

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

Monthly Newsletter

February 2025



THE Manager's Message

February Anecdotes

Amethyst Is the February birthstone, said to prevent drunkenness and make you quick witted in business.

Valentines Day Originated as a Christian feast day honoring a martyr named Valentine. At least three saints bear the name Valentine, so we may never know which saint we are celebrating.

Spunky Old Broads Day Marked annually on February 1st to celebrate the women who have learned to push forward, find humor and share their spirit with those around them.

Happy February,

Janine 

Janine Robinson
Community Manager

Word Search

O W M G Y M X F L P H M C C E
D W S S G B X Z D O K H P O Y
H J N I E J V R P N V T D K L
K V G G F Z P B G Y C E A O K
N C Z D V E S K Q N W I Y L C
B G H B J A B K I I P F N B S
L B Z O X J L R A S F C Z N P
D S D B C M V E U X S S E U Y
L F H Z K O K V N A Y N H R J
R K S T M W L F U T R L V O T
K K C R L P C A G B I Y Z S M
E C U O H K O A T B A N B E C
K X P G H N X O R E P H E S H
O H I K Y Y M X D D F B S M J
A B D R Q M J B Q O I P V U K

Chocolate
Roses

Valentine
Cupid

February
Love

Kiss
Card

Staff



Community Manager

Janine Robinson
jrobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
Mgrant@summitseniorlife.com

Maintenance

Roman Early
Nick Siver

Weekend Concierge

Sue Purga
Angelica Paluch
Gabi Penitti
Sandy Smith

Office Phone

518-941-8871

The Summit At Mill Hill
2 Mill Hill Court
Slingerlands, NY 12159
www.summitatmillhill.com

Community Activities

TUESDAY MOVIE NIGHT

2/4-THE RED SHOES

This backstage drama is the story of an aspiring ballerina who joins a world-renowned ballet company. Dictatorial impresario tests her dedication to the ballet by making her choose between her career and her love for an equally demanding composer.

2/11-THE LION IN WINTER

The Lion in Winter is a 1968 historical drama, foccusing on Henry II of England and his attempt to establish a line of succession during a family gathering. His efforts unleash both political and personal turmoil.

2/18-TWENTIETH CENTURY

Twentieth Century is a prototype for the screwball comedy- with a dizzy dame, but befuddled, here, dazzling dialogue, and a dash of slapstick. Much of the film is set on the 20th Century Limited train as it travels from Chicago to New York City.

2/25-ARRIVAL

Arrival is a 2016 American science fiction drama. The film stars Amy Adams as Louise Banks, a linguist enlisted by the United States Army to discover how to communicate with extraterrestrials who have arrived on Earth.

FRED THE BUTCHER Outing



**MONDAY, FEBRUARY 3RD
BUS DEPARTS AT 11AM**

Discover premium cuts of meat, gourmet groceries, and the sandwich bistro!



PRN Presents THE HEART: AN OWNERS MANUAL



A presentation on healthy heart and benefits of exercise .
Tuesday, February 11th 11am in the Great Room

Crafts with Water

Greeting Cards

WEDNESDAY, FEBRUARY 4TH
1PM IN THE GREAT ROOM

FEBRUARY 2025

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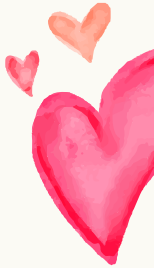
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Event Color Key

- Black:** Games and Organized Groups
- Red:** Happy Hour, Celebrations and Musical Entertainment
- Green:** Outings
- Blue:** Opera or Movies
- Purple:** Presentations and Classes

Location Key

- AG-Art Gallery
- P-Pool
- FDR-Family Dining Rm
- TAV-Tavern
- FS-Fitness Studio
- YS-Yoga Studio
- GR-Great Room
- GMR-Game Room
- CR-Craft Room
- PAV - Pavilion
- LIB- Library
- PAT - Patio
- MIL-Meet in Lobby
- P - Pool
- MOV- Movie Theater
- TAV - Tavern
- PAT-Patio
- YS - Yoga Studio
- PAV-Pavilion



2 9:00—11:00 Continental Breakfast
 9:00 Local news chat-TAV
 12:00 Meet the Artist: John Williams-AG
 3:00 Poetry Club:
 Line by Line/Larry-LIB


3 8:30—10:30 Continental Breakfast
 11:00 Fred the Butcher Outing
 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

4 8:30—10:30 Continental Breakfast
 9-2:00 Transport to Medical Appt.
 1:00 Activities Meeting-TAV
 2:00 How We Create Pandemics-
 Smithsonian Museum-MOV
 5:00 Supper Club TBA-TAV
 7:00 Card Game Night-GR
 7:00 Tues. Night Movie: The Red Shoes

5 8:30—10:30 Continental B
 9:00 Communion
 Colleen—C
 11:00 Grocery
 11:00-1:00 Senior
 Guilderland
 1:00 PM Craft Class
 4:00 Happy H

9 9:00—11:00
 Continental Breakfast
 9:00 Local news chat-TAV
 1:00 Qwirkle
 12:00 Movie (Residents Choice—Netflix)
 5:30 SuperBowl LIX Party-TAV
 6:30 Game starts

10 8:30—10:30 Continental Breakfast
 1:00 Monday Matinee: Ladies Choice-MOV
 10:00 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

11 8:30—10:30
 Continental Breakfast
 9-2:00 Transport to Medical Appt.
 1:00 PRN Presentation: The Heart an
 Owners Manual
 2:00 Trivia w/Mark Hersh-GR
 7:00 Tues. Night Movie:
 The Lion in Winter
 7:00 Card Game Night-GR

12 8:30—10:30
 Continental B
 9:00 Communion
 Colleen-C
 11:00 Grocery
 11:00-1:00 Senior
 Guilderland
 4:00 Happy H

16 9:00—11:00
 Continental Breakfast
 9:00 Local news chat-TAV
 12:00 Movie
 (Residents Choice—Netflix)
 3:00 Poetry Club:
 Line by Line w/Larry-LIB

17 **OFFICE IS CLOSED**
 No Continental Breakfast or Fitness


18 8:30—10:30
 Continental Breakfast
 9-2:00 Transport to Medical Appt.
 5:00 Supper Club TBA
 5:00 Discussion with Rabbi Ami-GR
 7:00 Tuesday Night Movie:
 Twentieth Century
 7:00 Card Game Night-GR

19 8:30—10:30
 Continental B
 9:00 Communion
 Colleen-C
 11:00-1:00 Senior
 Guilderland
 4:00 Happy H

23 9:00—11:00
 Continental Breakfast
 9:00 Local news chat-TAV
 12:00 Movie
 (Residents Choice—Netflix)
 1:00 Qwirkle

24 8:30—10:30
 Continental Breakfast
 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—GR1
 *All Supper Club orders due by 1:00

25 8:30—10:30
 Continental Breakfast
 9-2:00 Transport to medical appt.
 7:00 Tuesday Night Movie: Arrival
 7:00 Card Game Night-GR

26 8:30—10:30
 Continental B
 9:00 Communion
 Colleen—C
 11:00 Grocery
 11:00-1:00 Senior
 Guilderland
 3:00 Book
 4:00 Happy H

CONNECTED *life*



FITNESS

Every Monday

- 8:30—9:15 Water Aerobics (Pool)
- 9:30—10:15 Strength & Balance
- 10:30-10:45 Strength & Balance
(Fitness Studio)
- 7:00 Relaxation Yoga (Yoga Studio)

Every Tuesday

- 9:00 & 10:00 Stretch & Flex
- 9:45 Balance Class (FS)
- 11:00 Hydro Riders (P)

Every Wednesday

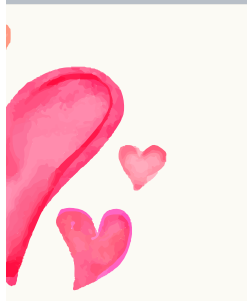
- 10:45 Sit To Be Fit
- 11:45 Water Aerobics
- 8:45 Sit 2B
- 10:00 & 3:30 Bu

W

TH

F

S



1 9:00–11:00 Continental Breakfast
 12:00 Movie: **Elvis**
 2:00 Mexican Train-GR
 7:00 Game Night- GR

3-10:30
 Continental Breakfast
 Union Service with
 n—Chapel
 Grocery Shopping
 Seniors Connect -
 Land Library
 Class with Karen-CR
 Copy Hour-GR

6 8:30–10:30
 Continental Breakfast
 9-2:00 Transport to Medical Appt.
 3:00 Residents Meeting - GR
 3:15 Men's Shuffle Board-GMR
 5:00 Supper Club—Chef Mickey

7 8:30–10:30
 Continental Breakfast
 10:00 Walmart Shopping
 10:30 Cribbage/Gaves- TAV
 1:00 Valentines Day Cards
 with Sandy- CR
 7:00 Bingo-GR

8 9:00–11:00
 Continental Breakfast
 12:00 Movie: **The Age of Adeline**
 2:00 Mexican Train-TVR
 7:00 Game Night- GR

10-10:30
 Continental Breakfast
 Union Service with
 n—Chapel
 Grocery Shopping
 Seniors Connect -
 Land Library
 Copy Hour - GR

13 8:30–10:30
 Continental Breakfast
 9-2:00 Transport to Medical Appt.
 1:00 Opera in MOV: **Andrea Chenier**
 3:15 Men's Shuffle Board-GMR
 5:00 Supper Club—Chef Mickey

14 8:30–10:30
 Continental Breakfast
 10:30 Cribbage/Games-TAV
 *Reminder: Pool is closed for maintenance
 after last scheduled class
 2:00 Rootbeer floats w/
 touchinghearts-GR
 6:00 Valentines Day Party
 with HEAProductions

15 9:00–11:00
 Continental Breakfast
 12:00 Movie: **The Post**
 2:00 Mexican Train-GR
 7:00 Game Night- GR



17-10:30
 Continental Breakfast
 Union Service with
 n—Chapel
 Grocery Shopping
 Seniors Connect -
 Land Library
 Copy Hour-GR

20 8:30–10:30
 Continental Breakfast
 9-2:00 Transport to Medical Appt
 3:15 Men's Shuffleboard-GMR
 5:00 Supper Club—Chef Mickey

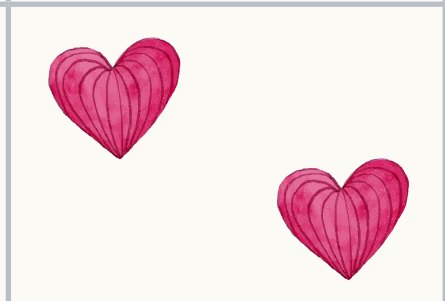
21 8:30–10:30
 Continental Breakfast
 10:30 Cribbage/Games-TAV
 11:30 departure
 Lunch Outing:
 Chris' Chuck Wagon Diner
 2:00 Steve LaPidus:
 A Trip Through Japan
 7:00 Bingo-GR

22 9:00–11:00
 Continental Breakfast
 12:00 Movie: **Downton Abbey-
 The Motion Picture**
 2:00 Mexican Train-GR 7:00 Game
 Night - GR

23-10:30
 Continental Breakfast
 Union Service with
 n—Chapel
 Grocery Shopping
 Seniors Connect -
 Land Library
 Book Club
 Copy Hour-GR

27 8:30–10:30
 Continental Breakfast
 9-2:00 Transport to Medical Appt.
 1:00 Opera in Theater: **Faust**
 3:15 Men's Shuffle Board- GRM
 5:00 Supper Club—Chef Mickey

28 8:30–10:30
 Continental Breakfast
 10:30 Cribbage
 1:00 Stitches in Time:
 A History of American Needlework
 with MarilynSassi-MOV



Wednesday
 8:00 Fit (Fitness Studio)
 9:00 Aerobics (Pool)
 10:00 2B Fit (FS)
 11:00 Buddy Swim (P)

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

OPERA AT THE SUMMIT FROM THE METROPOLITAN OPERA

IN THE MOVIE THEATER

**THURSDAY FEBRUARY 13TH AT 1:00PM
ANDREA CHENEIR**

Poet Andrea Chénier is overwhelmed by his impossible love for the beautiful aristocrat Maddalena as their world is torn apart by the violence of the French Revolution.

**THURSDAY FEBRUARY 27TH AT 1:00PM
FAUST**

Faust is the story of an old man, disillusioned by life who makes a deal with the devil - his soul in exchange for youth and love. The result is tragic for Faust and Marguerite- the innocent young woman he seduces.

SUPERBOWL *PARTY*

**Saturday, February 9th 5:30 in the
Tavern
The game starts at 6:30 on Fox or Fubo**



Valentines Day Party

Friday February 14th at 6PM
in the Great room with
entertainment from HEA
Productions!

SATURDAY MATINEE

All Movies Start at Noon

- 2/1 ELVIS
- 2/8 THE AGE OF ADALINE
- 2/15 THE POST
- 2/22 DOWNTON ABBEY: THE MOVIE



*Root beer floats
with Touching
Hearts At Home*

~~Friday February
14th 2PM in the
Great Room~~

Community Activities

STITCHES IN TIME: A HISTORY OF AMERICAN NEEDLE WORK *With Marilyn Sassi*

Learn how Mary Queen of Scots turned needlework into an art that shaped English and American tradition.

Friday, February 28th at 1pm
in the Movie Theater

How We Create Pandemics: FROM OUR BODIES TO OUR BELIFS

With Sabrina Sholts, Smithsonian Curator



Smithsonian



Tuesday, February 4th at
2PM in the Theater

FEBRUARY Birthdays

Judy Phaff	2/14
Levon Daghlian	2/16
Sylvia Hammeroff	2/17
Evelyn Pitt	2/19
Dianna Peters	2/19
Chan Mielke	2/20
Darla DeBruin	2/22
Barbara Hoehn	2/22

Meet The Artist: John Williams

February 2nd in the Art Gallery at
Noon

Concierge 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) 3208659 (888) 3823932 FAX
michaelmasiasdpm@yahoo.com

Summit at Mill Hill

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 MICKEY

Feb. 6th

Baked Salmon w/ rice and vegetables

Feb. 13th

Meatloaf w/ mashed potatoes, vegetables and gravy

Feb. 20th

Manicotti w/ meatballs and sauce

Feb. 27th

Sliced roast pork ~~lion~~ w/ mashed potatoes and vegetables

ALL MEALS SERVED W/SALAD AND A ROLL



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