

SUMMIT AT MILL HILL

Monthly Newsletter

March 2023



THE

Community Manager's Message

Happy March!

As the saying goes, "in with a lion, out like a lamb"! It is that time of the year when we start to dream about Spring, and look forward to budding trees, green grass and flowers. What better time than now to hatch a plan for our raised bed gardens!

Thanks to Summit, we have 35 raised beds to share and enjoy as a community. In the past 2 years, residents have planted flowers, tomatoes, cucumbers, basil, and other plants. This presents a great opportunity for you to enjoy time outdoors and make new friends.

Though you may have a preference for a particular bed, all the raised bed gardens get direct, afternoon sun. Please watch for information from me about how the beds will be assigned and start making plans for your spring garden!

Other events and activities to look forward to this month include:

- Empire State Youth Orchestra Concert at Proctors, Wednesday, March 8th
- Play Reading with Paul Lamar – a 5-week series starting on Wednesday, March 15th
- St. Patrick's Day – an early celebration with music and a corned beef and cabbage dinner on Wednesday, March 15th.

Let's hope for more lamb-like days this March! Before we know it, the tulips will be blooming!

Warm Regards,

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

ST. PATRICK'S DAY CELEBRATION AT MILL HILL WEDNESDAY, MARCH 15TH



**Tri-County Banjo Band
Irish Hour**
(beginning at 4:00pm)



**Corned Beef and Cabbage
Dinner from Emma Cleary's**
(beginning at 5:00pm)

(Dinners are \$14.00pp - Orders must be submitted by Friday, March 10th)
Please sign-up in office



The Celebration of Purim

With Rabbi Ami Monson
JFS Community Chaplain

Thursday, March 9th at 3:30
Great Room



HAPPY PURIM



Elizabeth Stack, Ph.D.,

Executive Director

of the Irish American Heritage Museum

Presents:

AMERICAN VAUDEVILLE

THURSDAY, MARCH 16TH AT 1:00
GREAT ROOM

THE IRISH IN VAUDEVILLE:

The Irish as ignorant savage, or cockily obsequious servant, was a familiar trope in British literature which, like the caricatures in the periodicals, had followed them to America, where their position as the first massive, unskilled underclass in cities like New York, ensured the stereotype persisted until after the Civil War. Along with their alleged violent tendencies, their Catholicism was also portrayed, demonstrating their credulity and superstitious nature. As the Irish slowly achieved upward mobility, that negative image was finally challenged. The Irish immigrants now produced the material themselves, and these sketches and songs became so popular that they transcended ethnicity and became a sentimental standard for all New Yorkers. Not only do they succeed in rehabilitating the portrayal of Irish people on stage completely, they also set the tone for the depiction of Irish-Americans in films to come for many years.



Friday, March 10th at 12:00



Aloha Crab Cajun Seafood and Bar

12 max on Summit van
Individual drivers are welcome

Friday, March 24th at 12:00



Maggie McFly's

12 max on Summit van
Individual drivers are welcome



5 Week Course

Taught by Paul Lamar

Two brilliant plays, each featuring a strong woman responding to the politics and customs of her day:

LYSISTRATA

(a Greek comedy by Aristophanes)
and

MRS. WARREN'S PROFESSION

(an absorbing 19th-century British social satire by
George Bernard Shaw).

Join us as we read aloud and discuss these
great scripts.

Wednesdays, from 1:30-3:00

Great Room

March 15, 22, 29, April 12, 19.

S	M	T	W	TH	F	S
	Event Color Key RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games VIOLET Clubs	Location Key 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 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 3:00 February Book Club Meeting-LIB 4:00 Happy Hour-GR Irish American Heritage Month	2 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre—Macbeth 5:00 Supper Club - Emma Cleary 7:00 Thursday Night Movie; Me and My Gal-MOV	3 10:00 Walmart Shopping (East Greenbush)  1:00 Netflix Documentary Day-MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo-GR	4 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
5 1:00-3:00 The RED Bookshelf Mending Session 2:00 Movie; Driving Miss Daisy	6 10:00 Aldi's Shopping Trip 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR Purim begins at sunset	7 9-2:00 Transport to medical appts 5:00 Supper Club - China Garden 7:00 Tuesday Night Movie-GR Purim ends at nightfall	8 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery Shopping 1:00 ESYO Annual Senior Concert—Proctors 4:00 Happy Hour-GR	9 9:00-2:00 Transport to medical appts 12:30 Opera in the Theatre—Dialogue des Carmelites (Dialogues of the Carmelites) 3:30 Purim Celebration with Rabi Ami Monson-GR 5:00 Supper Club-Pellegrino's 7:00 Thursday Night Movie; Kiss Me Kate-MOV	10 12:00 Lunch Outing—Aloha Crab Cajun Seafood and Bar 1:00 Netflix Documentary Day-MOV 1:30 Bible Study with Dee-LIB 7:00 Poker Night—GR	11 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
12 1:00 Qwirkle Game-GR 2:00 Movie; About Schmidt 	13 10:00 Faith Based Discussion with Colleen-LIB 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00-5:00 Dr. Mason—Albany Podiatry 3:00 Knitting & Crocheting Group -LIB	14 9-2:00 Transport to medical appts 12:00 Music @ Noon Troy Music Hall Natalia Shovchuk 2:00 Tuesday Trivia with Mark Hersh -GR 5:00 Supper Club - Pizza by Dom 7:00 Tuesday Night Movie	15 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping  1:30-3:00 Play Reading with Paul Lamar (Session 1) 4:00 Happy Hour - featuring The Tri County Banjo Band Irish Hour-GR 5:00 St. Patrick's Day Dinner-GR	16 9:00-2:00 Transport to medical appts  1:00 Elizabeth Stack presents: American Vaudeville-GR 5:00 Supper Club-Kings Wok 7:00 Thursday Night Movie; Hello Dolly-MOV	17 1:00 Netflix Documentary Day-MOV 7:00 Bingo-GR St. Patrick's Day 	18 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
19 1:00-3:00 The RED Bookshelf Mending-GR 2:00 Movie; Waking Ned Divine	20 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -LIB  First Day of Spring	21 9-2:00 Transport to medical appts 1:00 Corning Tower Observation Deck Visit followed by lunch on the Concourse 5:00 Supper Club - Juniors 7:00 Tuesday Night Movie	22 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee—LIB  1:30-3:00 Play Reading with Paul Lamar (Session 2) 4:00 Happy Hour-GR	23 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre—Gulio Caesare (Julius Caesar) 5:00 Supper Club-Bellini's Counter 7:00 Thursday Night Movie; Barkley of Broadway-MOV	24 12:00 Lunch Outing—Maggie McFly's 1:00 Netflix Documentary Day-MOV 7:00 Poker Night-GR	25 10:30-5:15 Empire State Youth Orchestra PLAYATHON 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
26 1:00 Qwirkle-GR 2:00 Movie; Fargo	27 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR	28 9-2:00 Transport to medical appts 5:00 Supper Club - Pizza by Dom 7:00 Tuesday Night Movie	29 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping  1:30-3:00 Play Reading with Paul Lamar (Session 3) 3:00 Book Club-LIB 4:00 Happy Hour-GR	30 9:00-2:00 Transport to medical appts  2:00 What is Modern Art Part 1. The Beginning Presented by David Hoffman-GR 5:00 Supper Club-Ted's Fish Fry 7:00 Thursday Night Movie-MOV	31 1:00 Netflix Documentary Day-MOV 2:00 The Way We Were Community Photo Display-GR 7:00 Bingo-GR	
 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)	Every Friday 8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room) 10:30 Tai-Chi (Every 1st and 3rd Friday) (Fitness Studio)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

Community Activities

A DAY'S OUTING

Empire State Youth Orchestra Annual Seniors' Concert @ Proctors

Wednesday,
March, 8th
at 1:00

(Summit van will
depart at Noon)

(No Charge)



Music @ Noon: Nataia Shevvhuk Troy Music Hall



Tuesday,
March 14th
at 12:00

(Summit van will
depart at 11:00)

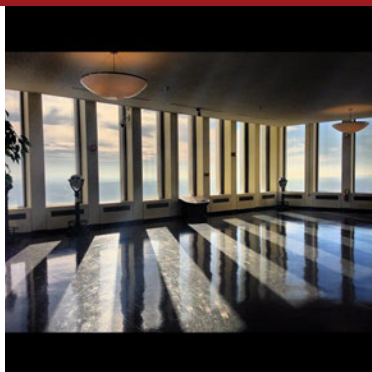
(No Charge)

Corning Tower Observation Deck Visit (No Charge)

Tuesday,
March 21st
at 1:00

Followed by lunch
on the Concourse

(Summit van will
depart at 12:15)



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PLAYATHON



Saturday, March 25

10:30am-5:15pm at Crossgates Mall

Stop by and enjoy the PLAYATHON,
a free all-day concert by the
Empire State Youth Orchestra.

Summit Senior Living
is a proud sponsor of
this outstanding event.
Come out and show your
support of these young
stars and enjoy some
beautiful music.



The Red Bookshelf

The Red Bookshelf Mending Sessions will occur
on Sundays, dates will vary.



Anyone in the community can participate
in these mending sessions

Join us

Let's keep up the good work!

Community Activities

March Birthdays

Joyce Pagoda 3/4

Deb Adler 3/6

David Sim 3/9

Jeff Kramer 3/14

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

March Book Club Selection

The Girls of Atomic City: The Untold Story of the Women Who Helped Win WW II

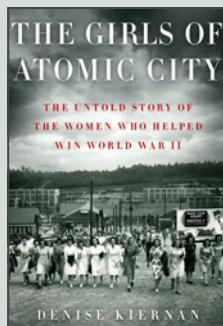
By Denise Kiernan

Book Club discussion will take place at 3:00 on March 29th in the Library.

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

sarrington@summitseniorlife.com

518-941-8871



SATURDAY CINEMA

John Houston's, The Dead

Saturday, March 4th
12:00



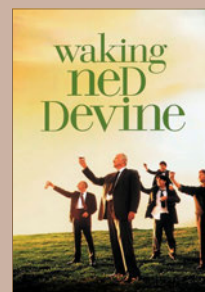
The Wind that Shakes the Barley

Saturday, March 11th
12:00



Waking Ned Devine

Saturday, March 18th
12:00



Philomena
Saturday, March 25th
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

Frozen Dinners To-Go

Shepherd's Pie

Meat Lasagna

Pot Roast

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



PELLEGRINO'S



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