



SUMMIT AT MILL HILL

Monthly Newsletter

April 2025

THE
Manager's Message

Welcome April!

On April 12th, Grilled Cheese Day I recommend trying Ina Garten's Cheddar & Chutney version of this iconic classic, which her husband declares the best grilled cheese sandwich he's ever had. The recipe can easily be found online.



This month we celebrate **Easter on Sunday, April 20th**. The Easter bunny is a popular symbol of Easter, likely stemming from ancient pagan traditions of spring and fertility, where rabbits were seen as symbols of rebirth and new life, traditions that later merged with the Christian celebration of Easter.

In recognition of **Earth Day**, we are offering an outing to Via Aquarium on Monday, April 21st where you can journey through over 45 exhibits showcasing the marvels of our oceans, rivers, and local freshwater habitats.

I would also like to take this opportunity to recognize the amazing effort made by our community for the Heart Health challenge last month. As a group you walked a total of 539 miles!

Happy April,

Janine
Janine Robinson
Community Manager

HAPPY Birthday!

JOHN WILLIAMS 4/2
GLORIA BLANKENSHIP 4/3
LUCILLE KAPLAN 4/4
ANN REED 4/6
STEVEN LAPIDUS 4/15
NELL LONGHI 4/15
MERRY LYNG 4/17
BARBARA SCHWOEGLER 4/18
LOUIS ZANELLO 4/21
ANNE GARDA 4/29
RON KILLELEA 4/30

Staff



Community Manager

Janine Robinson
jrobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
Mgrant@summitseniorlife.com

Maintenance

Roman Early
James Hoke
William Branion

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

Craft Class with Sandy
April 2nd at 1:00pm in the Craft Room

MACEROLA'S

PIZZA GRAM PLUS
PIZZERIA RESTAURANT

We will depart at 12:00pm on April 18th to go have lunch at Pizza Gram Plus!

Please sign up in the Great Room by 4/16.
See menu at: <https://pizzagramplus.com/>

STUYVESANT P.L.A.Z.A

We will be departing at 11am on April 7th to go shopping at Stuyvesant Plaza!

Sign up in the Great Room by 4/4
See all Stuyvesant Plaza has to offer at:
<https://stuyvesantplaza.com/>


JOIN US FOR A TRIP TO VIA Port Aquarium
IN HONOR OF EARTH DAY!
APRIL 21ST AT 11:00AM

SIGN UP IN GREAT ROOM!

COOKING WITH FRIENDS

COME HELP PREPARE A SPECIAL APPETIZER FOR HAPPY HOUR

WEDNESDAY, APRIL 30TH AT 2:00PM IN THE FAMILY DINING ROOM

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>8:30am Aqua Fitness (P) 9:30am Strength & Balance (FS) 10:30am Total Body Combo (FS) 6:00pm Line Dancing - GR 7:00pm Relaxation Yoga (YS)</div>	<div>Every Tuesday</div> <div>9:00am Stretch & Flex (FS) 10:00am Stretch & Flex (FS) 11:00am Hydro Riders (P)</div>	<div>Every Wednesday</div> <div>10:45am Sit to be Fit (FS) 11:45am Aqua Fitness (P)</div>	<div>Every Thursday</div> <div>9:00am Chair Pilates (FS) 10:00am Water Balance (P) 11:00am Chair Pilates (FS)</div>	<div>Every Friday</div> <div>8:45am Aqua Fitness (P)</div>	<div>Continental Breakfast</div> <div>Monday–Friday 8:30–10:30 Saturday–Sunday 9:00–11:00</div>
Event Color Key	Location Key					
Black: Games and Organized Groups Red: Happy Hour, Celebrations and Musical Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes	AG-Art Gallery FDR-Family Dining Rm GR-Great Room CR-Craft Room LIB- Library MIL-Meet in Lobby MOV- Movie Theater PAT-Patio PAV-Pavilion	P-Pool TAV-Tavern YS-Yoga Studio GMR-Game Room PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio				
6	7	8	9	10	11	12
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice) 1:00pm Qwirkle - LIB	11:00am Shopping at Stuyvesant Plaza 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting Group - GR 6:30pm Eight Ball - GMR	2:00pm Tavern Trivia w/ Mark Hersh 2:00pm The Stories, Science, & History of Trees Webinar with Smithsonian Gardens Greenhouse Horticulturalist Matthew Fleming - MOV 7:00pm Tuesday Night Movie: Notorious 7:00pm Card Game Night - GR	9:00am Communion Service with Colleen - Chapel 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 1:00pm Craft Class with Sandy - CR 4:00pm Happy Hour featuring Pianist Doug Hallberg - GR	3:00pm Resident Meeting - GR 5:00pm Supper Club w/ Chef Mickey 1:00pm Thursday Opera: Vanessa 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey	10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 2:00pm A Presentation by Juan Lopez: A Journey of Self-Esteem & Art - MOV 7:00pm Bingo - GR	12:00pm Movie: Liar Liar 2:00pm Mexican Train - GR 7:00pm Game Night - GR
13	14	15	16	17	18	19
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice) Palm Sunday	10:00am Faith Based Discussion with Colleen - LIB 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting Group - GR 6:30pm Eight Ball - GMR	1:00pm OT Awareness Month Celebration with PRN - GR 5:00pm Supper Club TBA - TAV 7:00pm Tuesday Night Movie: Arsenic and Old Lace 7:00pm Card Game Night - GR	9:00am Communion Service with Colleen - Chapel 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Laura Collins: Singing with Seniors - GR 4:00pm Happy Hour - GR	11:30am Kate Dudding Presents: Julia Child: Cook & Nifty Wench - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey	10:30am Cribbage/Games - TAV 12:00pm Lunch at Pizza Gram Plus 7:00pm Bingo - GR Good Friday	12:00pm Movie: The Bishops Wife 2:00pm Mexican Train - GR 7:00pm Game Night - GR Passover Begins at Sundown
20	21	22	23	24	25	26
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice) 1:00pm Qwirkle - LIB Easter	11:00am Trip to VIA Port Aquarium in Honor of Earth Day 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting Group - GR 6:30pm Eight Ball - GMR	3:00pm Performance by Magician John Hoffman - GR 7:00pm Tuesday Night Movie: Ida 7:00pm Card Game Night - GR Earth Day	9:00am Communion Service with Colleen - Chapel 10:30am Hannaford Grocery Shopping 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour featuring Musical Entertainment from Jack Kelle - GR	1:00pm Thursday Opera: The Pearl Fishers 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey	10:30am Cribbage/Games - TAV 11:00am Timeless Era Adaptive Dance Class with Studio One Dance - FS 1:00pm David Hoffman Presents: Art History 101 - GR	12:00pm Movie: Runaway Jury 2:00pm Mexican Train - GR 6:00pm Musical Entertainment by Cole Broderick - GR 7:00pm Game Night - GR
27	28	29	30	<div>HELLO April</div> 		
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice)	1:00pm Presentation by Marvin Bubie: Railroad Heritage (East) - MOV 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting Group - GR 6:30pm Eight Ball - GMR	5:00pm Supper Club TBA - TAV 7:00pm Tuesday Night Movie: Body Heat 7:00pm Card Game Night - GR	9:00am Communion Service with Colleen - Chapel 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 2:00pm Cooking with Friends - GR 3:00pm Book Club - LIB 4:00pm Happy Hour - GR			

Community Activities

A Presentation by Juan Lopez
April 4th at 2:00pm in the Movie Theater



"A Journey of Self-Esteem & Art"



**Occupational Therapy Awareness Month
Celebration with PRN!**

April 15th at 1:00pm in the Great Room

**PIANO PERFORMANCE
BY DOUG HALLBERG**

**APRIL 2ND AT 4:00PM
IN THE GREAT ROOM**

*Guilderland Middle
School Orchestra*

Enjoy a beautiful instrumental performance
by Guilderland Middle School Orchestra!



April 11th at 5:00pm in the Great Room

Magician John Hoffman's

Magic Show!

April 22nd at 3:00pm in the Great Room



Join Studio One Dance for
TIMELESS ERA
Adaptive Dance Class!
April 25th at 11:00am
in the Fitness Studio

Featuring Classic Hits from the 50's, 60's, & 70's!
A fun, engaging, & accessible chair-based
dance class for ALL mobility levels!

Join Laura Collins for "Singing with Seniors!"
April 16th at 4:00pm in the Great Room.



**Musical Entertainment
by Jimmy Jewel**

April 19th at 3:00pm in the Great Room

David Hoffman Presents: Art History 101

*"Late Middle Ages and Early Renaissance
the 15 & 16th Centuries"*

April 25th at 1:00pm in the Great Room

**A Presentation by Marvin Bubie:
Railroad Heritage (East)**



**April 28th at 1:00pm
in the Movie Theater!**

**LIVE MUSICAL
ENTERTAINMENT
BY JACK KELLE**

"HUGE SOUND FOR A SMALL BAND!"
[HTTPS://WWW.JWKMUSIC.COM/](https://www.jwkmusic.com/)



APRIL 23RD AT 4:00PM IN THE GREAT ROOM

COLE BRODERICK TO PERFORM AT MILL HILL!



APRIL 26TH AT 6:00PM IN THE GREAT ROOM
colebroderick.weebly.com

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, sign up in the Great Room!
He will visit your apartment for your scheduled appointment. For any questions, please call Dr. Masias at (518)-320-8659.

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 April 3

Manicotti with Meatballs & Garlic Bread

Thursday April 10

Sliced Roast Beef, Vegetables, Mashed Potatoes & Gravy

Thursday April 17

Grilled Herb Chicken Breast, Vegetables, Mashed Potatoes & Gravy

Thursday April 24

Salmon, Whole Grain Mustard Sauce, Vegetables, & Rice

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
Nail Technician - Adrianna 518-801-7397
By Appointment**