

# SUMMIT AT MILL HILL

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Monthly Newsletter

February 2024





## Test your Mill Hill IQ

- Name 5 activities that take place in our Great Room.
- Name the 10 common areas on our main floor.
- Do all floors have the same number of apartments?
- How many water coolers are in the building?
- How many times each day is the water tested in our swimming pool?
- How many common areas are on each the 2nd and 3rd floors?
- How deep is the deepest end of our swimming pool?
- How many fitness classes are offered each month?
- Name the two rooms in our community that can be reserved for private use.
- You have access to eight TVs throughout our community. Can you list where they are?

February  
In February It will be  
My snowman's anniversary  
With cake for him and soup for me!  
Happy once, happy twice, happy chicken soup with rice.



Have a great month!

*Janine*

Janine Robinson  
Community Manager

Maurice Sendack, *Chicken Soup with Rice*

## IN NEED OF A MANICURE OR PEDICURE ?



### !!GREAT NEWS!!

We will be booking appointments  
at the Queen House (Guilderland)  
and providing transportation  
for those who are interested.

Appointments will be on Fridays  
between the hours of 10:00-12:00  
up to 5 people

Sign up sheet will be in the  
Great Room. No last minute  
appointments can be accepted



### A message from your Art Gallery Committee

Art Gallery, unique to Mill Hill

Our space to share  
creativity, talent and ideas.

**Contact Len by text  
at 518-859-9387 or in  
person with display items  
or ideas**

Art Gallery Committee  
Len, Ethyl, and Jayne.

## Community Manager

Janine Robinson  
jrobinson@SummitSeniorLife.com

## Resident Services Coordinator

Sasha Carrington  
Scarrington@SummitSeniorLife.com

## Maintenance

Nelson Roman  
Roman Early

## Transportation/Maintenance

Nelson Roman

## Weekend Concierge

Sue Purga  
Angelica Paluch

## Office Phone

518-941-8871

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



### Crafts with Big Karen Thursday, February 1st at 2:00—Art Room

This craft class will be held on the first Wednesday of each month beginning in March.

Karen will teach you her art of craft using different methods and ideas.

Each craft will be unique and not like the last.

We will have a maximum of 10 students per class and will split classes if no holiday theme is involved.

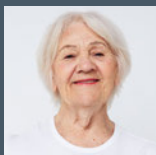
Below are images of some of the fun stuff you can expect to create



### Guilderland High School Classical Performance

Saturday, February 3rd at 12:00

Conducted by: John Wang



### Celebrating Our Wrinkles, Accepting Our Infirmities, and Developing Strategies for Successful Aging Wednesday, February 7th at 2:00—GR

Dr. Ellen Cole, Emerita Professor of Psychology, Russell Sage. Dr. Ellen Cole is the author of a variety of articles and books on positive aging. One of her favorite quotes, from psychiatrist George Vaillant is "The mission of positive aging is very clear: to add more life to years, not just more years to life."

### "Just a Brooklyn Girl"

A personal life story told to us by one of our very own Mill Hill Residents;  
Published Author, Jean Delia

Friday, February 9th at 2:00

\*\*Dear Readers I wanted to write a small portion of my life for my family only, but was persuaded to have this memoir published so that a wider audience could meet me personally if only through my words



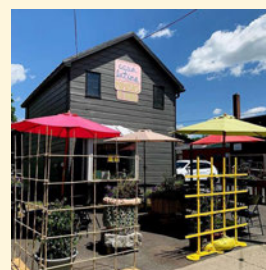
Tuesday, February 13th at 1:00



### The Greek House

12 max on Summit van  
Individual drivers welcome

Wednesday, February 21st at 1:00



### Casa Latina

12 max on Summit van  
Individual drivers welcome



Mill Hill  
Valentines Day Party  
with DJ Mark Hersh!

Saturday, February 17th  
from 7:00pm-9:00pm  
In the Great Room

BYOB and appetizers to share  
Summit will provide DJ, and paper products

S	M	T	W	TH	F	S
<div>HELLO FEBRUARY</div>				1 1:00 Opera in the Theatre; 9:00-2:00 Transport to medical appts 2:00 Crafts with Big Karen—Art Room 5:00 Supper Club - Chef Mickey (see flier insert)	2 10:00 Walmart Shopping 1:00 Netflix Documentary Day-MOV 3:00 Resident Meeting with Janine and Sasha  Community-Wide Wear Red Day Groundhog Day	3 12:00 Guilderland High School Classical Performance—GR 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR
4 1:00-3:00 The RED Bookshelf Mending Session-GR 2:00 Movie (Residents Choice - Netflix)	5 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	6 9-2:00 Transport to medical appts 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie: Monsoon Wedding-MOV 7:00 Card Game Night-GR	7 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery Shopping 2:00 Ellen Cole, Celebrating Our Wrinkles, Accepting Our Infirmities, and Developing Strategies for Successful Aging—GR 4:00 Happy Hour-GR	8 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Orfeo ed Euridice 5:00 Supper Club - Chef Mickey (see flier insert)	9 1:00 Netflix Documentary Day-MOV 2:00 Jean Delia; Published Author shares her story “Just a Brooklyn Girl”-GR 7:00 Bingo-GR	10 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
11 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)	12 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 6:30 8 Ball Game Room	13 9-2:00 Transport to medical appts 12:00 Troy Savings Bank Music at Noon; Cello Gayageum followed by lunch at the Greek House 2:00 Tuesday Trivia with Mark Hersh-GR 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie: Bicycle Thieves-MOV 7:00 Pinochle	14 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 1:00 How to avoid financial scams presented by: Kevin Fitzgerald, Business Development Manager at Sunmark 3:00 Ash Wednesday Service with Colleen - GR 4:00 Happy Hour-GR Valentines Day Ash Wednesday	15 9:00-2:00 Transport to medical appts 2:00 Book Making Craft Class Pt. 1 with Pat Young - Art Room 5:00 Supper Club– Chef Mickey (see flier insert)	16 1:00 Netflix Documentary Day-MOV 2:00 David Hoffman presents; The Art of the Renaissance—GR 4:00 Fish Fry Friday—GR	17 12:00 Movie 2:00 Mexican Train-GR 7:00 Valentines Day Party with Mark Hersh—GR
18 1:00-3:00 The RED Bookshelf Mending Session-GR 2:00 Movie (Residents Choice - Netflix)	19 NO BREAKFAST/NO FITNESS WE WILL BE CLOSED ON PRESIDENTS DAY	20 9-2:00 Transport to medical appts 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie: Nothing Sacred-MOV 7:00 Card Game Night-GR	21 9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 9:00 Grocery shopping 12:00 FASNY Museum of Firefighting Visit followed by lunch at Casa Latina 4:00 Happy Hour-GR	22 9:00-2:00 Transport to medical appts 12:00 Opera in the Theatre; Tristan und Isolde 5:00 Supper Club - Chef Mickey (see flier insert)	23 1:00 Netflix Documentary Day-MOV 2:00 Heart Health and why staying active is important, presented by Denise and Christine of PRN - GR 3:00 Barbie Movie Premier at Mill Hill—MOV 7:00 Bingo-GR	24 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
25 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)	26 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	27 9-2:00 Transport to medical appts 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie: She Said-MOV 7:00 Pinochle	28 9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 1:00 Barry Loffredo presents; “Resilience”—GR 3:00 Book Club-LIB 4:00 Happy Hour-GR	29 9:00-2:00 Transport to medical appts 2:00 Book Making Craft Class Pt.2 with Pat Young - Art Room 5:00 Supper Club - Chef Mickey (see flier insert)	<div>Event Color Key</div> <div>RED Outings, happy hour and musical entertainment</div> <div>BLUE Presentations, craft class, movies, opera</div> <div>GREEN Games</div> <div>VIOLET Clubs</div> <div>Location Key</div> <div>FDR - Family Dining Room</div> <div>FS - Fitness Studio</div> <div>GR - Great Room</div> <div>LIB - Library</div> <div>MOV - Movie Theatre</div> <div>PAV - Pavilion</div> <div>PAT - Patio</div> <div>P - Pool</div> <div>TAV - Tavern</div> <div>YS - Yoga Studio</div>	
<div>CONNECTED life</div> <div>FITNESS</div>		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) 11:00 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



# Community Activities

## A DAY'S OUTING

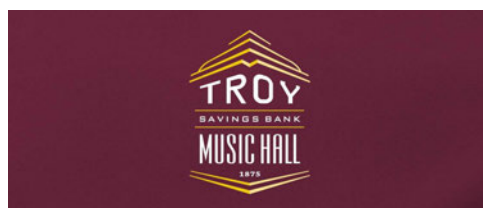


### Walmart Shopping



Friday, February 2nd at 10:00  
(Summit van will depart at 10:00)

**Troy Savings Bank Music At Noon**  
**Cello Gayegeum**  
followed by lunch at The Greek House

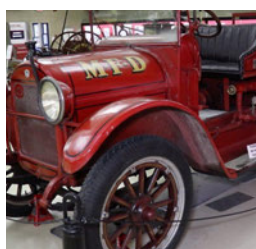


Tuesday, February 13th at 12:00  
(Summit van will depart at 11:15)

**FASNY Museum of Firefighting Visit**  
**Followed by lunch at Casa Latina**

Wednesday,  
February 21st  
at 12:00 (\$12.00)

(Summit van  
will depart at 11:15)



## Crafting Starbooks with Pat Young

Gather your photos, treasured images and let creativity bring them to life.

This fun Starbook craft is beautiful to display and share with friends and family that visit

This class will be divided into two sessions:

**First class is Thursday, February 15th at 2:00**

**Second class is Thursday, February 29th at 2:00**



## Mill Hill's Barbie Movie Premier

Break out your Barbie approved fashion and join us in the

Theatre on:

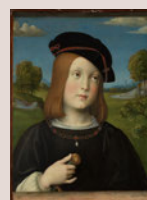
**Friday, February 23rd at 3:00**

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

Lite fare and beverages will be provided



**David Hoffman**  
presents:  
**The Art of the Renaissance**



**Friday,**  
**February 16th**  
**at 2:00**  
**Great Room**



**PRN**  
Physical Therapy  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

Join Denise Bilka, Physical Therapist and Christine Fitzgerald, Outpatient Therapist at PRN, for an in-depth discussion on ways to stay active that target heart health and how they can help!

**Friday,**  
**February 23rd**  
**at 2:00 - GR**



From the Metropolitan Opera  
**Opera at the Summit**  
in the Movie Theater  
Thursday February 8 @ 1:00PM

### Orfeo ed Euridice

Orpheus, distraught at the death of his beloved Euridice, vows to rescue her from Hades. Amor (the god of Love) comforts him, saying that with love, anything is possible.

However, the god imposes a condition; when leading Euridice from Hades, he must let go of her hand and not look back until they have reached the earth's surface

Thursday February 22 @ 12:00 PM

### Tristan und Isolde

The Princess Isolde is being brought to Cornwall by Tristan to marry the King. Furious, she decides to poison Tristan and herself but her maid substitutes a love potion and Tristan and Isolde embark on an adulterous affair that leads to tragedy

This opera will have two  
ten minute intermissions

All performances have English Subtitles

# Community Activities

## Celebrating FEBRUARY Birthdays

Brian Glowaski	02/08
Judy Phaff	02/14
Sylvia Hameroff	02/17
Evelyn Pitt	02/19
Dianne Peters	02/19
Darla DeBruin	02/22
Barbara Hoehn	02/22

### Exploring Netflix Documentaries

For the month of February  
we will dive into  
***Dynasty***

A modernized reboot of the 1980s primetime soap follows two of America's wealthiest families, the Carringtons and the Colbys, as they feud for control over their fortune and their children. Told primarily through the perspectives of two women at odds -- Fallon Carrington, daughter of billionaire Blake Carrington; and her soon-to-be stepmother, Cristal, a Hispanic woman marrying into the WASP family -- "Dynasty" not only features the glitz and gloss of extreme wealth, but also exposes the dark underbelly of a corrupt world built on backroom deals.

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



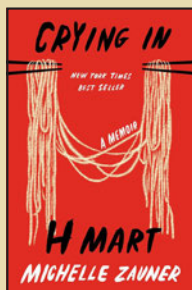
### February Book Club Selection

#### ***Crying in H Mart* by Michelle Zauner**

Book Club discussion will take place  
at 3:00 February 28 in the Library.

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

scarrington@summitseniorlife.com  
518-941-8871



## NETFLIX

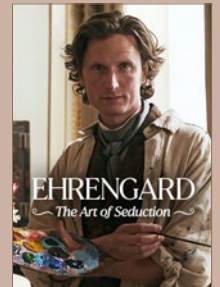
**Love Guaranteed**  
Saturday, February 3rd  
12:00



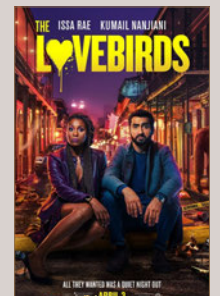
**Rebecca**  
Saturday, February 10th  
12:00



**Ehregad: The Art of Seduction**  
Saturday, February 17th  
12:00



**Lovebirds**  
Saturday, February 24th  
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.



**Frozen Dinners are \$9.00 each**  
**Items we have on hand are;**

Basic Beef with Green Beans and Red Potatoes  
Sausage and Peppers with Rice  
Chicken Mashed Potato Bowl  
Lemon Chicken with Potatoes  
Keto Creamy Chicken and Broccoli  
Sweet-N-Sour Chicken

## 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

**Tuesday's Chef Johnny**  
(see flier insert)

**Thursday's Chef Mickey**  
(see flier insert)

## FOOD & FRIENDS



**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