

# SUMMIT AT MILL HILL

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Monthly Newsletter

November 2022





THE  
Community Manager's Message

Can you believe it is already November? It is surprising to know that Thanksgiving Day is right around the corner! Thoughts of turkey and stuffing come to mind, along with memories of watching the parade in New York City. I also find myself thinking more about the importance of gratitude.

According to the Mayo Clinic, having a positive outlook in life can improve your mental well-being and health. Practicing gratitude is one way to make this positive shift.

You might be interested to know that this month, the Mayo Clinic offers a free online program called "Discover Gratitude." This is a 30-day program which encourages daily journaling about thankfulness, being mindful and kindness. It might be worth trying! To enroll, or for more information, go to... <https://www.mayoclinichealthsystem.org/wellness/gratitude>.

This month, we will have an opportunity to practice gratitude together, when we gather for our annual Friendsgiving Dinner! I hope you will join us! We will provide a traditional Thanksgiving Dinner to all our residents on Tuesday, November 22nd at 3pm in the Great Room.

Here's to a great new month!  
Happy November,

Joan

DID YOU KNOW  
Gratitude...

- SHIELDS YOU FROM NEGATIVITY
- MAKES YOU AT LEAST 25% HAPPIER
- REWIRES YOUR BRAIN
- ELIMINATES STRESS
- HEALS
- IMPROVES SLEEP
- BOOSTS SELF-ESTEEM & PERFORMANCE
- ENHANCES THE LAW OF ATTRACTION
- IMPROVES RELATIONSHIPS

Community Manager

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Maintenance

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Christine London

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



PRESENTATIONS

Adena Banks  
Presents—Stories of the Soul in Action  
Sunday, November 13th at 1:00 GR

Michael Stanton, Healthcare Specialist,  
Halliday Financial  
Presents—"Office Hours"  
One on One for Residents  
Tuesday, November 1st at 2:00  
& Monday, November 21st at 1:00 GR

Let's Talk Modern Art  
With David Hoffman  
Wednesday, November 30th 2:00 GR

JEWELRY SERVICE STATION AT MILL HILL  
WITH ROBERT RAHAL, OWNER OF  
ROBERT FINE JEWELRY

ROBERT FINE  
JEWELRY

JEWELRY CLEANING • INSPECTION • APPRAISAL  
REPAIRS AND SIZING DONE IN-HOUSE

WEDNESDAY, NOVEMBER 2ND  
2:00-4:00 TAVERN

Please join us for our  
3rd Annual Holiday  
Sip and Shop  
Wednesday, November 16  
12:00-4:00  
in the Great Room

Multiple vendors showcasing and selling  
items we all enjoy: Candles, cards, pet needs,  
home decor and much more!

Friday, November 4th at 12:00



Great Indian Kitchen

One country, more than forty languages and roughly 1,600 dialects! India is diverse to say the least and its languages are just one aspect of this diversity. Every state has its own traditions, culture, lifestyle and food. It is ironic then, that when the rest of the world thinks of Indian food, the one word that comes to most minds is curry. This is perhaps the greatest understatement ever as curry does not begin to sum up the amazing variety that is to be had in Indian cuisine. Most have their own secret recipes for the powders and pastes that form the backbone of the dish. What unifies all Indian dishes is the spices that bring them their characteristic fragrance and flavor.

Friday, November 18th at 12:00



Hana Japanese Steakhouse

When you're in the mood for a meal that offers something special, Hana is the place to go. Master hibachi chefs with years of experience will amaze you with their performance at the grill while savory dishes will excite your taste buds.

VETERANS' LUNCHEON

Calling all Mill Hill Veterans  
Get together with fellow Veterans  
for a luncheon, celebrating YOU!

MONDAY, NOVEMBER 7TH FROM  
11:00-1:00

SUMMIT VAN WILL DEPART AT 10:30

Join Colonie Senior Service Centers and the members of the American Legion Joseph E. Zaloga Post #1520 as we honor Veterans from all branches of the Armed Services. Nearly 300 individuals attend; with over half of the attendees being veterans.

S	M	T	W	TH	F	S
Event Color Key	Location Key	1 9-2:00 Transport to medical appts 2:00 Michael Stanton - "Office Time" for the residents 5:00 Supper Club - Emma Cleary's 7:00 Tuesday Night Movie <i>Grand Torino</i> -MOV <b>All Saints Day</b>	2 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre— <i>L'Elisir d'Amore</i> (The Elixir of Love) 2:00-4:00 Jewelry Corner with Robert, Owner of Robert Fine Jewelry 4:00 Happy Hour-GR	3 9-2:00 Transport to medical appts 7:00 Thursday Night Movie-MOV 5:00 Supper Club - Pizza by Dom	4 10:00 Walmart Shopping  (Glenmont)  12:00 Lunch Outing—Great Indian Kitchen Restaurant and Bar 1:00 Anthony Bourdain: <i>Parts Unknown</i> series—MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo-GR	5 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
6  2:00 Movie 4:00 Financial Discussion Group—GR  Fall Back, Daylight saving time ends	7 11:00 Veterans Recognition Luncheon 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR	8 9-2:00 Transport to medical appts 2:00 Tuesday Trivia with Mark Hersch 5:00 Supper Club - Lam's Kitchen 7:00 Tuesday Night Movie- <i>The Good The Bad and The Ugly</i> -MOV <b>Election Day</b>	9 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery Shopping 4:00 Happy Hour with Noreen White-GR	10 9-2:00 Transport to medical appts 12:30 American Italian Heritage Museum 7:00 Thursday Night Movie-MOV 5:00 Supper Club - Western Diner	11  <i>Thank You VETERANS</i> Office Closed No Fitness/No Breakfast/No Bible Study	12 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
13  1:00 Stories of the Soul in Action with Adena Bank, LCSW, CP—MOV 2:00 Movie 3:00 Voorheesville Middle School Performance "Fiddler on the Roof"—GR  4:00 Financial Discussion Group—GR	14 10:00 Faith Based Discussion with Colleen 12:00 Monday Matinee-MOV 1:00 Creative ways to stay active during the Winter—Denise Bilka, PT 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	15 9-2:00 Transport to medical appts 1:00 NYS Museum Trip 5:00 Supper Club - Blaze Pizza 7:00 Tuesday Night Movie <i>Quantum of Solace</i> -MOV	16 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 12:00-4:00 3rd Annual Holiday Sip and Shop GR 4:00 Happy Hour-GR	17 9-2:00 Transport to medical appts 1:30 the FASNY Museum of Firefighting 5:00 Supper Club-Atomic Wings 7:00 Thursday Night Movie-MOV	18 12:00 Lunch Outing—Hana Japanese Steak House 1:00 Anthony Bourdain: <i>Parts Unknown</i> series-MOV 2:00 Canvas Painting with Renee Brown 7:00 Bingo-GR	19 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
20  2:00 Movie 4:00 Financial Discussion Group—GR	21 11:00 Centerpiece Creations for Friendsgiving Feast 12:00 Monday Matinee-MOV 1:00 Michael Stanton - "Office Time" for the residents 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	22 9-2:00 Transport to medical appts 3:00 Friendsgiving Feast-GR 7:00 Tuesday Night Movie <i>Braveheart</i> —MOV	23 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee—LIB 10:00 Grocery shopping 1:00 Opera in the Theatre— <i>il Trovatore</i> 4:00 Happy Hour-GR	24 Office Closed No Fitness/No Breakfast 	25 1:00 Anthony Bourdain: <i>Parts Unknown</i> series-MOV 2:00 Steve Lapidus digs into Archeology (discussion) - GR 7:00 Poker Night	26 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
27  2:00 Movie 4:00 Financial Discussion Group—GR	28 12:00 Monday Matinee-MOV 12:00 NYS Capitol Tour followed by lunch at A Better Bite Restaurant 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	29 9-2:00 Transport to medical appts  1:00 How fitness helps the immune system & intro to fitness equipment with Barb Howansky 5:00 Supper Club - Emma Cleary's 7:00 Tuesday Night Movie, <i>Brimstone</i> -MOV	30 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 2:00 Art Talk with Dave Hoffman—GR 3:00 Book Club-LIB 4:00 Happy Hour-GR	<b>Fight Fatigue with Regular Exercise</b>  Winter is a great time to experiment with new and different kinds of activity with the winter blues approaching you can start to feel fatigued more easily. Get involved in some kind of physical activity as often as possible and you'll feel more energetic, and ideally so you reach the recommended goal of 150 minutes of exercise a week. Exercise in the late afternoon may help to reduce early evening fatigue, and also improve your sleep.		
<b>CONNECTED</b> <i>life</i>  <b>FITNESS</b>	<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)	<b>Every Friday</b> 8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room) 10:30 Tai-Chi (Fitness Studio)	<b>Continental Breakfast</b> <b>Monday—Friday</b> 8:30—10:30 <b>Saturday—Sunday</b> 9:00—11:00



## Community Activities

### A DAY'S OUTING



#### American Italian Heritage Museum Tour



Thursday,  
November 10th  
at 12:30  
Summit van departs  
at 12:15  
\$4.00pp

#### New York State Museum

Tuesday,  
November 15th  
at 1:00

Summit van departs  
at 12:30



#### FASNY Museum of Firefighting



Thursday,  
November 17th  
at 1:30  
Summit van  
departs at 12:45  
\$12.00pp  
Free for Firefighters  
and FASNY Members

#### NYS Capitol Tour

Monday,  
November 28th  
at 12:00 followed by  
lunch at A Better  
Bite Restaurant  
Summit van departs  
at 11:30



### Thanksgiving Dinner Celebration

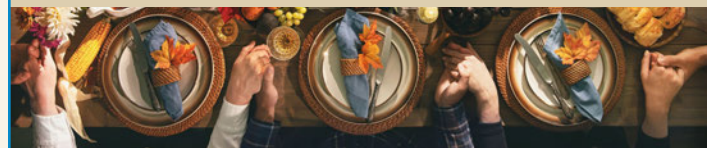


*We are Thankful for all of YOU!*

*On Tuesday, November 22nd at 3:00  
please join your neighbors in the Great Room  
for a Thanksgiving Dinner Celebration*

Food will be provided by Carol's Place and  
will be served buffet style by the lovely Mill Hill staff

*Dress your best and bring a dessert to share*



### Canvas Painting Class with Renee Brown



**Friday,  
November  
18th  
at 2:00  
in the  
Art Room**



**Sunday,  
November 6th**

**Fall Back  
1 Hour**



## Community Activities



**Happy Birthdays!  
for November**

Bob Camoin	11/09
Carmelo Genovese	11/15
David Hoffman	11/28
Marsha Penrose	11/30

### Netflix Series

ANTHONY BOURDAIN: PARTS UNKNOWN

is a multiple Emmy  
Award-winning  
documentary series  
about **food and  
culture in lesser  
known parts of the  
world.** Chef and  
television foodie



Anthony Bourdain travels around the world to  
places like Myanmar, Libya, and the Congo to learn  
more about their cultures and local cuisines.

**Anthony Bourdain: Parts Unknown  
Netflix series will play every Friday  
at 1:00pm -MOV**

### November Book Club Selection

*Everything I Never Told You*  
By Celeste Ng

Book Club discussion  
will take place at 3:00 on  
November 30th in the Library.  
Please contact Sasha in the  
office if you are interested in  
joining the Book Club.

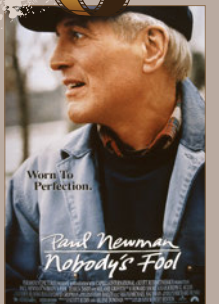
scarrington@  
summitseniorlife.com  
518-941-8871



### CINEMA SATURDAY

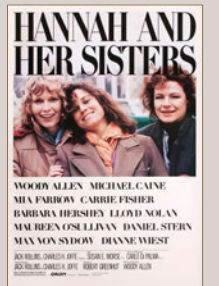
**Paul Newman  
Nobody's Fool**

Saturday, November 5th  
2:00



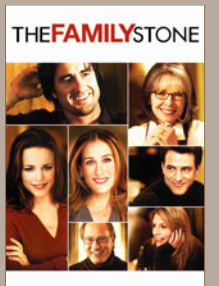
**Hannah and her Sisters**

Saturday, November 12th  
2:00

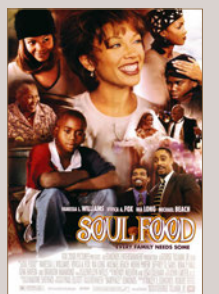


**The Family Stone**

Saturday, November 19th  
2:00



**Soul Food**  
Saturday, November 26th  
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



**Effective November 1st the Food Florist will no longer be in business.**

Please bare with us  
as we seek alternative options.

We do have a small supply of Pot pies—  
Spinach Lasagne, Swedish Meatballs  
and a few pies.

## 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.

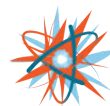
Call the office to reserve your appointment time.



*Supper Club*  
*Restaurant Choices for November*  
(Please see calendar for dinner dates)

**WESTERN  
DINER**

**LAM'S  
KITCHEN**  
1800 Western Ave.



**ATOMIC WINGS**  
NATURALLY AWESOME



**BLAZE PIZZA**  
FAST-FIRE'D

*Emma Cleary's Café*



**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**

**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