

# SUMMIT AT MILL HILL

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Monthly Newsletter

November 2025





# Meet Our Residents

Greetings Mill Hill friends!

I'm told that March 24, 1942 was a beautiful day when my life journey began at St. Catherine's Hospital in Brooklyn. I have no recollection of the weather that day. My father was a native New Yorker and my mother, Canadian. First memory was in 1946 watching the returning troops march north on lower Broadway. My father's best friend, a paratrooper, was among them. We watched the parade with his family from the official reviewing stand.

Our family of five lived in Middle Village, Queens, and carried on the traditions of the neighborhood. Gardening, chickens, putting up every kind of preserve, making wine and soap and back doors unlocked to visit each other. Middle Village was a neighborhood of first- and second-generation immigrants.

Each member of my family played a musical instrument. My mother, sister and brother the piano, and my father (and me in a fashion) the violin. Music has always been a major interest in my life. Education began at St. Margaret's school. Then on to St. John's Prep and University.

I've been living at Mill Hill for three and a half years after relocating from Long Island and moving to Guilderland in 1990. I was excited to meet a fellow resident here at Mill Hill who also grew up in Middle Village some 65 years ago. We lived a few blocks from each other but never met until now. Sadly, my wife, Paula, has passed on and is not sharing this new adventure.

For the last 29 years, I have overseen the Guilderland Community Gardens in Tawasentha Park. The gardens have grown during that time from 10 plots to over 120 plots, from eight members to 80. Since our first year of 1989, thirty-seven countries have been represented at the community gardens ranging from Albania to Vietnam. A wonderful aspect of our gardens is the blending of many immigrant cultures creating a vibrant and exciting community. Visit us on the Town webpage. Another town-related activity was serving on the Guilderland Traffic Safety Committee for over ten years.

I maintain an email list of 270 retirees from my state agency from which I retired 14 years ago. I share with them news of other retirees and matters of mutual interest. We schedule local monthly luncheons to maintain old friendships.

Folks, cherish your memories. They are unique only to you.  
Jerry Houser

## Staff



### Community Manager

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### Resident Services Coordinator

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Makenzie Grant  
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### Maintenance

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### Concierge

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### Office Phone

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518-941-8871

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# Community Activities

## NOVEMBER MOVIES!

**7:00pm every Tuesday in the Movie Theater!**

**11/4 Anatomy of a Murder** - "Anatomy of a Murder" is a gripping 1959 courtroom drama that explores the complexities of a murder case involving a soldier who claims he killed in defense of his wife, leading to a tense legal battle."

**11/18 Cléo from 5 to 7** - "A 1962 French New Wave film by Agnès Varda that follows a young singer, Cléo, as she awaits the results of a biopsy, exploring themes of mortality, identity, and the passage of time."

**11/25 2001: A Space Odyssey** - "A journey through human evolution and space exploration unfolds in this visually stunning film. Beginning with prehistoric times, the story follows mankind's technological advancements and the discovery of mysterious monoliths that appear at key moments in our development. As humanity ventures into space, a sophisticated artificial intelligence named HAL 9000 controls a spacecraft bound for Jupiter, leading to a tense and thought-provoking encounter with the unknown."



## November Operas!

**11/6 at 12:30pm: Susannah** - "Susannah Polk, a wide-eyed and lovely young woman, lives a simple and happy life with her older brother Sam, who raised her. She finds herself viciously ostracized by her small Tennessee mountain village. She is painted as a sinning seductress by the elders. A visiting preacher, Reverend Olin Blitch, tries to force her into repentance to "save her soul," but turns out to be far more of a devil than is shown in his evangelistic exterior."

**11/20 at 1:00pm: Turn of the Screw** - "The Turn of the Screw" is a haunting opera by Benjamin Britten, based on Henry James's novella, exploring themes of innocence, corruption, and the supernatural through the story of a governess and two children at a remote estate."

MUSICAL ENTERTAINMENT BY PIANIST NORENE WHITE!

NORENE WHITE IS A FORMER RESIDENT OF MILL HILL AND IS LOOKING FORWARD TO COMING BACK & PERFORMING FOR YOU ALL.

SEE YOU THERE!

**WEDNESDAY, NOVEMBER 5<sup>TH</sup> IN THE GREAT ROOM  
AT 5:00PM, FOLLOWING OUR 4:00PM HAPPY HOUR!**

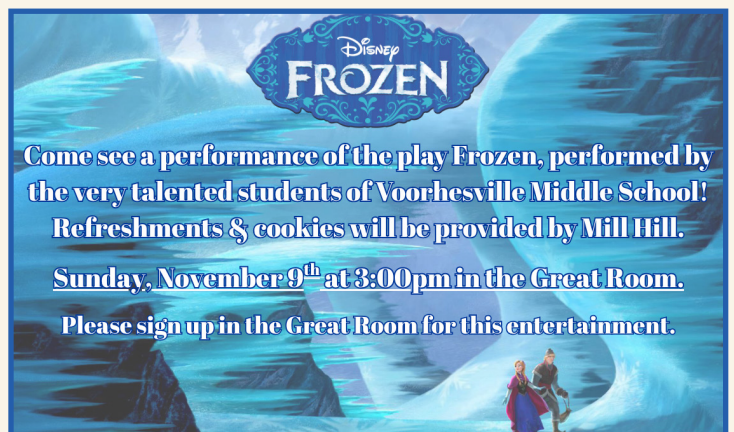
**Vintage Visitors Presentations Presents:**  
***"Anne Sullivan - Helen Keller's Teacher"***

"She rose from deepest poverty to bring language and learning to the deaf-blind girl in Alabama. Determined to treat her pupil no differently than other children, she gave Helen a rich and challenging educational experience that led to success for them both.

After Helen's graduation from college, the two embarked upon a career to serve the blind and deaf, advocating for educational opportunities and acceptance as capable citizens."

**Friday November 7<sup>th</sup> at  
1:00pm in the Great Room!**

Please sign up in the Great Room for this presentation.










**Come see a performance of the play Frozen, performed by the very talented students of Voorhesville Middle School! Refreshments & cookies will be provided by Mill Hill.**

**Sunday, November 9<sup>th</sup> at 3:00pm in the Great Room.**

**Please sign up in the Great Room for this entertainment.**



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) 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) 11:00am Line Dancing - (GR)</div>	<div>1</div> <div>12:00pm Movie: Wednesday S1 E5</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>2</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div>3</div> <div>11:00am-3:00pm Mary Kay Cosmetics Demonstration - GR</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>4</div> <div>2:00pm Activities Meeting - TAV 5:00pm Supper Club w/ Andolina's - TAV</div> <div>7:00pm Tuesday Night Movie: <i>Anatomy of a Murder</i> - MOV</div> <div>7:00pm Card Game Night - GR</div> <div>Election Day</div>	<div>5</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library</div> <div>1:00pm Craft Class with Karen - CR</div> <div>1:00pm WW2 History Webinar w AARP - MOV</div> <div>4:00pm Happy Hour - GR</div> <div>5:00pm Performance by Pianist Norene White (Previous resident!) - GR</div>	<div>6</div> <div>12:30pm Opera: Susannah - MOV</div> <div>3:00pm Resident Meeting - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div>	<div>7</div> <div>10:00am Walmart Grocery Shopping</div> <div>10:30am Cribbage/Games - TAV</div> <div>1:00pm Presentation with Vintage Visitors - GR</div>	<div>8</div> <div>12:00pm Movie: Wednesday S1 E6</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>9</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div> <div>1:00pm Qwirkle - LIB</div> <div>3:00pm <i>Frozen</i> performance by Voorheesville Middle School - GR</div>	<div>10</div> <div>2:00pm Mah Jongg - TAV</div> <div>10:00am Faith Based Discussion - LIB</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div> <div>*ALL Supper Club orders for Chef Mickey due to the office by 11:00am*</div>	<div>11</div> <div></div>	<div>12</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>13</div> <div>1:00pm Strength Training Presentation with PRN - GR</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Supper Club with Chef Mickey - TAV</div> <div>World Kindness Day! </div>	<div>14</div> <div>10:30am Cribbage/Games - TAV</div> <div>1:30pm Craft Class with Dana to make Centerpieces for Thanksgiving Feast - CR</div> <div>7:00pm Bingo - GR</div> <div>*ALL Supper Club orders for Andolina's due to the office by 11:00am*</div> <div>*Pool is closed for maintenance after last scheduled class*</div>	<div>15</div> <div>11:30am Therapy Dogs brought by RocDog Inc.- GR</div> <div>12:00pm Movie: Wednesday S1 E7</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>16</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div>17</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>18</div> <div>5:00pm Supper Club w/ Andolina's - TAV</div> <div>7:00pm Tuesday Night Movie: <i>Cleo from 5 to 7</i> - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>19</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>20</div> <div>1:00pm Opera: Turn of the Screw - MOV</div> <div>3:15pm Men's Shuffleboard - GMR</div> <div>5:00pm Mill Hill Thanksgiving Feast - GR</div> <div></div>	<div>21</div> <div>9:30am Departure to USS SLATER Tour</div> <div>10:30am Cribbage/Games - TAV</div>	<div>22</div> <div>12:00pm Movie: Wednesday S1 E8</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>23</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div> <div>1:00pm Qwirkle - LIB</div>	<div>24</div> <div>2:00pm Mah Jongg - TAV</div> <div>3:00pm Knitting &amp; Crocheting - GR</div> <div>6:30pm Eight Ball - GMR</div>	<div>25</div> <div>1:00pm Bird Show with Whispering Willow Wild Care - GR</div> <div>7:00pm Tuesday Night Movie: <i>A Space Odyssey</i> - MOV</div> <div>7:00pm Card Game Night - GR</div>	<div>26</div> <div>9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 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></div> <div>National Cake Day!</div>	<div>27</div> <div></div>	<div>28</div> <div>10:30am Cribbage/Games - TAV</div> <div>7:00pm Bingo - GR</div> <div>Black Friday - No Fitness</div>	<div>29</div> <div>12:00pm Movie: La La Land</div> <div>2:00pm Mexican Train - GR</div> <div>7:00pm Game Night - GR</div>
<div>30</div> <div>9:00am Local News Chat - TAV</div> <div>12:00pm Movie: (Residents Choice)</div>	<div></div>				<div>Black: Games and Organized Groups Red: Happy Hour, Celebrations and Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes</div>	<div>Continental Breakfast</div> <div>Monday–Friday 8:30–10:30 Saturday–Sunday 9:00–11:00</div>



# Community Activities

## HAPPY BIRTHDAY!

SUZANNE VANDEPUTTE 11/03      CAROL ANDERSON 11/21  
DIANE BIERNACKI 11/11      HARRIET GOLD 11/21  
MARCIA MCCARTNEY 11/12      DAVID HOFFMAN 11/28  
ROSLYN KAFLOWITZ 11/17      MARSHA PENROSE 11/30  
TED ADAMCZYK 11/20      FRANK NIGRO 11/30



## Tour the USS SLATER!

Friday, November 21<sup>st</sup> with  
9:30am departure from Mill Hill!



“During World War II, 563 Destroyer Escorts battled Nazi U-boats on the Atlantic protecting convoys of men and material. In the Pacific they stood in line to defend naval task forces from Japanese submarines and Kamikaze air attacks. Today, only one of these ships remains afloat in the United States, the USS SLATER. Moored on the Hudson River in Albany, New York, the USS SLATER has undergone an extensive restoration that has returned the ship to her former glory. ”

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

Admission is \$8 per person. 12 residents max.

## Live Bird Show with *Whispering Willow Wild Care!*

“Whispering Willow Wild Care is a non-profit organization dedicated to wildlife rehabilitation and education. Founded by Joyce Perry, the organization has been assisting injured and orphaned wildlife for over 20 years.”

Don't miss this live educational program about Birds of Prey! Whispering Willow Wild Care will be bringing Owls, a Raven, and a talking Crow that can catch cheerios as a trick! See you there!



Tuesday, November 25<sup>th</sup> at 1:00pm in the Great Room!

## MILL HILL BOOK CLUB!

**WEDNESDAY, NOVEMBER 26<sup>TH</sup>  
AT 3:00PM IN THE LIBRARY.**

**NEW FACES ALWAYS WELCOME TO JOIN!**

## HAPPY *Hour!*

Every Wednesday at 4:00pm  
in the Great Room!



On Wednesday, November 26th's Happy Hour, we will be serving cake to celebrate National Cake Day! 🍰





# Community Activities

Join a team  
& work  
together!

Have fun &  
Win prizes!

## Team Tavern Trivia

with Hersh  
Productions

**Tuesday, November 11th in the Tavern!**

## Strength Training for Posture & Osteoporosis

presented by Denise with PRN!

PRN will be providing strategies for staying strong and upright despite being challenged by conditions such as osteoporosis. Come Join us!

Refreshments will be provided!

**Thursday, November 13<sup>th</sup> at  
1:00pm in the Great Room.**

Please sign up in the Great Room binder.

## Thanksgiving Centerpiece Craft Class!

Join Dana to help make centerpieces for our Mill Hill Thanksgiving Celebration!

**Friday, November 14<sup>th</sup> at 1:30pm in the Craft Room!**

Please sign up in the Great Room binder if you would like to participate.

## De-stress with Therapy Dogs brought to you by RocDog Inc!

**11:30am on Saturday, November 15<sup>th</sup> in the Great Room!**



## Mill Hill's 2025 Thanksgiving Feast!

Come together with your community to celebrate the season of gratitude with a cozy and festive Thanksgiving dinner!

We will start serving food at 5:00pm.

**Thursday, November 20<sup>th</sup> at  
5:00pm in the Great Room!**

## Did you KNOW?



**November 13<sup>th</sup> is**

**World Kindness Day!**

**Celebrate by doing three  
random acts of kindness!**

Give a hug! Make a donation! Write  
someone a letter! Give a compliment!

Be kind to yourself & others!



# 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, November 4th Andolina's

Chicken Parm, Penne with Roasted Garlic Tomato Sauce, Mixed Greens with Lemon Vinaigrette, & Pumpkin Blondies **\$20**

### Thursday, November 13th Chef Mickey

Stuffed Peppers over Pasta with Sauce, served with Salad & a Roll **\$15**

### Thursday, November 18th Andolina's

Penne alla Vodka, Classic Caesar Salad, Garlic Bread, & Cranberry Spice Bundt Cake **\$20**



**PRN Staff Contact  
Information  
716-255-3674**

Denise Bilka, Physical 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