



# SUMMIT AT MILL HILL

---

Monthly Newsletter

May 2023



# THE Community Manager's Message

**A**lthough the first day of Spring was on March 20, it feels much more like Spring now as we embark on the month of May.

Here at Mill Hill, we are jumping right in beginning May 3rd when we welcome David Allen Miller, Conductor and Music Director of the Albany Symphony, along with Rob Brown, host of WMHT-FM.

On that same day, we invite you to attend a Resident Memorial Service so we may recognize and pay respect to those members of our community we have lost.

On Tuesday May 4th, celebrate the Dutch heritage of Fort Orange (Albany) with an outing to the Tulip Tour in Washington Park, and on Friday, Cinco de Mayo! What exactly is Cinco de Mayo all about? It originated to commemorate the anniversary of Mexico's victory over France at the Battle of Puebla in 1862. Today it has become associated with the celebration of Mexican American culture. More popular in the US than in Mexico, it generates beer sales on par with the Super Bowl, so basically...it's a Fiesta!

At the end of this busy first week, I look forward to seeing you all at our resident meeting.

Happy May, all the way through Memorial Day!

Janine

## Bivalent Covid Booster Shot Clinic (Pfizer or Moderna)

**Friday, May 26th at 1:00pm-GR**

**UPDATED  
COVID-19  
BOOSTERS**



Please come to the office with your Medicare Cards and ID to sign up and to obtain your Vaccination Consent Forms.

FDA officially approved a second bivalent Covid booster shot. This followed the CDC recommendations to immunize older adults and those with compromised immune systems with another booster to help protect against new strains of the virus. Health experts agree that vaccinations are still our best tool to prevent severe infection, hospitalization, and death.

### Community Manager

Janine Robinson  
[jrobinson@SummitSeniorLife.com](mailto:jrobinson@SummitSeniorLife.com)

### Resident Services Coordinator

Sasha Carrington  
[Scarrington@SummitSeniorLife.com](mailto:Scarrington@SummitSeniorLife.com)

### Maintenance

John Sawyer  
Roman Early

### Transportation/Maintenance

John Sawyer  
Joey Elgeiser III

### Weekend Concierge

Sue Purga  
Christine London

### Office Phone

518-941-8871

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





## EASTWYCK CHORAL GROUP

Summit at Eastwyck's Choral Group  
will be here to perform for us on  
**Monday, May 8th at 2:00**  
in the Great Room

## ALBANY SYMPHONY

**2023-2024 Season Preview**

with David Alan Miller, Conductor and  
Music Director of the Albany Symphony

Rob Brown, Music Director  
and afternoon host at WMHT-FM

**Wednesday, May 3rd at 12:00-GR**

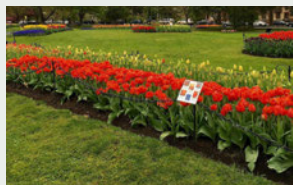
## TULIP TOUR

**Albany's Washington Park**

**Thursday, May 4th at 10:00**

*Summit van will depart at 9:15*

The Tour will begin at the  
Moses Statue. This walking  
tour will run about 1/2 hour  
long. Learn more about the vast variety of flowers  
planted for Tulip Fest with City Gardener Jena  
Commerford. (weather permitting).



### Mother's Day Flower Pot Painting and Planting

with Renee Brown

Friday, May 12th at 1:00  
Art Room

### Bird Walk at the Guilderland Community Gardens

Thursday, May 25th at 7:30am, \$15.00pp

This program will consist of a guided  
walk around the community garden to  
view birds in the various habitats found  
around the property.



OUT TO LUNCH

*Be Back Soon*

**Tuesday, May 23rd at 12:00**



### Finnigan's on the Lake

12 max on Summit van  
Individual drivers are welcome

**Friday, May 26th at 12:00**



### Yanni's Too

12 max on Summit van  
Individual drivers are welcome

# SPRING

# Fling

2023

Join us on **Saturday, May 20th at 7pm** for our

## Annual Spring Fling Extravaganza

~ DJ Chuck ~

will be mixing up some amazing tunes for all to enjoy.

BYOB & appetizers to share





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 9-2:00 Transport to medical appts 5:00 Supper Club - Paesan's 7:00 Tuesday Night Movie-MOV 7:00 Poker Night—GR	3 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 12:00 Albany Symphony 2023-2024 Season Preview with David Alan Miller and Rob Brown 2:00 Resident Memorial Service with Colleen - GR 4:00 Happy Hour-GR	4 9:00-2:00 Transport to medical appts 10:00 Tulip Tour-Washington Park 5:00 Supper Club - Emma Cleary's 7:00 Thursday Night Movie-MOV	5 10:00 Walmart Shopping  1:00 Netflix Documentary Day-MOV 1:00 Resident meeting with Janine and Sasha 3:30 Music hour with Mark Oldendorf-GR 7:00 Bingo-GR  Cinco De Mayo	6 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
7 1:00-3:00 The RED Bookshelf Mending Session 2:00 Movie (Residents Choice - Netflix)	8 10:00 Faith Based Discussion with Colleen-LIB 12:00 Monday Matinee-MOV 2:00 Eastwyck Choral Group-GR 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR	9 9-2:00 Transport to medical appts 12:00 Music @ Noon with Findlay Cockrell 2:00 Tuesday Trivia with Mark Hersh —GR 5:00 Supper Club - China Garden 5:00 L'ag B'Omer Kosher BBQ and Fun with Clara Simon - GR Patio 7:00 Tuesday Night Movie-MOV	10 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery Shopping 4:00 Happy Hour-GR	11 9:00-2:00 Transport to medical appts 12:00 Movie in the Theatre; Nabucco 5:00 Supper Club-CoreLife Eatery 7:00 Thursday Night Movie-MOV	12 10:00 Pool and Hot Tub Closed for Cleaning 11:30 Bible Study with Dee-LIB 1:00 Mother's Day Flower Pot Painting and planting with Renee Brown-Art Room 1:00 Netflix Documentary Day	13 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
14 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix) 	15 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group —LIB	16 9-2:00 Transport to medical appts 12:00 Corning Tower Observation Deck Visit 5:00 Supper Club - Lam's Kitchen 7:00 Tuesday Night Movie-MOV 7:00 Poker Night—GR	17 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 4:00 Happy Hour-GR	18 9:00-2:00 Transport to medical appts 12:00 Berkshire Botanical Garden Visit followed by lunch at Michaels of Stockbridge 5:00 Supper Club-Jimmy John's 7:00 Thursday Night Movie-MOV	19 1:00 Netflix Documentary Day-MOV 7:00 Bingo-GR	20 12:00 Movie 2:00 Mexican Train—GR 7:00 Spring Fling with DJ Chuck-GR
21 1:00-3:00 The RED Bookshelf Mending-GR 2:00 Movie (Residents Choice - Netflix)	22 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group —LIB	23 9-2:00 Transport to medical appts 12:00 Lunch Outing—Finnigan's on the Lake 5:00 Supper Club - Pizza by Dom 7:00 Tuesday Night Movie-MOV	24 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery shopping 4:00 Happy Hour-GR	25 7:30 Bird Walk at the Guilderland Community Gardens 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; The Marriage of Figaro 5:00 Supper Club-Marisa's Place 7:00 Thursday Night Movie-MOV	26 12:00 Lunch Outing - Yanni's Too 1:00 Netflix Documentary Day-MOV 1:00 Bivalent COVID Booster Clinic-GR	27 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR
28 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)	29 OFFICE CLOSED—NO FITNESS—NO BREAKFAST 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group —LIB Memorial Day 	30 9-2:00 Transport to medical appts 8:00 American Museum of Natural History-Yankee Trails 5:00 Supper Club - Ted's Fish Fry 7:00 Tuesday Night Movie-MOV 7:00 Poker Night—GR	31 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 3:00 Book Club-LIB 4:00 Happy Hour-GR		<b>Event Color Key</b>  RED Outings, happy hour and musical entertainment  BLUE Presentations, craft class, movies, opera  GREEN Games  VIOLET Clubs	<b>Location Key</b>  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
<b>CONNECTED life</b>  <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) 12:30 Pilates (Fitness Studio)	<b>Continental Breakfast</b>  Monday—Friday 8:30—10:30  Saturday—Sunday 9:00—11:00

# Community Activities

## A DAY'S OUTING

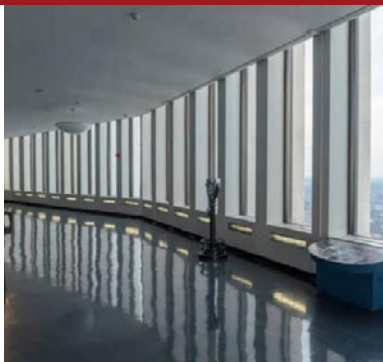
### Corning Tower Observation Deck Visit

**Tuesday  
May 16th  
at 12:00**

Followed by lunch  
on the Concourse

(Summit van will  
depart at Noon)

(No Charge)



### Troy Music Hall, Music @ Noon: Findlay Cockrell Classical Piano



**Tuesday  
May 9th  
at 12:00**

(Summit van will  
depart at 11:00)

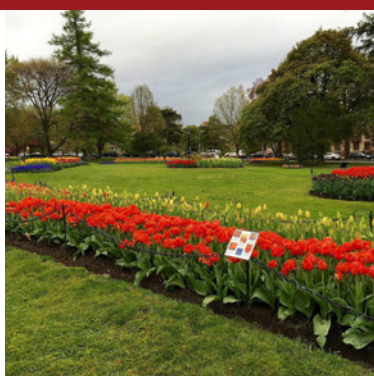
(No Charge)

### Berkshire Botanical Gardens (\$16.00pp)

**Thursday  
May 18th  
at 12:00**

Followed by lunch  
at Michael's of  
Stockbridge

(Summit van will  
depart at 10:45)



## Summer Excursions

### **Yankee Trails** LET'S GO

#### **Tuesday May 30th – American Museum of Natural History \$95**

##### **Trip Includes:**

Round Trip Transportation, Bus Parking & Driver tip  
AMNH Admission & one special exhibit combo ticket

#### **Monday, June 26th – New York Botanical Garden \$106**

##### **Trip Includes:**

Round Trip Transportation, Bus Parking & Driver tip  
New York Botanical Garden Admission

#### **Wednesday, September 6th – Bronx Zoo \$103**

##### **Trip Includes:**

Round Trip Transportation, Bus Parking & Driver tip  
Zoo Ticket

Pick up will begin with Eastwyck, followed by  
Glenwyck, Saratoga then Mill Hill

##### **Mill Hill's pickup time will be at 8:15**

We will be stopping on the thruway on the way  
down & back home for bathrooms & food. (There is a  
bathroom on the bus).

We will head back home at 5pm

Feel free to invite family or friends!

**Payment must be made at the time of sign up.**

## The Red Bookshelf

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



**Thank you to all who participate**

**Anyone** in the community can participate  
in these mending sessions.

Let's keep up the good work—and free books  
in the hands of young minds.



# Community Activities



Catherine Murphy	5/3
Pat Vestal	5/4
Jim Bellotti	5/6
Donna Neubaum	5/23
Steve Hassett	5/25
Ken Miller	5/28

## Exploring Netflix Documentaries

Take a seat and lets dive into documentaries on Netflix.

For the month of May we will dive into The Murdaugh Murders



Every Friday in the month of May at 1:00–MOV

## May Book Club Selection

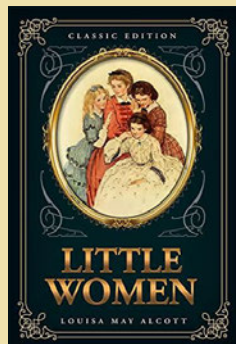
*Little Women*  
By Louisa May Alcott

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



**Slumdog Millionaire**  
Saturday, May 6th  
12:00



**The Firm**  
Saturday, May 13th  
12:00



**Devils Advocate**  
Saturday, May 20th  
12:00



**Airplane**  
Saturday, May 27th  
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. Each 2-person serving is \$13.00. You can also order the meal of your choice off their extensive menu.

*This month's anyday choices:*

Shepherd's Pie	Chicken Tortellini
Meat Lasagna	Chicken and Dumplings
Pot Roast	

### 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**

**Tuesday pick up - Tuesday drop off**

**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**



♥ **Gift Certificates Available** ♥

Hair Stylist - Paula 518-361-5629

Nail Specialist - Sonia 518-512-7479

Massage Therapist - Charlene Watson

518-813-3347