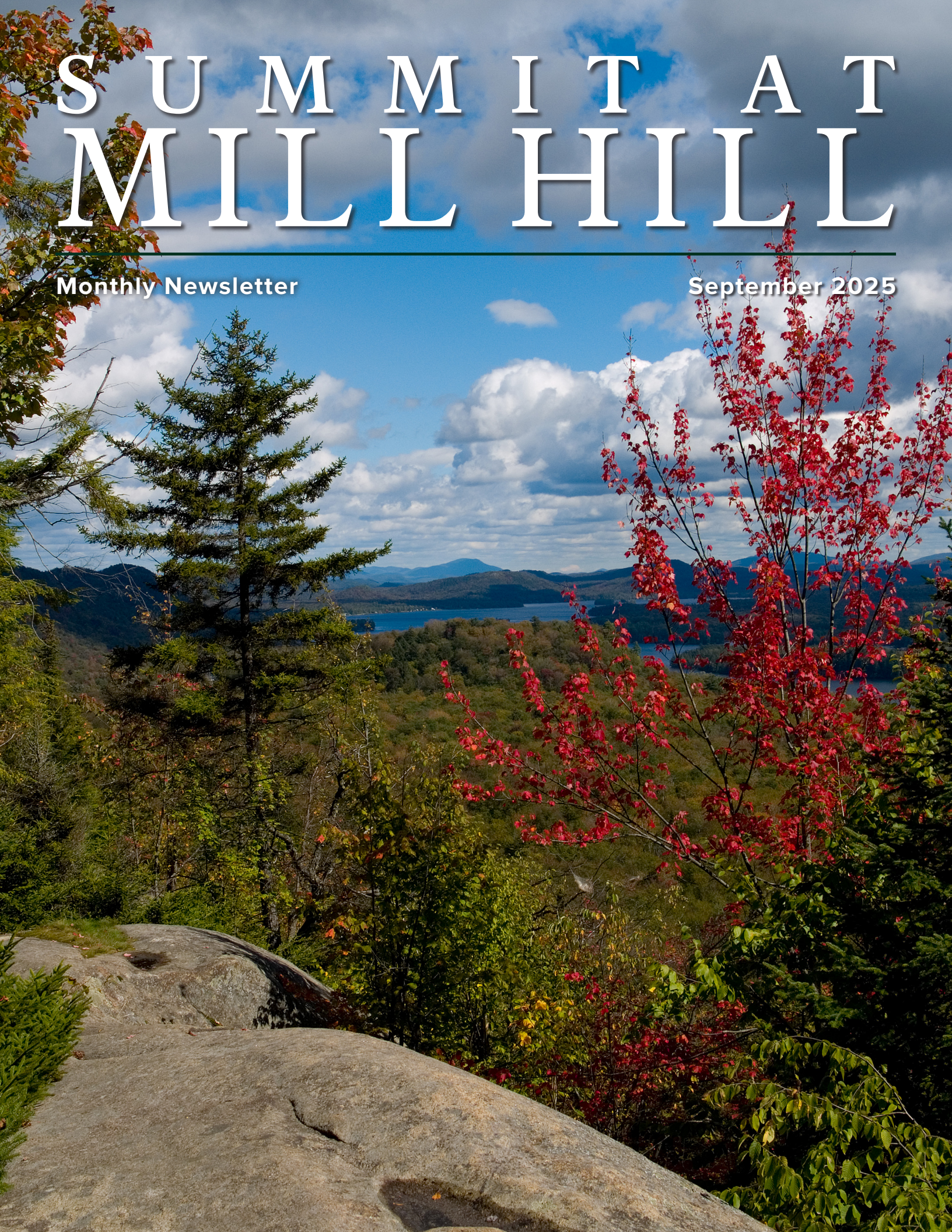


# SUMMIT AT MILL HILL

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Monthly Newsletter

September 2025





THE  
Manager's Message

September Greetings!

“September” comes from the Latin word septem, meaning seven. It was originally the seventh month in the Roman calendar, which originally began with March (*before January and February were added*). Despite its name, it is now the ninth month in the calendar, making September a bit of a historical oddity.

September marks the transition from summer to autumn. A time of harvest, reflection, and preparation. The Autumnal Equinox, when day and night are roughly equal in length, marks the official start of fall, but did you know that ancient cultures like the Egyptians and Mayans used the equinox to align their pyramids and temples?

The Harvest Moon will appear this year on Friday, September 5 – watch for it as a symbol of completion, fulfillment, and gratitude.

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

COME ALONG TO  
UNBRIDLED HORSE  
SANCTUARY!

Monday, September 8th with  
10:00am departure from Mill Hill

Bring a box lunch along with you to  
enjoy in Unbridled's Welcome Center!



Please sign up in the Great Room.  
\*12 residents max\*

Indian Ladder Farm Visit!

Monday, September 15th with 10:00am departure from Mill Hill

Shop for Apples, Cider, Pumpkins, Doughnuts,  
& more at this beautiful Helderberg Farm!

Sign up in the Great Room. \*12 residents max\*



SUMMIT  
SENIOR LIVING

Summit's 5th Annual  
Bocce Ball Tournament!  
Friday, September 19th, 2025

Hosted by Summit at Saratoga!  
We will depart from Mill Hill at 8:30am  
Refreshments, lunch, and music will be provided!



Let's go for a boat ride around the  
Hudson-Athens Lighthouse!

Monday, September 22nd with 9:00am departure.

Step aboard with the Hudson-Athens Lighthouse  
Preservation Society and Hudson Ferry Co. for a front-  
row view of the iconic Hudson-Athens Lighthouse!  
Join lighthouse historians and docents on this hourlong  
narrated boat tour to hear stories of the lightkeepers and  
families who called it home, learn about its vital role in  
river navigation, Westward Expansion, and hear the  
latest on the remarkable restoration work underway.



This boat ride is \$30 per person, and is to be paid when  
signing up in the office. Please sign up in the office by  
Monday, 9/8. There is room for 10 resident's max. Please  
note residents should plan on bringing a lunch with  
them. Light fare such as popcorn & chips & drinks will  
be available for purchase on the boat. Please wear  
secure footwear ONLY. No open shoes of any kind will  
be permitted. Bringing a light jacket or sweater is  
recommended. This will be fun!



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Continental Breakfast</b> Monday–Friday 8:30–10:30 Saturday–Sunday 9:00–11:00	<div>1</div> <div>Office Closed</div> <div>HAPPY</div> <div>LABOR DAY</div> <div>No Breakfast, No Fitness</div>	<div>2</div> <div>8:30am Bocce - PAV</div> <div>2:00pm Activities Meeting - TAV</div> <div>3:00pm Senior Fraud Presentation with Andrew from Towne Techs - GR</div> <div>5:00pm Jersey Mike's Supper Club - TAV</div> <div>7:00pm Tuesday Night Movie: Camille - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>3</div> <div>9:00am Communion Service - CH</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect at the Guilderland Library</div> <div>1:00pm Craft Class with Karen - CR</div> <div>4:00pm Happy Hour - GR</div>	<div>4</div> <div>8:30am Bocce - PAV</div> <div>1:00pm Opera: Fidelio - MOV</div> <div>3:00pm Resident Meeting - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div>	<div>5</div> <div>10:30am Cribbage/Games - TAV</div> <div>9:30am Departure to Summit at Saratoga for Bocce Practice</div> <div>7:00pm Bingo - GR</div>	<div>6</div> <div>9:30am Bocce - PAV</div> <div>12:00pm Movie: Happy Gilmore 2</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>7</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div>8</div> <div>10:00am Departure to Unbridled Horse Sanctuary</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>9</div> <div>8:30am Bocce - PAV</div> <div>2:00pm Tavern Trivia with Mark Hersh - TAV</div> <div>7:00pm Tuesday Night Movie: Bringing Up Baby - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>10</div> <div>9:00am Communion Service - CH</div> <div>11:00am Market 32 Grocery Shopping</div> <div>2:00pm Guilderland Library Webinar: Argue Less &amp; Talk More with Communication Expert Jefferson Fisher - MOV</div> <div>4:00pm Happy Hour - GR</div> <div>5:00pm Musical Entertainment by Woody Strobeck- GR</div>	<div>11</div> <div>8:30am Bocce - PAV</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div>	<div>12</div> <div>10:30am Cribbage/Games - TAV</div> <div>11:00am Around the World with Judith: The Trans-Siberian Railroad, Russia and Mongolia - GR</div> <div>12:00pm Shuffleboard Subs &amp; Suds - TAV</div> <div>7:00pm Bingo - GR</div> <div>*Pool is closed for maintenance after last scheduled class*</div>	<div>13</div> <div>9:30am Bocce - PAV</div> <div>12:00pm Movie: Grown Ups</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div> <div>International Chocolate Day!</div>
<div>14</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div> <div>1:00pm Qwirkle - LIB</div>	<div>15</div> <div>10:00am Faith Based Discussion with Colleen - LIB</div> <div>10:00am Indian Ladder Farms Outing</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>3:00pm Seminar for Information about upcoming Medicare Changes - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>16</div> <div>8:30am Bocce - PAV</div> <div>1:30pm Albany Guardian Society Fall Prevention Webinar - MOV</div> <div>5:00pm Supper Club w/ Andolina's - TAV</div> <div>7:00pm Tuesday Night Movie: Gone with the Wind - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>17</div> <div>9:00am Communion Service - CH</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect at the Guilderland Library</div> <div>4:00pm Happy Hour - GR</div>	<div>18</div> <div>8:30am Bocce - PAV</div> <div>1:00pm Opera: Armida - MOV</div> <div>2:00pm Clara's Pre-Rosh Hashanah Honey Cake Bake for a Sweet New Year Event - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div>	<div>19</div> <div>10:30am Cribbage/Games - TAV</div> <div>8:30am 5th Annual Bocce Tournament at Summit at Saratoga 🏆</div> <div>7:00pm Bingo - GR</div> <div>International Talk like a Pirate Day!</div>	<div>20</div> <div>12:00pm Movie: Grown Ups 2</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>21</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div>22</div> <div>9:00am Hudson-Athens Lighthouse Boat Tour Outing</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div> <div>Rosh Hashanah begins at sundown</div>	<div>23</div> <div>1:00pm Lighthouse Presentation with Marvin Bubie - GR</div> <div>7:00pm Tuesday Night Movie: Yojimbo - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>24</div> <div>9:00am Communion Service - CH</div> <div>11:00am Market 32 Grocery Shopping</div> <div>11:00am - 1:00pm Seniors Connect at the Guilderland Library</div> <div>1:30pm Cooking with Friends - FDR</div> <div>3:00pm Book Club - LIB</div> <div>4:00pm Happy Hour - GR</div> <div>5:00pm Musical Entertainment by Russ Kennedy - GR</div>	<div>25</div> <div>11:00am PRN's Fall Prevention &amp; Aging Event - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div>	<div>26</div> <div>10:30am Cribbage/Games - TAV</div> <div>*Precautionary Rain Date for 5th Annual Bocce Tournament at Summit at Saratoga*</div> <div>7:00pm Bingo - GR</div>	<div>27</div> <div>12:00pm Movie: Beetlejuice Beetlejuice</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>28</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div> <div>1:00pm Qwirkle - LIB</div>	<div>29</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>30</div> <div>1:00pm Informational Ice Cream Social with Albany Guardian Society - GR</div> <div>5:00pm Supper Club w/ Andolina's - TAV</div> <div>6:00pm Tuesday Night Movie: Hannah and Her Sisters - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>SEPTEMBER</div>		<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>	



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)



*Happy Birthday*

Clive Reed 09/03  
Trudy Warner 09/10  
Marguerite Flint 09/13  
Vikki Miller 09/15  
Frances Arthur 09/21  
Suzanne Snyder 09/21  
Leonard Stokes 09/22  
Patricia Young 09/22



**Tavern Trivia!**  
with Mark Hersh

Tuesday, September 9<sup>th</sup> at 2:00pm in the Tavern



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!

WEDNESDAY, SEPTEMBER 10<sup>TH</sup>  
AT 5:00PM IN THE GREAT ROOM



Live Music with Russ Kennedy!

Russ sings while playing guitar!

Wednesday, September 24<sup>th</sup> at 5:00pm in the Great Room

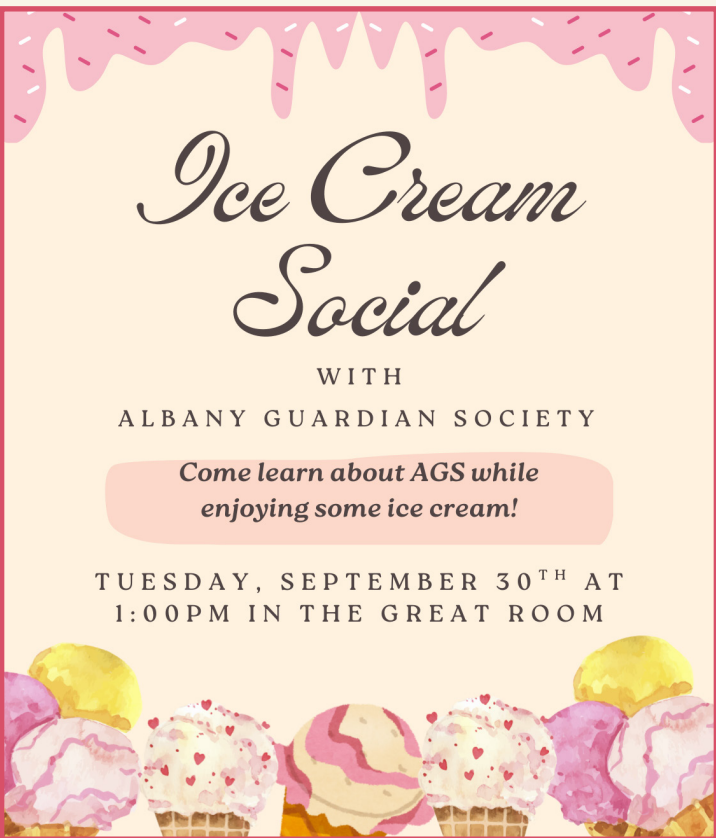


*Ice Cream Social*

WITH  
ALBANY GUARDIAN SOCIETY

Come learn about AGS while  
enjoying some ice cream!

TUESDAY, SEPTEMBER 30<sup>TH</sup> AT  
1:00PM IN THE GREAT ROOM



**Internet 101 & New Media Literacy**

Tuesday, September 2<sup>nd</sup> at 3:00pm  
in the Great Room

Sign up in the Great Room!

Scammers increasingly target seniors, misinformation spreads faster than ever. Learn practical skills to navigate the digital world with confidence!

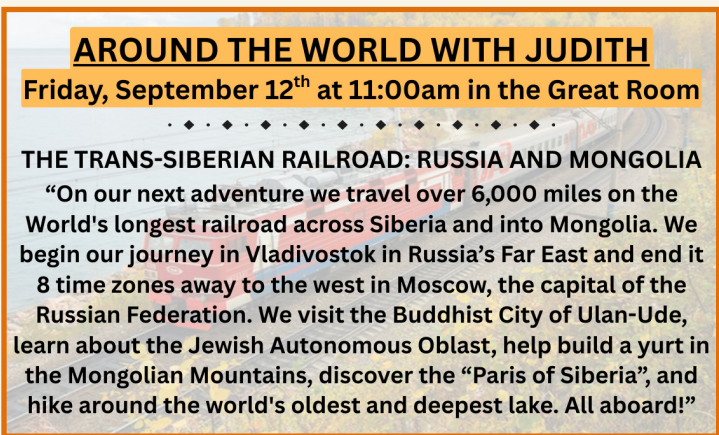
What You'll Learn:  
Spot email scams and phone scams before they fool you  
Identify fake news vs. reliable information  
Shop online safely and protect personal information  
Understand why certain content appears in your social media feeds



**AROUND THE WORLD WITH JUDITH**

Friday, September 12<sup>th</sup> at 11:00am in the Great Room

THE TRANS-SIBERIAN RAILROAD: RUSSIA AND MONGOLIA  
"On our next adventure we travel over 6,000 miles on the World's longest railroad across Siberia and into Mongolia. We begin our journey in Vladivostok in Russia's Far East and end it 8 time zones away to the west in Moscow, the capital of the Russian Federation. We visit the Buddhist City of Ulan-Ude, learn about the Jewish Autonomous Oblast, help build a yurt in the Mongolian Mountains, discover the "Paris of Siberia", and hike around the world's oldest and deepest lake. All aboard!"



**Upcoming Medicare Changes Presentation**

Monday, September 15<sup>th</sup> at 3:00pm in the Great Room

Come join in the Great Room for an informative discussion about the upcoming Medicare changes. There will be a part 2 to this presentation in October, where you will have assistance with making any changes wanted.  
Please sign up in the Great Room.

**PRN's Fall Prevention & Aging Presentation!**

Come join PRN to discuss some great fall prevention tips, while also discussing the facts vs. myths of the aging process.  
We will play a fun interactive bingo game with prizes!



Thursday, September 25<sup>th</sup> at 11:00am in the Great Room

**America's Lighthouse Heritage Presentation**

with Marvin Bubie in the Great Room  
on Tuesday, September 23<sup>rd</sup> at 1:00pm

Many coastal cities & towns adopted their lighthouse as their official seal representing their seagoing heritage. Marvin will display the seals and provide the background of the symbols. There are stories of ghosts, shipwrecks, heroic rescues, lighthouses falling into the sea, women lighthouse keepers, wartime activities of lighthouses, ect.

~ Sign up 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, September 4th

Vegetable Lasagna with Alfredo Sauce,  
Served with Salad and Roll

#### Thursday, September 11th

Herb Grilled Chicken Breast, Mashed Potatoes, Vegetables, Gravy, Served with Salad and a Roll

#### Thursday, September 18th

Sliced Turkey, Mashed Potatoes, Vegetables, Gravy, Stuffing, Cranberry Sauce, Served with Salad and a Roll

#### Thursday, September 25th

Sliced Roast Pork, Mashed Potatoes, Gravy, Vegetables, Served with 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