

# SUMMIT AT MILL HILL

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Monthly Newsletter

July 2025





THE  
Manager's Message

Happy Independence Day!

On this day, we celebrate not only the freedom we cherish, but also the strength, wisdom, and courage that have shaped our nation. Your lives are filled with stories of perseverance and change, and today, we honor that legacy. May this day bring you peace, joy, and a reminder of your contribution to our collective journey.

Wishing you a safe and joyful Independence Day. Come celebrate with us, Summit style, on Wednesday, July 2nd at our annual Independence Day picnic! 1:00pm in the Great Room.

Janine  
Janine Robinson  
Community Manager

July Birthday's

- Sylvia Reynolds - 07/03
- Harold Wilson - 07/06
- Larry Rapant - 07/16
- Clayton McBride - 07/16
- Alice Mueller - 07/17
- Bev Harrington - 07/19
- Joseph Grippo - 07/20
- Marlene Williams - 07/20
- Kristine Clements - 07/26
- Henry Mueller - 07/31



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

Community Outings

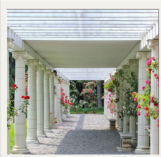
Tour the Albany Institute of History & Art!

Founded in 1791, the Albany Institute of History & Art is New York's oldest museum. Its collections document the Hudson Valley as a crossroads of culture, influencing the art and history of the region, the state, and the nation. With more than 35,000 objects in the collection and one million documents in the research library, it is an important resource for the region, giving our community a sense of the part the Hudson Valley played in the American story, and our own place in history. Friday, July 11<sup>th</sup> with 11:00am departure from Mill Hill Admission: \$12/Adult or \$10/Senior (62+) Please sign up and pay in the office by 6/27/25 - Thank you!

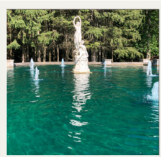


Come along for a self-guided tour of Yaddo Gardens

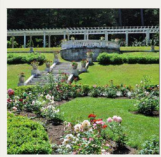
Monday, July 14<sup>th</sup> with 10:00am Departure from Mill Hill



Sign up in GR by 6/30

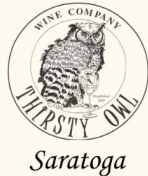


<https://yaddo.org/gardens/>



12 Resident's Max

Followed by a 12:30 lunch at The Thirsty Owl  
See menu at: <https://www.thirstyowlsaratoga.com/>



Take a trip through Lock 18 on the Erie Canal!



2025 is the 200<sup>th</sup> year anniversary of the opening of the Erie Canal! Celebrate this incredible milestone and cruise this iconic waterway.

Friday, July 18<sup>th</sup> with 11:00am Departure from Mill Hill

Please note that residents should plan on bringing a lunch with them

Please sign up and pay in the office by 6/6/25

\$30 per ticket - 12 Residents Max

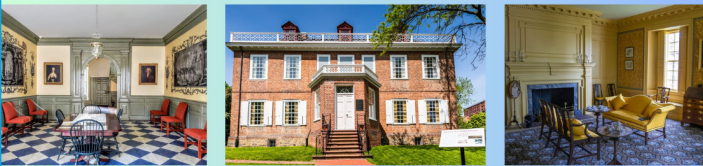
You're invited to brunch at Whistling Kettle, followed by Vintage Shopping around Ballston Spa!



Monday, July 21<sup>st</sup> with 10:30am Departure from Mill Hill

Please sign up in the Great Room by 7/7/25 - 12 Residents Max

Join us for a tour of the Schuyler Mansion!



Friday, July 25<sup>th</sup> with 10:15am Departure from Mill Hill

Schuyler Mansion is a historic house at 32 Catherine Street in Albany, New York. The brick mansion is now a museum and an official National Historic Landmark. It was constructed from 1761 to 1765 for Philip Schuyler, later a general in the Continental Army and early U.S. Senator, who resided there from 1763 until his death in 1804. It was declared a National Historic Landmark on December 24, 1967. It is also a contributing property to the South End-Groesbeckville Historic District, listed on the National Register of Historic Places in 1984.

\$4 per person - 12 Residents Max

Please sign up and pay in the office by 7/11/25

VALLEYCATS  
BASEBALL  
GAME




HUDSON VALLEY COMMUNITY COLLEGE

TUESDAY, JULY 29TH | 10:00AM DEPARTURE  
GAME STARTS AT 11:00 AM

SIGNUP IN THE OFFICE TO  
SECURE YOUR SPOT  
BY 5/22/25 - NO REFUNDS

PRICE - \$15  
INCLUDES TICKET,  
HOTDOG, CHIPS & WATER



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>
<div>Black: Games and Organized Groups Red: Happy Hour, Celebrations and Musical Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes</div>	<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>	<div>1</div> <div>8:30am Bocce -Pav 2:00pm Activities Meeting - TAV 7:00pm Tuesday Night Movie: Citizen Kane - MOV 7:00pm Card Game Night - GR</div>	<div>2</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at Guilderland Library 1:00pm Independence Day BBQ</div>	<div>3</div> <div>8:30am Bocce - Pav 1:00pm David Hoffman’s Art 101: High Renaissance 3:00pm Resident Meeting - GR 3:15pm Men’s Shuffleboard - GMR</div>	<div>4</div> <div>Office Closed No Breakfast, No Fitness Happy 4<sup>th</sup> of JULY Independence Day</div>	<div>5</div> <div>9:30am Bocce -Pav 12:00pm Movie: Twilight 2:00pm Mexican Train - GR 7:00pm Game Night - GR</div>
<div>6</div> <div>9:00am Local News Chat 12:00pm Movie (Residents Choice) 1:00pm Qwirkle - LIB 6:00pm Performance by Musicats Duo BYOB - GR</div>	<div>7</div> <div>2:00pm Mah Jongg - TAV 3:00pm Knitting &amp; Crocheting - GR 6:30pm Eight Ball - GMR</div>	<div>8</div> <div>8:30am Bocce -Pav 2:00pm Tavern Trivia - TAV 5:00pm Supper Club - TBA 7:00pm Tuesday Night Movie: La Grande Illusion - MOV 7:00pm Card Game Night - GR</div>	<div>9</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at Guilderland Library 1:30pm Presentation by Julie Novkov - GR 4:00pm Happy Hour - GR</div>	<div>10</div> <div>8:30am Bocce - Pav 1:00pm PRN Summer Olympics Opening Ceremony 11:30am Opera w/ Intermission: Die Meistersinger von Nurnberg - MOV 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey</div>	<div>11</div> <div>10:30pm Cribbage/Games - TAV 11:00am Departure to Tour of Albany Institute of History &amp; Art *Pool is closed for maintenance after last scheduled class*</div>	<div>12</div> <div>9:30am Bocce -Pav 12:00pm Movie: The Twilight Saga - New Moon 2:00pm Mexican Train - GR 7:00pm Game Night - GR</div>
<div>13</div> <div>9:00am Local News Chat 12:00pm Movie (Residents Choice)</div>	<div>14</div> <div>10:00am Faith Based Discussion with Colleen - LIB 10:00am Departure to Self-Guided Tour at Yaddo Gardens, Followed by Lunch at The Thirsty Owl 2:00pm Mah Jongg - TAV 3:00pm Knitting &amp; Crocheting - GR 6:30pm Eight Ball - GMR</div>	<div>15</div> <div>8:30am Bocce -Pav 7:00pm Tuesday Night Movie: The Night of the Hunter - MOV 7:00pm Card Game Night - GR</div>	<div>16</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at Guilderland Library 4:00pm Happy Hour - GR 5:00pm Laura Collins Sing with Seniors</div>	<div>17</div> <div>8:30am Bocce - Pav 1:00pm Marvin Bubie’s Erie Canal Presentation - GR 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey</div>	<div>18</div> <div>10:30pm Cribbage/Games - TAV 11:00am Departure to Herkimer for Boat Tour on the Erie Canal 7:00pm Bingo</div>	<div>19</div> <div>9:30am Bocce -Pav 12:00pm Movie: The Twilight Saga - Eclipse 2:00pm Mexican Train - GR 7:00pm Game Night - GR</div>
<div>20</div> <div>9:00am Local News Chat 12:00pm Movie (Residents Choice) 1:00pm Qwirkle - LIB</div>	<div>21</div> <div>10:30 Departure to The Whistling Kettle in Ballston Spa followed by Vintage Shopping 2:00pm Mah Jongg - TAV 3:00pm Knitting &amp; Crocheting - GR 6:30pm Eight Ball - GMR</div>	<div>22</div> <div>8:30am Bocce -Pav 5:00pm Supper Club - TBA 7:00pm Tuesday Night Movie: A Matter of Life and Death - MOV 7:00pm Card Game Night - GR</div>	<div>23</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at Guilderland Library 4:00pm Happy Hour - GR 5:00pm Piano by Cole Broderick - GR</div>	<div>24</div> <div>8:30am Bocce - Pav 1:00pm PRN Summer Olympics Closing Ceremony 1:00pm Opera: La Sonnambula - MOV 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey Mitzvah Day</div>	<div>25</div> <div>10:30pm Cribbage/Games - TAV 11:00am Departure to Schuyler Mansion Tour in Albany 5:00pm Highly Requested Performance by Richie Phillips BYOB - GR</div>	<div>26</div> <div>9:30am Bocce -Pav 12:00pm Movie: The Twilight Saga - Breaking Dawn Pt 1 2:00pm Mexican Train - GR 7:00pm Game Night - GR</div>
<div>27</div> <div>9:00am Local News Chat 12:00pm Movie (Residents Choice)</div>	<div>28</div> <div>2:00pm Mah Jongg - TAV 3:00pm Knitting &amp; Crocheting - GR 6:30pm Eight Ball - GMR</div>	<div>29</div> <div>8:30am Bocce -Pav 10:00am Departure to Valleycats Game 7:00pm Tuesday Night Movie: The 39 Steps - MOV 7:00pm Card Game Night - GR</div>	<div>30</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at Guilderland Library 1:30pm Cooking with Friends - FDR 3:00pm Book Club - LIB 4:00pm Happy Hour - GR</div>	<div>31</div> <div>8:30am Bocce - Pav 2:00pm Webinar: On the Strangeness and Wonder of Our Brains w/ Pria Anand 6:00pm Tri County Banjo Band - GR 3:15pm Men’s Shuffleboard - GMR 5:00pm Supper Club w/ Chef Mickey</div>		



## WE'RE HAVING A COOK OUT!

JOIN US FOR A GOOD OLD TRADITIONAL  
COOK OUT FOR INDEPENDENCE DAY!

WEDNESDAY, JULY 2<sup>ND</sup> AT 1:00PM IN THE  
GREAT ROOM/ON THE PATIO!

WE WILL BE SERVING UP SOME FAVORITE  
COOK OUT STAPLES SUCH AS HOT DOGS &  
HAMBURGERS! SEE YOU THERE!

PLEASE SIGN UP IN THE GREAT ROOM FOR  
THIS EVENT SO WE ARE ABLE TO GET A  
PROPER HEADCOUNT. THERE IS ALSO A  
SIGN UP SHEET FOR ANYONE WILLING TO  
BRING A FOOD ITEM TO SHARE. THANK YOU!



## David Hoffman's Art History 101 Presents: The High Renaissance

Thursday, July 3<sup>rd</sup> at 1:00pm in the Great Room!  
Please sign up in the Great Room for this presentation

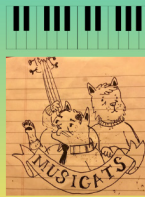


COME SEE A GREAT PERFORMANCE BY THE MUSICATS DUO

SUNDAY, JULY 6<sup>TH</sup> AT 6:00PM  
IN THE GREAT ROOM



THE MUSICATS PERFORM ALL  
THROUGHOUT THE CAPITAL REGION!  
THIS DUO PLAYS A VARIETY OF  
MUSICAL STYLES FROM THE 1920'S  
TO THE 1970'S, INCLUDING SONGS OF  
THE BIG BANDS, FRANK SINATRA,  
NAT KING COLE, & TONY BENNETT



COME JOIN US FOR  
**TAVERN TRIVIA**  
With  
HERSH PRODUCTIONS  
IN THE TAVERN

**Tuesday,  
July 8th**  
2:00pm - 3:00pm

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

## Julie Novkov Returns Back to Mill Hill!

Wednesday, July 9<sup>th</sup> at 1:30pm in the Great Room

In this presentation, Julie will be discussing and  
reflecting on the Supreme Court's 2024 Term.

Please sign up in the Great Room for this Presentation.



## A Presentation by Marvin Bubie: The Erie Canal

Join Marvin's informational  
presentation and gain some great  
knowledge about the Erie Canal,  
the ditch that changed America!

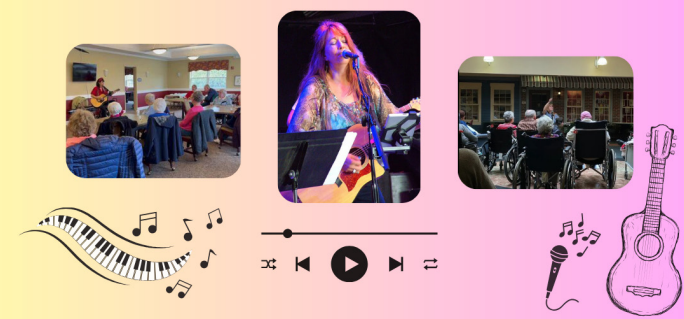
Thursday, July 17<sup>th</sup> at 1:00pm in  
the Great Room

Please sign up in the Great Room for  
this presentation, please & thank you!



## Join Laura Collins for "Singing with Seniors!"

Wednesday, July 16th at 5:00pm in the Great Room.



## COLE BRODERICK TO PERFORM AT MILL HILL!



WEDNESDAY, JULY 23RD AT 5:00PM IN THE GREAT ROOM

[colebroderick.weebly.com](http://colebroderick.weebly.com)

## "SONGS FOR SENIORS" TOUR

With "Rhym'n'Richie" Phillips  
Former Award Winning Radio Cohost  
Of WGNA's SEAN AND RICHIE SHOW



Presenting a fun, uplifting hour  
at the keyboard, especially  
tailored to Seniors!  
Friday July 25<sup>th</sup> at 5:00pm  
in the Great Room



Well known songs from 40's today!  
Original, and Classic Comedy Songs,  
"Name that Tune" contests and more!

HOST OF "TOP TALENT" PODCAST

WEBSITE - [www.rhymnrichie.com](http://www.rhymnrichie.com)

## Join together & enjoy a performance by the Tri County Banjo Band!



You don't want  
to miss this  
performance!

Thursday, July 31st at 6:00pm 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, 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. 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 July 3

Chef Mickey Off

#### Thursday July 10

Salmon with Whole-Grain Mustard Sauce, Rice, Vegetables, Salad & a Roll

#### Thursday July 17

Stuffed Eggplant with Meatball, Sauce, Salad & Garlic Bread

#### Thursday July 24

Sliced Turkey Grinder Baked in Oven with Lettuce, Tomato, American Cheese, Macaroni Salad, Pickle, & a Garden Salad

#### Thursday July 31

Stuffed Shells with Meatballs, Sauce, Salad & 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