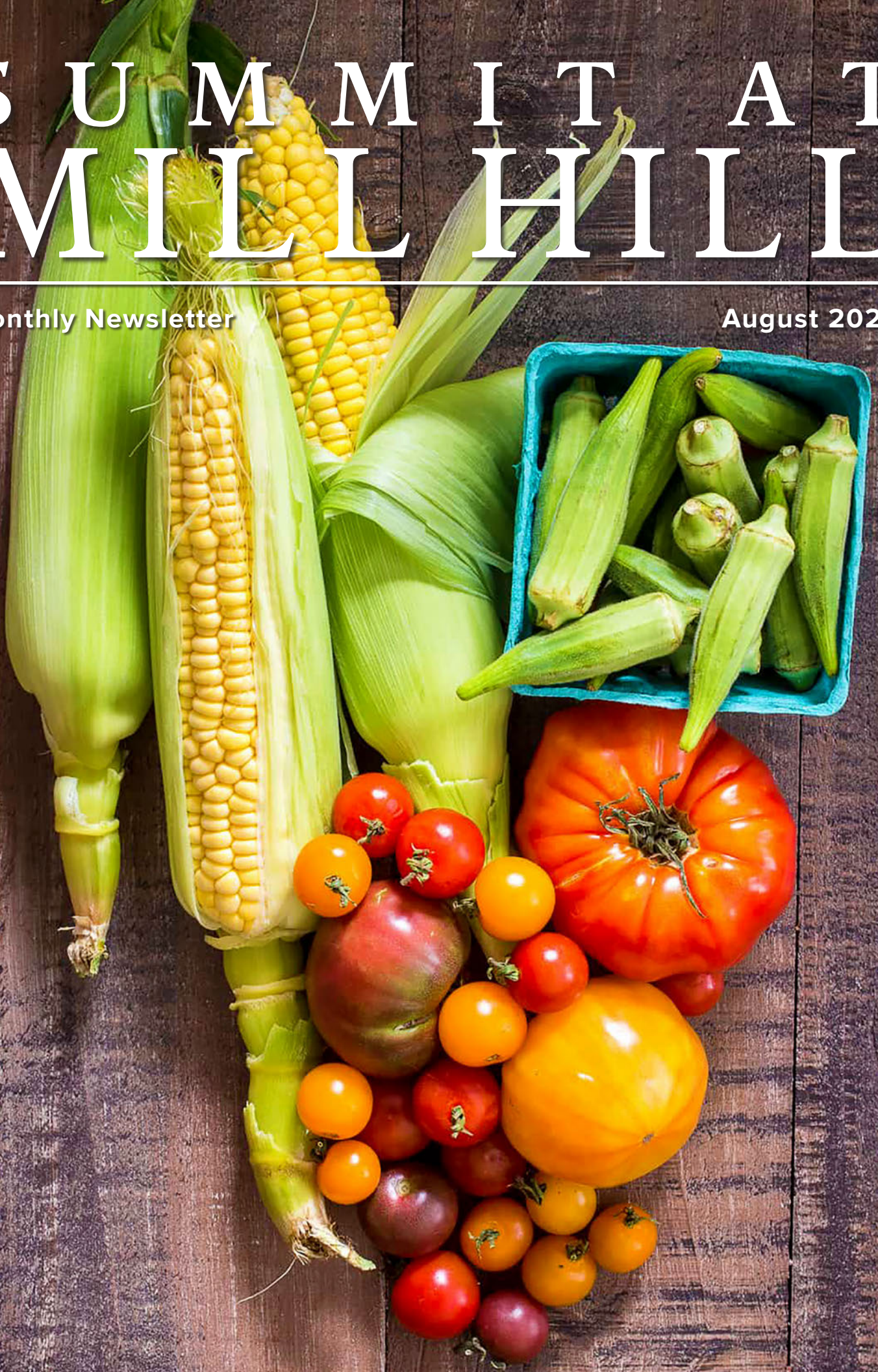


# SUMMIT AT MILL HILL

Monthly Newsletter

August 2022



# THE Community Manager's Message

**H**appy August! This month there is so much to do in our community, as you will see when you look at the calendar! In case you are still looking for more ways to have “fun in the sun”, you might also want to consider these Albany and Guilderland area events and activities...

- National Night Out, Tuesday, August 2nd at 6pm, Tawasentha Park, Guilderland, featuring the musical group, “*The Refrigerators*”.
- Guilderland Town Band Concert, Thursday, August 4th, 7:30pm, at the Guilderland Performing Arts Center in Tawasentha Park (Rte 146).
- Concert by “*Overture*” (a local southern rock band), Thursday, August 11th, 7:30pm, Guilderland Performing Arts Center, Tawasentha Park.
- The Altamont Fair, Thursday, August 11 – Sunday, August 21st, 9:30am – 10pm, Rte. 146 and Arlington Street, Guilderland.
- New York State Food Festival, at the Empire State Plaza, Wednesday, August 17th, 11am – 9pm.

A little further to the north, Saratoga is “the summer place to be”! Perhaps gather with some of your friends, and head to Saratoga for a day at the races (every Wednesday – Sunday, now through September 5th) or to SPAC, for a performance by the Philadelphia Orchestra (now through August 13th).

For more information, check out [www.albany.com/summer](http://www.albany.com/summer), [www.saratoga.com](http://www.saratoga.com), and [www.townofguilderland.org](http://www.townofguilderland.org).

Enjoy this busy and fun-filled month!

*Joan*



## Community Manager

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Joan Scotti  
JScotti@SummitSeniorLife.com

## Resident Services Coordinator

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Sasha Carrington  
Scarrington@SummitSeniorLife.com

## Maintenance

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Dan Crowley  
John Sawyer

## Transportation/Maintenance

---

John Sawyer

## Weekend Concierge

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Kelly Chapman  
Christine London

## Office Phone

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518-941-8871

The Summit At Mill Hill  
2 Mill Hill Court  
Slingerlands, NY 12159  
[www.summitatmillhill.com](http://www.summitatmillhill.com)

**SUMMIT**  
AT MILL HILL

*we still do*

*Celebrating 44 Years of Marriage*  
*Please join us to celebrate the Vow Renewal Ceremony*  
*of*  
***Ethel and Jeff Kramer***

*Sunday, August 7th*  
*at 1:30*  
*in the Great Room*  
*all are welcome*



**Waterford Historical Museum and Cultural Center**

**Wednesday, August 17th**  
**at 1:00**  
 Cost is \$5.00 pp

As a pivotal gateway for New York's immigration and commerce, Waterford and its neighboring communities reflect an interrelated history of innovation, industry and ingenuity. Using traditional and new technologies, WHMCC stirs the imagination, interest and involvement of residents and visitors alike in this unfolding local story of history and culture.



**Shopping Trip**

**Marshalls**

(Glenmont shopping plaza)  
 Friday, August 12th  
 12:30-2:30

**DOLLAR TREE**

(Colonie Center)  
 Monday, August 15th  
 12:30-2:30

**FAMOUS**  
 footwear™



**VENTFORT HALL**  
 MANSION AND GILDED AGE MUSEUM

The town of Lenox was the center of the social season in the Berkshires during the Gilded Age, the period between the Civil War and the First World War. Drawn to the Berkshires by artists and writers such as Nathaniel Hawthorne, Herman Melville, Catherine Sedgwick, Fanny Kemble and Henry Wadsworth Longfellow who had settled here early in the 19th century, as well as the beautiful countryside and scenic views of mountains and lakes, many prominent financiers and industrialists constructed luxurious and imposing summer homes in Lenox and the surrounding area. In fact, Ventfort Hall was one of about seventy-five Berkshire Cottages built in Lenox and Stockbridge during this period.

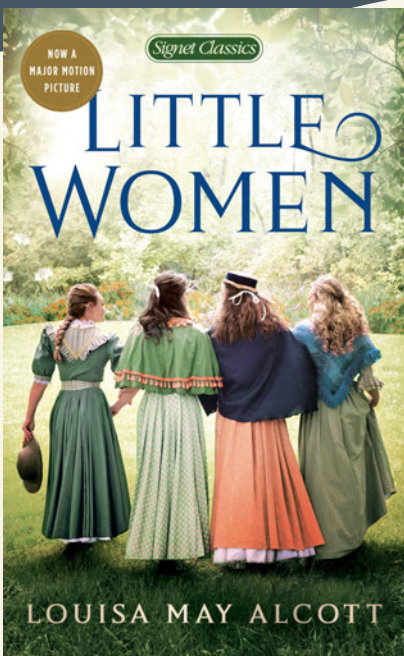
**We will be touring the Mansion followed by a Victorian tea and plated lunch on Friday, August 19th**

**Tour time: 11:00 departing Mill Hill at 10:00**  
**Cost is \$35.00 (includes tour and lunch)**



	S	M	T	W	TH	F	S
	1 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR	2 8:00 Bocce Ball 9-2:00 Transport to medical appts 2:00 Stanton's Fuera Farm (our family's harvest) trip 5:00 Supper Club - Gracie's Kitchen	3 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre—Manon 4:00 Happy Hour-GR	4 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Buena Comida 7:00 Thursday Night Movie-MOV	5 10:00 Walmart Shopping  1:00 Bridgerton Netflix Series-MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo-GR	6 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR	
7 1:30 We Still Do Wedding Vow Renewal with Ethel and Jeff - GR 2:00 Movie	8 10:00 Faith Based Discussion with Colleen 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR	9 8:00 Bocce Ball 9-2:00 Transport to medical appts 2:00 Tuesday Trivia w/Mark Hersh  1:00 Sleeping, and how light can help explained by: Dr. Rohan Nagare - Icahn School of Medicine at Mount Sinai-GR 5:00 Supper Club - Pizza by Dom	10 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 2:00 Jersey Boys - Capital Rep Theatre 4:00 Happy Hour-GR	11 8:00 Bocce Ball 9-2:00 Transport to medical appts 1:00 Laura Kenney presents Yankee Trails travel opportunities-GR 5:00 Supper Club - Lam's Kitchen 7:00 Thursday Night Movie-MOV	12 1:00 Bridgerton Netflix Series - MOV 1:30 Bible Study with Terry—LIB 12:30 Shopping Trip (Dollar Tree, Famous Footwear, Marshalls—Glenmont)	13 9:30 Bocce Ball 12:00 Cooking with Marybeth and Erin-FDR 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR	
14 2:00 Movie	15 12:00 pm Monday Matinee-MOV 12:30 Shopping Trip (Colonie Center) 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	16 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Tesoro	17 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 1:00 Waterford Museum and Cultural Center Tour 1:00 Opera in the Theatre—The Marriage of Figaro 4:00 Happy Hour with Noreen White—GR	18 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Gracie's Kitchen 7:00 Thursday Night Movie-MOV	19 11:00 Ventfort Hall Tour and Lunch outing 1:00 Bridgerton Netflix Series-MOV 7:00 Bingo-GR	20 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR	
21 2:00 Movie	22 12:00 Monday Matinee-MOV 1:00 Louisa May Alcott "Little Women" with Denise Wright 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	23 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Orchard Tavern West	24 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 12:00 Saratoga Race Track 4:00 Happy Hour-GR	25 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Via Fresca 7:00 Thursday Night Movie-MOV	26 12:00 Stanton's Fuera Farm (our family's harvest) trip 1:00 Bridgerton Netflix Series-MOV	27 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR	
28 2:00 Movie	29 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	30 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Paesan's Pizza	31 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 1:00 Opera in the Theatre—La Boheme 3:00 Book Club-LIB 4:00 Happy Hour -GR	 Save the Date September 23rd		<b>Event Color Key</b> RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games VIOLET Clubs	
<b>CONNECTED life</b>  FITNESS		<b>Every Monday</b> 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)	<b>Every Tuesday</b> 9:00 & 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)	<b>Every Wednesday</b> 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)	<b>Every Thursday</b> 9:00 Chair Yoga (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Hydro Riders (Pool)	<b>Every Friday</b> 8:45 Water Aerobics (Pool) 10:30 Tai Chi (Fitness Studio Every 1st and 3rd Friday) 11:30 Zumba (Great Room)	<b>Continental Breakfast</b> Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

# Community Activities



## LOUISA MAY ALCOTT MONDAY, AUGUST 22ND AT 1:00

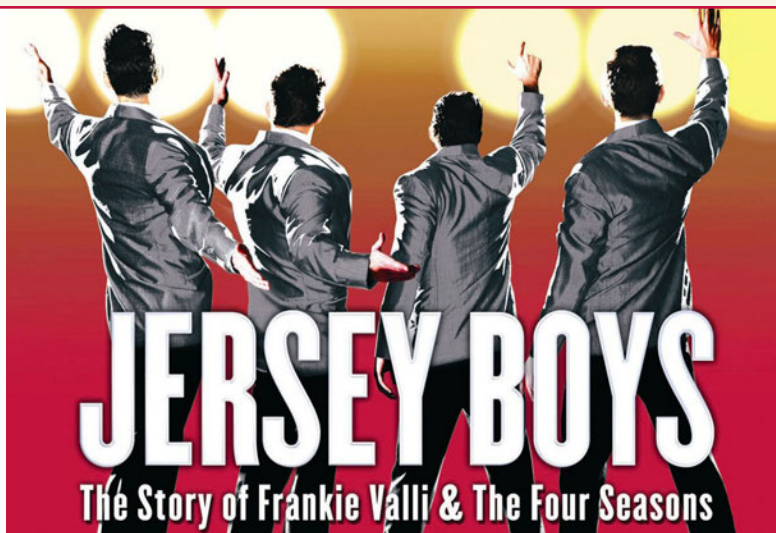
Come and spend an afternoon with Louisa May Alcott, author of Little Women. She will tell you stories of her family, life, writing career, and share some of her literary works. Step back in time with historical reenactor Denise Wright while she brings the author to life through pictures, words, and stories.

Denise Wright retired from being an English teacher at Rensselaer High School after 33 years in 2020. Presently, she is a reporter and photographer for The Eastwick Press, a Rensselaer County newspaper, and is a historical interpreter at Hancock Shaker Village. She is a member of the Fort Crailo chapter of the NSDAR and the Board of Crailo Historic Site. She has always loved opportunities to incorporate her love of history and English. She has performed as Louisa May Alcott for various groups such as the Sand Lake Historical Society, Rensselaer Public Library, HVCC 's Center for Creative Retirement, and the Literacy Volunteers of Rensselaer County and has been a participant of the Oakwood Cemetery's "Walking Dead" tour with fellow Rensselaer colleague, Jim Cochran.

## JERSEY BOYS

at **the REP** ★ **CAPITAL** ★ **REPERTORY** theatre  
presented by PRODCTORS

Journey through the Four Seasons rise and fall through the eyes of a group of friends, who became the icons of their generation. See how the group was almost ripped apart thorough not only personal but professional problems yet managed to become some of the greatest known acts of all time. Go back in time to "December, 1963 (Oh, What A Night)" as we relive the musical styles of Frankie Valli, Tommy DeVito, Bob Gaudio and Nick Massi. Dance the night away with songs like "Sherry", "Walk Like A Man" and "Big Girls Don't Cry."



**Wednesday, August 10th at 2:00**

Cost \$55.00pp

Summit van will depart at 1:15

### Can light help older adults sleep better?



Icahn School of Medicine at Mount Sinai

Please join us to hear a presentation given by Rohan Nagare, PhD - Research Scientist Icahn School of Medicine at Mount Saini

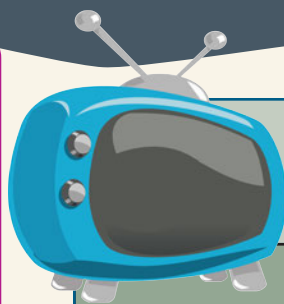
**Tuesday, August 9th  
1:00 GR**



**Cooking with Marybeth and Erin**  
Join us on Saturday, August 13 at 12:00 -FDR  
For a cooking demo and tasting  
- On the Menu -  
**Chicken Mushroom Fettucini Alfredo**



# Community Activities



## Saturday Afternoon Movies

WE WISH YOU A

# Happy Birthday, August Babies!

May your month be filled with happiness, love and laughter.

**Kermith Drew—August 4th**

## Netflix Series Marathon

FROM SHONDALAND WHO BROUGHT YOU GREY'S ANATOMY YING SCANDAL

# BRIDGERTON

The "Bridgerton" television series will play every Friday at 1:00-MOV

## August Book Club Selection:

*The Vanishing Half*  
By Britt Bennett

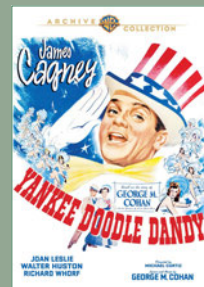
Book Club discussion will take place at 3:00pm on August 31st in the Library.

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

scarrington@summitseniorlife.com

518-941-8871

**Yankee Doodle Dandy**  
Saturday, August 6th  
2:00



**The Bucket List**  
Saturday, August 13th  
2:00



**Weekend at Bernie's**  
Saturday, August 20th  
2:00



**Senior Moment**  
Saturday, August 27th  
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 \$13.00.

### This month, the Food Florist entrees we have on hand are:

- 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](http://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 Dry Cleaning to all Summit Residents

## 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 August

(Please see calendar for dinner dates)



PAESAN'S PIZZA AND RESTAURANT



**PRN**  
Physical Therapy  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

**PRN Staff Contact Information**

Denise Bilka, Physical  
Christine Fitzgerald, Occupational  
Marisa Ishkanian, 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**

