



SUMMIT AT MILL HILL

Monthly Newsletter

October 2025

THE Manager's Message

October

As the crisp autumn breeze settles in and leaves paint the world, October reminds us to slow down and savor the beauty around us. This season is not just about change—it's about *harvest, gratitude, and togetherness*.

- October 1 marks the start of **Yom Kippur** at sundown. It is the single holiest day of the Jewish year and marks a time for atonement. This somber day of prayer and fasting ends the 10 days of the High Holidays, or "Days of Awe," which begin with **Rosh Hashanah**.
- **Columbus Day**, on the second Monday of October, commemorates Christopher Columbus's arrival in the Americas in 1492.
- **Halloween** occurs on October 31st, a much-loved celebration in many parts of the world. The tradition of carving Jack-o'-lanterns for Halloween originated in Ireland. However, the first Jack-o'-lanterns were not made from pumpkins but from turnips.

Every October, the Nobel Prizes in Physics, Chemistry, Physiology or Medicine, Literature, and Peace are announced.

October is also known for its many advocacy campaigns, including Breast Cancer Awareness Month, Domestic Violence Awareness Month, and Bullying Prevention Month.

Happy birthday to our Libras and Scorpios, and I wish you all a wonderful October.

Janine

Janine Robinson
Community Manager

Staff



Community Manager

Janine Robinson
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Resident Services Coordinator

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Maintenance

Roman Early
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518-941-8871

The Summit at Mill Hill
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Guilderland, NY 12159
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Community Outings

Take a trip to see the Fenimore Art Museum!



Friday, October 3rd with 9:00am departure.

"The Fenimore Art Museum is a museum located in Cooperstown, New York on the west side of Otsego Lake. Collection strengths include the Eugene and Clare Thaw Collection of American Indian Art, American fine and folk art, 19th and early 20th century photography, as well as rare books and manuscripts." Come along to check it out!

While you're here, enjoy the delicious offerings of the Brimstone Bakery in the beautiful lakeside setting of the Fenimore Art Museum

Residents will pay their admission at the Museum.

Adult (20-64) - \$30.00 or Senior (65+) - \$22.50

Please sign up in the Great Room to go on this trip.

12 residents max, thank you

Come along to Seniors Connect at the Guilderland Library!



"Join our vibrant senior social group! Engage in lively conversations, be a part of our community, and make new friends. Every Wednesday in the Normanskill Room!"

Summit at Mill Hill offers a ride over to the Guilderland Library every Wednesday! Departure from Mill Hill is along with our 11:00am Grocery Shopping Shuttle.

Join us for our monthly shopping outing to Walmart!

Friday, October 10th with 10:00am departure.
Please note that our monthly Walmart outing is usually on the first Friday of every month, however, we are doing this outing on 10/10 for the month of October due to our 10/3 Fenimore Art Museum outing. Thank you for your understanding!



Crailo State Historic Site visit!

Friday, October 17th with 10:00am departure.



Crailo State Historic Site is a historic, fortified brick manor house in Rensselaer, built in 1707. The site is listed on the National Register of Historic Places and has a rich history dating back to the 17th century.

Please sign up & pay in the office for this outing.

Admission is \$4 per person. 12 residents max.

Please note there are a lot of stairs, making accessibly a little more limited on this outing.

Lunch & shopping at Apple Barrel Store & Cafe!

Friday, October 24th, we will depart from Mill Hill at 10:20am for an 11:00am brunch at Apple Barrel's Cafe.

"Whether you're dining in our award-winning cafe, or being inspired in our legendary store, you'll be made to feel right at home."

Please sign up in the Great Room. *10 residents max*



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Continental Breakfast</div> <div>Monday–Friday</div> <div>8:30–10:30</div> <div>Saturday–Sunday</div> <div>9:00–11:00</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></div>	<div>1 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>Yom Kippur Begins at Sundown</div>	<div>2</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div>	<div>3</div> <div>9:00am Departure to the Fenimore Art Museum</div> <div>10:30am Cribbage/Games - TAV</div>	<div>4</div> <div>12:00pm Movie: Wednesday S1 E1 - MOV</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>5</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div>6</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting & Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>7</div> <div>12:00pm Painting Pumpkins - CR</div> <div>7:00pm Tuesday Night Movie: Yojimbo - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>8</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>5:00pm Music with Eileen & Michael - GR</div>	<div>9</div> <div>1:00pm Opera: L'orfeo - MOV</div> <div>12:30pm Sukkah Party with Clara - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div>	<div>10</div> <div>10:00am Walmart Grocery Shopping</div> <div>10:30am Cribbage/Games - TAV</div> <div>1:00pm Lighthouse Presentation with Marvin Bubie - GR</div> <div>7:00pm Bingo - GR</div> <div>*Pool is closed for maintenance after last scheduled class*</div>	<div>11</div> <div>12:00pm Movie: Wednesday S1 E2 - MOV</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>12</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div> <div>1:00pm Qwirkle - LIB</div>	<div>13</div> <div></div> <div>Office Closed</div> <div>No Breakfast, No Fitness</div>	<div>14</div> <div>2:00pm Tavern Trivia with Mark Hersh - TAV</div> <div>3:00pm Pt. 2 of September's Medicare Seminar: You will have assistance making any changes you would like - GR</div> <div>5:00pm Supper Club w/ Andolina's - TAV</div> <div>7:00pm Tuesday Night Movie: His Girl Friday - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>15</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>16</div> <div>1:00pm PRN Presentation along with a fun interactive game - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div>	<div>17</div> <div>10:00am Departure to Crailo State Historic Site</div> <div>10:30am Cribbage/Games - TAV</div>	<div>18</div> <div>12:00pm Movie: Wednesday S1 E3 - MOV</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>19</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div>20</div> <div>2:00pm Mah Jongg - TAV</div> <div>2:00pm Medicare Meeting for Clients of Linda Singer - GR</div> <div>3:00pm Knitting & Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>21</div> <div>2:00pm Scam Awareness Presentation with First of New York FCU - GR</div> <div>7:00pm Tuesday Night Movie: North by Northwest - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>22</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>5:00pm Music with Laura Collins - GR</div>	<div>23</div> <div>1:00pm Opera: Arabella - MOV</div> <div>3:15pm Men's Shuffleboard - GMR</div>	<div>24</div> <div>10:20am Departure to Apple Barrel Store + Cafe</div> <div>10:30am Cribbage/Games - TAV</div> <div>7:00pm Bingo - GR</div>	<div>25</div> <div>12:00pm Movie: Wednesday S1 E4 - MOV</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>26</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div> <div>1:00pm Qwirkle - LIB</div> <div>National Pumpkin Day!</div> <div></div>	<div>27</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting & Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>28</div> <div>2:00pm Performance by Albany Area Senior Orchestra (other Summit locations will be joining us for this) - GR</div> <div>5:00pm Supper Club w/ Andolina's - TAV</div> <div>7:00pm Tuesday Night Movie: Nights of Cabiria - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>29</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>3:00pm Book Club - LIB</div> <div>4:00pm Happy Hour - GR</div>	<div>30</div> <div>11:30am Marilyn Sassi Presentation - MOV</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div> <div>National Candy Corn Day!</div> <div></div>	<div>31</div> <div>10:30am Cribbage/Games - TAV</div> <div>1:00pm Summit's Spooky Soup Stroll - GR</div> <div></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>
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>8:30am Aqua Fitness (P)</div> <div>9:30am Strength & Balance (FS)</div> <div>10:30am Total Body Combo (FS)</div> <div>6:00pm Line Dancing - GR</div> <div>7:00pm Relaxation Yoga (YS)</div>	<div>Every Tuesday</div> <div>9:00am Stretch & Flex (FS)</div> <div>10:00am Stretch & Flex (FS)</div> <div>11:00am Hydro Riders (P)</div>	<div>Every Wednesday</div> <div>10:45am Sit to be Fit (FS)</div> <div>11:45am Aqua Fitness (P)</div>	<div>Every Thursday</div> <div>9:00am Chair Pilates (FS)</div> <div>10:00am Water Balance (P)</div> <div>11:00am Chair Pilates (FS)</div>	<div>Every Friday</div> <div>8:45am Aqua Fitness (P)</div>	

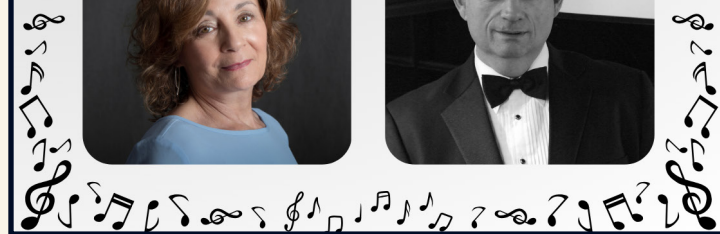
Music with Eileen & Michael

Wednesday, October 8th in the Great Room
at 5:00pm following our 4:00pm Happy Hour

"The Art of the Art Song-a
Celebration of Voice and Solo Piano"
This program includes works by
Sergei Rachmaninoff, John Duke,
Katrina Trask, Claude Debussy, and
Michael Head.

Eileen Egan Mack is known for her
clear voice and musical storytelling.

She loves partnering with the
Capital District's renowned pianist
and accompanist, the fabulous
Michael Clement.



Happy Hour

EVERY WEDNESDAY AT
4:00PM IN THE GREAT ROOM

WINE & SNACKS PROVIDED BY MILL HILL.
WE HOPE TO SEE YOU THERE!

Join Laura Collins for "Singing with Seniors!"
Wednesday, October 22nd at 5:00pm in the Great Room.



Performance by Albany Area Senior Orchestra

Enjoy a beautiful performance by
Albany Area Senior Orchestra! This
talented group only does one or two
performances a year and we are
excited they have chosen Mill Hill
for one of their performances this
year! We will be inviting our other
Summit locations to enjoy this
performance with us. Refreshments
and cookies will be provided!

Tuesday, October 28th at
2:00pm in the Great Room

See you there!

HAPPY BIRTHDAY!

JUDY MADNICK 10/01	MARY CHURCH 10/14
MARIANNE MAGGIO 10/02	EILEEN MARGARET 10/19
COLLEEN HASSETT 10/10	MARY CARR 10/21
CYNTHIA FREEDMAN 10/12	MARGIE FRATT 10/27
DALE VAN STEELE 10/13	JULIET TURNER 10/31

Let's Paint Pumpkins!

TUESDAY OCTOBER 7TH AT
12:00PM IN THE CRAFT ROOM
Sign up in the Great Room!

MARVIN BUBIE PRESENTS: "AMERICA'S LIGHTHOUSE
HERITAGE IN OUR OFFICIAL CITY SEALS"

"Many coastal cities and 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, etc."

Friday, October 10th at 1:00pm in the Great Room!

Please sign up in Great Room binder
for this presentation.

Learn the PRN Referral Process!

Thursday, October 16th at 1:00pm in the Great Room!

PRN explains the who, what, when, where, & why
of the therapy referral process. We will be playing
a fun interactive bingo game with prizes to win!



Scam Prevention Presentation with First of New York Federal Credit Union!

Tuesday, October 21st at 2:00pm in the Great Room

Join this presentation being held
by First of New York Credit Union
to learn how to recognize, prevent,
and report financial scams.

Please sign up in the Great Room for this presentation.



Marilyn Sassi Presents: "How Empress Josephine
Bonapart changed the face of fashion and design."

"The program will follow Bonaparte's illustrious military
career and how Josephine literally changed the very restrictive
18th century fashion into the comfortable, free flowing
drapery of ancient Rome. Her study and collection of artifacts
from Pompeii and her purchase of paintings from young
artists made her the foremost patron of the arts of her time."

Included will be the chateau Josephine designed for herself,
the furniture and many of her gowns and accessories."

Thursday, October 30th at 11:30am in the Movie Theater!

Please sign up in the Great Room for this presentation.

SPOOKY SOUP STROLL

FRIDAY, OCTOBER 31ST AT 1:00PM IN THE GREAT ROOM!

MILL HILL RESIDENTS ARE ABLE TO SIGN
UP/VOLUNTEER TO MAKE A DELICIOUS
SOUP FOR OUR SPOOKY SOUP STROLL!

IF YOU DO NOT WANT TO MAKE A SOUP,
PLEASE STILL PLAN ON JOINING US TO
TRY A VARIETY OF HOMEMADE SOUPS!

RESIDENTS WHO DON'T MAKE SOUP CAN
PARTICIPATE BY PAYING \$1. ALL PROCEEDS
WILL BE DONATED TO NBCF IN HONOR OF
BREAST CANCER AWARENESS MONTH!

PLEASE WEAR YOUR COSTUME!

SEE SIGN UP SHEET 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!

Walmart  **MARKET** 

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, October 2nd Chef Mickey

Swedish Meatballs over Noodles,
Served with Salad, and a Roll **\$15**

Thursday, October 16th Chef Mickey

Meatloaf, Mashed Potatoes, Vegetables,
Gravy, Salad and a Roll **\$15**

Thursday, October 30th Chef Mickey

Sliced Ham, Sweet Potatoes,
Vegetables, Ham Sauce, Served with
Salad and a Roll **\$15**



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