

SUMMIT AT MILL HILL

Monthly Newsletter

September 2022



THE
Community Manager's Message

Our final blast of summer has arrived! I don't know about you, but I for one am ready to say goodbye to the extreme heat and humidity (and hopefully the high gas prices as well)! Before then, let's enjoy our last days of summer, along with some fun facts about this new month:

- We all know that Labor Day is in September, but did you know that September also has a few other little-known holidays? Among these are National Cheese Pizza Day (9/5), and National Drink-a-Beer Day (9/28).
- Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same number of letters as their number in the calendar year.
- There are more pop and classic songs with "September" in the title than any other month. Can you name a few? One of my favorites is "The September Song", from the musical, "The Fantastick's".
- Zodiac signs in September are split between Virgo (August 23 – September 22) and Libra (September 23 – October 22). Virgos are known for being incredibly loyal, practical, thoughtful, and analytical people. Libras are a little different. They are charming, honest, diplomatic, and social.
- Famous people born in September include Beyonce (9/4), Adam Sandler (9/9), Tyler Perry (9/13), Jimmy Fallon (9/19), Sophia Loren (9/20), and Stephen King (9/21). More importantly, Sasha's birthday is Friday, September 16th!

Happy September!

Joan



Community Manager

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Resident Services
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Maintenance

Dan Crowley
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Transportation/Maintenance

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Kelly Chapman
Christine London

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






ELDER FRAUD

Join us in the Great Room on **Thursday, September 8th at 1:00**, for an in depth discussion on Elderly Fraud and how you can prevent it.

Presented by:
SA Matt Wabby—Federal Bureau of Investigation





Don't miss your SHOT to fight the FLU!!

FLU SHOT CLINIC

Flu Shot Clinic at Mill Hill
Great Room
Monday, September 12th from 12-2:00



VAN GOGH

THE IMMERSIVE EXPERIENCE

We're Gogh'ing back!!
Van Gogh The Immersive Experience
Schenectady Armory
Friday, September 16th at 1:00
\$ 23.00pp

Summit van will depart at 12:15 Van Gogh immersive experiences are real-life or virtual reality exhibits of Vincent van Gogh's paintings.



Fish Fry Thursday with Little Big Fat's Food Truck
FISH FRY COLESLAW & FRIES \$14pp
FISH FRY, BURGERS, HOT DOGS, ONION RINGS, FRIES AND MORE!
The truck will be out in front of the main entrance from 4:00 –6:00 on Thursday, September 8th!!

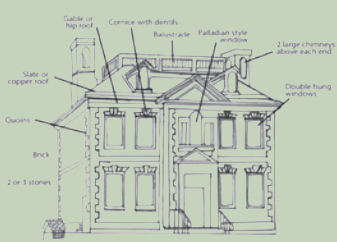
Marilyn Sassi presents:

American Architecture of the Georgian and Federal Periods

Thursday, September 15th at 1:00 Theatre

The first presentation will begin with one of Italy's early manor houses by Palladio and compare it with a home in South Carolina before moving to the earliest Georgian homes in New England.

The new style did not reach New York until 1750 and there were very few wealthy enough to build grand homes that copied the English manor house architecture. Most of the Georgian type homes in both the Hudson and Mohawk Valleys will be illustrated including Fort Johnson, Johnson Hall, the Schuyler Mansion and Cherry Hill. They will be discussed from both their exteriors and interior designs and furnishings.



S	M	T	W	TH	F	S
Event Color Key	Location Key					
RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games VIOLET Clubs	FDR - Family Dining Room FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio					
				1 8:00 Bocce Ball 1:00 Proxy & POA explained with David Troiano—Halliday Financial 9-2:00 Transport to medical appts 5:00 Supper Club - Pellegrino's 7:00 Thursday Night Movie-MOV	2 10:00 Walmart Shopping  1:00 Bridgerton Netflix Series-MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo-GR	3 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR
4 2:00 Movie 2:00 Parcheesi-TAV	5 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR  Office Closed No Breakfast	6 8:00 Bocce Ball 9-2:00 Transport to medical appts 1:00 Talbots Outlet Shopping Trip 5:00 Supper Club - Pizza by Dom	7 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Donna "Dee" Cook- LIB 10:00 Grocery Shopping 1:00 Stuyvesant Plaza Shopping Trip 4:00 Happy Hour-GR	8 8:00 Bocce Ball 9-2:00 Transport to medical appts 1:00 Elder Fraud presented by Matt Wabby -Federal Bureau of Investigation 4-6:00 Fish Fry Thursday from the Little Big Fatz 7:00 Thursday Night Movie-MOV	9 1:00 Bridgerton Netflix Series - MOV 1:00 Galway Rock Winery Wine Tasting Trip 1:30 Bible Study with Terry—LIB	10 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR
11 2:00 Movie  PATRIOT DAY <small>WE WILL NEVER FORGET</small>	12 10:00 Faith Based Discussion with Colleen 12:00 pm Monday Matinee-MOV 12-2:00 Flu Shot Clinic-GR 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	13 8:00 Bocce Ball 9-2:00 Transport to medical appts 3:00 Movie Premier: Being the Ricardos-MOV 5:00 Supper Club - Lam's Kitchen	14 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 9:00 Dr. Mason Albany Podiatry-Salon 1:00 Opera in the Theatre—Die Zauber-flote (The magic flute) 4:00 Happy Hour-GR	15 8:00 Bocce Ball 9-2:00 Transport to medical appts 1:00 Marilyn Sassi presents: American Architecture of the Georgian and Federal Periods 5:00 Supper Club - Route 20 Café 7:00 Thursday Night Movie-MOV	16 1:00 Van Gogh the Immersive Experience (Schenectady Armory) 1:00 Bridgerton Netflix Series-MOV 7:00 Bingo-GR	17 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR
18 2:00 Movie 2:00 Parcheesi-TAV	19 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	20 8:00 Bocce Ball 9-2:00 Transport to medical appts  1:00 Medicare Basics explained with David Troiano and Jessica Wilson—Halliday Financial 5:00 Supper Club - Orchard Tavern West	21 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 2:00 Dakota Ridge Farm - Llama Farm Private Tour 4:00 Happy Hour-GR	22 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Via Fresca 7:00 Thursday Night Movie-MOV	23  BOCCE TOURNAMENT	24 9:30 Bocce Ball 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR
25 2:00 Movie  Rosh Hashana	26 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR Rosh Hashana	27 9-2:00 Transport to medical appts 3:00 Movie Premier: Downton Abbey: A New Era 5:00 Supper Club - Paesans Pizza Rosh Hashana	28 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 1:00 Opera in the Theatre—Cavalleria Rusticana (Double Bill) 3:00 Book Club-LIB 4:00 Happy Hour -GR	29 9-2:00 Transport to medical appts 5:00 Supper Club - Emma Cleary's 7:00 Thursday Night Movie-MOV	30 1:00 Bridgerton Netflix Series-MOV 1:00 Mohawk Hudson Humane Society Tour 7:00 Bingo-GR	
CONNECTED life  FITNESS	Every Monday 8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength & Balance (Fitness Studio) 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)	Every Friday 8:45 Water Aerobics (Pool) 10:30 Tai Chi (Fitness Studio Every 1st and 3rd Friday) 11:30 Zumba (Great Room)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

Community Activities

LET'S GO SHOPPING
Grab your friends and let us take you!

TALBOTS
OUTLET ON WOLF ROAD

TUESDAY, SEPTEMBER 6TH AT 1:00-2:00

STUYVESANT
PLAZA

WEDNESDAY, SEPTEMBER 7TH FROM 1:00-3:00

Browse the shops, grab a coffee or just have lunch.
Summit van will depart at 1:00 both days



DAKOTA RIDGE FARM
LLAMA FARM PRIVATE TOUR
\$12PP
SEPTEMBER 21 AT 2:00



SUMMIT
SENIOR LIVING
BOCCE BALL
TOURNAMENT
September 23 at 11:00

**2nd Annual
Bocce
Tournament**



Our Mill Hill Bocce Team are last years champions – join us to see who takes the trophy home this year!

**Friday, September 23rd at 11:00 on
our very own Bocce Court**

Food and
Beverage will
be provided
for players and
spectators



It's Wine Time

We're taking a
trip to the Galway
Rock Vineyard and
Winery



Friday, September 9th at 1:00

Summit van will depart at 12:15

Cost: \$12.00pp

Galway Rock has the best
tastings in the area. Each
tasting is a self guided
experience through four
curated samples of our
award winning wines.
Enjoy views stretching all
the way to Vermont from
our light and airy tasting
room, or on the patio.



Mill Hill Movie Premieres

AMAZON ORIGINAL MOVIE

*Being
the Ricardos*



Tuesday, September 13th at 3:00–MOV

DOWNTON ABBEY
— A NEW ERA —



Tuesday, September 27th at 3:00–MOV

**Fresh hot movie theatre butter popcorn will be served!*

Community Activities

September Birthdays

Trudy Warner	9/10
Vikki Miller	9/15
Fran Arthur	9/21

Netflix Series Marathon



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

September Book Club Selection:

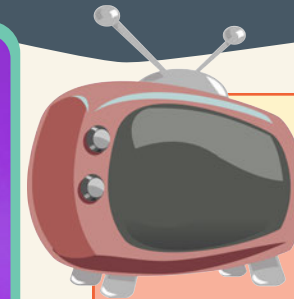
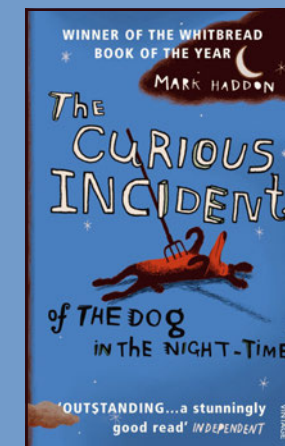
*The Curious Incident of the Dog
in the Night-Time*
By Mark Haddon

Book Club discussion
will take place at 3:00
on September 28th 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

Cheaper by the Dozen
Saturday, September 3rd
2:00



Hamlet
Saturday, September 10th
2:00



Coco
Saturday, September 17th
2:00



Crazy Rich Asians
Saturday, September 24th
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 and place your order with Sasha by 3:00pm on Mondays.

Spa Garment Care

5 New Karner Road (Route 155)
Guilderland, NY 12084

(518) 935-0525

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 September

(Please see calendar for dinner dates)



**PAESAN'S PIZZA
AND RESTAURANT**



Via Fresca



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



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