

# 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**



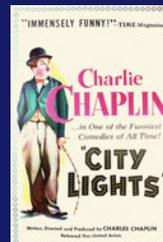
## TUESDAY NIGHT MOVIES AT THE SUMMIT – 7 PM IN THE THEATER



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 WHERE YOU Live

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



OUT TO LUNCH

*Be Back Soon*

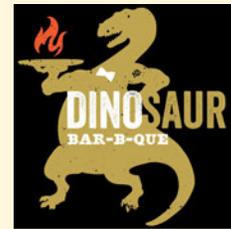
Friday, November 10th at 12:00



**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
			<p>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</p>	<p>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)</p>	<p>3  10:00 Walmart Shopping 1:00 Netflix Documentary Day-MOV 3:00 Resident Meeting with Janine and Sasha 7:00 Bingo-GR</p>	<p>4 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>5 2:00 Movie (Residents Choice) November 5 <b>TIME TO FALL BACK</b> <i>Daylight Savings Time</i></p> 	<p>6 10:00 Faith Based Discussion with Colleen-LIB 2:00 Mah Jongg-TAV 3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room Veterans and Community Housing Coalition Collection Drive-Tavern</p>	<p>7 9-2:00 Transport to medical appts 5:00 Supper Club - China Garden 7:00 Pinochle 7:00 Tuesday Night Movie: <i>The Age of Innocence-MOV</i> Veterans and Community Housing Coalition Collection Drive-Tavern <b>Election Day</b></p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>11 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p> 
<p>12 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix) 3:00 Mary Poppins Performance (Voorheesville Middle School)-GR</p>	<p>13 12:00 Monday Matinee-MOV 1:00 Unbridled Horse Barn Rescue Sanctuary 2:00 Mah Jongg-TAV 3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room</p>	<p>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: <i>Carol-MOV</i></p>	<p>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</p>	<p>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)</p>	<p>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</p>	<p>18 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>19 2:00 Movie (Residents Choice - Netflix)</p>	<p>20 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 2:00 Paint and Sip with Renee Brown 3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room</p>	<p>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: <i>City Lights-MOV</i></p>	<p>22 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 4:00 Happy Hour; Featuring Carmen Lookshire-GR</p>	<p>23 <b>OFFICE CLOSED NO BREAKFAST/NO FITNESS Thanksgiving Day</b> 1:00 Opera in the Theatre; La Fille du Regiment (The Daughter of the Regiment) </p>	<p>24 1:00 Netflix Documentary Day-MOV 7:00 Board Games-Tavern </p>	<p>25 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>26 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)</p>	<p>27 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting &amp; Crocheting Group - GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball-Game Room </p>	<p>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: <i>Chinatown-MOV</i></p>	<p>29 9:00 Communion Service with Colleen—Chapel 9:30 Meditation with Dee -LIB 3:00 Book Club -LIB 4:00 Happy Hour-GR</p>	<p>30 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Die Zauberflote 5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p> <b>THANKSGIVING FIRE SAFETY TIPS</b> EXTINGUISHING A GREASE FIRE: STEP ONE: TURN OFF HEAT SOURCE STEP TWO: DO NOT USE WATER TO EXTINGUISH A GREASE FIRE STEP THREE: REMOVE ALL OILY/ENRICHED FOODS FROM THE COOKING AREA STEP FOUR: USE SALT OR BAKING SODA TO EXTINGUISH REMAINING FLAMES IF FIRE PERSISTS, USE A DRY CHEMICAL FIRE EXTINGUISHER CALL 911 IF FIRE BECOMES UNCONTROLLABLE</p>	<p><b>THANKSGIVING FOODS TO KEEP AWAY FROM YOUR PETS:</b></p> <ul style="list-style-type: none"> <li>Seasoned turkey, turkey skin and bones</li> <li>Turkey twine</li> <li>Gravy trimmings</li> <li>Fatty foods</li> <li>Corn on the cob</li> <li>Garlic &amp; onions</li> <li>Raw bread/dough</li> <li>Sweets</li> <li>Grapes &amp; raisins</li> <li>Chocolate</li> <li>Nuts</li> <li>Artificial Sweetener (Xylitol)</li> </ul> 
<p><b>CONNECTED life</b>  <b>FITNESS</b></p>	<p><b>Every Monday</b> 8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength &amp; Balance (Fitness Studio) 10:00—10:30 Strength &amp; Balance (Fitness Studio) 10:45—11:30 Water Aerobics (Pool) 7:00 Relaxation Yoga (Yoga Studio)</p>	<p><b>Every Tuesday</b> 9:00 &amp; 10:00 Stretch &amp; Flex (Fitness Studio) 11:00 Hydro Riders (Pool)</p>	<p><b>Every Wednesday</b> 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)</p>	<p><b>Every Thursday</b> 9:00 Chair Pilates (Fitness Studio) 10:00 Water Balance (Pool) 11:30 Chair Pilates (Fitness Studio)</p>	<p><b>Every Friday</b> 8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room)</p>	<p><b>Continental Breakfast</b> Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00</p>

# 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 Kafowitz	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

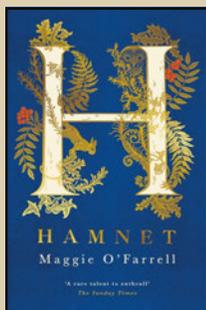
## November Book Club Selection

### *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