



# SUMMIT AT MILL HILL

---

Monthly Newsletter

April 2024

THE

# Community Manager's Message

We recently celebrated the first day of spring. I like to think of this as a time of renewal and endless possibilities for the upcoming summer season.

Our agenda this month begins with a total solar eclipse on April 8th, join us outdoors to view this celestial event. On the 9th we return to Troy for *Music at Noon* at the Troy Savings Bank Music Hall, a National Historic Landmark in use since 1875. It is world renowned for its amazing acoustics.

We have informative presentations scheduled on April 11th and 12th. Join the staff from the Alzheimer's Disease Research Center on Thursday April 11 for a discussion of advances in the field and answers to your questions regarding the disease. Denise and Christine from PRN will present on Friday April 12th, discussing the benefits of aquatic exercise and more.

Don't miss the excursion to Indian Ladder Farms on the 19th for Baby Animal Day, Chis Walcek, a retired Atmospheric Scientist on the 23rd, or Dr. Bergmann of Capital Region Hearing on the 25th.

We'll round out the month with an outing to Schenectady Armory for Dino's Alive, an exhibition featuring life-sized animated replicas in an immersive Jurassic venue.

Let's all look forward to a month of great possibilities.

Happy April,

*Janine*

Janine Robinson  
Community Manager

## Looking for Mahjong Players!!

Coming in May-more details to follow!

Please sign up in the Great Room no later than April 10th

We are hoping for 4 to 8 players from each community.

If the interest is there, we would love to have a

## SUMMIT SENIOR LIVING MAH JONGG TOURNAMENT



## MILL HILL COMMUNITY ART GALLERY "FROM THE HEART"

with outstanding items shared from members of the Mill Hill Family



### 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



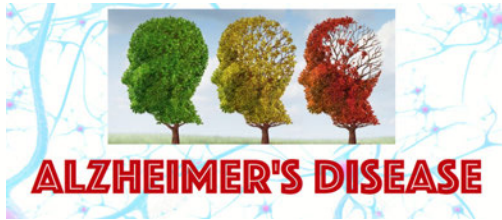
**Monday  
April, 8th  
at 2:30**

**Summit at Mill Hill Solar Eclipse Viewing Party**

**We will gather on the lawn near the Bocce Court  
Safe viewing glasses will be provided**

The total solar eclipse visits New York on April 8, 2024 beginning at 3:16 pm EDT with the final exit of the Moon's shadow from the state at 3:29 pm EDT. Through New York, the speed of the Moon's shadow will accelerate from about 2210 miles per hour to about 2735 miles per hour.

**Dr. Holub's Research Team presents:**



**Common Questions:**

What is Alzheimer's Disease? Early signs to look for? I have a Family History but am I too young to be concerned?

Let's talk about the advances and often confusing reports about Alzheimer's disease.

Join the Alzheimer's Disease Research Center staff on **Thursday, April 11th at 1:00 pm** in the Great Room for an informative presentation and in-depth discussion.

Caregivers, Family and Friends are welcome to join!!

**BENEFITS OF WATER FITNESS**

- Water has twelve times the resistance of air - build strength by moving water
- Reduce impact on joints by up to 90%
- No swimming skills required
- Improve mood and decrease anxiety
- Burn calories in a comfortable environment



**Denise Bilka and Christine Fitzgerald of PRN Physical Therapy will dive in and discuss the benefits of water fitness**

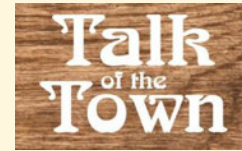
This presentation will be followed by in person instruction on how to use the pool chair lift so that many more can enjoy the benefits of water fitness.

We will close the presentation with an intro to fitness equipment in the Gym.

**Friday, April 12th  
at 1:00 in the GR**



**Monday, April 15th at 1:00**



**Talk of the Town**

12 max on Summit van  
Individual drivers welcome

**Friday, April 26th at 2:00**

COFFEE COCKTAILS LIGHT FARE



**Armory Lounge**

12 max on Summit van  
Individual drivers welcome

**The Victorian Period in America**

**Presented by: Marilyn Sassi**

**Tuesday, April 16th at 1:00—MOV**

The Victorian Period in America is named for the reign of Queen Victoria who came to the English throne as a young girl in 1837. She went on to rule England for 64 years until her death in 1901. Within this long period of time, numerous styles of architecture with home decor and furniture to match went in and out of fashion for the American home.

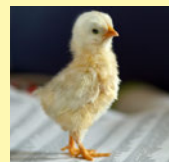


The presentation will begin with the first period of Victorian architecture in 1838 and include examples of the exteriors, the treatment of the homes' interiors and details of both decor and furniture. In all, the architectural styles will change more than 6 times and include: Gothic Revival, Italianate, French Second Empire, East Lake, High Victorian Gothic, Richardsonian Romanesque and Queen Ann.



We're going to visit all the new babies and enjoy a nice lunch at Indian Ladder Farms on: **Friday, April 19th at 12:00**

**CHICKS, TURKEY POULTS, DUCKLINGS, GOSLINGS, BUNNIES, LAMBS, GOAT KIDS, PIGLETS, & CALVES, OH MY!**



We will visit with Simon the Donkey, and their feed can be obtained from the vending machines to feed Maeve the cow and all of her sheep and goat buddies!

S	M	T	W	TH	F	S
	<p>1</p> <p>12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV</p> <p>3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p> <p><b>April Fools Day</b></p>	<p>2</p> <p>8:30-11:00 Dr. Mason Albany Podiatry Visit—Salon</p> <p>9:00-2:00 Transport to medical appts</p> <p>5:00 Supper Club - Chef Johnny (see flier insert)</p> <p>7:00 Tuesday Night Movie: <i>The Holdovers</i></p> <p>7:00 Card Game Night-GR</p>	<p>3</p> <p>9:00 Communion Service with Colleen—Chapel</p> <p>12:00 Grocery Shopping</p> <p>1:00 Craft Class with Karen</p> <p>4:00 Happy Hour-GR</p>	<p>4</p> <p>9:00-2:00 Transport to medical appts</p> <p>5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p>5</p> <p>10:00 Walmart Shopping </p> <p>1:00 Netflix Documentary Day-MOV</p> <p>3:00 Resident Meeting with Janine and Sasha</p> <p>7:00 Bingo-GR</p>	<p>6</p> <p>12:00 Movie</p> <p>2:00 Mexican Train-GR</p> <p>7:00 Saturday Night Live - GR</p>
<p>7</p> <p>2:00 Movie <i>(Residents Choice - Netflix)</i></p>	<p>8</p> <p>10:00 Faith Based Discussion with Colleen—LIB</p> <p>12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV</p> <p>2:30 Total Solar Eclipse viewing party-outdoors</p> <p>3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p>	<p>9</p> <p>9:00-2:00 Transport to medical appts</p> <p>12:00 Troy Savings Bank Music at Noon—Spira</p> <p>2:00 Tuesday Trivia with Mark Hersh –GR</p> <p>5:00 Supper Club - Chef Johnny (see flier insert)</p> <p>7:00 Card Game Night-GR</p>	<p>10</p> <p>9:00 Communion Service with Colleen—Chapel</p> <p>9:30 Meditation with Dee-LIB</p> <p>12:00 Grocery Shopping</p> <p>4:00 Happy Hour-GR</p>	<p>11</p> <p>9:00-2:00 Transport to medical appts</p> <p>1:00 Alzheimer's Disease Presentation with Dr. Holub and his team—GR</p> <p>5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p>12</p> <p>1:00 Netflix Documentary Day-MOV</p> <p>1:00 Denise Bilka and Christine Fitzgerald present: The Benefits of Aquatic Class, followed by pool chair lift instruction and Intro to Fitness Equipment—GR</p>	<p>13</p> <p>12:00 Movie</p> <p>2:00 Mexican Train-GR</p> <p>7:00 Saturday Night Live—GR</p>
<p>14</p> <p>1:00 Qwirkle</p> <p>2:00 Movie <i>(Residents Choice - Netflix)</i></p>	<p>15</p> <p>12:00 Monday Matinee-MOV</p> <p>12:00 The Hyde Museum; Paul Anthony Smith: Passage followed by lunch at Talk of the Town</p> <p>2:00 Mah Jongg-TAV</p> <p>3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p>	<p>16</p> <p>9:00-2:00 Transport to medical appts</p> <p>1:00 Marilyn Sassi presents: The Victorian Period in America—MOV</p> <p>5:00 Supper Club - Chef Johnny (see flier insert)</p> <p>7:00 Tuesday Night Movie: <i>The General</i></p> <p>7:00 Pinochle</p>	<p>17</p> <p>9:00 Communion Service with Colleen-Chapel</p> <p>12:00 Grocery shopping (Kosher Price Chopper)</p> <p>4:00 Happy Hour featuring; Joe Servino—GR</p>	<p>18</p> <p>1:00 Opera in the Theatre;</p> <p>9:00-2:00 Transport to medical appts</p> <p>1:00 Opera in the Theatre; <i>Idomeneo</i></p> <p>4:00 Freedom – what did that mean in biblical times and how is that defined today? Presented by Rabbi Ami</p> <p>5:00 Supper Club– Chef Mickey (see flier insert)</p>	<p>19</p> <p>12:00 Indian Ladder Farms Baby Animal Day</p> <p>1:00 Netflix Documentary Day-MOV</p> <p>7:00 Bingo-GR</p>	<p>20</p> <p>12:00 Movie</p> <p>2:00 Mexican Train-GR</p> <p>7:00 Saturday Night Live—GR</p>
<p>21</p> <p>2:00 Movie <i>(Residents Choice—Netflix)</i></p>	<p>22</p> <p>12:00 Monday Matinee-MOV</p> <p>2:00 Mah Jongg-TAV</p> <p>3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p> <p><b>First day of Passover</b></p>	<p>23</p> <p>9:00-2:00 Transport to medical appts</p> <p>5:00 Supper Club— Chef Johnny (see flier insert)</p> <p>1:00 Chris Walcek, Retired Atmospheric Scientist at SUNY Astronomy, Meteorology, and Photography of Total Solar Eclipses—GR</p> <p>7:00 Tuesday Night Movie: <i>The Player</i></p> <p>7:00 Card Game Night-GR</p>	<p>24</p> <p>9:00 Communion Service with Colleen-Chapel</p> <p>9:30 Meditation with Dee-LIB</p> <p>12:00 Grocery shopping</p> <p>4:00 Happy Hour-GR</p>	<p>25</p> <p>9:00-2:00 Transport to medical appts</p> <p>1:00 Dr. Bergmann of Capital Region Hearing presents: diagnosing and remediating hearing loss in adults-GR</p> <p>1:00 Opera in the Theatre; <i>Carmen</i></p> <p>5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p>26</p> <p>1:00 Netflix Documentary Day-MOV</p> <p>1:00 Schenectady Armory's Dino's Alive Immersive Experience followed by lunch at Armory Lounge</p>	<p>27</p> <p>12:00 Movie</p> <p>2:00 Mexican Train-GR</p> <p>7:00 Saturday Night Live—GR</p>
<p>28</p> <p>1:00 Qwirkle</p> <p>2:00 Movie <i>(Residents Choice - Netflix)</i></p>	<p>29</p> <p>12:00 Monday Matinee-MOV</p> <p>2:00 Mah Jongg-TAV</p> <p>3:00 Knitting &amp; Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p>	<p>30</p> <p>9-2:00 Transport to medical appts</p> <p>5:00 Supper Club - Chef Johnny (see flier insert)</p> <p>7:00 Tuesday Night Movie: <i>Tokyo</i> (In Japanese with English Sub-Titles)</p> <p>7:00 Pinochle</p> <p><b>Last day of Passover</b></p>	 <p>Planting and maintaining raised garden beds</p> <p>Walk with friends</p> <p>Patio cookouts with neighbors</p> <p>Bocce ball games</p> <p>Volunteer to walk a neighbors pet</p> <p>Go for ice cream at Stewart's</p>		<p><b>Event Color Key</b></p> <p><b>RED</b> Outings, happy hour and musical entertainment</p> <p><b>BLUE</b> Presentations, craft class, movies, opera</p> <p><b>GREEN</b> Games</p> <p><b>VIOLET</b> Clubs</p>	<p><b>Location Key</b></p> <p>FDR - Family Dining Room</p> <p>FS - Fitness Studio</p> <p>GR - Great Room</p> <p>LIB - Library</p> <p>MOV - Movie Theatre</p> <p>PAV - Pavilion</p> <p>PAT - Patio</p> <p>P - Pool</p> <p>TAV - Tavern</p> <p>YS - Yoga Studio</p>
<p><b>CONNECTED life</b></p>  <p><b>FITNESS</b></p>	<p><b>Every Monday</b></p> <p>8:30—9:15 Water Aerobics (Pool)</p> <p>9:30—10:00 Strength &amp; Balance</p> <p>10:00—10:30 Strength &amp; Balance (Fitness Studio)</p> <p>10:45—11:30 Water Aerobics (Pool)</p> <p>7:00 Relaxation Yoga (Yoga Studio)</p>	<p><b>Every Tuesday</b></p> <p>9:00 &amp; 10:00 Stretch &amp; Flex (Fitness Studio)</p> <p>11:00 Hydro Riders (Pool)</p>	<p><b>Every Wednesday</b></p> <p>10:45 Sit To Be Fit (Fitness Studio)</p> <p>11:45 Water Aerobics (Pool)</p>	<p><b>Every Thursday</b></p> <p>9:00 Chair Pilates (Fitness Studio)</p> <p>10:00 Water Balance (Pool)</p> <p>11:00 Chair Pilates (Fitness Studio)</p>	<p><b>Every Friday</b></p> <p>8:45 Water Aerobics (Pool)</p> <p>11:30 Zumba (Great Room)</p>	<p><b>Continental Breakfast</b></p> <p><b>Monday—Friday</b></p> <p>8:30—10:30</p> <p><b>Saturday—Sunday</b></p> <p>9:00—11:00</p>

# Community Activities

## A DAY'S OUTING



### Troy Savings Bank Music Hall Music at Noon

Tuesday, April 9th at 12:00  
(Summit van will depart  
at 11:15)



### The Hyde Museum Paul Anthony Smith: Passage



### Followed by lunch at Talk of the Town

Monday, April 15th at 12:00  
(Summit van will depart at 11:15)

### Schenectady Armory Dino's Alive Followed by lunch at the Armory Lounge



Friday, April 26th at 1:00  
(cost \$20.00pp)  
(Summit van will depart at 12:15)



### UNDERSTANDING ATMOSPHERIC SCIENCE AND ITS BRANCHES

Dr. Chris J. Walcek, Senior Research Associate Emeritus, Atmospheric Sciences Research Center will present to the residents at Mill Hill

The title is *"Astronomy, Meteorology, and Photography of Total Solar Eclipses"*.

Tuesday, April 23rd at 1:00 in the GR



## Capital Region HEARING

Dr. Bergmann has been practicing Audiology in the Capital District for more than 19 years. He is graduate of Hunter College and Salus University where he received his doctoral degree. He has been providing audiology services to the New York State Police Academy for 19 years while working in private practice specializing in diagnosing and remediating hearing loss in adults and children.

He will be here to present: Diagnosing and remediating hearing loss.

He will also assess those with hearing aids, or are experiencing hearing difficulties and will recommend the best solution for you.

Join us on Thursday, April 25th  
at 1:00 in the Great Room



Dr. Mason with Albany Podiatry is coming back to Mill Hill!

If you would like to schedule a visit with him, please stop in the office to sign up.

His visit will be on Tuesday, April 2nd from 8:30-11:00 in the Spa/Salon

From the Metropolitan Opera

## Opera at the Summit in the Movie Theater

Thursday April 18 @ 1:00PM

### Idomeno

In this opera by Mozart, Idomeno, King of Crete faces an impossible dilemma, sacrifice his son in payment of a promise to the god Neptune or face the destructive anger of the god

Thursday April 25 @ 1:00 PM

### Carmen

This passionate story of seduction, betrayal, obsession, jealousy and murder, is one of the most popular operas.

All performances have English Subtitles

# Community Activities



John Williams	04/02
Gloria Blankenship	04/03
Lucille Kaplan	04/04
Steve LaPidus	04/05
Ann Reed	04/06
Susan Kaplan	04/09
Merry Lyng	04/17
Barbara Schwoegler	04/18
Lou Zanello	04/21
Ron Killelea	04/30

## Exploring Netflix Documentaries

For the month of April we will dive into

### **Can I Tell You A Secret?**

*Can I Tell You a Secret?* follows three women — Zoe Jade Hallam, Abby Furness, and Lia Marie Hambly — and their accounts of being terrorized by the same online stalker. Each of their stories began the same way: a strange message from one of their followers, but the content was relatively harmless.



**Every Friday in the month of April –MOV**

## April Book Club Selection

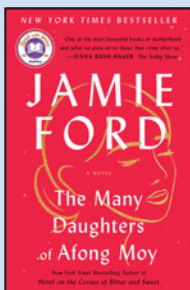
### **The Many Daughters of Afong Moy** by Jamie Ford

Book Club discussion will take place at 3:00 April 24th in the Library.

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

[scarrington@summitseniorlife.com](mailto:scarrington@summitseniorlife.com)

518-941-8871



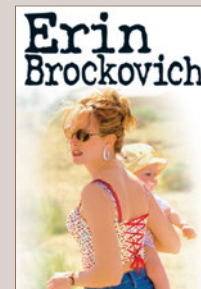
### **The Curious Case of Benjamin Button**

Saturday, April 6th  
12:00



### **Erin Brockovich**

Saturday, April 13th  
12:00



### **The Beguiled**

Saturday, April 20th  
12:00



### **Lou**

Saturday, April 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.



## Supper Club

### Chef Johnny

(see flier insert)

Tuesday, April 2nd  
Tuesday, April 9th  
Tuesday, April 16th  
Tuesday, April 23rd  
Tuesday, April 30th

### Chef Mickey

(see flier insert)

Thursday, April 4th  
Thursday, April 11th  
Thursday, April 18th  
Thursday, April 25th

## FOOD & FRIENDS



**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



**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 12:00 local grocery stores -  
Market 32 & Hannaford.

First Friday at 10:00 Walmart shopping.

Please gather in the Lobby 5 minutes  
before departure.



**Walmart**



## 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.



♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629

Massage Therapist - Charlene Watson  
518-813-3347