



Manager's Message

157th Belmont Stakes 2025

Final leg of the Triple Crown

ollowing a win by Sovereignty at the Kentucky Derby and Journalism's triumph at the Preakness Stakes, horse racing's Triple Crown will wrap up with the Belmont Stakes.

While no horse can walk away with the Triple Crown in 2025, there is still plenty to look forward to at this year's Belmont Stakes. The Belmont is being held at Saratoga Race Course for the second consecutive year while Belmont Park is being renovated. Saratoga Race Course was founded in 1863, making it one of the oldest racetracks in America.

All racehorses must be registered by name with The Jockey Club to run in competition, and the club does not make exceptions to its rules. First, there is a character limit: no more than 18, including spaces. Second, names cannot be in any way vulgar or offensive. A racehorse's name must not include the name of a real person or someone who has been dead for less than 50 years, unless their written permission or the permission of their family is provided. No names of racecourses or graded races can be included. Names must not have any obvious commercial significance.

From that point, owners are free to choose whatever name they want. Except...the name can't match any of those in the Jockey Club's racehorse registry. According to the club registrar, at any given time there are about 450,000 active names in the database, so owners have to get creative.

Watch the Belmont on Saturday, June 7th. Post time 6:50pm.

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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

Shantel Destra Taneesha Martin 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

Let's go shopping at the Capital Regions premier destination, Crossgates Mall! Featuring 150 retail shops, Crossgates offers

something for everyone - all under one roof.

Friday, June 6th, with 12:30pm departure from Mill Hill Please sign up in the Great Room *12 residents max*

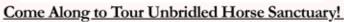
See all that Crossgates Mall has to offer at: https://www.shopcrossgates.com/directory/











Friday, June 13th with 10:00am departure from Mill Hill

Meet the horses of Unbridled and discover the magic of compassion that fuels Unbridled's mission. Unbridled is a transformative force, committed to reshaping the world for equines through compassion, action, and advocacy. Join them in their mission to protect, respect, and love every horse as they truly deserve!

Donations to Unbridled Horse Sanctuary are appreciated! Learn more at https://www.susankayne.com/unbridled.html

The Clark Museum followed by lunch at The Barn!

"The Sterling and Francine Clark Art Institute, commonly referred to as the Clark, is an art museum and research institution located in Williamstown, Massachusetts, United States







Its collection consists of European and American paintings, sculpture, prints, drawings, photographs, and decorative arts from the fourteenth to the early twentieth century."

We will have lunch at The Barn Kitchen & Bar following the Museum.







Friday, June 27th with 9:00am departure from Mill Hill Please sign up in Great Room! 12 residents max. Museum Admission is \$20.

SCENE

You're invited to lunch at The Scene!

Wednesday, June 11th with 12:30pm departure from Mill Hill

"The Scene offers a unique and modern experience to the Capital Region. From craft cocktails to specialty coffees to the all-day brunch of your dreams, there's something for everyone."



Community Activities





Schenectady Farmers Market Outing!

Enjoy shopping at a variety of vendors who offer fresh fruits and vegetables, natural eggs, herbs, baked goods, flowers & plants, crafts and more. All products are grown by area farmers or made by local producers.







Thursday, June 26th with 9:30am departure from Mill Hill Please sign up in the Great Room! 12 Residents Max.

http://www.schenectadycounty.com/farmersmarket

Take a trip to Emack & Bolio's for some Ice Cream!

"Emack & Bolio's has been a popular destination for ice cream lovers for over 40 years! its unique approach to ice cream has earned it a reputation for quality and innovation. The shop also offers specialty ice cream cakes, espresso, pastries, and a selection of gifts and toys.

Monday, June 30th with 12:30pm departure from Mill Hill

Please sign up in the Great Room! 12 Residents max. For more information check out https://www.ebalbany.com/







PAV - Pavilion PAT - Patio

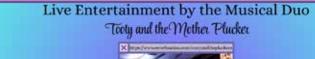
S	M	Т	w		F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED life FITNESS	Every Monday 8:30am Aqua Fitness (P) 9:30am Strength & Balance (FS) 10:30am Total Body Combo (FS) 6:00pm Line Dancing - GR 7:00pm Relaxation Yoga (YS)	Every Tuesday 9:00am Stretch & Flex (FS) 10:00am Stretch & Flex (FS) 11:00am Hydro Riders (P)	Every Wednesday 10:45am Sit to be Fit (FS) 11:45am Aqua Fitness (P)	Every Thursday 9:00am Chair Pilates (FS) 10:00am Water Balance (P) 11:00am Chair Pilates (FS)	Every Friday 8:45am Aqua Fitness (P)	Continental Breakfast Monday–Friday 8:30–10:30 Saturday–Sunday 9:00–11:00
9:00am Local News Chat	2 1:00pm Ice Cream & Trivia with Daughter for Hire - GR	8:30am Bocce - PAV 1:00pm Activities Meeting	4 9:00am Communion Service - CH 10:30am Hannaford Grocery Shopping 11:00am Market 32 Grocery Shopping	8:30am Bocce - PAV	6 10:00am Walmart Grocery Shopping	7 9:30am Bocce - PAV
12:00pm Movie (Residents Choice)	2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR	7:00pm Tuesday Night Movie: Smiles of a Summer Night - MOV	1:00pm Craft Class with Karen - CR 2:00pm Webinar: Extinctopedia - A Discovery of What We Have Lost, What	3:00pm Resident Meeting - GR 3:15pm Men's Shuffleboard - GMR	10:30am Cribbage/Games - TAV 12:30pm Crossgates Mall Outing 5:00pm Supper Club w/ Chef Mickey	12:00pm Movie: Matlida 2:00pm Mexican Train - GR
1:00pm Qwirkle - LIB	6:30pm Eight Ball - GMR	7:00pm Card Game Night - GR	is at Risk, and What to do About it with Smithsonian Scientists - MOV 4:00pm Happy Hour - GR	6:00pm Musical Entertainment by Vicki Gayle - GR	7:00pm Bingo - GR	7:00pm Game Night - GR
9:00am Local News Chat	9 10:00am Faith Based Discussion with Colleen - LIB	10 8:30am Bocce - PAV 12:00pm PRN Brain Games & Activities	9:00am Communion Service - CH	12 8:30am Bocce - PAV	13 10:00am Departure to Unbridled Horse Sanctuary	14 9:30am Bocce - PAV
12:00pm Movie (Residents Choice)	1:00pm Uber/Uber Eats Informational Workshop - GR	for Alzheimer's Awareness Month - GR 2:00pm Tavern Trivia - TAV 5:00pm Supper Club - TBA	11:00am Market 32 Grocery Shopping 11:00am to 1:00pm Seniors	1:00pm Opera: Peter Grimes - MOV	10:30am Cribbage/Games - TAV 12:00pm Bocce Team Meeting at Halfmoon Summit	12:00pm Movie: The Dark Knight
	2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR	7:00pm Tuesday Night Movie: Groundhog Day - MOV	Connect at the Guilderland Library 12:30pm Lunch Outing to The Scene	3:15pm Men's Shuffleboard - GMR	12:00pm Shuffleboard Subs & Suds - TAV *Pool is closed for maintenance	2:00pm Mexican Train - GR 7:00pm Game Night - GR
	6:30pm Eight Ball - GMR	7:00pm Card Game Night - GR	4:00pm Happy Hour - GR	5:00pm Supper Club w/ Chef Mickey	after last scheduled class*	7:00pm Game Night - GR
9:00am Local News Chat	1:00pm Presentation by Ellen Cole - GR	17 8:30am Bocce - PAV 1:00pm David Alan Miller Presentation	9:00am Communion Service - CH 10:30am Hannaford Grocery Shopping	Office Closed	20 10:30am Cribbage/Games - TAV	9:30am Bocce - PAV 12:00pm Movie: The Dark Knight Rises
12:00pm Movie (Residents Choice)	2:00pm Mah Jongg - TAV	Regarding Albany Symphony Orchestra 7:00pm Tuesday Night Movie:	11:00am Market 32 Grocery Shopping 11:00am to 1:00pm Seniors	JUNETEENTH	11:00am Around the World with Judith - MOV	12:00pm Mexican Train - GR 2:00pm Musical Performance
1:00pm Qwirkle - LIB	3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	Sunset Boulevard - MOV 7:00pm Card Game Night - GR	Connect at the Guilderland Library 4:00pm Happy Hour - GR 5:00pm Tooty and the Mother Plucker Duo Performance - GR	FREEDOM DAY No Breakfast, No Fitness	7:00pm Movie: Death on the Nile - MOV 7:00pm Bingo - GR	by Capitaland Chorus - GR 7:00pm Game Night - GR
9:00am Local News Chat	23 2:00pm Mah Jongg - TAV	24 8:30am Bocce - PAV 10:00am AGS Webinar: Healthy Living	25 9:00am Communion Service - CH	26 8:30am Bocce - PAV	9:00am Trip to The Clark Museum	28 9:30am Bocce - PAV
12:00pm Movie (Residents Choice)	3:00pm Jill Smith's Singing with Seniors - GR	for Your Body & Brain - MOV 5:00pm Supper Club - TBA	11:00am Market 32 Grocery Shopping 11:00am to 1:00pm Seniors	9:30am Schenectady Farmers Market 1:00pm Opera: La Clemenza di Tito -	followed by Lunch at The Barn 10:30am Cribbage/Games - TAV	12:00pm Movie: Bird Box
	3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	7:00pm Tuesday Night Movie: In the Mood for Love - MOV 7:00pm Card Game Night - GR	Connect at the Guilderland Library 2:00pm Cooking with Friends - FDR 4:00pm Happy Hour - GR	MOV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey		2:00pm Mexican Train - GR 7:00pm Game Night - GR
29	30 12:30pm Ice Cream	l l l l l l l l l l l l l l l l l l l				AG-Art Gallery MIL-Meet in Lobby
9:00am Local News Chat	at Emack & Bolio's			*************************************	Black: Games and Organized Groups Red: Happy Hour, Celebrations and	CH – Chapel MOV – Movie Theater FDR-Family Dining Rm P-Pool
	2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR			JUNE	Green: Outings	FS-Fitness Studio TAV-Tavern GR-Great Room YS-Yoga Studio
12:00pm Movie (Residents Choice)	6:30pm Eight Ball - GMR		7	学术、学 养、陈蓉	Blue: Opera or Movies Purple: Presentations and Classes	CR-Craft Room GMR-Game Room LIB- Library PAV - Pavilion

Performance by Vicki Gayle



Vicki Gayle performs a variety of country, folk and soft rock tunes that makes you want to tap your toes and sing along.

Thursday, June 5th at 6:00pm in the Great Room







This fun duo performs everything from Classic, Rock, to Latin!
They will be playing the keyboard, electric flute, and guitar.
Wednesday, June 18th at 5:00pm in the Great Room



Capitaland Chorus to Return to Mill Hill! Saturday, June 21st at 2:00pm in the Great Room.

"Capitaland Chorus of Albany, New York is an all-women's barbershop chorus and an award-winning Chapter in Region 15 of Sweet Adelines International."

You don't want to miss this!



Tune Birthdays!

Anthony Bright 6/1

Jerry Weisgrau 6/3

Lauri Miller 6/10

Kathleen Bellotti 6/13

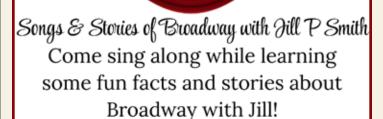
Stu Madnick 6/14

Shelle Jaquish 6/17

Judith Gallagher 6/22

Linda Miller 6/29





Monday, June 23^{rd} at $3{:}00\text{pm}$ in the Great Room.

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ICE CREAM SOCIAL & TRIVIA!

Monday, JUNE 2ND

AT 1:00 PM in the Great Room







LEARN ABOUT DAUGHTER FOR HIRE'S COMPANION CARE SERVICES WHILE ENJOYING SOME ICE CREAM ON US!

Albany Symphony Orchestra Presentation with Maestro David Alan Miller

Join David Alan Miller for a talk about the Symphony and his role as a conductor. His presentation could include a screening of clips from some of the Symphony's recent works.

Tuesday, June 17th at 1:00pm in the Great Room







Would you like a better understanding of how to utilize helpful platforms such as Uber & Uber Eats?

Andrew from Towne Techs can help!

There will be a 60-minute interactive workshop designed to help residents feel more comfortable using the Uber and Uber Eats apps. Topics include how to request a ride, order food for delivery, navigate the apps safely, and avoid common mistakes. The session includes live demonstrations, hands-on practice, and a Q&A for personalized support.

Monday, June 9th at 1:00pm in the Great Room.

Brain Games and Activities for Alzheimer's Awareness Month with PRN!



Tuesday, June 10th at 12:00pm in the Great Room

AROUND THE WORLD WITH JUDITH

Friday, June 20th at 11am in the MOV



In June we will kick off a new series of travel presentations by Judith Gallagher. She has traveled in 70+ countries around the world. Photos of places and people, stories and a little bit of history will be shared. Our first trip will be to Egypt, including the Sinai. Join us on June 20th at 11:00am in the Movie Theater.

No passports needed!



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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!



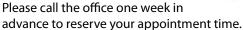




Medical Appointment Shuttle

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





SupperClub

FOOD & FRIENDS

Friday June 6

Hot Meatball Sub with French Fries

Thursday June 12

Sailsbury Steak with Mashed Potatoes, & Vegetables

Thursday June 19

Office is Closed in Celebration of Juneteenth!

Thursday June 26

Sliced Ham, Mashed Sweet Potatoes, Vegetables, & Raisin Sauce

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 Nail Technician – Adrianna 518-801-7397 By Appointment