 1:00 Downton Abbey Series—MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo—GR	7 9:00—11:00 Continental Breakfast 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
8 9:00—11:00 Continental Breakfast 2:00 Movie 2:00 Parcheesi—TAV Happy Mothers Day	9 8:30—10:30 Continental Breakfast 10:00 Faith Based Discussion with Mike 11:30—1:30 USS Slater Tour 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 7:00pm Texas Hold'em—GR	10 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—Jimmy John's	11 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Matt—LIB 10:00 Grocery Shopping 1:00 Opera in the Theatre Aida 4:00 Happy Hour—GR	12 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 1:00 "Emily's Nutrition Research Results" with Emily Williams 5:00 Supper Club—Gracie's Kitchen 7:00 Thursday Night Movie—MOV	13 8:30—10:30 Continental Breakfast 1:00 Healthcare Proxy & Power of Attorney discussion with Jessica Wilson—Financial Advisor at Halliday Financial 1:00 Downton Abbey Series—MOV 1:30 Bible Study with Terry—LIB	14 9:00—11:00 Continental Breakfast 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
15 9:00—11:00 Continental Breakfast 2:00 Movie	16 8:30—10:30 Continental Breakfast 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 7:00pm Texas Hold'em—GR	17 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 12—2:00 Five Rivers Nature Trail Walk 5:00 Supper Club—Kings Wok	18 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1—2:30 Social Isolation and Caregiving discussion with: Bob Sinacore 4:00 Happy Hour—GR	19 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 12:30 Proctors Theatre My Fair Lady 5:00 Supper Club—Via Fresca 7:00 Thursday Night Movie—MOV	20 8:30—10:30 Continental Breakfast 10:30 ShopRite Shopping ShopRite 1:00 Downton Abbey Series—MOV 7:00 Bingo—GR	21 9:00—11:00 Continental Breakfast 2:00 Mexican Train—GR 2:00 Movie 7:00 Saturday Night Live—GR
22 9:00—11:00 Continental Breakfast 2:00 Movie 2:00 Parcheesi—TAV	23 8:30—10:30 Continental Breakfast 10:45 "The Mount" Edith Wharton's Home 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 7:00pm Texas Hold'em—GR	24 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Gracies Kitchen	25 8:30—10:30 Continental Breakfast 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre Otello 3:00 Book Club—LIB 4:00 Happy Hour—GR	26 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Orchard Tavern West 7:00 Thursday Night Movie—MOV	27 8:30—10:30 Continental Breakfast 11—1:00 Guilderland Public Library trip 2:00 Downton Abbey Series—MOV	28 9:00—11:00 Continental Breakfast 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
29 9:00—11:00 Continental Breakfast 2:00 Movie	30 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 7:00pm Texas Hold'em—GR Memorial Day OFFICE CLOSED No Breakfast	31 8:30—10:30 Continental Breakfast 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Pizza by Dom	MAY			
CONNECTED life FITNESS	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 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) 11:30 Zumba (Great Room)	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

FIVE RIVERS NATURE AND TRAIL WALK TUESDAY, May 17th • Time: 12:00—2:00



**Five Rivers
Environmental Education Center**
Delmar, NY



Five Rivers Environmental Education Center is a living museum comprising over 450 acres of fields, forests, and wetlands. Located in the Capital District, the center provides a variety of easily accessible programs and services for individuals, families and organized groups. In recognition of outstanding interpretive programming, the National Park Service has designated Five Rivers a National Environmental Study Area.



GUILDERLAND
PUBLIC LIBRARY

Guilderland Library Trip
When: Friday, May 27th
Time: 11:00—1:00



at PROCTORS

My Fair Lady is a musical based on George Bernard Shaw's 1913 play *Pygmalion*, with a book and lyrics by Alan Jay Lerner and music by Frederick Loewe.

The story concerns Eliza Doolittle, a Cockney flower girl who takes speech lessons from professor Henry Higgins, a phonetician, so that she may pass as a lady. Despite his cynical nature, Higgins falls in love with her.

Thursday, May 19th | Showtime is at 1:30
Depart Summit: 12:30 | Cost: \$60.00pp

We're going on a trip to "The Mount" Edith Wharton's Home

Edith Wharton was an American novelist, short story writer, and designer. Wharton drew upon her insider's knowledge of the upper class New York "aristocracy" to realistically portray the lives and morals of the Gilded Age.

When: Monday, May 23rd | Tour Time: 12:00
Departure Time: 10:45 | Cost: \$18.00pp | Guests: 10 maximum

The Mount (1902) is a country house in Lenox, Massachusetts, the home of noted American author Edith Wharton, who designed the house and its grounds and considered it her "first real home."



Community Activities

Spring TV Series Marathon



The "Downton Abbey" television series will play every Friday at 1:00pm—MOV on Netflix

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



May Book Club Selection:

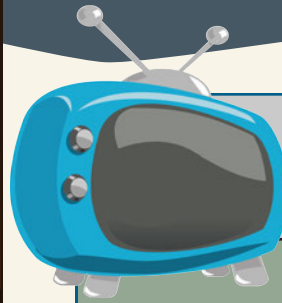
The Midnight Library
By Matt Haig

Book Club discussion
will take place at
3:00pm on May 25th
in the Library.

Please contact Sasha
in the office if you are
interested in joining the
Book Club.

scarrington@
summitseniorlife.com

518-941-8871



Saturday Afternoon Movies

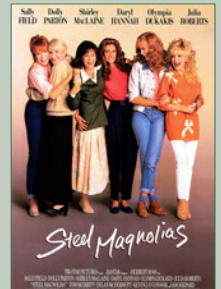
Mother

Saturday, May 7th
2:00



Steel Magnolias

Saturday, May 14
2:00



Stepmom

Saturday, May 21
2:00



Thelma and Louise

Saturday, May 28
2:00



Resident 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 • Traditional Lasagne
Spinach Lasagne • Vegetable Lasagne
Zucchini Spinach Lasagne • 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 3:00pm 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.



Supper Club

Restaurant Choices for May

(Please see calendar for dinner dates)

**KINGS
WOK**

ORCHARD
TAVERN

**Pizza By
Dominick**



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

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

First Friday at 10:00 Walmart shopping.

Please gather in the lobby 5 minutes before departure.



Walmart

MARKET
BY PRICE
CHOPPER

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 - Charlene Watson
518-813-3347