

SUMMIT AT MILL HILL

Monthly Newsletter

May 2025



THE
Manager's Message

Welcome May!

It is widely held that the month of May is named after the nymph Maia, an earth goddess. In Greek mythology, Maia was one of the Pleiades - the seven daughters of the Titan Atlas. Atlas was forced to hold up the sky for eternity, and therefore unable to protect his daughters. To save the sisters from the hunter Orion, king of gods Zeus transformed them into stars.

The Pleiades, also known as the Seven Sisters, is a beautiful open cluster of stars, prominent in the night sky. Easily visible with the naked eye, the Seven Sisters have provoked countless myths and legends across many cultures.

Happy May,

Janine
Janine Robinson
Community Manager

May Birthday's

Lillian Follos - 5/01
Jayne Silver - 5/02
Carol Sweeney - 5/03
James Bellotti - 5/06
Sharon Humes - 5/07
Erik DeBruin - 5/10
Kathleen Adamczyk - 5/10
Edward Pierce - 5/13
Chris Rohr - 5/17
Donna Neubaum - 5/23
Steve Hassett - 5/25
Ken Miller - 5/28



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
Gabi Pinnetti
Sandy Smith

Office Phone
518-941-8871

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

Community Activities

Visit the Hyde Collection Art Museum!



Sign up in the Great Room!
Please note, there is a small admission fee.

Friday, May 9th, with 10:00am departure

"The Hyde Collection offers a world-class group of works that span almost six thousand years of art history, from European and American classics, to modern and contemporary works. The museum's founders, Louis and Charlotte Hyde, acquired the majority of objects during a fifty-year period of avid and highly informed collecting."

Backstage Tour of Proctors Theater



Led by Marilyn Sassi

Thursday, May 15th, with 9:00am Departure!
Please sign up in the Great Room

Take a trip to Jumpin' Jacks Drive-In!

Monday, May 19th, with 12:00pm departure.



The eatery is known for its burgers, fries, and ice cream, along with other fast-food staples like chicken, seafood, onion rings, and nachos, all at an amazing price! They are particularly famous for their Jackburger, a signature double-patty burger with coleslaw.

~ Sign up in the Great Room and come along! ~

Take a trip to Grapevine Farms, Monday, May 12th!



Join US!

The bus will depart to Grapevine Farms at 11:00am for a delicious lunch, followed by shopping or even wine tasting!

Grapevine Farms, a 1850's Farmhouse with 3 floors of themed rooms, offers a Bistro, Wine Cellar, Bakery, & Shopping.

Sign up in the GR! Learn more at <https://www.grapevinefarms.com/>

Springtime is here!




Come along with us to Mae Flowers and Greenhouse to get some beautiful plants/flowers for your balcony, patio, or even garden boxes!

Friday, May 16th, with 1:00pm departure
Please sign up in the Great Room.




Lunch with a view!

Come along with us to Fred the Butcher's Bistro to pick up sandwiches for lunch! We will then head up to Thatcher Park to eat & enjoy the beauty of Thatcher State Park!



Friday, May 30th, with 11:00am departure from Mill Hill.

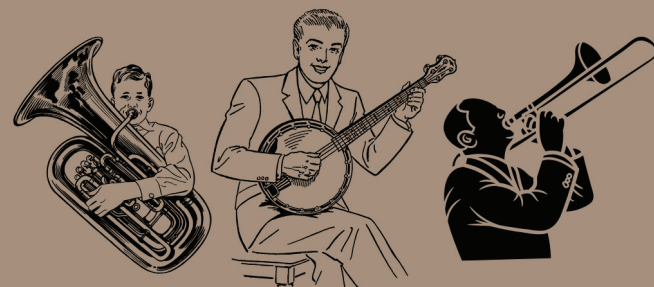
Please sign up in the Great Room!

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>						
<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>AG-Art Gallery FDR-Family Dining Rm FS-Fitness Studio GR-Great Room CR-Craft Room LIB– Library MIL-Meet in Lobby</div> <div>MOV– Movie Theater P-Pool TAV-Tavern YS-Yoga Studio GMR-Game Room PAV - Pavilion PAT - Patio</div>				1	2	3
				3:00pm Resident Meeting - GR 5:00pm Supper Club w/ Chef Mickey	10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 2:00pm Performance by The 1927 Music Machine - GR 7:00pm Bingo - GR	12:00pm Movie: It Ends with Us 2:00pm Mexican Train - GR 7:00pm Game Night - GR
4	5	6	7	8	9	10
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice) 1:00pm Qwirkle - LIB	2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:00pm Cinco de Mayo Show with HEA Productions - GR 6:30pm Eight Ball - GMR	1:00pm Activities Meeting - TAV 5:00pm Discussion with Rabbi Ami - GR 7:00pm Tuesday Night Movie: The Long Goodbye 7:00pm Card Game Night - GR	9:00am Communion Service - Chapel 10:30am Hannaford Grocery Shopping 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 1:00pm Craft Class with Pat Young- CR 2:00pm Webinar: How to Use Anxiety to Thrive with Dr. David H. Rosmarin - MOV 4:00pm Happy Hour - GR	1:00pm Opera in MOV: Semele 1:00pm “Death with Dignity”Presentation by Thad W Mirer - GR 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey	10:00am Trip to The Hyde Museum 10:30am Cribbage/Games - TAV *Pool is closed for maintenance after last scheduled class*	12:00pm Movie: Hustle 2:00pm Mexican Train - GR 7:00pm Game Night - GR
11	12	13	14	15	16	17
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice) Happy Mother’s Day!	10:00am Faith Based Discussion with Colleen - LIB 11:00am Lunch & Shop at Grapevine Farms 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	8:30am Bocce - PAV 1:00pm PRN Speech Therapy Awareness Month Celebration - GR 2:00pm Tavern Trivia - TAV 5:00pm Supper Club TBA - TAV 7:00pm Tuesday Night Movie: Ugetsu 7:00pm Card Game Night - GR	9:00am Communion Service - Chapel 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR 5:00pm Musical Entertainment by Russ Kennedy - GR	8:30am Bocce - PAV 9:00am Backstage Tour of Proctors with Marilyn Sassi 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club - TBA	10:30am Cribbage/Games - TAV 1:00pm Trip to Mae Flowers and Greenhouse 7:00pm Bingo - GR	9:30am Bocce - PAV 12:00pm Movie: The Life List 2:00pm Mexican Train - GR 7:00pm Game Night - GR
18	19	20	21	22	23	24
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice) 1:00pm Qwirkle - LIB	12:00pm Lunch & Ice Cream Outing to Jumpin’ Jacks Drive-in 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	8:30am Bocce - PAV 2:00pm Presentation by Jason Kramer “The Social Utopian Movements of Upstate New York” - GR 7:00pm Tuesday Night Movie: The Americanization of Emily 7:00pm Card Game Night - GR	9:00am Communion Service - Chapel 10:30am Hannaford Grocery Shopping 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 2:00pm Cooking with Friends - FDR 4:00pm Happy Hour - GR	8:30am Bocce - PAV 1:00pm Opera in MOV: Tosca 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club Pizza Party - TAV	10:30am Cribbage/Games - TAV 1:00pm Paint & Sip with Noreen - CR	9:30am Bocce - PAV 12:00pm Movie: Gold Brick 2:00pm Mexican Train - GR 7:00pm Game Night - GR
25	26	27	28	29	30	31
9:00am Local News Chat - TAV 12:00pm Movie (Residents Choice)	OFFICE CLOSED No Breakfast No Fitness  MEMORIAL DAY REMEMBER & HONOR	8:30am Bocce - PAV 5:00pm Supper Club TBA - TAV 7:00pm Tuesday Night Movie: The Conversation 7:00pm Card Game Night - GR	9:00am Communion Service - Chapel 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 3:00pm Book Club - LIB 4:00pm Happy Hour - GR	8:30am Bocce - PAV 2:00pm Flower Arrangements for Shavuot with Leah - GR 3:15pm Men’s Shuffleboard - GMR 5:00pm Jersey Mike’s Supper Club - TAV	10:30am Cribbage/Games - TAV 11:00am Fred the Butcher Bistro for Food, Followed by a Box Lunch at Thatcher Park 7:00pm Bingo - GR	9:30am Bocce - PAV 12:00pm Movie: Nice Girls 2:00pm Mexican Train - GR 7:00pm Game Night - GR

PERFORMANCE BY:
THE 1927 MUSIC MACHINE!
FEATURING SUMMIT AT SARATOGA
RESIDENT, WOODY STROBECK!

This group will be performing songs such as
"Margie," "Five Foot Two, Eyes of Blue," &
"When You're Smiling," using instruments
such as a banjo, trombone, and a tuba!

**Friday, May 2nd, at
2:00pm in the Great Room.**



**Cinco de Mayo Show
by HEA Productions!**

This lively duo will be performing
familiar sing-alongs, as well as some
fun Latin music for Cinco de Mayo!

**Monday, May 5th,
6:00pm in the Great Room.**

**TAVERN
TRIVIA**

With
HERSH PRODUCTIONS
IN THE TAVERN

**Tuesday,
May 13th**
2:00pm - 3:00pm

WIN PRIZES!
<https://hershproductions.com/>

A MUSICAL EVENING WITH RUSS KENNEDY!

Russ sings
while
playing
guitar!



**WEDNESDAY, MAY 14TH AT 5:00PM IN THE GREAT ROOM
- AFTER 4:00PM HAPPY HOUR -**

Presentation by Jason Kramer:
The Social Utopian Movements of Upstate New York

"From the Shakers to the Mormons, from Chautauqua to
Oneida, Upstate New York was the wellspring of an amazing
array of experiments in creating the perfect community."

Tuesday, May 20th, at 2:00pm in the Great Room
Please sign up for this presentation in the GR.

Craft Class with Resident Pat Young!

Join in the Craft Room with resident Pat Young,
to do a fun shaving cream marbling craft!

Wednesday, May 7th, at 1:00pm in the Craft Room.

Sign up sheet is in the Great Room!

**Pizza Party on Thursday,
May 22nd, 5:00pm in the Tavern!**

\$5.00 for 2 slices of Pizza
Please sign up & pay in the
office by 2:00pm on 5/21.



**Jersey Mike's Subs on Thursday,
May 29th, 5:00pm in the Tavern!**

Please place order & pay in the
office by 2:00pm on 5/28



COOKING WITH FRIENDS!

COME HELP PREPARE A SPECIAL APPETIZER FOR
HAPPY HOUR WITH JANINE & MAKENZIE!
NEW RECIPES CHOSEN EVERY MONTH.
WE LOVE SUGGESTIONS &
ALL ARE WELCOME TO JOIN!



**WEDNESDAY, MAY 21ST AT 2:00PM
IN THE FAMILY DINING ROOM**

Paint & Sip!

Join Noreen Powell for a Paint & Sip class!
May 23rd at 1:00pm in the Craft Room.
This class is \$25 per person - Wine &
supplies included! Please sign up in the
office by May 16th.



Arrange a beautiful flower bouquet
in honor of The Festival of Shavuot with
Leah Siegel, community crafter & artisan.
Thursday, May 29th at 2:00pm in the Great Room.

\$10/person - Supplies & Refreshments included!
Please sign up in the office by Thursday, May 22nd.

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

Join Mill Hill on our grocery shuttle!

On Wednesdays, we depart from Mill Hill at 11:00am to go to our local Market 32. Please note that every other Wednesday, we additionally stop at our local Hannaford, with a 10:30am departure from Mill Hill. Please reference your calendar to determine which Wednesdays we add Hannaford to our route. On the first Friday of every month, we depart to Walmart at 10:00am. Residents must gather in the Lobby 5 minutes before departure. Thank you!



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 May 1

Eggplant over Pasta with Sauce
& Garlic Bread

Thursday May 8

Stuffed Shells, with Meatballs & Sauce

Thursday May 15

Chef Mickey out of town - TBA

Thursday May 22

Chef Mickey out of town - Pizza Party

Thursday May 29

Chef Mickey out of town - Jersey Mike's

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