

# SUMMIT AT MILL HILL

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Monthly Newsletter

June 2025



THE  
Manager's Message

157<sup>th</sup> Belmont Stakes 2025

Final leg of the Triple Crown

Following 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.

Janine  
Janine Robinson  
Community Manager



Staff

Community Manager

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Weekend Concierge

Shantel Destra  
Taneesha Martin  
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Sandy Smith

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518-941-8871

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

Community Activities


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 6<sup>th</sup>, 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/>



**Come Along to Tour Unbridled Horse Sanctuary!**

Friday, June 13<sup>th</sup> 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 27<sup>th</sup> with 9:00am departure from Mill Hill  
Please sign up in Great Room! 12 residents max. Museum Admission is \$20.



*You're invited to lunch at The Scene!*

Wednesday, June 11<sup>th</sup> 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."



12 residents max



Sign up in GR



[www.scenecoffee.com](http://www.scenecoffee.com)

**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 26<sup>th</sup> 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 30<sup>th</sup> 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/>



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 &amp; 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 &amp; Flex (FS) 10:00am Stretch &amp; 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>						
1 9:00am Local News Chat  12:00pm Movie (Residents Choice)  1:00pm Qwirkle - LIB	2 1:00pm Ice Cream & Trivia with Daughter for Hire - GR  2:00pm Mah Jongg - TAV  3:00pm Knitting & Crocheting - GR  6:30pm Eight Ball - GMR	3 8:30am Bocce - PAV  1:00pm Activities Meeting  7:00pm Tuesday Night Movie: Smiles of a Summer Night - MOV  7:00pm Card Game Night - GR	4 9:00am Communion Service - CH 10:30am Hannaford Grocery Shopping 11:00am Market 32 Grocery Shopping 1:00pm Craft Class with Karen - CR 2:00pm Webinar: Extinctopedia - A Discovery of What We Have Lost, What is at Risk, and What to do About it with Smithsonian Scientists - MOV 4:00pm Happy Hour - GR	5 8:30am Bocce - PAV  3:00pm Resident Meeting - GR  3:15pm Men's Shuffleboard - GMR  6:00pm Musical Entertainment by Vicki Gayle - GR	6 10:00am Walmart Grocery Shopping  10:30am Cribbage/Games - TAV  12:30pm Crossgates Mall Outing  5:00pm Supper Club w/ Chef Mickey  7:00pm Bingo - GR	7 9:30am Bocce - PAV  12:00pm Movie: Matilda  2:00pm Mexican Train - GR  7:00pm Game Night - GR
8 9:00am Local News Chat  12:00pm Movie (Residents Choice)	9 10:00am Faith Based Discussion with Colleen - LIB  1:00pm Uber/Uber Eats Informational Workshop - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	10 8:30am Bocce - PAV 12:00pm PRN Brain Games & Activities for Alzheimer's Awareness Month - GR 2:00pm Tavern Trivia - TAV 5:00pm Supper Club - TBA 7:00pm Tuesday Night Movie: Groundhog Day - MOV 7:00pm Card Game Night - GR	11 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping  11:00am to 1:00pm Seniors Connect at the Guilderland Library 12:30pm Lunch Outing to The Scene 4:00pm Happy Hour - GR	12 8:30am Bocce - PAV  1:00pm Opera: Peter Grimes - MOV  3:15pm Men's Shuffleboard - GMR  5:00pm Supper Club w/ Chef Mickey	13 10:00am Departure to Unbridled Horse Sanctuary 10:30am Cribbage/Games - TAV 12:00pm Bocce Team Meeting at Halfmoon Summit 12:00pm Shuffleboard Subs & Suds - TAV *Pool is closed for maintenance after last scheduled class*	14 9:30am Bocce - PAV  12:00pm Movie: The Dark Knight  2:00pm Mexican Train - GR  7:00pm Game Night - GR
15 9:00am Local News Chat  12:00pm Movie (Residents Choice)  1:00pm Qwirkle - LIB	16 1:00pm Presentation by Ellen Cole - GR  2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	17 8:30am Bocce - PAV 1:00pm David Alan Miller Presentation Regarding Albany Symphony Orchestra  7:00pm Tuesday Night Movie: Sunset Boulevard - MOV 7:00pm Card Game Night - GR	18 9:00am Communion Service - CH 10:30am Hannaford Grocery Shopping 11:00am Market 32 Grocery Shopping 11:00am to 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR 5:00pm Tooty and the Mother Plucker Duo Performance - GR	19 Office Closed JUNETEENTH FREEDOM DAY No Breakfast, No Fitness	20 10:30am Cribbage/Games - TAV  11:00am Around the World with Judith - MOV 7:00pm Movie: Death on the Nile - MOV 7:00pm Bingo - GR	21 9:30am Bocce - PAV 12:00pm Movie: The Dark Knight Rises 12:00pm Mexican Train - GR 2:00pm Musical Performance by Capitaland Chorus - GR 7:00pm Game Night - GR
22 9:00am Local News Chat  12:00pm Movie (Residents Choice)	23 2:00pm Mah Jongg - TAV 3:00pm Jill Smith's Singing with Seniors - GR 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	24 8:30am Bocce - PAV 10:00am AGS Webinar: Healthy Living for Your Body & Brain - MOV 5:00pm Supper Club - TBA 7:00pm Tuesday Night Movie: In the Mood for Love - MOV 7:00pm Card Game Night - GR	25 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am to 1:00pm Seniors Connect at the Guilderland Library 2:00pm Cooking with Friends - FDR 4:00pm Happy Hour - GR	26 8:30am Bocce - PAV 9:30am Schenectady Farmers Market 1:00pm Opera: La Clemenza di Tito - MOV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey	27 9:00am Trip to The Clark Museum followed by Lunch at The Barn 10:30am Cribbage/Games - TAV	28 9:30am Bocce - PAV 12:00pm Movie: Bird Box 2:00pm Mexican Train - GR 7:00pm Game Night - GR
29 9:00am Local News Chat  12:00pm Movie (Residents Choice)	30 12:30pm Ice Cream at Emack & Bolio's 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	<div></div>			Black: Games and Organized Groups Red: Happy Hour, Celebrations and Musical Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes	<div>AG-Art Gallery CH – Chapel FDR-Family Dining Rm FS-Fitness Studio GR-Great Room CR-Craft Room LIB – Library</div> <div>MIL-Meet in Lobby MOV– Movie Theater P-Pool TAV-Tavern YS-Yoga Studio GMR-Game Room PAV - Pavilion PAT - Patio</div>

## Community Activities

### 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 5<sup>th</sup> at 6:00pm in the Great Room

### Live Entertainment by the Musical Duo Tooty and the Mother Plucker



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



**Capitaland Chorus to Return to Mill Hill!**  
Saturday, June 21<sup>st</sup> 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!



## June 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



**Songs & Stories of Broadway with Jill P Smith**  
Come sing along while learning some fun facts and stories about Broadway with Jill!

Monday, June 23<sup>rd</sup> at 3:00pm in the Great Room.



## Community Activities



**DAUGHTER for hire®**  
A helping hand for senior living

## 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 17<sup>th</sup> 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 9<sup>th</sup> at 1:00pm in the Great Room.

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



Tuesday, June 10<sup>th</sup> at 12:00pm in the Great Room

### AROUND THE WORLD WITH JUDITH

Friday, June 20<sup>th</sup> 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 20<sup>th</sup> at 11:00am in the Movie Theater.

No passports needed!



# 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

#### Friday June 6

Hot Meatball Sub with French Fries

#### Thursday June 12

Salsbury 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