

SUMMIT AT MILL HILL

Monthly Newsletter

August 2025



THE
Manager's Message

August Greetings!

As summer begins to wind down, take time to embrace the warm days and vibrant sunsets that make August so special. Whether you're enjoying morning walks, tending to your garden bed, or our exciting lineup of activities, this is the perfect time to soak up the season with friends and neighbors.

✿ This Month's Highlights:

- PRN Interactive Presentation on the Importance of Posture – Thursday August 7th
- Outing to Norman Rockwell Museum in Stockbridge, MA – Friday August 15th
- Trivia Tea Party – Tuesday August 19th
- LUAU Show by HEA Productions – Friday August 29th

Let's make the most of these beautiful summer moments together. See you around the community!

Janine
Janine Robinson
Community Manager



Staff



Community Manager

Janine Robinson
JRobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
MGrant@SummitSeniorLife.com

Maintenance

Roman Early
James Hoke

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
Guilderland, NY 12159
www.summitatmillhill.com

Community Outings

Take a trip to the
Norman Rockwell Museum!

Residents will be paying for Admission at the
Museum. \$25/Adult \$23/Senior.
Sign up in the Great Room! *12 resident's max*




Followed by lunch at Salmon Run Fish House

Check out the restaurant's menu at:
<https://www.salmonrunfishhouse.com/>



Friday August 15th with
9:30am departure from Mill Hill

We're going to The Pine Hollow Arboretum for Monarch Monday!
Monday, August 18th with 12:30 departure



Entomologist Jerry Dievendorf who has traveled around the equator to tropical rainforests to study insects will be there to show his collection of moths, bugs & more!
Sign up in the Great Room! *12 resident's max*



We will be departing at 10:30am on Friday, August 22nd to go shopping at Stuyvesant Plaza!

Sign up in the Great Room!
12 residents max

See all Stuyvesant Plaza has to offer!
<https://stuyvesantplaza.com/>

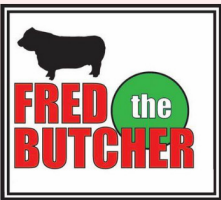


Come along with us!

We will depart from Mill Hill at 11:00am to head to Fred the Butcher for some premium quality meat, followed by a trip to Stanton's Farm Stand for some great produce, then we will be ending our trip with a quick stop at Tastee Treat for some yummy ice cream!

Monday, August 25th with 11:00am departure

Sign up in the Great Room *12 Residents max*



We're going to the New York State Museum!

Friday, August 29th with 10:00am departure from Mill Hill.

Sign up in Great Room! *12 Residents Max*

Admission to the NYS Museum is free. However, your support plays a vital role in the success of the Museum's mission.
Suggested donation: \$5 per individual or \$10 per family.



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Black: Games and Organized Groups</div> <div>Red: Happy Hour, Celebrations and Entertainment</div> <div>Green: Outings</div> <div>Blue: Opera or Movies</div> <div>Purple: Presentations and Classes</div>						
<div>AG-Art Gallery</div> <div>CH – Chapel</div> <div>FDR-Family Dining Rm</div> <div>FS-Fitness Studio</div> <div>GR-Great Room</div> <div>CR-Craft Room</div> <div>LIB– Library</div> <div>MIL-Meet in Lobby</div> <div>MOV– Movie Theater</div> <div>P-Pool</div> <div>TAV-Tavern</div> <div>YS-Yoga Studio</div> <div>GMR-Game Room</div> <div>PAV - Pavilion</div> <div>PAT - Patio</div>						

August Birthday's!

Elaine Patzke 08/01

Jeffrey Silver 08/03

Olga Greco 08/08

Valerie Cannata 08/13

Marilynn Brackett 08/13

Alicia Hartnett 08/17

William Haaf 08/21

Thomas Clements 08/29

Barbara Nielsen 08/31

Happy Birthday



Trivia Tea Party with Together in Caring!

Join for a tea party, along with some fun trivia while getting to know the faces of Together in Caring. There will be different arrays of tea to try, as well as some fun tea party finger foods. We will see you there!



Tuesday, August 19th at 11:00am in the Great Room
Please sign up in the Great Room for this event.

Performance by The Young Winchesters

Wednesday, August 20th at 5:00pm in the Great Room

"The Young Winchesters are a seasoned band with over 200 years of combined experience. We specialize in classic old-time tunes that will be sure to get your hands clapping and feet dancing. Be sure to come and join us."



Luau Show with HEA Productions!

Friday, August 29th at 5:00pm in the Great Room



This is a BYOB event! Bring a drink, sit back & relax while enjoying some fun entertainment!

PRN's from Slouch to Stretch Presentation!



Thursday, August 7th at 11:00am
in the Great Room!

Come join PRN to discuss the connection between your posture and overall physical performance.

Learn how posture affects body mechanics, strength, flexibility, and coordination.

There will be a fun interactive bingo game with prizes to win!



Come listen in on a Wade Tours Presentation!

Friday, August 8th at 2:00pm in the Great Room!

Crystal will be coming to Mill Hill to talk about all Wade Tours has to offer!



Don't miss this opportunity!

Refreshments will be provided



Growing and protecting wealth presentation
with financial advisor Anthony Costello



Monday, August 11th at 1:00pm in the Great Room
Please sign up in the Great Room for this presentation

John Dennehey presents

"The Torment of Roses: A High Society Duel Over Flower Arrangements"

Thursday, August 14th at 2:00pm in the Great Room

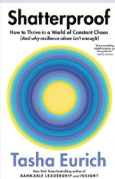
"In 1892, Vienna hosted the first international exhibition devoted exclusively to music and theatre. The exhibition's Honorary President was a high society Princess who was the leading trendsetter, close confidante of French Empress Eugenie, and had a passion for flowers. Not only was the exhibition her idea, but in 1886 she established the annual flower parade in Vienna – a tradition that continues today. Meanwhile, a much younger Countess was gaining notoriety in elite social circles and was made President of the Ladies Committee. The Countess was also an advocate of the arts and had a keen interest in flowers. After a disagreement about flower arrangements at the Exhibition, these two high society women decided to settle the disagreement with a duel. This presentation not only discusses the circumstances that led up to the duel, but also the floral trends that likely caused the disagreement and the impact this duel had on the international stage."



Guilderland Library Webinar:

"How to Thrive in a World of Constant Chaos with Organizational Psychologist Dr. Tasha Eurich!"

"Learn how to master the daily grind and become shatterproof in a tumultuous world with key insights by Dr. Tasha Eurich as she talks about her newest book, Shatterproof: How to Thrive in a World of Constant Chaos (And why resilience alone isn't enough)."



Thursday, August 28th at 2:00pm in the Movie Theater

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, August 7th

Chicken and Broccoli Alfredo over Pasta, Salad, and a roll

Thursday, August 14th

Baked Haddock, Mashed Potatoes, Vegetables, Salad and a roll

Thursday, August 21st

Stuffed Peppers over Pasta with Marinara Sauce, Salad and a roll

Thursday, August 28th

Chef Mickey off



**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