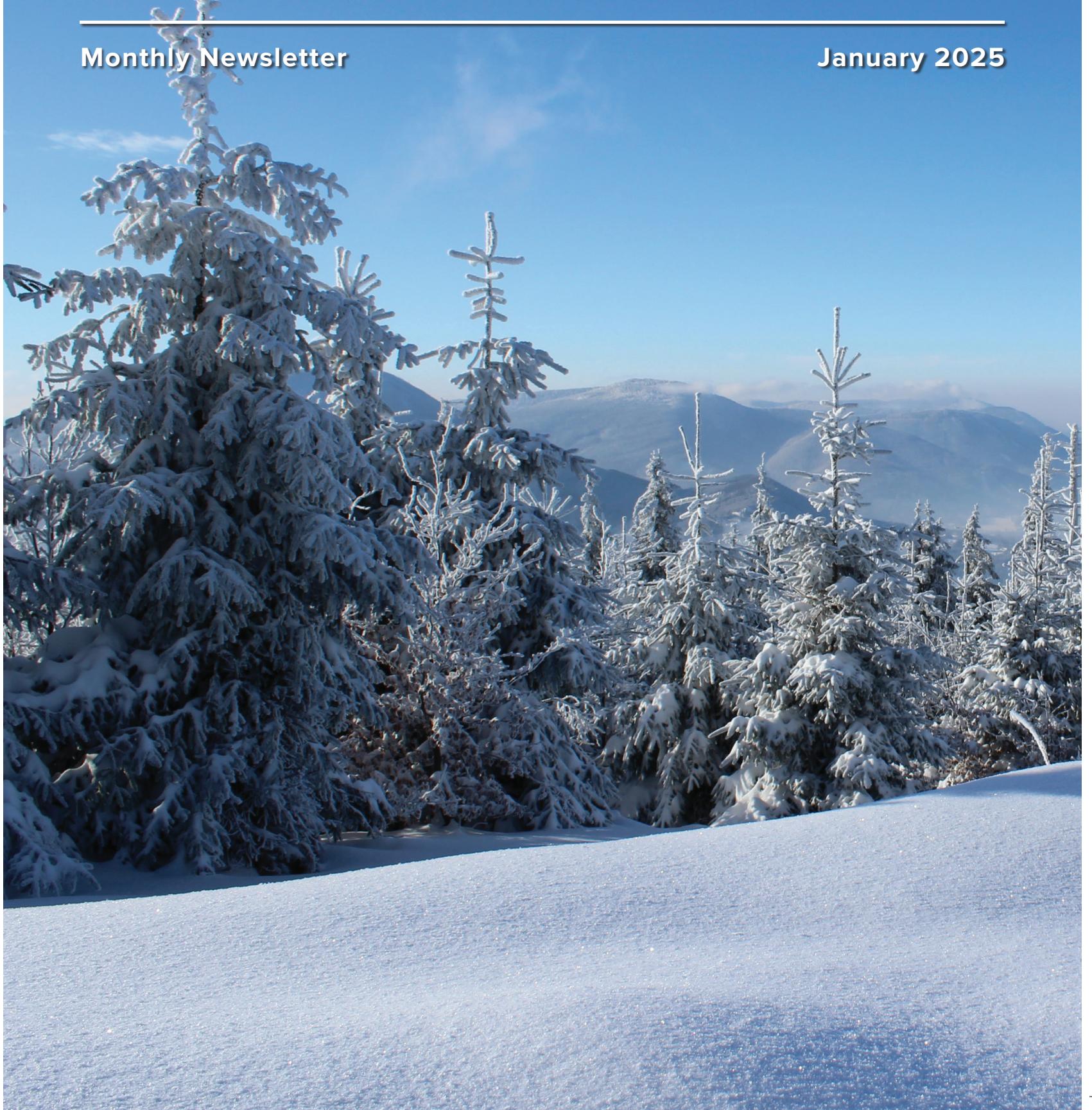




# S U M M I T A T M I L L H I L L

Monthly Newsletter

January 2025



# THE Community Manager's Message

While a new year signifies a fresh start and potential for change...

What if you are perfectly content with your status quo and don't feel the need to alter your personality or lifestyle just because of the calendar date? So many resolutions are about dissatisfaction and flaws that need fixing! If you believe that positive or negative thoughts attract corresponding experiences, focus your resolutions instead on self-acceptance and openness to new possibilities.

On the lighter side, here are some New Year's resolutions from the late Erma Bombeck:

1. I'm going to clean this dump just as soon as the kids grow up.
2. I will go to no doctor whose office plants have died.
3. I'm going to follow my husband's suggestion to put a little excitement into my life by living within our budget.
4. I'm going to apply for a hardship scholarship to Weight Watchers.
5. I will never loan my car to anyone I have given birth to.
6. And just like last year...I am going to remember that my children need love the most when they deserve it the least.

*Janine*  
Janine Robinson  
Community Manager

## 2025 YEAR OF THE SNAKE



The Year of the Snake is a year in the Chinese zodiac that occurs every 12 years  
2025, 2013, 2001, 1989, 1977, 1965, 1953, 1941, 1929, 1917  
In Chinese culture, the snake symbolizes wisdom and agility

## Staff



### Community Manager

Janine Robinson  
jrobinson@SummitSeniorLife.com

### Resident Services Coordinator

Paryese Becker  
pbecker@summitseniorlife.com

### Maintenance

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

### TUESDAY NIGHT MOVIE

#### January 7 - Maria

Maria is a 2024 biographical psychological drama film starring Angelina Jolie as one of the greatest opera singers of the 20th century, Maria Callas.

#### January 14- Portrait of a Lady on Fire

This 2019 French language film examines the entanglements between artistic creation and burgeoning love, between memory and ambition and freedom.

#### January 21 - Moonrise Kingdom

Warm, whimsical, and poignant, the immaculately framed and beautifully acted 2012 film is set in the year 1965. It contrasts the innocence of childhood against the silliness and hypocrisy of adults.

#### January 28 - Concussion

Set during the 2000s, this 2015 film stars Will Smith as Bennet Omalu, a forensic pathologist who fights against the National Football League trying to suppress his research on chronic traumatic encephalopathy (CTE) brain degeneration suffered by professional football players.



### Music at Mill Hill

Jill Smith - Broadway Hits

1/10 at 2pm

Russ Kennedy - Happy Hour Special

1/15 at 4-5pm

### The Great Room



### Hanukkah Celebration

January 2

Great Room at 4 pm

Lighting of the Menorah, specially prepared Latkes and dreidel competition!

All are welcome to join

### ART HISTORY 101:



PRESENTATION WITH  
DAVID HOFFMAN  
FRIDAY, JANUARY 3<sup>RD</sup>  
IN THE GREAT ROOM

MIDDLE AGES



DIY NIGHTLIGHT CRAFT

Tap Into Your  
Creative Side!

### Krafts with Karen

Mason Jar  
Snow Globes

Wednesday,  
January 8th at 1pm

Craft Room

# January 2025

The Summit At Mill Hill: 518.941.8871 • Emergency Maintenance: 518.948.6994

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<b>Event Color Key</b> Black: Games and Organized Groups Red: Happy Hour, Celebrations and Musical Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes	<b>Location Key</b> AG-Art Gallery      PAV-Pavilion FDR-Family Dining Rm      P-Pool FS-Fitness Studio      TAV-Tavern GR-Great Room      YS-Yoga Studio CR-Craft Room      GMR-Game Room LIB- Library      PAV - Pavilion MIL-Meet in Lobby      PAT - Patio MOV- Movie Theater      P - Pool PAT-Patio      TAV - Tavern YS - Yoga Studio		1  <b>OFFICE IS CLOSED</b> No Continental Breakfast or Fitness	2 9-2:00 Transport to Medical Appt. 4:00 Hanukkah Celebration-GR Sampling Latkes, Dreidel Competition, and Lighting of The Menorah. No Supper Club	3  10:00 AM Walmart Shopping 1:00 Art History 101: Middle Ages-GR	4 12:00 Movie: His Three Daughters-MOV 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR
5  12:00 Movie <i>(Residents Choice—Netflix)</i>	6 1:00 Monday Matinee: Men's Choice-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	7 9-2:00 Transport to Medical Appt. 11:00 Activities Committee Meeting-TAV 1:00 PRN Winter Olympics-GR 5:00 Supper Club TBA-TAV 7:00 Tues. Night Movie: Maria-MOV 7:00 Card Game Night-GR	8 9:00 Communion Service with Colleen—Chapel 11:00 Grocery Shopping 1:00 PM Craft Class with Karen-CR 4:00 Happy Hour-GR	9 9-2:00 Transport to Medical Appt. 1:00 Opera in Theater: Il Trittico 5:00 Supper Club—Chef Mickey Stuffed Shells w/Meatballs	10 10:30 Cribbage/Games-TAV *Reminder: Pool is closed for maintenance after last scheduled class 2:00 Broadway Music with Jill Smith 7:00 Bingo-GR	11 12:00 Movie: The Long Game 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR
12  1:00 Qwirkle 12:00 Movie <i>(Residents Choice—Netflix)</i> 3:00 Poetry Club: Line by Line w/Larry-LIB	13 1:00 Monday Matinee: Ladies Choice-MOV 1:00 Faith Based discussion w/Colleen-LIB 1-3:00 Guilderland Library: Creative Writing Workshop 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 6:00 Line Dancing with Linda *All Supper Club orders due by 1:00	14 9-2:00 Transport to Medical Appt. 2:00 Trivia w/Mark Hersh-GR 5:00 Discussion w/ Rabbi Ami-GR 7:00 Tues. Night Movie: Portrait of a Lady on Fire-MOV 7:00 Card Game Night-GR	15 9:00 Communion Service with Colleen-Chapel 11:00 Grocery Shopping 4:00 Happy Hour and Entertainment w/Russ Kennedy-GR	16 9-2:00 Transport to Medical Appt. 2:00 Discussion w/Clara Simon, Topic: "Generations" 3:15 Men's Shuffle Board 5:00 Supper Club—Chef Mickey Vegetable Lasagna w/Alfredo Sauce	17 10:30 Cribbage/Games-TAV 11:00 Outing to the Cathedral of All Saints for "Cathedral in Bloom" \$10 admission fee	18 12:00 Movie: Outside In 2:00 Mexican Train-GR
19  12:00 Movie <i>(Residents Choice—Netflix)</i>	20 <b>OFFICE IS CLOSED</b> No Continental Breakfast or Fitness  <b>Martin Luther King Jr. Day</b>	21 9-2:00 Transport to Medical Appt. 1:00 PRN Winter Olympics-GR 5:00 Supper Club TBA 7:00 Tuesday Night Movie: Moonrise Kingdom—MOV 7:00 Card Game Night-GR	22 9:00 Communion Service with Colleen-Chapel 11:00 Grocery Shopping 4:00 Happy Hour-GR  Happy Hanukkah	23 9-2:00 Transport to Medical Appt. 1:00 Opera in Theater: Akhnaten 3:15 Men's Shuffleboard-GMR 5:00 Supper Club—Chef Mickey Chicken Parm Over Pasta	24 10:30 Cribbage/Games-TAV 7:00 Bingo-GR	25 12:00 Movie: Captain Phillips 2:00 Mexican Train-GR 7:00 Saturday Night Live - GR
26  1:00 Qwirkle 12:00 Movie <i>(Residents Choice—Netflix)</i> 3:00 Poetry Club: Line by Line w/Larry-LIB	27 1-3:00 Guilderland Library: Creative Writing Workshop 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 6:00 Line Dancing with Linda—GR 6:30 Eight-Ball—GR	28 9-2:00 Transport to medical appt. 7:00 Tuesday Night Movie: Concussion—MOV 7:00 Card Game Night-GR	29 9:00 Communion Service with Colleen—Chapel 11:00 Grocery Shopping 4:00 Happy Hour-GR	30 9-2:00 Transport to Medical Appt. 3:15 Men's Shuffle Board- GRM 5:00 Supper Club—Chef Mickey Stuffed Eggplant w/Meatballs	31 10:30 Cribbage 6:00 Comedian: Judith Clements-GR	
  <b>FITNESS</b>	<b>Every Monday</b> 8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength & Balance (Fitness Studio) 10:00—10:30 Strength & Balance (Fitness Studio) 10:45—11:30 Water Aerobics (Pool) 7:00 Relaxation Yoga (Yoga Studio)	<b>Every Tuesday</b> 9:00 & 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)	<b>Every Wednesday</b> 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)	<b>Every Thursday</b> 9:00 Chair Pilates (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Chair Pilates (Fitness Studio)	<b>Every Friday</b> 8:45 Water Aerobics (Pool) 11:30 Zumba Gold (Fitness Studio)	<b>Continental Breakfast</b> Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

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

THURSDAY JANUARY 9@ 1:00PM

**Il Trittico**

THREE ONE ACT OPERAS BY PUCCINI IN A PERFORMANCE FROM THE ROYAL OPERA HOUSE IN LONDON.

THURSDAY JANUARY 23 @ 1:00PM

**Akhnaten**

PHILIP GLASS' MODERN OPERA TELL THE STORY OF THE RISE AND FALL OF AKHNATEN, AN ANCIENT EGYPTIAN PHAROAH WHO TIRED AND FAILED TO INTRODUCE A MONOTHEISTIC RELIGION.



Join Clara Simon in the Great Room On Thursday, January 16th at 2:00 pm

As she discusses

**“Generations”**

Learning from our Past to Transmit to our Future! Feel free to bring pictures or family heirlooms to share.

**January Happenings at The Guilderland Public Library**

Do you have a story you would like to tell,

**CREATIVE WRITING Mondays** NEW!



JAN 13 & 27  
1-3PM

Do you have memoirs you would like to write? Maybe you want to try your hand at writing a short fiction piece. Whatever you fancy, join us for Creative Writing Mondays!

This program is self led. No registration is necessary, feel free to drop-in to the McKownville room anytime between 1 and 3pm!



**Cathedral in Bloom** 1/17

Where: Cathedral of All Saints

Fee \$10

Bus will depart at 10:30 am



- |                      |      |
|----------------------|------|
| Bernie Capobianco    | 1/1  |
| Stephen Reynolds     | 1/1  |
| Helen Zenello        | 1/4  |
| Sharon Sim           | 1/9  |
| Richard Gresham      | 1/18 |
| Lucian Garda         | 1/23 |
| Jean DeLia           | 1/26 |
| Joyce Gresham        | 1/26 |
| Stephen St. Lawrence | 1/30 |

**Winter comic relief**

**fun** 1/31 **Comedian Judith Clements**

**At 6PM in the Great Room**



**SATURDAY MATINEE**

ALL MOVIES START AT NOON

- 1/4 His Three Daughters
- 1/11 The Long Game
- 1/18 Outside In
- 1/25 Captain Phillips

**POETRY CLUB LINE BY LINE W/LARRY**

**Explore Poetry**

Offered twice a Month on Sundays in the Library with Larry  
1/12 and 1/26 @ 3pm



**The Summit Winter Olympics**  
**January 7th and 21st**  
**1 pm in the Great Room**

# 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.



## Michael A Masias, DPM

*Total In Home Foot Care*

(518) 320-8659  
(888) 382-3932 FAX  
michaelmasiasdpm@yahoo.com

## Summit at Mill Hill

2025 Dates  
Starting at 2:00pm



Wednesday, January 8  
Wednesday, February 12  
Wednesday, March 12  
Wednesday, April 9  
Wednesday, May 14  
Wednesday, June 11  
Wednesday, July 9  
Wednesday, August 13  
Wednesday, September 10  
Wednesday, October 8  
Wednesday, November 12  
Wednesday, December 10



## Wednesday Grocery Shopping

Wednesdays at 11:00 local grocery stores -  
Market 32 & Hannaford.

First Friday at 11:00 Walmart shopping.

Please gather in the Lobby 5 minutes  
before departure.



## Medical Appointment Shuttle

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.



# SupperClub

FOOD & FRIENDS

## THURSDAYS WITH CHEF MICKEYS

**Jan. 9th**

Stuffed Shells w/Meatballs

**Jan. 16th**

Vegetable Lasagna w/Alfredo Sauce

**Jan. 23rd**

Chicken Parmesan Over Pasta

**Jan. 30th**

Stuffed Eggplant w/Meatballs

**ALL MEALS SERVED W/SALAD AND A ROLL**



**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



at The Summit At Mill Hill



Gift Certificates Available



Hair Stylist - Paula 518-361-5629

Massage Therapist - Charlene 518-813-3347  
By Appointment