

# SUMMIT AT MILL HILL

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Monthly Newsletter

August 2024



THE

# Community Manager's Message

**Did you know** there are no major federal holidays celebrated during the month of August?

If you subscribe to those that are not federal holidays, however, there are plenty. Here are some many of you can relate to and may choose to acknowledge:

National Girlfriend Day, International Cat Day, National White Wine Day, National Sisters Day, National Watermelon Day, Middle Child Day, National Rice Pudding Day, International Clown Week, National Relaxation Day, Happiness Happens Month, National Lighthouse Day, Book Lovers Day, and Nation Chocolate Chip Cookie Day.

It's August. Let's all pick a day this month to relax, eat some watermelon, drink white wine, and enjoy a good book or the company of a girlfriend. We have plenty of reasons to celebrate.

*Janine*

Janine Robinson  
Community Manager

## Staff



### Community Manager

Janine Robinson  
jrobinson@SummitSeniorLife.com

### Resident Services Coordinator

Paryese Becker  
pbecker@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



## August Birthdays

- |                      |                    |
|----------------------|--------------------|
| 1 Elaine Patzke      | 17 Alicia Hartnett |
| 3 Jeffrey Silver     | 21 John Fedele     |
| 7 Charlize Theron    | 21 Bill Haaf       |
| 8 Olga Greco         | 29 Bev Carberry    |
| 10 Antonio Banderas  | 29 Tom Clements    |
| 13 Valerie Cannata   | 31 Lou Saccocio    |
| 15 Jennifer Lawrence | 31 Barbara Nielsen |

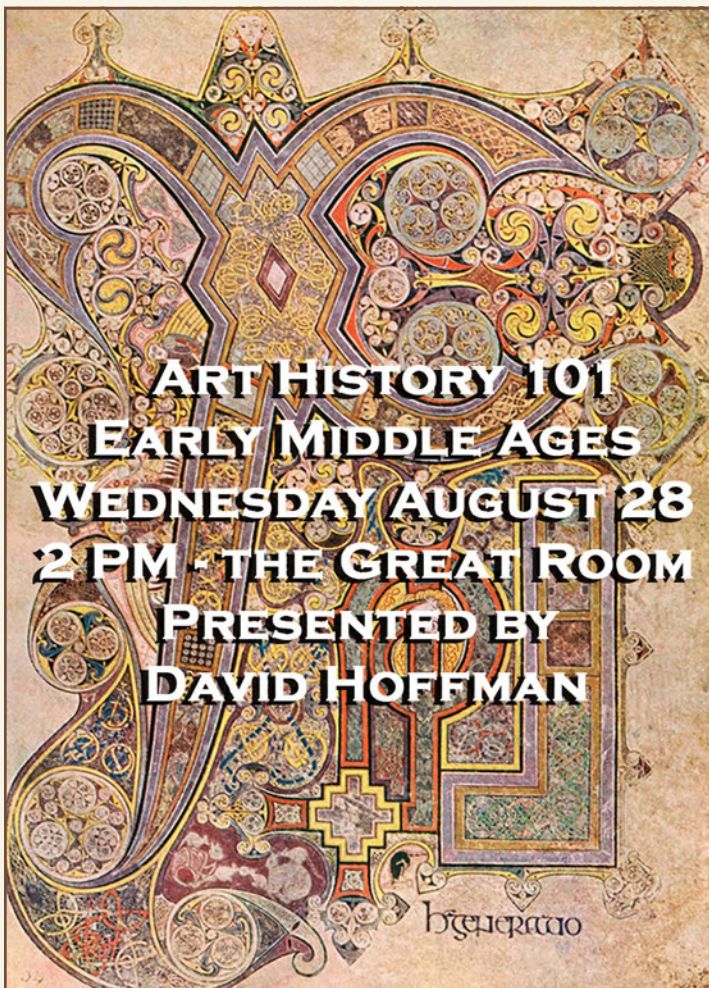
# Community Activities

## Tour to the NYS Capital Building

Date: Wednesday, August 21, 2024

Time: Departing At 12:15 for 1PM  
Tour

### Guided Tour



## SATURDAY MATINEE

prime video



The Forty-Year-Old Version  
Saturday  
August 3rd @12:00



Mudbound  
Saturday August 10th @12:00



The Irishman  
Saturday August 17th @12:00



Captain Phillips  
Saturday August 24th @12:00



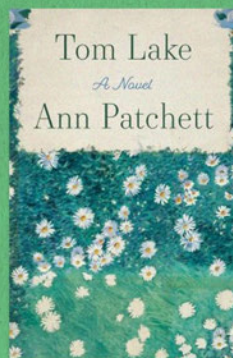
The Long Game  
Saturday August 31st @12:00



## August Book Club Selection

Tom Lake by Ann Patchett

WEDNESDAY AUGUST 28  
3PM IN THE LIBRARY



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# August

Event Color Key		Location Key	
<b>RED</b>	Outings, happy hour and musical entertainment	<b>FDR</b>	Family Dining Room
<b>BLUE</b>	Presentations, craft class, movies, opera	<b>FS</b>	Fitness Studio
<b>GREEN</b>	Games	<b>GR</b>	Great Room
<b>VIOLET</b>	Clubs	<b>LIB</b>	Library
		<b>MOV</b>	Movie Theatre
		<b>PAV</b>	Pavilion
		<b>PAT</b>	Patio
		<b>TAV</b>	Tavern
		<b>P</b>	Pool
		<b>YS</b>	Yoga Studio

4 12:00 Movie <i>(Residents Choice - Netflix)</i>	5 12:00 The Great Courses: Classical Mythology—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 6:00 Line Dancing with Linda—GR 6:30 Eight-Ball—GR *All Supper Club orders due by 1:00	6 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 7:00 Tuesday Night Movie: Ninotchka—MOV 7:00 Card Game Night-GR	7 9:00 Communion Service with Colleen Chapel 11:00 Grocery Shopping 1:00 Craft Class: Paint & Sip with Paryese 4:00 Happy Hour-GR	8 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 1:00 Opera at The Summit: <i>The Queen of Spades</i> —MOV 5:00 Supper Club—Chef Mickey Chicken Marsala	9 2:00 Presentation in the —GR Dr Michael Masias, Podiatrist 7:00 Bingo-GR	10 9:00 Bocce Ball 12:00 Movie: <i>The Forty-Year-Old Version</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR
11 12:00 Movie <i>(Residents Choice - Netflix)</i> 1:00 Qwirkle	12 10:00 Faith Based Discussion with Colleen—LIB 12:00 The Great Courses: Classical Mythology—MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group —GR 6:00 Line Dancing with Linda-GR 6:30 Eight-Ball —GR *All Supper Club orders due by 1:00	13 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 2:00 Tuesday Trivia—Mark Hersh—GR 5:00 Supper Club – Menu to be Announced 7:00 Tuesday Night Movie: Autumn Sonata—MOV 7:00 Pinochle	14 9:00 Communion Service with Colleen Chapel 11:00 Grocery shopping 12:30 departure for Altamont Fair 4:00 Happy Hour —GR Entertainment by Russ Kennedy	15 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 1:00 Summit Olympics AXE THROWING—GR 5:00 Supper Club— Chef Mickey Baked Haddock	16 11:00 Shuttle to Fred the Butcher 7:00 Bingo-GR	17 9:00 Bocce Ball 12:00 Movie: <i>The Irishman</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
18 12:00 Movie <i>(Residents Choice - Netflix)</i>	19 12:00 The Great Courses: Classical Mythology—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 6:00 Line Dancing with Linda—GR 6:30 Eight-Ball—GR *All Supper Club orders due by 1:00	20 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 7:00 Tuesday Night Movie: La La Land —MOV 7:00 Card Game Night-GR	21 9:00 Communion Service with Colleen Chapel 11:00 Grocery shopping 12:15 departure for the NYS Capitol 4:00 Happy Hour —GR Entertainment by Joe Severino	22 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 12:00 Opera at The Summit: <i>Die Walkure</i> —MOV 5:00 Supper Club - Chef Mickey Chicken Oscar	23 1:00 Ice Cream Social—GR & Patio 7:00 Bingo-GR	24 9:00 Bocce Ball 12:00 Movie: <i>Captain Phillips</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
25 12:00 Movie <i>(Residents Choice - Netflix)</i> 1:00 Qwirkle	26 12:00 The Great Courses: Classical Mythology—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 6:00 Line Dancing with Linda—GR 6:30 Eight-Ball—GR *All Supper Club orders due by 1:00	27 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 5:00 Supper Club – Menu to be Announced 7:00 Tuesday Night Movie: Ace in the Hole —MOV 7:00 Pinochle	28 9:00 Communion Service with Colleen Chapel 11:00 Grocery shopping 2:00 David Hoffman presents Art History 101: Early Middle Ages —GR 3:00 Book Club—LIB 4:00 Happy Hour-GR	29 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 1:00 Summit Olympics Pickle Ball—GR 5:00 Supper Club—Chef Mickey Meatloaf	30 2:00 Kate Dudding presentation: Lighting the Way Home GR 7:00 Bingo-GR	31 9:00 Bocce Ball 12:00 Movie: <i>The Long Game</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR

## CONNECTED life



### 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)  
11:00 Chair Pilates (Fitness Studio)

#### Every Friday

8:45 Water Aerobics (Pool)

#### Continental Breakfast

Monday—Friday  
8:30—10:30  
Saturday—Sunday  
9:00—11:00

# Community Activities

Beginning in August ...Every Monday  
12:00 in the Theater

## Classical Mythology

with Professor Elizabeth Vandiver

A series of recorded lectures,  
30 minutes each  
Lessons 1 & 2



 THE  
GREAT COURSES®

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

Thursday August 8 @ 1:00PM  
**The Queen of Spades**  
The opera considered as Tchiakovsky's masterpiece is set in imperial Russia and explores themes of obsession, addiction, madness, and self-destruction against the backdrop of St. Petersburg.

Thursday August 22 @ **NOON**  
**Die Walkure**  
The seeds of the destruction of the world are sown in this epic opera filled with glorious melodies as a scheming god struggles to keep his power. Set against the rich landscape of Norse mythology, a man pursued and a woman in love create a conflict between a husband and wife as well as devastating dispute between a father and daughter that will ultimately lead to disaster.

## Ice Cream Social

DRESS CODE: PLEASE WEAR  
ONLY PINK AND KHAKI

Friday,  
August 23rd

1:00 pm  
Great Room  
& Patio



## Tuesday Night Movies 7 Pm (in the Theater)

### August 6 – *Ninotchka*

*Ninotchka*, is an American romantic comedy released in 1939, starring Greta Garbo in a rare nondramatic role and was marketed with the tagline "Garbo Laughs!" The comedy stars Garbo as Ninotchka, a stern, committed communist functionary sent to Paris to rein in diplomats sent there to sell imperial jewels confiscated during the Russian Revolution of 1917 who soon falls under the spell of Paris and a dashing Russian exile. The film earned Garbo her third Academy Award nomination.

### August 13 – *Autumn Sonata*

*Autumn Sonata*, a Swedish language film, written and directed by Ingmar Bergman, and starring Ingrid Bergman (in her final film role), Its plot follows a celebrated classical pianist and her neglected daughter who meet for the first time in years, and chronicles their painful discussions of how they have hurt each other. It was the first and only collaboration by Ingrid Bergman and Ingmar Bergman and earned Ingrid Bergman her last Academy Award nomination

### August 20 – *La La Land*

*La La Land* is an American musical romance starring Ryan Gosling and Emma Stone as a struggling jazz pianist and an aspiring actress who meet and fall in love while pursuing their dreams in Los Angeles. Nominated for 14 Academy Awards, winning six including best Actress and director, the film is regarded as a modern classic and one of the best films of all time for its bittersweet story and for its distinctive visual style.

### August 27 – *Ace in the Hole*

*Ace in the Hole* is a 1951 American drama film directed by Billy Wilder. The film stars Kirk Douglas as a cynical, disgraced reporter who stops at nothing to try to regain a job on a major newspaper. Not initially well received, the film has found new respect among critics. Roger Ebert wrote that it had aged well "I found while watching it again that it still has all its power because the writers were so lean and mean [with their dialogue] and because Douglas' focus and energy ... is almost scary.. It's as right-now as a sharpened knife."

# Community Activities



## Summit Olympic Games Continue



### AXE THROWING

Thursday August 15th  
1:00pm  
Great Room



### PICKLE BALL

Thursday August 29th  
1:00pm  
Great Room



## Lighting the Way Home

Stories of Lighthouses and Their Keepers

Friday, August 30 2 pm The Great Room



Lighthouses have been in existence for thousands of years, some of them marking harbors, others marking hazards. Many people have recognized the importance of lighthouses.

In fact, the ninth act of Congress that President George Washington signed into law enabled the Federal Government to take responsibility for building and operating the nation's lighthouses.

In the five stories in this presentation, storyteller **Kate Dudding** brings to life some lighthouses and the people who worked in them.

As an award-winning author and storyteller (she won the Story Slam at the 2010 National Storytelling Conference in Los Angeles,) **Kate Dudding** specializes in telling true stories about people who made a difference. Since 1995, she has told stories at numerous venues in the Northeastern USA. Many of her five CDs have won national storytelling awards.



Read about her and watch her tell stories here:  
[www.KateDudding.com](http://www.KateDudding.com)



### Military Appreciation Day

**Wednesday, August 14th, 2024**

Summit van departs at 12:30

FOOD, FUN, and FREE Admission for Active and Retired Military and Seniors (65 & up)  
ALL DAY!

**2 pm Special Military Presentation**  
**on the Reid Northrup Stage**

For details check out [www.altamontfair.com](http://www.altamontfair.com)



# 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 & Rice
- Sweet & Sour Chicken
- Chicken Mashed Potato Bowl
- Basic Beef & Red Potatoes

## Shopping Shuttle

Every Wednesday at 11:00 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

**August 1**—Chicken Marsala, mashed potatoes

**August 8**—Stuffed Shells & Meatballs

**August 15**—Baked Haddock, mashed potatoes, vegetable

**August 22**—Chicken Oscar: Chicken stuffed with crab & asparagus, topped with hollandaise, served with mashed potatoes

**August 29**—Meatloaf, mashed potatoes, vegetable, gravy

## FOOD & FRIENDS

## On-Site Podiatrist

Dr. Michael Masias, DPM

Second Wednesday of every month.

Please call his office directly to schedule an appointment. 518-320-8659



**PRN**

PT OT & SLP PLLC  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

**PRN Staff Contact Information**  
**716-255-3674**

Denise Bilka, Physical Therapy  
Christine Fitzgerald, Occupational Therapy  
Jaclyn Gregg, Speech Therapy  
SummitMillHill\_NY85@prnphysicaltherapy.com



♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629

Massage Therapist - Charlene 518-813-3347

By Appointment