

SUMMIT AT MILL HILL

Monthly Newsletter

September 2024



THE

Community Manager's Message

September...the last days of summer and the first days of fall.

- **September 2**—the first Monday of the month—is **Labor Day**.
- **September 11** is **Patriot Day**, held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.
- **September 11** is also **Grandparents Day** this year.
- **September 17** is **Constitution Day**. This day celebrates the adoption of the U.S. Constitution.
- **September 21** is recognized as the annual **International Day of Peace**. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.
- **September 22** marks the start of fall! This year's **Autumnal Equinox** occurs at 8:44 A.M. EDT. On this date, there are equal hours of daylight and darkness.

September's full moon, the **Harvest Moon**, reaches peak illumination on Tuesday, September 17, at 10:34 P.M. EDT.

Enjoy the month,

Janine

Janine Robinson
Community Manager

Staff



Community Manager

Janine Robinson
jrobinson@SummitSeniorLife.com

Resident Services Coordinator

Paryese Becker
pbecker@summitseniorlife.com

Maintenance

Sam Scott
Roman Early
Nick Siver

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



Community Activities



Clive Reed	9/03
Mary Warner	9/10
Vikki Miller	9/15
Frances Arthur	9/21
Susanne Snyder	9/21
Leonard Stokes	9/22
Patricia Young	9/22
Jerry Carberry	9/26
Ed Blankenship	9/29



FALL PREVENTION AND AGING

Tuesday, September 17
1:00 pm
Great Room

- Denise Bilka, Physical Therapy
- Christine Fitzgerald, Occupational Therapy
- Jaclyn Gregg, Speech Therapy

Staff Contact Inf. 716-255-3674
SummitMillHill_NY85@prnphysicaltherapy.com

Join for an interactive presentation discussing fall prevention and facts verses myths of the aging process. Don't miss out on a bingo game & prizes!



NETFLIX

SATURDAY MATINEE

Purple Hearts
 Saturday
 September 7th @12:00



Murder Mystery
 September 14th @12:00



Our Souls at Night
 September 21st @12:00



The Ballad of Buster Scruggs
 September 28th @12:00





SENIORS:

Let's Talk!

Coffee & Conversation

Wednesdays
11 am - 12:30 pm



A casual gathering for seniors to meet and chat about whatever's on your mind!



S	M	T	W	TH	F	S
1 2:00 Movie (Residents Choice - Netflix)	2  Office Closed No Breakfast or Fitness	3 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 7:00 Tuesday Night Movie: American Hustle—MOV 7:00 Card Game Night-GR	4 9:00 Communion Service with Colleen—Chapel 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 11:00 Grocery Shopping 1:00 Craft Class with Karen 4:00 Happy Hour-GR Entertainment by Laura Collins (Singing w/Seniors)	5 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 12:30 Opera LaForza del Destino MOV 3:00 Resident Meeting 5:00 Supper Club—Chef Mickey Manicotti	6  10:00 Walmart Shopping 7:00 Bingo-GR	7 9:30 Bocce Ball 12:00 Movie: Purple Hearts 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR
8 2:00 Movie (Residents Choice - Netflix)	9 10:00 Faith Based Discussion with Colleen—LIB  12:00 Monday Matinee Biology: The Science of Life—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	10 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 2:00 Tuesday Trivia—Mark Hersh-GR 2:00 Virtual Chat- w/ Author Garrett Graff: Capturing the Human Drama Through History—MOV 5:00 Supper Club TBA 7:00 Tuesday Night Movie: Long Day's Journey into Night—MOV 7:00 Card Game Night-GR	11 9:00 Communion Service with Colleen—Chapel 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 11:00 Grocery Shopping 4:00 Happy Hour-GR	12 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 5:00 Supper Club—Chef Mickey Salmon w/Whole Grain Mustard Sauce served w/ Rice & Veg	13 1:00 Albany Institute of History & Art Enchanting Threads: The Art of Salley Mavor \$10	14 9:30 Bocce Ball 12:00 Movie: Murder Mystery 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
15 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)	16  12:00 Monday Matinee Biology: The Science of Life—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	17  8:30 Bocce Ball 9:00-2:00 Transport to medical appts 1:00 PRN Presents Fall Prevention and Bingo w/Prizes-GR 7:00 Tuesday Night Movie: Ugetsu—MOV 7:00 Pinochle	18 9:00 Communion Service with Colleen—Chapel 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 11:00 Grocery Shopping 4:00 Happy Hour-GR Entertainment 50's & 60's Reminisce w/Jimmy	19 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 1:00 Opera Peter Grimes MOV 5:00 Supper Club— Chef Mickey Sliced Roast Beef w/Mash & Veg	20 9:00 4th Annual Bocce Tournament Hosted by Glenwyck at Halfmoon 7:00 Bingo-GR	21 9:30 Bocce Ball 12:00 Movie: Our Souls at Night 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
22 2:00 Movie (Residents Choice - Netflix)	23  12:00 Monday Matinee Biology: The Science of Life—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	24 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 10:00 Albany Guardian Society: Presentation with Mary Moller—MOV 5:00 Supper Club TBA 7:00 Tuesday Night Movie: Topsy-Turvy—MOV 7:00 Card Game Night-GR	25 9:00 Communion Service with Colleen—Chapel 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 11:00 Grocery shopping 1:00 End of Summer Celebration Cookout 2:00 Cooley's Ice Cream Truck	26 8:30 Bocce Ball 9:00-2:00 Transport to medical appts 2:00pm Clara Simon w/Bethlehem Chabad Cooking Class: Challah Baking sm. fee. 5:00 Supper Club - Chef Mickey Chicken Parm & Pasta	27 10:30 Explore Downtown Saratoga Springs and Lunch on Broadway Return at 1:30	28 9:30 Bocce Ball 12:00 Movie: The Ballad of Buster Scruds 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
29 1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)	30  12:00 Monday Matinee Biology: The Science of Life—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				Event Color Key RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games VIOLET Clubs	Location Key FDR - Family Dining Room FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio
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

Tuesday Night Movies 7 pm (in the Theater)

September 3 – American Hustle

This crime film/black comedy was inspired by the FBI Ab-scarn operation of the late 1970s and early 1980s. Its all-star cast includes Christian Bale and Amy Adams as two con artists forced by an FBI agent (Bradley Cooper) to set up an elaborate sting operation on corrupt politicians. Jennifer Lawrence plays the unpredictable wife of Bale's character. The film was nominated for 10 Academy Awards.

September 10 – Long Day's Journey into Night

An American drama adapted from Eugene O'Neill's Pulitzer-winning play of the same name. It stars Katharine Hepburn, Ralph Richardson, Jason Robards. The story deals with themes of addiction and the resulting family dysfunction. Hepburn's performance earned her an Oscar and Golden Globe nomination for Best Actress. Bergman and earned Ingrid Bergman her last Academy Award nomination

September 17 – Ugetsu

A 1953 Japanese period fantasy by the great director Kenji Mizoguchi. Set during a period of civil war in a small rural community in Japan, a potter leaves his wife and young son behind to make money selling pottery and ends up being seduced by a spirit that makes him forget all about his family.

September 24 – Topsy-Turvy

A 1999 British period drama with music about Gilbert and Sullivan. The story concerns the 15-month period in 1884 and 1885 leading up to the premiere of their light opera, *The Mikado*. The film focuses on the creative conflicts that existed between playwright (Gilbert) and composer (Sullivan). It also explores life in the English theatre during the late 1800s.

End of Summer Celebration

1:00 pm
in the Great Room

Hamburgers, Hot Dogs and Salad.
Followed by Cooley's Ice Cream Truck
at 2:00 pm



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

Thursday September 5 @ 12:30 PM

La Forza del Destino (The Force of Destiny)

This sprawling Verdi opera, filled with amazing music, touches on many operatic themes, death, love, betrayal, hatred and vengeance, all driven by fate

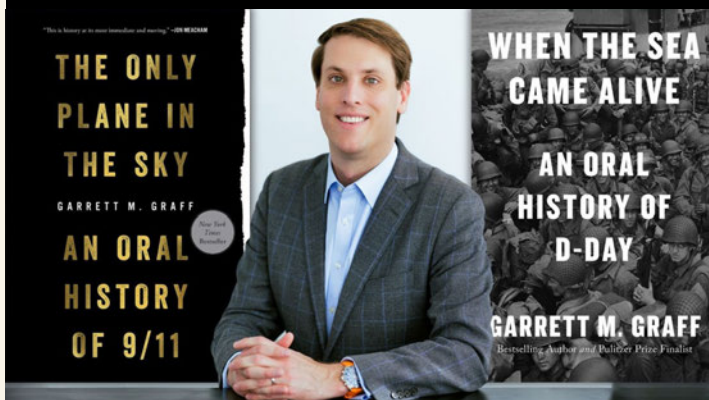
Thursday September 19 @ 1:00 PM

Peter Grimes

With its compelling and emotive music, Benjamin Britten's powerful 1945 English language tragic opera is the story of downfall of a misfit in a tight-knit fishing community. It explores themes of prejudice, and the destructive power of gossip and mob mentality

Community Activities

Capturing the Human Drama Through History with Garrett Graff



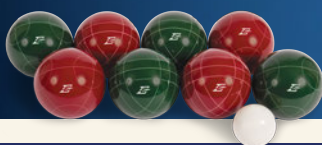
Author talk Virtual Room Chat in Movie Theater,
Tuesday, September 10th at 2:00 pm

BOCCE BALL TOURNAMENT



4th Annual Bocce Tournament
Hosted by Glenwyck at Halfmoon Location
Friday, September 20th
Kickoff is at 10:00 am

Summit van will depart at 9:00 am
Refreshments, lunch, and music will be available



Albany Guardian Society

Mary Moller, Executive Director presents:
All about Albany Guardian Society and
programs they offer.

Tuesday, September 24, 10-11:30 am

ALBANY INSTITUTE OF HISTORY & ART

Enchanting Threads: The Art of Salley Mavor

Friday, September 13th

12:30 departure

\$10 Admission

This exhibition includes a wide array of original picture book illustrations spanning Mavor's career, including the entire series of artwork for her most recent book, *MY BED: Enchanting Ways to Fall Asleep around the World*. Among the eighty works in the exhibition are recent pieces that explore cultural diversity, migration, fashion, the natural world, and a range of social narratives, from the everyday to topical subjects.



Explore Downtown Saratoga

Friday, September 27 at 10:30 am

Bus departing at 10:30 am
and returning at 1:30 pm



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

September 5—Manicotti w/Meatballs

September 12—Salmon w/Wholegrain Mustard Sauce, Rice and Vegetable

September 19—Sliced Roast Beef and Gravy w/Mashed Potatoes, and Vegetable

September 26—Chicken Parm and Pasta

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