

SUMMIT AT MILL HILL

Monthly Newsletter

October 2024



THE

Community Manager's Message

October Quiz

See how many you can answer without referring to Google!

1. What is the flower symbol for October?
2. What is the birthstone for October?
3. On October 1, 1971, which theme park opened in Orlando, FL?
4. Which iconic structure opened to the public on October 28, 1886?
5. Which American state became the 31st to join the Union in October 1850?
6. Why is a pink ribbon associated with October?
7. What German festival that involves beer is celebrated in October?
8. What country launched its first satellite, Sputnik, in October 1957?
9. On October 14, 1947, who broke the sound barrier for the first time?
10. Which famous magician and escape artist died on Halloween 1926?
11. Which October-born artist is known for painting "The Starry Night"?
12. Who became the first woman to fly solo across the Atlantic in October 1932?

This October, awareness alone isn't enough. To help those facing breast cancer, get involved. Make a donation. Take action. To help yourself, get screened.

Happy October,

Janine

Janine Robinson

Community Manager

Staff



Community Manager

Janine Robinson

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Resident Services Coordinator

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Maintenance

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The Summit At Mill Hill

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www.summitatmillhill.com

Jewish Holidays in October

Rosh Hashanah

Jewish New Year. A time of introspection, abstinence, prayer and penitence.

Yom Kippur

Jewish Day of Atonement. The holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.

Community Activities

OCTOBER BIRTHDAYS

Judy Madnick	10/01
Marianne Maggio	10/02
Maris Lacis	10/07
Colleen Hassett	10/10
Cynthia Freedman	10/12
Mary Church	10/14
Eileen Margaret	10/19
Mary Carr	10/21
Margie Fratt	10/27
Juliet Turner	10/31



PRN Referral Process

Tuesday, October 15
1:00 pm
Great Room

PRN explains the who, what, when, where and why of the therapy referral process. With fun interactive BINGO game and Prizes!

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

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



NETFLIX SATURDAY MATINEE

Fried Green Tomatoes
 October 5th @12:00




The Highwaymen
 October 12th @12:00



Forgotten Love
 October 19th @12:00




Halloween Horror
 1931 Frankenstein
 October 26th @12:00


GUILDERLAND PUBLIC LIBRARY

SENIORS: **Coffee & Conversation**

Let's Talk! **Wednesdays 11 am - 12:30 pm**



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



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OCTOBER

<p>6</p> <p>12:00 Movie <i>(Residents Choice - Netflix)</i></p>	<p>7</p> <p>9:00 AM Explore Hildene: (The Lincoln Family Home) Manchester, VT and Mulligans for Lunch 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 Eight-Ball—GR *All Supper Club orders due by 1:00</p>	<p>1</p> <p>9:00-2:00 Transport to medical appts 7:00 Tuesday Night Movie: <i>American Fiction—MOV</i> 1:00 Art Show, Presented by Herb Brown (Cider and Donut Reception) 3:00 Activities Committee —TAV 7:00 Card Game Night-GR</p>	<p>2</p> <p>9:00 Communion Service with Colleen—Chapel 11:00 Grocery Shopping 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 1:00 Craft Class with Karen: Wood Box Project—CR 4:00 Happy Hour-GR Rosh Hashanah</p>	<p>3</p> <p>9:00-2:00 Transport to medical appts 3:15 Mens Assistive Device Shuffleboard Game Room 5:00 Supper Club—Chef Mickey Stuffed Eggplant Roulade w/Meatball Rosh Hashanah</p>	<p>4</p> <p>Walmart 10:00 Walmart Shopping 10:30 Parcheesi-TAV 7:00 Bingo-GR Rosh Hashanah</p>	<p>5</p> <p>12:00 Movie: <i>Fried Green Tomatoes—MOV</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR</p>
<p>13</p> <p>12:00 Movie <i>(Residents Choice - Netflix)</i> 1:00 Qwirkle</p>	<p>14</p> <p>Office Closed No Breakfast or Fitness</p>	<p>8</p> <p>9:00-2:00 Transport to medical appts 2:00 Tuesday Trivia—Mark Hersh-GR 5:00 Supper Club TBA 7:00 Tuesday Night Movie: <i>The Blue Angel—MOV</i> 7:00 Card Game Night-GR</p>	<p>9</p> <p>9:00 Communion Service with Colleen—Chapel 11:00 Grocery Shopping 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 4:00 Happy Hour-GR</p>	<p>10</p> <p>9:00-2:00 Transport to medical appts 1:00 Opera in the Theater: <i>Romeo et Juliette</i> 3:15 Mens Assistive Device Shuffleboard Game Room 5:00 Supper Club—Chef Mickey Stuffed Chicken Breast/Broccoli and Cheese</p>	<p>11</p> <p>10:30 Cribbage 2:00 Jill Smith: w/Songs and Stories of Broadway Composer, Jerry Herman— GR Yom Kippur</p>	<p>12</p> <p>12:00 Movie: <i>The Highwaymen—MOV</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR Yom Kippur</p>
<p>20</p> <p>12:00 Movie <i>(Residents Choice - Netflix)</i> 1:00 Qwirkle</p>	<p>21</p> <p>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 Eight-Ball—GR *All Supper Club orders due by 1:00</p>	<p>15</p> <p>9:00-2:00 Transport to medical appts 7:00 Tuesday Night Movie: <i>Her—MOV</i> 7:00 Card Game Night-GR</p>	<p>16</p> <p>9:00 Communion Service with Colleen—Chapel *10:00 Grocery Shopping 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 1:00 PM Empire State Youth Orchestra 4:00 Happy Hour —GR</p>	<p>17</p> <p>9:00-2:00 Transport to medical appts 2:00 Steve Lapidus Presents: A Day by Train in Switzerland, Music and Montreaux —MOV 3:15 Mens Assistive Device Shuffleboard Game Room 5:00 Supper Club— Chef Mickey Deluxe Grilled Cheese and Butternut Squash Soup</p>	<p>18</p> <p>Breast Cancer Awareness Day 10:30 Parcheesi-TAV 1:00 Professor Julie Novko presenting: The Roberts Court 1:00--Pink Hair with Paula and Pink Basket Drawing- 1:00 Netflix Documentary Day-MOV 7:00 Bingo-GR</p>	<p>19</p> <p>12:00 Movie: <i>Forgotten Love—MOV</i> 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR</p>
<p>27</p> <p>12:00 Movie <i>(Residents Choice - Netflix)</i> 1:00 Qwirkle</p>	<p>28</p> <p>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 Eight-Ball—GR *All Supper Club orders due by 1:00</p>	<p>22</p> <p>9:00-2:00 Transport to medical appts 5:00 Rabbi Ami Monson: "You May Be Right, You May Be Wrong" 7:00 Tuesday Night Movie: <i>The Miracle of Morgan's Creek—MOV</i> 7:00 Card Game Night-GR</p>	<p>23</p> <p>9:00 Communion Service with Colleen—Chapel 11:00 Grocery shopping 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 4:00 Happy Hour —GR</p>	<p>24</p> <p>9:00-2:00 Transport to medical appts 1:00 Opera in the Theater: <i>Maria Stuarda</i> 3:15 Mens Assistive Device Shuffleboard Game Room 5:00 Supper Club - Chef Mickey Baked Haddock</p>	<p>25</p> <p>10:30 Cribbage 12:00 Opera in the Theater: <i>Tannhauser</i></p>	<p>26</p> <p>12:00 Movie: <i>Halloween Horror : Frankenstein 1931</i> 2:00 Mexican Train-GR 6:00 Halloween Octoberfest Party w/HEA Productions-GR 7:00 Saturday Night Live—GR</p>
<p>30</p> <p>9:00 Communion Service with Colleen—Chapel 11:00 Grocery shopping 11:00-12:30 Guilderland Library Let's Talk: Coffee & Conversation for Seniors 1PM Art History Architecture of the Middle Ages/Presented By David Hoffman-GR 3:00 Book Club-LIB 4:00 Happy Hour —GR</p>	<p>31</p> <p>9:00-2:00 Transport to medical appts 3:15 Mens Assistive Device Shuffleboard Game Room 5:00 Supper Club - Chef Mickey Meat Lasagna happy Halloween</p>	<p>Event Color Key</p> <p>RED Outings, happy hour and musical entertainment</p> <p>BLUE Presentations, craft class, movies, opera</p> <p>GREEN Games</p> <p>VIOLET Clubs</p>		<p>Location Key</p> <p>AG-Art Gallery PAV - Pavilion</p> <p>CR Craft Room PAT - Patio</p> <p>FDR - Family Dining Room P - Pool</p> <p>FS - Fitness Studio TAV - Tavern</p> <p>GR - Great Room YS - Yoga Studio</p> <p>LIB - Library</p> <p>LOBBY</p> <p>MOV - Movie Theatre</p>		
<p>CONNECTED <i>life</i></p> <p>FITNESS</p>	<p>Every Monday</p> <p>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)</p>	<p>Every Tuesday</p> <p>9:00 & 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)</p>	<p>Every Wednesday</p> <p>10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)</p>	<p>Every Thursday</p> <p>9:00 Chair Pilates (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Chair Pilates (Fitness Studio)</p>	<p>Every Friday</p> <p>8:45 Water Aerobics (Pool) 11:30 Zumba Gold Beginning Friday, Oct. 25</p>	<p>Continental Breakfast</p> <p>Monday—Friday 8:30—10:30</p> <p>Saturday—Sunday 9:00—11:00</p>

Community Activities

Tuesday Night Movies 7 Pm (in the Theater)

October 1 -American Fiction

American Fiction is a 2023 American comedy-drama film that follows a frustrated novelist-professor who writes an outlandish satire of stereotypical "Black" books, only for it to be mistaken for serious literature and published to high sales and critical praise. The film received numerous accolades. It was named one of the top 10 films of 2023 by the American Film Institute. It also received five nominations at the 96th Academy Awards.



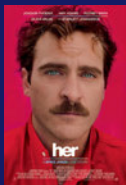
October 8 - The Blue Angel (Der blaue Engel)

The Blue Angel presents the tragic transformation of a rigid bourgeois professor into a cabaret clown and his descent into madness as he falls into the spell of a sexy cabaret singer. The film brought Marlene Dietrich international fame. It also introduced her signature song "Falling in Love Again (Can't Help It)". The film is considered a classic of German cinema.



October 15 -her

Set in the Los Angeles of the slight future, "her" follows Theodore Twombly, a complex, soulful man who makes his living writing touching, personal letters for other people. Heartbroken after the end of a long relationship, he becomes intrigued with a new, advanced operating system. Upon initiating it, he is delighted to meet "Samantha," a bright, female voice, who is insightful, sensitive and surprisingly funny. As her needs and desires grow, in tandem with his own, their friendship deepens into an eventual love for each other.



October 22- The Miracle of Morgan's Creek

In this 1944 comedy a small-town girl goes overboard with war-time patriotic zeal and marries a soldier she's only met once. He disappears after one night, leaving her pregnant . . . but she just can't remember her husband's name. One critic summed it up as "Great verbal gags and non-sequiturs, fast paced action, and a thorough irreverence for all things deemed respectable . . . make it a lasting delight."



October 29 -Hester Street

Hester Street tells the story of Jewish immigrants who come to the Lower East Side of New York City in 1896 from Eastern Europe, and who live on Hester Street in Manhattan. When Yankel first comes to the U.S., he quickly assimilates into American culture and becomes Jake. He also begins to have an affair with Mamie, a dancer. His wife, Gitl, who arrives later with their son, Yossele, has difficulty assimilating.



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

Thursday October 10 @ 1:00 PM
Romeo et Juliette

Soaringly passionate and exquisitely heartbreaking, Romeo and Juliet is a perfect operatic subject. This French opera, focuses on the lyrical arc of the love story of Shakespeare's star-crossed lovers.

Thursday October 24 @ 1:00 PM
Maria Stuarda

Maria Stuarda, a classic example of 19th-century bel canto, or the art of "beautiful singing" tells the dramatic story of the intense rivalry between Mary, Queen of Scots, and Queen Elizabeth I of England. Set against a backdrop of political intrigue and personal animosity, the opera explores themes of power, jealousy, and tragedy.

Halloween Octoberfest

Party with with HEA Productions

Come dressed in costume, bring a snack to share and let's have some Fall Fun!



Saturday October 26, at 6:00
in the Great Room

Community Activities

Enjoy an Autumn Drive to
Manchester, VT
Destination

Hildene, The Lincoln Family Home

Cost \$23 admission,
plus lunch at Mulligan extra.



A Beautiful Autumn Drive

Historic home of Robert Lincoln, only child of President and Mary Todd Lincoln to survive to adulthood. The estate has beautiful gardens, restored 1903 wooden Pullman palace railcar, goat farm and cheesemaking facility.

October 16, at 1:00 pm Proctors Free Concert

The young musicians of the ESYO Symphony Orchestra under the direction of Étienne Aurelio will present Selections from Copland, Hendrix, Gershwin, and Bernstein in an hour long concert sure to marvel all music lovers.



Empire State Youth Orchestra.

esyô at **PROCTORS**



inkhappi.com

Stop by the Salon on Friday, October 18th at 1:00

Paula will be donating her time to give you a little **"PiNK"** in your hair and in return you can give back through donation.

Donations of \$2 for one or an arms length for \$5. Let's make it a day of **"PiNK"** and wear your best pink outfit.

Also, stop in to take a chance on our **"PiNK"** basket.



All proceeds to support
Susan G. Komen Foundation .

**susan G.
Komen.** 

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

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

October 3—Stuffed Eggplant Roulade w/Meatball

October 10—Chicken breast Stuffed w/Broccoli & Cheese, Mashed and Veg

October 17—Deluxe Grilled Cheese and Butternut Squash Soup

October 24—Baked Haddock, Mashed Potatoes and Veg

October 31—Traditional Meat Lasagna

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