

# SUMMIT AT MILL HILL

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Monthly Newsletter

March 2025





# THE Manager's Message

## Welcome March!

For math enthusiasts, March 14 is "Pi Day" since 314 correlates to the first three digits of the mathematical constant Pi. Pi is a fundamental ratio that appears in many real-world applications in math, science, and engineering.

On St. Patrick's Day, March 17, we will celebrate with a traditional meal of corned beef and cabbage served with soda bread. Corned beef became a St. Patrick's Day staple in the US because it was a comfort food for Irish immigrants who couldn't get salted beef from Ireland. Irish immigrants in the early 1800s bought corned beef from Jewish butchers in New York City's Lower East Side.

This year, after all the ice and snow, we look forward to the first day of spring on March 20. Spring commences on the date of the spring equinox which is determined by the Earth's tilt as it travels around the Sun. On the equinox, the Sun crosses the equator, making day and night nearly equal in length. I hope it brings with it abundant sunshine!

*Janine*

Janine Robinson  
Community Manager



## Staff



### Community Manager

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Janine Robinson  
[jrobinson@SummitSeniorLife.com](mailto:jrobinson@SummitSeniorLife.com)

### Resident Services Coordinator

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Makenzie Grant  
[Mgrant@summitseniorlife.com](mailto:Mgrant@summitseniorlife.com)

### Maintenance

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Roman Early  
Nick Siver

### Weekend Concierge

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Sue Purga  
Angelica Paluch  
Gabi Penitti  
Sandy Smith

### Office Phone

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518-941-8871

The Summit At Mill Hill  
2 Mill Hill Court  
Slingerlands, NY 12159  
[www.summitatmillhill.com](http://www.summitatmillhill.com)

# Community Activities

## Hot Cocoa and Irish Coffee Bar!



Friday March 7th at 2:00pm in the Great Room!



## Songs & Stories of Broadway with Jill P Smith



Monday, March 10th at 3:30pm  
in the Great Room  
Come sing along!

## Ne'imah Jewish Community Chorus Concert

Sunday March 16th at 3:00pm in the Great Room



## COOKING WITH FRIENDS

COME HELP PREPARE A SPECIAL  
APPETIZER FOR HAPPY HOUR

WEDNESDAY, MARCH 19TH AT 2:00PM IN  
THE GREAT ROOM



## Brunch at Cracker Barrel!

Friday, March 21st - 11:00am departure  
Sign up sheet in the Great Room  
\*12 resident maximum\*



Friday, March 28th - 11:00am departure

Trader Joe's offers a unique shopping experience with a product selection that includes affordable quality, a community hub atmosphere, and a fun and quirky identity.



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CONNECTED</div> <div><div><div></div></div><div>life</div></div> <div><div></div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>8:30—9:15am Water Aerobics (P) 9:30—10:15am Strength &amp; Balance (FS) 10:30-11:15am Strength &amp; Balance (FS) 7:00pm Relaxation Yoga (YS)</div>					<div>1</div> <div>12:00pm Movie: Irish Wish</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
	<div>2</div> <div>9:00am Local news chat -TAV</div> <div>12:00pm Movie (Residents Choice)</div>	<div>3</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting Group - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>4</div> <div>1:00pm Activities Meeting - TAV</div> <div>5:00pm Supper Club TBA - TAV</div> <div>7:00pm Tues. Night Movie: Wild Strawberries</div> <div>7:00pm Card Game Night - GR</div>	<div>5</div> <div>9:00am Communion Service with Colleen - Chapel</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect - Guilderland Library</div> <div>1:00pm Craft Class with Karen</div> <div>4:00pm Happy Hour - GR</div> <div>Ash Wednesday</div>	<div>6</div> <div>3:00pm Residents Meeting - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club - Chef Mickey</div>	<div>7</div> <div>10:00am Walmart Shopping</div> <div>10:30am Cribbage/Games - TAV</div> <div>2:00pm Hot Chocolate &amp; Irish Coffee Bar - GR</div> <div>7:00pm Bingo - GR</div>
<div>9</div> <div>9:00am Local news chat -TAV</div> <div>12:00pm Movie (Residents Choice)</div> <div>1:00pm Qwirkle</div>	<div>10</div> <div>10:00am Faith Based Discussion with Colleen - LIB</div> <div>1:00pm-3:00pm Guilderland Library: Creative Writing Workshop</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting Group - GR</div> <div>3:30pm Broadway program: Songs and Stories with Jill P Smith - GR</div>	<div>11</div> <div>2:00pm Tavern Trivia with Mark Hersh -TAV</div> <div>7:00pm Tues. Night Movie: Bull Durham</div> <div>7:00pm Card Game Night - GR</div>	<div>12</div> <div>9:00am Communion Service with Colleen - Chapel</div> <div>10:30am Hannaford Grocery Shopping</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect - Guilderland Library</div> <div>4:00pm Happy Hour - GR</div>	<div>13</div> <div>1:00pm Opera in MOV: Die Tote Stadt</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club - Chef Mickey</div> <div>Purim Begins at Sundown</div>	<div>14</div> <div>10:30am Cribbage/Games - TAV</div> <div>*Reminder: Pool is closed for maintenance after last scheduled class*</div> <div>1:00pm Purim Celebration with Clara - GR</div> <div>3:00pm Pi Day celebration - GR</div> <div>Purim</div>	<div>15</div> <div>12:00pm Movie: Waking Ned Devine</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div> <div>International Women's Day</div>
<div>16</div> <div>9:00am Local news chat -TAV</div> <div>12:00pm Movie (Residents Choice)</div> <div>3:00pm Ne'imah Jewish Community Chorus Concert - GR</div>	<div>17</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting Group - GR</div> <div>6:00pm St. Patrick's Day Dinner catered by Bountiful Bread - GR</div> <div>7:00pm Live Musical Entertainment by Ann Marie &amp; Sten</div> <div>Happy St Patrick's Day!</div>	<div>18</div> <div>1:00pm PRN Presents: Aquatic therapy &amp; Benefits of Exercise in the Water</div> <div>5:00pm Supper Club TBA - TAV</div> <div>5:00pm Discussion with Rabbi Ami - GR</div> <div>7:00pm Tues. Night Movie: The Man Who Shot Liberty Valence</div> <div>7:00pm Card Game Night - GR</div>	<div>19</div> <div>9:00am Communion Service with Colleen - Chapel</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect - Guilderland Library</div> <div>2:00pm Cooking w/ Friends before Happy Hour</div> <div>4:00pm Happy Hour - GR</div>	<div>20</div> <div>2:00pm How Women's Liberation Changed America: Webinar</div> <div>Presentation by Clara Bingham - MOV</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club - Chef Mickey</div> <div>First Day of Spring</div>	<div>21</div> <div>10:30am Cribbage/Games - TAV</div> <div>11:00am Cracker Barrel Lunch Outing</div> <div>1:30pm Presentation with Trinity Health Plan New York - GR</div> <div>7:00pm Bingo - GR</div>	<div>22</div> <div>12:00pm Movie: The Highwaymen</div> <div>2:00pm Mexican Train - GR</div> <div>3:00pm John Dennehey Presents: The Language of Flowers - GR</div> <div>7:00pm Game Night - GR</div>
<div>23</div> <div>9:00am Local news chat -TAV</div> <div>12:00pm Movie (Residents Choice)</div> <div>1:00pm Qwirkle</div>	<div>24</div> <div>1:00pm-3:00pm Guilderland Library: Creative Writing Workshop</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting Group - GR</div>	<div>25</div> <div>12:15pm Empire State Youth Orchestra - Crossgates</div> <div>7:00pm Tues. Night Movie: Tootsie</div> <div>7:00pm Card Game Night - GR</div>	<div>26</div> <div>9:00am Communion Service with Colleen - Chapel</div> <div>10:30am Hannaford Grocery Shopping</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect - Guilderland Library</div> <div>3:00pm Book Club - LIB</div> <div>4:00pm Happy Hour - GR</div>	<div>27</div> <div>1:00pm Opera in MOV: Luisa Miller</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club - Chef Mickey</div>	<div>28</div> <div>10:30am Cribbage/Games - TAV</div> <div>11:00am Trader Joe's Outing</div>	<div>29</div> <div>12:00pm Movie: Awakenings</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>30</div> <div>9:00am Local news chat -TAV</div> <div>12:00pm Movie (Residents Choice)</div>	<div>31</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting Group - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>Happy St. Patrick's Day!</div>	<div>MARCH</div>	<div>Event Color Key</div> <div>Black: Games and Organized Groups</div> <div>Red: Happy Hour, Celebrations and Musical Entertainment</div> <div>Green: Outings</div> <div>Blue: Opera or Movies</div> <div>Purple: Presentations and Classes</div> <div>Location Key</div> <div>AG-Art Gallery</div> <div>FDR-Family Dining Rm</div> <div>FS-Fitness Studio</div> <div>GR-Great Room</div> <div>CR-Craft Room</div> <div>LIB- Library</div> <div>MIL-Meet in Lobby</div> <div>MOV- Movie Theater</div> <div>PAT-Patio</div> <div>PAV-Pavilion</div> <div>P-Pool</div> <div>TAV-Tavern</div> <div>YS-Yoga Studio</div> <div>GMR-Game Room</div> <div>PAV - Pavilion</div> <div>PAT - Patio</div> <div>P - Pool</div> <div>TAV - Tavern</div> <div>YS - Yoga Studio</div>		<div>Continental Breakfast</div> <div>Monday—Friday</div> <div>8:30—10:30</div> <div>Saturday—Sunday</div> <div>9:00—11:00</div>



# Community Activities

## Saturday Matinee

*\*all movies start at noon\**

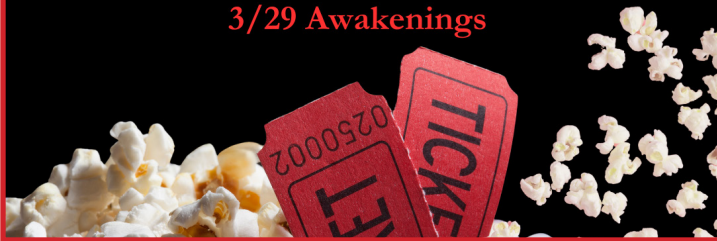
3/1 Irish Wish

3/8 Leap Year

3/15 Waking Ned Devine

3/22 The Highwaymen

3/29 Awakenings



## Opera at the Summit in the Movie Theater

Thursday March 13 @ 1:00 PM

**Die Tote Stadt**

*(The Dead City)*

"Die tote Stadt" is a late-Romantic opera with a rich, cinematic, and emotionally charged style, characterized by lush orchestration, sweeping melodies, and a strong emphasis on psychological drama, all contributing to its dreamlike quality. The opera explores themes of obsession, grief, and the blurred lines between reality and fantasy as the leading character comes to believe that a woman he has met is his wife back from the dead.

Thursday March 27 @ 1:00 PM

**Luisa Miller**

This early Verdi opera is a tragedy that explores themes of class conflict, love, jealousy and betrayal in a society fraught with political intrigue and social constraints.

Luisa Miller reveals Verdi's gift for beautifully fashioned lyrics and sensitive orchestration.

## Tuesday Night Movie

### March 4th - Wild Strawberries:

This Swedish language drama follows 78-year-old Professor Isak Borg, who after 50 years of work is traveling to receive a doctorate from Lund University.

### March 11th - Bull Durham:

This gentle romance is one of the most revered sports movies of all time. Annie Savoy is a fan of the minor league Durham Bulls who every year takes a new player under her wing.

### March 18th - The Man Who Shot Liberty Valence:

Two men take different approaches to dealing with the outlaw Liberty Valence.

### March 25th - Tootsie:

In this satirical romantic comedy, New York actor Michael Dorsey is a talented perfectionist who is so hard on himself and others that his agent can no longer find work for him.



## Language of Flowers

Presented by John Dennehey

Please join in the Great Room on Saturday,  
March 22nd at 3:00pm to enjoy a presentation by  
John Dennehey: Language of Flowers.





# Community Activities

## March Birthdays

Susan Stokes 3/01  
Nancy Dykeman 3/01  
Gladys Interlicchio 3/04  
Deborah Adler 3/06  
Dave Sim 3/09  
Angela St. Lawrence 3/12  
Gerard Houser 3/24  
Ruth Swift 3/31



### Discussion with Rabbi Ami

Tuesday, March 18th at 5:00pm in the Great Room



AN CLAR  
SCHOOL OF IRISH DANCE

The An Clar School of Irish Dance will be performing for us here at the Summit.

You don't want to miss out!

Saturday, March 8th at 2:00pm in the Great Room



Wishing you and your family a

## Happy Purim

Please join Clara Simon  
Friday, 3/14 at 1:00pm  
to celebrate Purim in the  
Great Room!  
Traditional Hamantaschen  
cookies and refreshments  
will be provided.

## HAPPY ST. PATRICK'S DAY!



### Let's celebrate!

Monday, March 17th, enjoy an Irish dinner catered by Bountiful Bread at just \$20 per person. Please see the office to place your order by Monday, March 1st. Dinner will be delivered at 6:00pm!

Enjoy Live Musical entertainment by Ann Marie & Sten at 7:00pm in the Great Room





# 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.



## On-Site Podiatrist Dr. Michael Masias, DPM

Visits the second Wednesday of every month

To make your appointment, call Dr. Michael Masias directly at (518)-320-8659. He will visit your apartment for your scheduled appointment.

## Wednesday Grocery Shopping

Wednesdays at 10:00 local grocery stores -  
Market 32 & Hannaford.

First Friday at 10:00 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

#### Thursday March 6

Chicken Cordon Bleu Sandwich – chicken, ham, and Swiss cheese on a hard roll, served with macaroni salad

#### Thursday March 13

Baked Haddock served with mashed potatoes and gravy

#### Thursday March 20

Sliced Ham with raisin sauce served with mashed sweet potatoes and veggies

#### Thursday March 20

Hot open-face turkey sandwich served with French fries and gravy

**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



Gift Certificates Available



Hair Stylist - Paula 518-361-5629

Massage Therapist - Charlene 518-813-3347

By Appointment