

SUMMIT AT MILL HILL

Monthly Newsletter

November 2023



THE Community Manager's Message

It's hard to believe we are embarking upon another holiday season, but here it comes!

This month at Mill Hill there truly is something for everyone, from music and the arts to the celebration of Thanksgiving. Sasha has put together another impressive calendar of programs for you.

For a singular experience, join the Nov 13 field trip to the Unbridled Thoroughbred Foundation in Greenville – an amazing equine rescue sanctuary and home to the granddaughter of Seattle Slew.

Or enjoy music of flute and piano at Troy music Hall on Nov 14 – you decide, which is more like the human voice?

On Nov 17, please join us for our annual Friendsgiving celebration in the Great Room, prepared by Chef Mickey.

DIY at our Nov 20 Paint & Sip class – get your creative juices flowing... with wine! Your masterpieces will be displayed in the Mill Hill Gallery.

Rounding out the calendar, we visit Proctors on Nov 21 for another performance in the organ series, featuring Carl Hackert and a special guest soloist.

Have a wonderful month!

Janine Robinson

Janine Robinson
Community Manager

Community Manager

Janine Robinson
jrobinson@SummitSeniorLife.com

Resident Services Coordinator

Sasha Carrington
Scarrington@SummitSeniorLife.com

Maintenance

Roman Early
Nelson Roman

Weekend Concierge

Sue Purga
Donna DiBuono
Angelica Paluch

Office Phone

518-941-8871

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

COVID Booster Clinic
Thursday, November 9
12-1:30 in the GR
Walmart
Pharmacy

**REMEMBER TO
BRING YOUR
CDC VACCINE CARD
WHEN RECEIVING
BOOSTER**

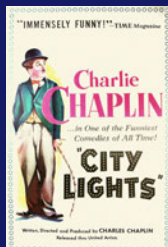
TUESDAY NIGHT MOVIES AT THE SUMMIT – 7 PM IN THE THEATER



November 7
The Age of Innocence



November 14
Carol



November 21
City Lights



November 28
Chinatown

There will be no movie on Thanksgiving Day

November is
the month of:
Gratefulness
Gratitude
Giving

Give Live WHERE YOU

Mill Hill is holding a collection drive for Veterans

Items needed are:

Clothing

Pillows

Twin size sheets and comforters

Cleaning Supplies

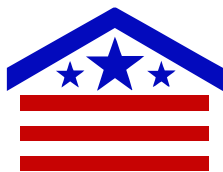
Towels and washcloths

Personal Care Items

Collection bins will be available in the Tavern

**from Monday, November 6th
through Friday, November 10th**

Just in time for Veterans Day



VCHC VETERANS & COMMUNITY
HOUSING COALITION

Fall Paint and Sip

Instructed by Renee Brown of
Kreative Expressions 518

Wine and Cheesecake bites
will be available for all

**Monday,
November 20th at 2:00**
Art Room



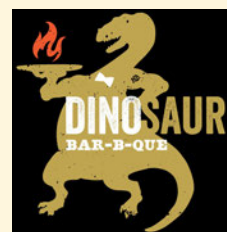
Friday, November 10th at 12:00



Katie O'Byrnes

12 max on Summit van
Individual drivers welcome

Tuesday, November 14th at 12:30



Dinosaur BBQ

12 max on Summit van
Individual drivers welcome

It's that time of year again.

*The one where we all get together to
celebrate love, friends, and food.*

**Please join us on Friday
November 17th at 4:00**

Thanksgiving Dinners will be prepared by Chef Mickey
Dinner will consist of (Turkey, mashed potatoes, gravy,
vegetable, stuffing, cranberry sauce and a roll)

Dinners are \$18.00 per person

Summit will provide desserts and beverages

Deadline for sign-up is Friday, November 10th



S	M	T	W	TH	F	S
			1 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee -LIB 1:30-3:30 Paul Lamar; Neil Simon, Read the Play. See the Play. —LIB 10:00 Grocery Shopping 4:00 Happy Hour-GR	2 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Werther 1:00 Peter Harris Shopping Outing 5:00 Supper Club - Chef Mickey (see flier insert)	3  10:00 Walmart Shopping 1:00 Netflix Documentary Day-MOV 3:00 Resident Meeting with Janine and Sasha 7:00 Bingo-GR	4 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
5 2:00 Movie (Residents Choice) November 5 TIME TO FALL BACK 	6 10:00 Faith Based Discussion with Colleen-LIB 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room Veterans and Community Housing Coalition Collection Drive-Tavern	7 9-2:00 Transport to medical appts 5:00 Supper Club - China Garden 7:00 Pinochle 7:00 Tuesday Night Movie: The Age of Innocence-MOV Veterans and Community Housing Coalition Collection Drive-Tavern Election Day	8 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1:30-3:30 Paul Lamar; Neil Simon, Read the Play. See the Play. —LIB 4:00 Happy Hour-GR Veterans and Community Housing Coalition Collection Drive-Tavern	9 9:00-2:00 Transport to medical appts  12-1:30 COVID Booster Clinic-GR 5:00 Supper Club - Chef Mickey (see flier insert) Veterans and Community Housing Coalition Collection Drive-Tavern	10 11:00 Monet: The Immersive Experience (Schenectady Armory) followed by lunch at Katie O'Byrnes 1:00 Netflix Documentary Day-MOV 7:00 Board Games-Tavern Veterans and Community Housing Coalition Collection Drive-Tavern	11 12:00 Movie 2:00 Mexican Train—GR 7:00 Saturday Night Live—GR 
12 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix) 3:00 Mary Poppins Performance (Voorheesville Middle School)-GR	13 12:00 Monday Matinee-MOV 1:00 Unbridled Horse Barn Rescue Sanctuary 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room	14 9-2:00 Transport to medical appts 11:00 Troy Savings Bank Music Hall; Alan Goldberg—flute/piano; followed by lunch at Dinosaur BBQ 2:00 Tuesday Trivia with Mark Hersh –GR 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Card Game Night-GR 7:00 Tuesday Night Movie: Carol-MOV	15 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee 10:00 Grocery shopping 1:30-3:30 Paul Lamar; Neil Simon, Read the Play. See the Play. —LIB 4:00 Happy Hour-GR	16 1:00 Opera in the Theatre; I Puritani 9:00-2:00 Transport to medical appts 5:00 Supper Club— Chef Mickey (see flier insert)	17 1:00 Netflix Documentary Day-MOV 1:00 Marilyn Sassi presents; “The Gilded Age”-MOV 4:00 Friendsgiving Dinner—GR 7:00 Bingo-GR	18 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
19 2:00 Movie (Residents Choice - Netflix)	20 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 2:00 Paint and Sip with Renee Brown 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room	21 9-2:00 Transport to medical appts 12:00 Proctors Theatre; Organ Concert Series featuring Carl Hackert 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Pinochle 7:00 Tuesday Night Movie: City Lights-MOV	22 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 4:00 Happy Hour; Featuring Carmen Lookshire-GR	23 OFFICE CLOSED NO BREAKFAST/NO FITNESS Thanksgiving Day 1:00 Opera in the Theatre; La Fille du Regiment (The Daughter of the Regiment) 	24 1:00 Netflix Documentary Day-MOV 7:00 Board Games-Tavern 	25 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR
26 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)	27 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group - GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room 	28 9-2:00 Transport to medical appts 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Card Game Night-GR 7:00 Tuesday Night Movie: Chinatown-MOV	29 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee -LIB 3:00 Book Club -LIB 4:00 Happy Hour-GR	30 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Die Zauberflöte 5:00 Supper Club - Chef Mickey (see flier insert)	 THANKSGIVING FOODS TO KEEP AWAY FROM YOUR PETS: <ul style="list-style-type: none">Seasoned turkey, turkey skin and bonesTurkey twineGravy trimmingsFatty foodsCorn on the cobGarlic & onionsRaw bread/doughSweetsGrapes & raisinsChocolateNutsArtificial Sweetener (Xylitol) 	
 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 Pilates (Fitness Studio) 10:00 Water Balance (Pool) 11:30 Chair Pilates (Fitness Studio)	Every Friday 8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

WWW.SUMMITATMILLHILL.COM

Community Activities

A DAY'S OUTING



Peter Harris Shopping

**Peter Harris
Clothes**
great clothes-great prices

Thursday,
November 2nd at 1:00
Summit van will
depart at 12:30
(No Charge)

Monet: The Immersive Experience

Friday,
November 10th at 11:00
Followed by lunch at
Katie O'Byrnes
Summit van will
depart at 10:15
(\$29.00pp)



Unbridled Horse Sanctuary



Monday,
November 13th at 1:00
Summit van will
depart at 12:15
(No Charge)

Music at Noon Troy Music Hall

Tuesday,
November 14th at 12:00
Summit van departs at
11:00
(No charge)



Bronck Museum Self Guided Tour



Wednesday,
November 22nd at 1:30
Summit van will depart
at 12:30
(\$10.00pp)

Tour of the UNBRIDLED THOROUGHBRED FOUNDATION

Founded by Susan Kayne

Monday, November 13th at 1:00

We'll get the chance to visit, brush their mane,
read them a story or even take them for a walk.
This therapeutic visit will be a win win for all.

"Amid the great tragedy of our culture of use is that when
Thoroughbred mares like Beauty grow old, barren, and
unsound they often disappear into the slaughter pipeline.
They are erased, rendered invisible, and denied the
dignity of being seen for the immutable gift of their
equine spirit that remains."

SUSAN KAYNE



In 2004, Susan founded the **Unbridled Thoroughbred Foundation (UTF)** to transition retiring or injured racehorses into loving homes. Susan's vision emboldened the 'AfterCare' movement. With Susan's leadership, UTF has since expanded into a rescue, sanctuary, and educational center for equine-inspired academics, active learning, advocacy, art, and animal ethics.

Marilyn Sassi presents;
"The Gilded Age"

When: Friday, November 17th

Time: 1:00

Place: Theatre



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

Thursday November 2 @ 1:00 PM

Werther

Thwarted love drives young Werther to suicide

Thursday November 16 @ 1:00 PM

I Puritani

During the English Civil War a young Puritan woman falls in love with a Catholic nobleman and almost loses her mind before true love triumphs

Thursday November 30 @ 1:00 PM

Die Zauberflöte

A young prince asked by the Queen of the Night to rescue her daughter from the evil Zarastro learns that things aren't always as they seem

Community Activities



Carmelo Genovese	11/15
Roz Kaflowitz	11/17
David Hoffmam	11/28
Marsha Penrose	11/30
Frank Nigro	11/30

Exploring Netflix Documentaries

For the month of November we will dive into
Unbelievable

'Unbelievable': 5 Things You Might Not Know About The Real Case Behind The Hit Series. Facts about the heroic survivor and the detectives who brought a serial rapist to justice. The popular Netflix miniseries "Unbelievable" dramatizes the pursuit of convicted serial rapist Marc O'Leary.



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

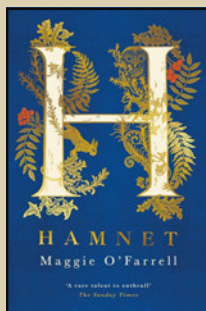
November Book Club Selection

Hamnet by Maggie O'Farrell

**3:00 on November 29th
in the Library.**

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

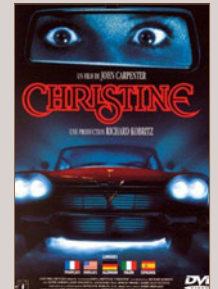
scarrington@
summitseniorlife.com
518-941-8871



The Birds
Saturday, November 4th
12:00



Christine
Saturday, November 11th
12:00



Little Shop of Horrors
Saturday, November 18th
12:00



Needful Things
Saturday, November 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.



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

(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
Jaclyn Gregg, 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