

SUMMIT AT MILL HILL

Monthly Newsletter

July 2024



THE

Community Manager's Message



PARIS 2024



July brings us some great events to celebrate, beginning with our Independence Day Barbeque on Wednesday, July 3rd. Our grill masters are ready to serve up the fifth flavor profile "Umami" which, loosely translated from Japanese, means yummy! (FYI, the other four are sweet, salty, sour and bitter).

We'll gather in the Tavern on July 26th for the opening ceremonies of the 2024 Summer Olympic Games taking place in Paris. Paris 2024 will feature the debut of breakdancing as an Olympic event along with surfing, skateboarding, and sport climbing.

In advance of the opening ceremonies in Paris, we'll be hosting our own Mill Hill Summer Olympics on Thursday, July 25th in the Great Room. We'll be introducing some new events of our own, so get ready to compete!

Happy July,

Janine

Janine Robinson

Community Manager

Staff



Community Manager

Janine Robinson

jrobinson@SummitSeniorLife.com

Maintenance

Nelson Roman

Roman Early

Nick Siver

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

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



July 2
Anatomy of a Fall



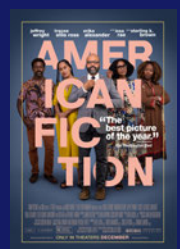
July 9
Trouble in Paradise



July 16
The Favourite



July 23
The Third Man



July 30
American Fiction



Sylvia Reynolds	7/3
Harold Wilson	7/6
Karen Krassenbaum	7/13
Larry Rapant	7/16
Bev Harrington	7/19
Joe Grippo	7/20
Marlene Williams	7/20

Award-winning Storyteller Kate Dudding presents: **Ella Fitzgerald and Her Breathtaking Performances**

**Friday, July 5
2:00pm
Great Room**



Kate Dudding shares stories about and performances by Ella Fitzgerald.

Frank Sinatra said, "Ella Fitzgerald is the greatest popular singer in the world, barring none—male or female."

Watch and listen to many of Ella's performances - from her 1935 performance at age 18 with Chick Web and His Orchestra to her performance in 1989 at the 60th Anniversary Celebration of Sammy Davis Jr. at age 72.

Learn about her struggles, both growing up as well as performing in segregated America. Nonetheless, she received awards. Many call her "The First Lady of Song."



Free Balance Screenings

**Friday, July 12
1:00pm in the Great Room
Refreshments available**

Sign-ups for the event are located in the Great Room. The PRN PT OT SLP PLLC team will be available to screen your fall risk with 3 screening tools.

Summit Olympic Games

Wacky Olympics with PRN Therapy

**Thursday, July 25
1:00pm
Great Room**

Refreshments will be served as we kick off our very own community competition! Residents come ready to sign-up!!

- Create a name for your team of 2
- Thursday, July 25 - Sunday, August 4
record your scores in what you already participate in (corn hole, billiards, shuffleboard, bocce ball and pickleball.)

Olympics Opening Ceremony

**Friday July 26th
1:30pm
Tavern**



Join PRN PT OT SLP PLLC in kicking off the World Olympic event right here at the Summit!

Vintage Visitors presents Margaret (Molly) Brown: Survivor of the Titanic



**Thursday, July 18 2:00pm
Great Room**

The most famous survivor of the disaster lived an amazing life. Not the typically caricatured diamond-in-the-rough Westerner, she came from a modest childhood to become a cultivated, socially progressive woman.



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<div>1</div> <div><div>2:00 Mah Jongg-TAV</div><div>3:00 Knitting & Crocheting Group –GR</div><div>6:00 Line Dancing with Linda-GR</div><div>6:30 Eight-Ball –GR</div><div>*All Supper Club orders due by 1:00</div></div>	<div>2</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>2:00 Presentation Casella Waste Systems—GR</div><div>7:00 Tuesday Night Movie: Anatomy of a Fall—MOV</div><div>7:00 Card Game Night-GR</div></div>	<div>3</div> <div><div>9:00 Communion Service with Colleen Chapel</div><div>11:00 Grocery Shopping</div><div>1:00 Craft Class with Karen</div><div>3:00 Independence Day BBQ</div></div>	<div>4</div> <div><div><div>HAPPY 4th of july</div><div>OFFICE CLOSED</div><div>10:00 Resident Potluck Brunch</div></div></div>	<div>5</div> <div><div>10:00 Walmart Shopping</div><div>2:00 Presentation with Kate Dudding: Ella Fitzgerald—GR</div><div>7:00 Bingo-GR</div></div>	<div>6</div> <div><div>9:30 Bocce Ball</div><div>12:00 Movie: Chariots of Fire</div><div>2:00 Mexican Train-GR</div><div>7:00 Saturday Night Live - GR</div></div>
<div>7</div> <div><div>2:00 Movie (Residents Choice - Netflix)</div></div>	<div>8</div> <div><div>12:00 Monday Matinee-MOV</div><div>2:00 Mah Jongg-TAV</div><div>3:00 Knitting & Crocheting Group –GR</div><div>6:00 Line Dancing with Linda-GR</div><div>6:30 Eight-Ball –GR</div><div>*All Supper Club orders due by 1:00</div></div>	<div>9</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>2:00 Tuesday Trivia—Mark Hersh—GR</div><div>7:00 Tuesday Night Movie: Trouble in Paradise—MOV</div><div>7:00 Card Game Night-GR</div></div>	<div>10</div> <div><div>9:00 Communion Service with Colleen Chapel</div><div>11:00 Grocery Shopping</div><div>4:00 Happy Hour-GR</div></div>	<div>11</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>3:00 Resident Meeting with Janine</div><div>5:00 Supper Club—Chef Mickey Eggplant Roulade & Meatball</div></div>	<div>12</div> <div><div>1:00 Presentation: Balance Screening with Denise/PRN—GR</div><div>7:00 Bingo-GR</div></div>
<div>14</div> <div><div>1:00 Qwirkle</div><div>2:00 Movie (Residents Choice - Netflix)</div></div>	<div>15</div> <div><div>10:00 Faith Based Discussion with Colleen—LIB</div><div>12:00 Monday Matinee-MOV</div><div>2:00 Mah Jongg-TAV</div><div>3:00 Knitting & Crocheting Group –GR</div><div>6:00 Line Dancing with Linda-GR</div><div>6:30 Eight-Ball –GR</div><div>*All Supper Club orders due by 1:00</div></div>	<div>16</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>5:00 Supper Club - Jacob & Anthony's</div><div>7:00 Tuesday Night Movie: The Favourite—MOV</div><div>7:00 Pinochle</div></div>	<div>17</div> <div><div>9:00 Communion Service with Colleen Chapel</div><div>10:30 Grocery shopping</div><div>12:00 departure Dutch Apple Tour</div><div>4:00 Happy Hour –GR</div><div>Entertainment by Jack Kelle</div></div>	<div>18</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>1:00 Opera in the Theater Nabucco —MOV</div><div>2:00 Vintage Visitors presents Molly Brown—GR</div><div>5:00 Supper Club– Chef Mickey Sliced Ham</div></div>	<div>19</div> <div><div>10:30 Albany Institute of History & Art Sign of the Rabbit</div><div>Followed by lunch at Iron Gate</div><div>7:00 Bingo-GR</div></div>
<div>21</div> <div><div>2:00 Movie (Residents Choice - Netflix)</div></div>	<div>22</div> <div><div>12:00 Monday Matinee-MOV</div><div>2:00 Mah Jongg—TAV</div><div>3:00 Knitting & Crocheting Group—GR</div><div>6:00 Line Dancing with Linda—GR</div><div>6:30 Eight-Ball—GR</div><div>*All Supper Club orders due by 1:00</div></div>	<div>23</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>7:00 Tuesday Night Movie: The Third Man—MOV</div><div>7:00 Card Game Night-GR</div></div>	<div>24</div> <div><div>9:00 Communion Service with Colleen Chapel</div><div>11:00 Grocery shopping</div><div>12:30-Indian Ladder Lunch/Berry Picking</div><div>4:00 Happy Hour –GR</div><div>Entertainment by The 1927 Music Machine</div></div>	<div>25</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>1:00 : Opera in The Theater The Hours —MOV</div><div>1:00 Summit Olympics—GR</div><div>5:00 Supper Club - Chef Mickey Crab-Stuffed Sole</div></div>	<div>26</div> <div><div>11:00 Shopping at Stuyvesant Plaza</div><div>1:30 Summer Olympics Opening Ceremony—TAV</div><div>7:00 Bingo-GR</div></div>
<div>28</div> <div><div>1:00 Qwirkle</div><div>2:00 Movie (Residents Choice—Netflix)</div></div>	<div>29</div> <div><div>12:00 Monday Matinee-MOV</div><div>2:00 Mah Jongg—TAV</div><div>3:00 Knitting & Crocheting Group—GR</div><div>6:00 Line Dancing with Linda—GR</div><div>6:30 Eight-Ball—GR</div><div>*All Supper Club orders due by 1:00</div></div>	<div>30</div> <div><div>8:30 Bocce Ball</div><div>9:00-2:00 Transport to medical appts</div><div>5:00 Supper Club—Junior's</div><div>7:00 Tuesday Night Movie: American Fiction—MOV</div><div>7:00 Pinochle</div></div>	<div>31</div> <div><div>9:00 Communion Service with Colleen Chapel</div><div>11:00 Grocery shopping</div><div>2:00 Art History 101/ The Greco-Roman World—GR</div><div>3:00 Book Club—LIB</div><div>4:00 Happy Hour-GR</div></div>	<div>Event Color Key</div> <div><div>RED</div><div>Outings, happy hour and musical entertainment</div></div> <div><div>BLUE</div><div>Presentations, craft class, movies, opera</div></div> <div><div>GREEN</div><div>Games</div></div> <div><div>VIOLET</div><div>Clubs</div></div>	
<div>CONNECTED life</div> <div><div></div></div> <div>FITNESS</div>	<div>Every Monday</div> <div><div>8:30—9:15 Water Aerobics (Pool)</div><div>9:30—10:00 Strength & Balance (Fitness Studio)</div><div>10:00—10:30 Strength & Balance (Fitness Studio)</div><div>10:45—11:30 Water Aerobics (Pool)</div><div>7:00 Relaxation Yoga (Yoga Studio)</div></div>	<div>Every Tuesday</div> <div><div>9:00 & 10:00 Stretch & Flex (Fitness Studio)</div><div>11:00 Hydro Riders (Pool)</div></div>	<div>Every Wednesday</div> <div><div>10:45 Sit To Be Fit (Fitness Studio)</div><div>11:45 Water Aerobics (Pool)</div></div>	<div>Every Thursday</div> <div><div>9:00 Chair Pilates (Fitness Studio)</div><div>10:00 Water Balance (Pool)</div><div>11:00 Chair Pilates (Fitness Studio)</div></div>	<div>Every Friday</div> <div><div>8:45 Water Aerobics (Pool)</div><div>11:30 Zumba (Great Room)</div></div>
<div>Continental Breakfast</div> <div><div>Monday—Friday</div><div>8:30—10:30</div><div>Saturday—Sunday</div><div>9:00—11:00</div></div>					

Community Activities

Recycling Do's & Don'ts by Casella Waste Systems

Tuesday July 2nd, 2:00pm
Great Room

Let's team up to help each other improve our recycling habits and help the environment at the same time! Every little bit adds up to have an impact now and forever.



Independence Day BBQ

Wednesday July 3, 3:00pm
Great Room & Patio

Join us for a good old traditional cookout. We will be serving up some favorite foods and those staples that we all love to enjoy at a picnic.

Berry Picking/Lunch at Indian Ladder Farms

Wednesday July 24
12:30



**INDIAN
LADDER
FARMS**
ALTAMONT, NY

SHOPPING AT STUYVESANT PLAZA

FRIDAY JULY 26TH
11:00



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

Thursday July 18 @ 1:00PM
Nabucco

The opera is an account of the Babylonian captivity after the fall of Jerusalem to Nebuchadnezzar (Nabucco). With thrilling and demanding singing and fabulous choruses, this opera made Verdi's reputation.

Thursday July 25 @ 1:00 PM
The Hours

Set over one day, this contemporary English language opera is the intertwining story of three women from different eras in the 20th century (the 1920s, 1940s, 1990s) grappling with their place in the world. With three outstanding singers, this accessible opera played to sold out audiences when it was performed over 2 seasons

All performances have English Subtitles



DAVID HOFFMAN PRESENTS:
WESTERN ART HISTORY 101
WEDNESDAY, JULY 31 AT 2:00 IN THE GR



Western Art History 101-- the first lecture will be on Grecian and Roman art and architecture

Community Activities



Craft Class with Karen

Wednesday July 3rd 1PM
Mugs and Travel Tumblers

Dutch Apple Cruise



Wednesday, July 17

Experience a Dutch Apple Sightseeing Cruise
on the historic Hudson River!

Summit Bus departs at 12:00

Boat boards at 12:30

\$27 advance/\$30 day of

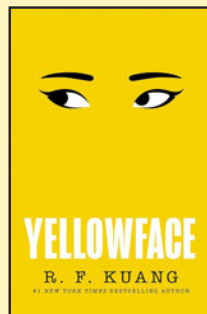
Tickets are non-refundable

July Book Club Selection

Yellowface by R. F. Kuang

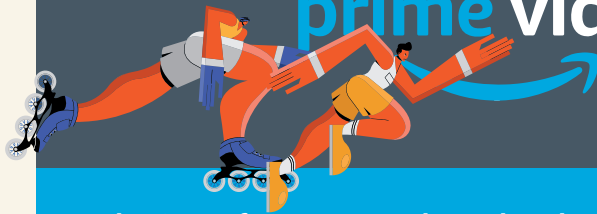
"*Yellowface*" by R. F. Kuang is a fascinating adventure into a mythic realm unlike any you've seen before. This is more than just another fantasy; it's an exploration of culture, power, and what it means to be a hero.

Whether you're a seasoned literature aficionado or merely searching for your next intriguing read, this book offers captivating storytelling elements that could be just the ticket.



**WEDNESDAY JULY 31
3PM IN THE LIBRARY**

SATURDAY MATINEE prime video



Chariots of Fire—Saturday July 6th @12:00

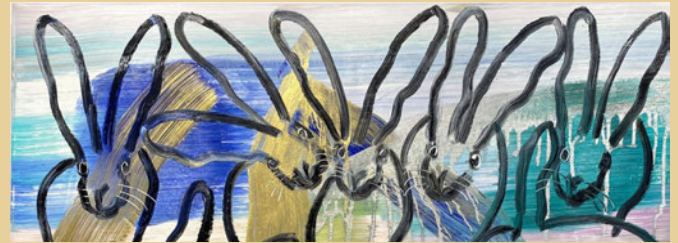
Race—Saturday July 13th @12:00

Miracle—Saturday July 20th @ 12:00

Without Limits—Saturday July 27th @ 12:00

ALBANY INSTITUTE OF HISTORY & ART

Friday July 19th



Sign of the Rabbit:

The Colorful World of Hunt Slonem

is the first museum exhibition in the Capital Region to explore Slonem's work and his eclectic sense of design and decoration. Born in the Chinese year of the rabbit, artist Hunt Slonem (b. 1951) is recognized around the world for his playful paintings that feature his zodiac sign. Bunnies appear by ones, twos, and multiply (like rabbits) across his canvases—some even sparkle with diamond dust. In other paintings, butterflies, doves, and cockatoos radiate in rhythmic pattern: "I believe in repetition like a holy mantra or rosary," Slonem explains. And with his choice of vibrant colors, it becomes easy to understand why his work is described as "pop expressionist."

Bus leaves for the museum at 10:30

Lunch at the Iron Gate Cafe

(across the street from the museum) at 12:30

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:

Chopped BBQ Brisket Bowl

Sesame Chicken with Broccoli over White Rice

Hibachi Beef over Cauliflower Fried Rice

Pulled Chicken with Green Beans & Brown Rice

Wednesday Grocery Shopping

Check
Calendar for
TIMES

Wednesdays to local grocery stores -
Market 32 & Hannaford.

First Friday at 10:00 Walmart shopping.

Please gather in the Lobby 5 minutes
before departure.



Transportation to Medical Appointments

Every Tuesday & Thursday we provide transportation to routine medical appointments within a 10 mile radius

This service is available between the hours of 9:00 and 2:00

Please call the office one week in advance to reserve your appointment time.



Supper Club

Thursdays : Chef Mickey

All meals served with salad & a roll

July 11—Eggplant Roulade & Meatball Marinara

July 18—Sliced Ham , Sweet Potato Puree, vegetable

July 25—Crab Stuffed Sole with Corn bread, mashed potatoes , vegetable

FOOD & FRIENDS



PRN Staff

Contact Information

Denise Bilka, Physical

Christine Fitzgerald, Occupational

Jaclyn Gregg, Speech

SummitMillHill_NY85@prnphysicaltherapy.com

716-255-3674



♥ Gift Certificates Available ♥

Hair Stylist - Paula
518-361-5629

Nail Specialist - Paige Paddock
838-250-9272

Tuesday - 11-2 for walk-ins
Mon, Wed, Fri - by appt. only

Massage Therapist - Charlene Watson
518-813-3347