

SUMMIT AT MILL HILL

Monthly Newsletter

January 2023





Welcome to January! I hope that you have had a Happy Holiday Season! May you be blessed with good health and great times in the New Year!

We are excited about all we have planned for this new month! Here are a few of the highlights:

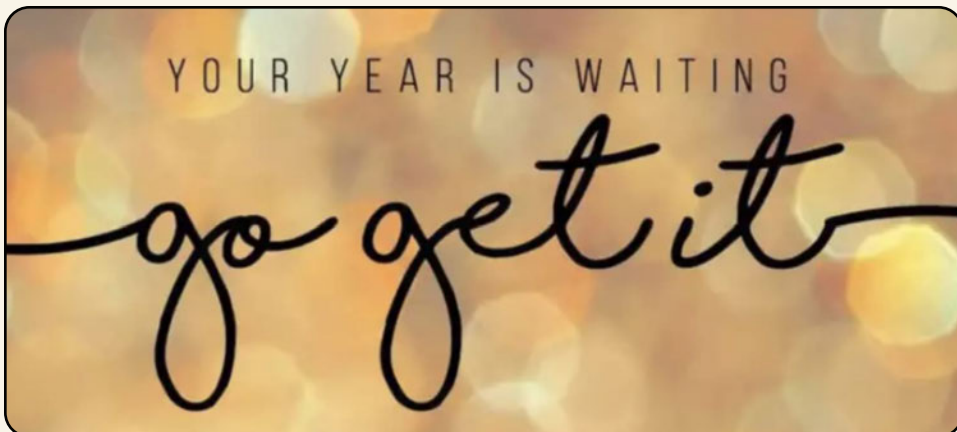
- Tuesday, January 3rd – Trip to the Clark Art Museum and lunch in Williamstown, MA!
- Tuesday, January 17th – Marilyn Sassi will return to facilitate a presentation about homes from the Federalist Period.
- Thursday, January 19th – Trip to the Saratoga Auto Museum and lunch in Saratoga!
- Tuesday, January 24th – Trip to the NYS Museum!

We will finish the month with our first ever Mill Hill Winter Olympics! Denise Bilka and Christine Fitzgerald will help to coordinate 3 days of events and a special closing ceremony! These events will take place on Monday, January 23rd, Wednesday, January 25th, and Friday, January 27th!

Here's to many good times in the year to come!

Love,

Joan



Community Manager

Joan Scotti
JScotti@SummitSeniorLife.com

Resident Services Coordinator

Sasha Carrington
Scarrington@SummitSeniorLife.com

Maintenance

John Sawyer
Roman Early

Transportation/Maintenance

John Sawyer
Joey Elgeiser III

Weekend Concierge

Kelly Chapman
Christine London

Office Phone

518-941-8871

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



MILL HILL WINTER OLYMPICS

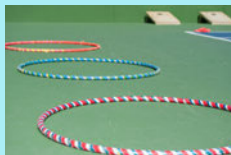
Monday, January 23rd at 1:00



First Event:

Egg Balance Challenge
(helps with fine and gross motor skills)

Wednesday, January 25th at 1:00



Second Event:

Hula Hoop Cornhole
(Helps with aim and hand eye coordination)

Friday, January 27th at 1:00

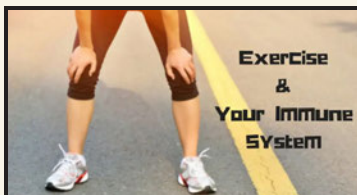


Third Event:

Shuffleboard "Curling"
Event
(helps with posture and balance)

Closing ceremony will consist of an additional event of Olympic Bingo
(cards will be provided)

Events will be supervised and judged by Denise Bilka, PT and Christine, OT PRN



Exercise
&
Your Immune
System



HOW TO
USE GYM
EQUIPMENT

Join us on Friday January, 13th at 1:00 in the GR, to hear all about how fitness helps the immune system as told by the experts—Barb Howansky will also demonstrate, and explain how to use the gym equipment and the benefits of doing so.



Friday, January 13th at 12:00



Bucca di Beppo

12 max on Summit van
Individual drivers are welcomed

Friday, January 27th at 12:00



Jimmy's Egg

12 max on Summit van
Individual drivers are welcomed



HEALTHY LIFESTYLE

Patti McGee

Integrative Nutrition Health Coach

Wants to show us what to eat less of and focus on what we should be eating more of!

Join us on January, 12th at 1:00—GR

Marilyn Sassi

Tuesday, January 17th at 1:00—MOV

When Samuel F. Smith wrote "My Country Tis Of Thee" in 1832 which contains the lyrics: "America's templed hills"; he was referring to the new kind of architecture that was sweeping across the country.

Greek Revival origins came from a small book of woodblock prints that had been made by copying the ancient temples in Greece. Titled "Antiquities Of Athens", it had been published in England in 1762 and Thomas Jefferson introduced this new form to America when he befriended a young architect (Benjamin Henry Latrobe) from England and gave him a copy of the booklet. Latrobe moved to Philadelphia and was given commissions to begin constructing architecture following this new design. Beginning with public buildings and the rebuilding of the Nation's Capitol after the burning from the War of 1812, it began to become popular for homes.

S	M	T	W	TH	F	S
 <p>Office Closed No Breakfast</p>	2 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR	3 9-2:00 Transport to medical appts 11:00 Clark Art Institute Visit followed by lunch at Cozy Corner Restaurant 5:00 Supper Club - Jimmy John's 7:00 Tuesday Night Movie Fast of Tevet 10 Begins at sunrise ends at sunset	4 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery Shopping 1:00-3:00 American History Through Poetry (Session 5) 4:00 Happy Hour-GR	5 9:00-2:00 Transport to medical appts 5:00 Supper Club - Junior's 7:00 Thursday Night Movie-MOV	6 1:00 Netflix Documentary Day-MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo-GR	7 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
8 1:00-3:00 The Red Bookshelf Mending-GR 2:00 Movie	9 10:00 Faith Based Discussion with Colleen-Chapel 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR	10 9-2:00 Transport to medical appts 2:00 Tuesday Trivia with Mark Hersch 5:00 Supper Club - King's Wok 7:00 Tuesday Night Movie	11 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 4:00 Happy Hour featuring Carmen and Life's Guilty Pleasure -GR	12 9:00-2:00 Transport to medical appts 1:00 New Year New You: Eat more of this less of that with Patty McGee 5:00 Supper Club - Crisp 7:00 Thursday Night Movie-MOV	13 12:00 Lunch Outing—Bucca di Beppo 1:00 How fitness helps the immune system & intro to fitness equipment with Barb Howansky 1:00 Netflix Documentary Day-MOV 1:30 Bible Study with Dee-LIB 7:00 Poker Night-GR	14 12:00 Movie 2:00 Mexican Train-GR 2:30 Fiddler on the Roof, VCS D - GR 7:00 Saturday Night Live-GR
15 2:00 Movie	16  <p>DR. MARTIN LUTHER KING JR. DAY</p> <p>Office Closed No Breakfast/No Fitness</p>	17 9-2:00 Transport to medical appts 1:00 Marilyn Sassi presents: Greek Revival-MOV 5:00 Supper Club - Pizza by Dom 7:00 Tuesday Night Movie	18 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee—LIB 10:00 Grocery shopping 1:00 Opera in the Theatre 4:00 Happy Hour -GR	19 9:00-2:00 Transport to medical appts 11:30 Saratoga Automobile Museum followed by lunch at Cantina Mexican Restaurant 5:00 Supper Club-Marie's Cafe 7:00 Thursday Night Movie-MOV	20 1:00 Netflix Documentary Day-MOV 3:00 Entertainment hour with Mark Oldendorf-GR 7:00 Bingo-GR	21 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
22 1:00-3:00 The Red Bookshelf Mending-GR 2:00 Movie	23 12:00 Monday Matinee-MOV  1:00 Mill Hill Winter Olympics 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	24 9-2:00 Transport to medical appts 1:00 NYS Museum Tour 5:00 Supper Club - Via Fresca 7:00 Tuesday Night Movie	25 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping  1:00 Mill Hill Winter Olympics 4:00 Happy Hour-GR	26 9:00-2:00 Transport to medical appts 5:00 Supper Club-Bellini's Counter 7:00 Thursday Night Movie-MOV	27 12:00 Lunch Outing—Jimmy's Egg 1:00 Netflix Documentary Day-MOV  1:00 Mill Hill Winter Olympics 7:00 Poker Night-GR	28 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
29 2:00 Movie	30 12:00 Monday Matinee-MOV 12:30 Rivers Casino and lunch at Flipt 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	31 9-2:00 Transport to medical appts 5:00 Supper Club - Junior's 7:00 Tuesday Night Movie				Take care of your body. It's the only place you have to live. JIM ROHN
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	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)	Every Friday 8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room) 10:30 Tai-Chi (Fitness Studio)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

Community Activities

A DAY'S OUTING



**Clark Art Institute
Williamstown, MA**



**Tuesday, January
3rd at 11:00
(free admission)**

Followed by
Lunch at Cozy
Corner Restaurant
(12 persons max on
Summit van)

**Saratoga Auto Museum
Saratoga, NY**

**Thursday, January
19th at 11:30
(Cost \$ 12.00)**

Bond in Motion

The Official Collection of
Original James Bond
Vehicles on Display

Followed by
Lunch at Cantina
Mexican Restaurant
(12 persons max on
Summit van)



**NYS Museum Tour
Albany, NY**



**Tuesday, January
24th at 1:00
(free admission)**

(12 persons max on
Summit van)

The Red Bookshelf



**Mending sessions will
take place every First and
Third Sunday of each
month.**

I am pleased to announce that we had many more menders attend than originally signed up and we were able to mend 88 books!!!!



**THANK YOU!
Let's keep it up**



Rivers Casino and Resort Trip

Followed by lunch at FLIPT

**Monday, January 30th
at 12:30**



Extra time on your hands?

Want ways to help/volunteer?
Here's how ! The following
companies are looking for
volunteers like you!



Gift Shop Volunteer—(Daughters of Sarah)
Currently seeing weekend help in the Gift Shop 4-6 hours

Register/Cashier, Summer/Fall Craft Fair Volunteer—
(Shaker Heritage society)
Currently seeking volunteers to work in their museum
shop, register, as well as special events like their Summer
and Fall Craft Fair.

LVORC — Tutors needed Albany Office
(Literacy Volunteers of Rensselaer County)
The next Tutor Training Workshop will begin on Saturday,
January 21 at the Albany Public Library. To find out more
about being a tutor and many other ways to help, please
join us for a Volunteer Opportunities Information Session
at 4:30 on January 5 OR 12:00 noon on January 10 via
Zoom. To register, contact mhellerlvorc@aol.com.

Community Activities



Bernie Capobianco 1/1

Sharon Sim 1/9

Virginia Mancil 1/27

Joanne Millis 1/31

Exploring Netflix Documentaries

Take a seat and lets dive into documentaries on Netflix.

We'll never know where we'll end up.

Could be traveling the world, sampling foods from different countries, earths majestic animals, unsolved crimes or entertainment.



Every Friday at 1:00 in the Theatre

January Book Club Selection

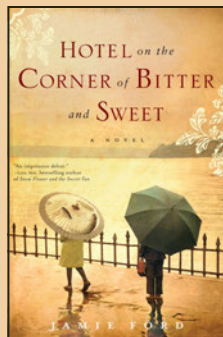
***Hotel on the Corner of Bitter and Sweet*
By Jamie Ford**

Book Club discussion will take place at 3:00 on January 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



CINEMA SATURDAY

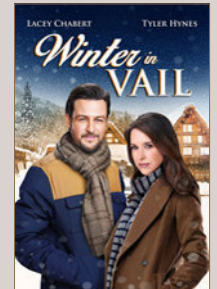
Misery

Saturday, January 7th
12:00



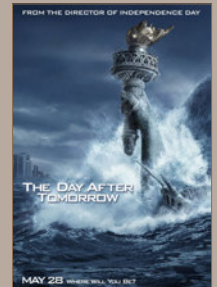
Winter in Vail

Saturday, January 14th
12:00



The Day After Tomorrow

Saturday, January 21st
12:00



St. Elmo's Fire

Saturday, January 28th
12:00



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.



GENOA IMPORTING

Too busy to grocery shop? Too tired to cook?

Genoa Importing meals are available in the office on a first come/first serve basis. The below dishes are frozen and ready to be simply heated & enjoyed. Each 2-person serving is \$13.00.

This month's anyday choices:

Shepherd's Pie
Meat Lasagna
Beef Stew
Chicken Tortellini
Chicken and Dumpling

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 January

(Please see calendar for dinner dates)



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.



♥ **Gift Certificates Available** ♥

Hair Stylist - Paula 518-361-5629

Nail Specialist - Sonia 518-512-7479

Massage Therapist - Charlene Watson

518-813-3347