



SUMMIT AT MILL HILL

Monthly Newsletter

September 2023

THE Community Manager's Message

September...in my opinion the most beautiful month of each year. Just looking at the cover of this newsletter evokes thoughts of warm and colorful September days.

Please don't miss outings this month to The Fort Orange Club Garden Show on Thursday September 21st, and the 50th annual Adirondack Balloon Festival on Friday September 22nd. Both promise to be spectacular! And...it's here, the annual Bocce Ball Tournament, this year hosted by the Summit at Saratoga on Friday, September 8th. We wish our team great success!

I'll share a favorite moment of a past September day in Dorset, Vermont:

Happy September,

Janine Robinson

Janine Robinson
Community Manager



September is Healthy Aging Month below are some helpful tips

Do something you enjoy every day. When you immerse yourself in things you enjoy, you can't wait to do them again. And then you do them again, and again and again, and the enjoyment continues.

Work at friendships. Friendships are fuel, providing energy, love and feeding your emotions. You're never too old for new friendships.

Congratulate yourself. Everyone has accomplishments: celebrate them and use them as inspiration for new ones.

Embrace change. Life is change. Resisting it wastes precious time and energy. Living for it can create adventures you never thought possible.

Learn. Exercise your brain continually.

Know yourself. You know best what you like and don't like, and you have the power to emphasize the good.

Make your home your special place by personalizing it and making it comfortable. Everyone needs a refuge that's uniquely theirs.

Realize that opportunities often express themselves in ways we'd never imagine.

Get a massage frequently. Touch feels good and it's so relaxing.

Be gentle with yourself. Listen to your own inner voices and senses and do what makes you feel best.

Share happiness. Make a point to spread joy whenever possible. It feels good to make someone else feel good, and it's very inexpensive to do.

Eat with friends and family. Prepare food together. Eat the things you like.



Community Manager

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2 Mill Hill Court
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Barry Loffredo discusses "Senior Issues"

Discussion (**not lecture**). Participants will decide topics, so please bring any and all subjects. Memory, adjusting to senior hood, purpose, ageism (out to pasture), living alone, death of a spouse, sleep, family issues. Are the good times really over? Is your inner circle getting tougher to love?

**Join us on
Tuesday, September 5th
at 1:30 in the Great Room**

3rd Annual Bocce Tournament

Summit at Saratoga's Bocce Team
are last year's champions

BOCCE BALL TOURNAMENT



Summit at Saratoga Team - The 2022 champions

Join us to see who takes
the trophy home this year
Friday, September 8th at 10:00
at Summit at Saratoga
(Summit van will depart at 9:00)

*From the Metropolitan Opera
Opera at the Summit
in the Movie Theater*

Thursday September 7 @ 1:00 PM
Rusalka

*Dvorak's lyric fairy tale - A Czech
version of the Little Mermaid with a
tragic ending*

Thursday September 21 @ 1:00 PM
Falstaff

*In this comic opera, a lazy, impoverished knight devises
a wild plan to court two wealthy, married women.
The women catch on and decide to teach him a lesson.*

All performances have English Subtitles

OUT TO LUNCH

Be Back Soon

Wednesday, September 13th at 12:00



The Cuckoo's Nest

12 max on Summit van

Friday, September 15th at 12:00



The Iron Gate Cafe

12 max on Summit van

Friday, September 29th at 11:30



The Oakhurst Diner

12 max on Summit van

THE CATHEDRAL OF THE IMMACULATE CONCEPTION

**Tour this beauty with us,
on Thursday, September 14th at 11:00
(Summit van will depart at 10:15)**



This is a Roman Catholic church near the Mansion District in Albany. Built in the period from 1848-1852, it is the mother church of the Diocese of Albany. In 1976, it was listed on the National Register of Historic Places.

It has several claims to architectural and ecclesiastical history. Designed by Irish American architect Patrick Keely to accommodate Albany's growing population of Catholic immigrants, it is the second oldest cathedral in the state, after St. Patrick's Cathedral in New York City. It is also the third oldest Catholic cathedral in the United States and the first American Catholic cathedral in the Neo-Gothic architectural style.

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  10:00 Walmart Shopping 1:00 Netflix Documentary Day-MOV 3:00 Resident Meeting with Janine and Sasha	2 9:30 Bocce Ball 11:30 Walking Buddies-Pavilion 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
3 2:00 Movie <i>(Residents Choice - Netflix)</i>	4 OFFICE CLOSED NO BREAKFAST/NO FITNESS 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR 6:00 Line Dancing with Linda HAPPY LABOR DAY! 	5 8:00 Bocce Ball 9-2:00 Transport to medical appts  1:30 Barry Loffredo presents: Senior Issues Part 1 5:00 Supper Club - Bellini's Counter 7:00 Pinochle	6 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee -LIB 10:00 Grocery Shopping 3:00 Happy Hour-GR	7 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Rusalka 5:00 Supper Club - Chef Mickey (see flyer insert)	8  10:00 Annual Summit Bocce Tournament 1:00 Netflix Documentary Day-MOV 7:00 Bingo-GR	9 9:30 Bocce Ball 11:30 Walking Buddies-Pavilion 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
10 1:00 Qwirkle 2:00 Movie <i>(Residents Choice - Netflix)</i>	11 10:00 Faith Based Discussion with Colleen-LIB 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR 6:00 Line Dancing with Linda-GR	12 8:00 Bocce Ball 9-2:00 Transport to medical appts 2:00 Tuesday Trivia with Mark Hersh -GR 5:00 Supper Club - Pizza by Dom 7:00 Poker Night-GR	13 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 12:00 The Cuckoo's Nest Lunch Outing 4:00 Happy Hour-GR	14 8:00 Bocce Ball 9:00-2:00 Transport to medical appts 11:00 Tour the Cathedral of the Immaculate Conception 3:30 Gearing up for the Jewish Holidays with Rabbi Ami Monson-GR 5:00 Supper Club-Chef Mickey (see flyer insert)	15 12:00 At Home Store Shopping Trip followed by lunch at the Iron Gate Cafe 1:00 Netflix Documentary Day-MOV Rosh Hashanah begins at sunset	16 9:30 Bocce Ball 11:30 Walking Buddies-Pavilion 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
17 2:00 Movie <i>(Residents Choice - Netflix)</i> Rosh Hashanah ends at nightfall	18 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR 6:00 Line Dancing with Linda-GR	19 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club-China Garden 7:00 Pinochle	20 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery shopping 4:00 Happy Hour with Richie Phillips-GR	21 8:00 Bocce Ball 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Falstaff 2:30 Fort Orange Club Garden Show - Pruyn House 5:00 Supper Club-Chef Mickey (see flyer insert)	22 1:00 Netflix Documentary Day-MOV 4:00 50th Annual Hot Air Balloon Festival in Glens Falls 7:00 Bingo-GR	23 9:30 Bocce Ball 11:30 Walking Buddies-Pavilion 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR  Autumn Begins
24 1:00 Qwirkle 2:00 Movie <i>(Residents Choice - Netflix)</i> Yom Kippur	25 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR 6:00 Line Dancing with Linda-GR Yom Kippur	26 8:00 Bocce Ball 9-2:00 Transport to medical appts 5:00 Supper Club - Capital City Diner 7:00 Poker Night-GR	27 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 12:30 Ulysses S. Grant Cottage Guided Tour followed by lunch at Compadres Diner 3:00 Book Club-LIB 4:00 Happy Hour-GR	28 8:00 Bocce Ball 9:00-2:00 Transport to medical appts  2:00 Linda Singer - 2023 Open Enrollment: Understanding Medicare-GR 5:00 Supper Club-Chef Mickey (see flyer insert)	29 11:30 The Millerton Tea Shop trip followed by lunch at Oakhurst Diner 1:00 Netflix Documentary Day-MOV 3:00 Music with Mark Oldendorf-GR	30 9:30 Bocce Ball 11:30 Walking Buddies-Pavilion 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
CONNECTED life  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) 1:00 Chair Pilates (Fitness Studio)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

Community Activities

A DAY'S OUTING



The Cathedral of Immaculate Conception Tour



Thursday, September 14th
at 11:00

Summit van departs at 10:30
(No Charge)

The Fort Orange Club Garden Club of America Flower Show

Thursday,
September 21st
at 2:30

Summit van
departs at 2:00
(No Charge)



50th Annual Hot Air Balloon Festival Glens Falls



Friday,
September 22nd
at 4:00

Summit van
departs at 3:00
(\$10.00pp)

Ulysses S. Grant Cottage Guided Tour

Followed by lunch at
Oakhurst Diner

Wednesday,
September 27th
at 12:30

Summit van
departs at 11:00
(\$9.00pp)



50th Annual Adirondack Balloon Festival

Friday, September 22nd at 4:00

(Summit van will depart at 3:00)

Friday evening, September 22nd, Floyd Bennett Memorial Airport, Queensbury, NY. Gates open to public at 3:00PM. Food vendors, Zonta craft fair, exhibitors, kids activities and more. Music performance by Pluck & Rail, 4-6PM Flight of 70+ balloons including special shapes, approximately 5:30PM



Searing up for the Jewish Holidays

with Rabbi Ami Monson,
JFS Community Chaplain

Thursday,
September 14th
at 3:30 GR



The Fort Orange Club 2023 Flower Show

Thursday, September 21st at 2:30
(Summit van will depart at 2:00)

The Fort Orange Garden Club presents "Stepping Through Time", a Garden Club of America Flower Show. Please join us as we celebrate our centennial. Over the years, the FOGS has designed, maintained, & revitalized historic gardens in & around Albany, NY. This Flower Show will be held on the grounds of the historic Pruyn House & the Town of Colonie's Cultural Center.

Community Activities

CELEBRATE September Birthdays

Trudy Warner	9/10
Vikki Miller	9/15
Janine Robinson	9/15
Sasha Carrington	9/16
Fran Arthur	9/21
Len Stokes	9/22
Patricia Young	9/22
Jerry Carberry	9/26
Ed Blankenship	9/29

Exploring Netflix Documentaries

For the month of September we will dive into
Into the Inferno

An exploration of active volcanoes around the world.



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

September Book Club Selection

**The September book is *Hello Beautiful*
by Ann Napolitano**

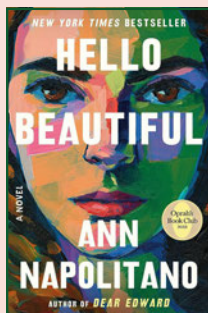
Maria Buhl at the Guilderland Library, our new book club facilitator, will discuss this selection at the September Book Club meeting.

**3:00 on September 27th
in the Library.**

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

scarrington@
summitseniorlife.com

518-941-8871



It's Complicated
September 2nd
@ 12:00



Fatale
Saturday, September 9th
@ 12:00



The Wife
Saturday, September 16th
@ 12:00



Lou
Saturday, September 23rd
@ 12:00



This Is Where I Leave You
Saturday, September 30th
@ 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.



The Healing Meals LLC

Meet Chris



About me: After graduating from Siena College with a Computer Science degree, and a minor in Biology, I took a job as a back-end website programmer, and then later, got into tech sales. While those were great jobs, I was always looking for something more, and with my passion for cooking, I started brainstorming. In 2016, with the help and support of my friends and family, I started The Healing Meals, with the intent to provide people with quick, healthy alternatives to "fast food" when life gets too busy! Not a diet, not a weight loss plan - just the ability to eat healthy food, conveniently and affordably.

Items we have on hand

Gluten Free Lasagna (Gluten free & Dairy free chicken pot pie base with mixed veggies and a gluten free biscuit crust) **\$12.00**

Gluten Free Chicken Pot Pie (Gluten free & Dairy free chicken pot pie base with mixed veggies and a gluten free biscuit crust) **\$10.00**

Burrito Bowl (Peppers and onions, black beans over cilantro like rice served with quac and salsa) **\$7.00**

Filipino Chicken Adobo (Marinated chicken thighs with green onions over rice) **\$8.00**

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

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



♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629
Nail Specialist - Sonia 518-512-7479
Massage Therapist - Charlene Watson
518-813-3347