

SUMMIT AT MILL HILL

Monthly Newsletter

January 2026



Meet Our Residents

I was born in Albany, NY, on July 19, 1943, Beverly Ann to Arnold and Hazel Crounse, who were living on a small “gentleman’s” farm on Hawes Road, named after my grandfather, John B. Hawes. He had purchased the property and built a house in the early 1900’s. He was an avid farmer, raising cows and crops, and was Albany County Highway Superintendent for many years. I’ve heard stories of how he and my grandmother used to take in itinerants who would stop to ask for food and lodging, often sleeping in the barn and helping in the fields. I think my penchant for helping others began then.

My parents married in 1941 and they expanded the house. Mom had worked in a law office until I was born. Dad had worked at Empie’s Market in Guilderland Center, now the Valero gas station, until he joined the Army Air Force during World War II.

I met my husband, Steven Francis Harrington from Fort Edward, in 1960 on a blind date. He joined the Air Force in 1962 while I attended the Albany College for Teachers, now SUNY at Albany. We were married in 1964 and built a home on property deeded to us by my grandfather. I taught business courses starting in 1966 at Schoharie and in 1967 at Guilderland High School, teaching and coaching until 2000, taking a year off to have our daughter.

I remember poodle skirts and saddle shoes, dance lessons in 5th grade, and attending “Gone with the Wind” at the Hellman Theater, the premier theater in the ‘60’s. I remember working at “The Penguin,” now gone, in Altamont serving fountain drinks and ice cream. I sewed my Prom and Ball gowns, and I did the twist at our wedding in my gown! Play music to twist by and I’ll have the urge to get on the dance floor.

My parents passing in 2000 and 2010, and my husband’s death in 2015 necessitated that I downsize. I couldn’t keep up with our home and the farm. I could do much of the repair work and lawn mowing, talents I cultivated over the years, but it was way too much. I signed an agreement to move to Mill Hill in 2020, just before Covid. It was the best move I could have made.

A “Jill of all trades” I enjoy everything from art projects using many media, playing and coaching sports, and enjoying good music and movies. There are times when I wish I were clairvoyant, but God has been good to me and surprises are good. I guess the only wish I have is to share one more dinner with my husband. He was gone too soon, though we would probably still be “down on the farm” as he loved that life.

Happy New Year,
Bev Harrington

Staff



Community Manager

Janine Robinson
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Maintenance

Roman Early
James Hoke

Concierge

Sandy Smith
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Sue Purga

Office Phone

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The Summit at Mill Hill

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Guilderland, NY 12159

www.summitatmillhill.com

Community Activities

JANUARY BIRTHDAYS!

BERNIE CAPOBIANCO 01/01

CHRISTINE BORCHARDT 01/01

HELEN ZANELLO 01/04

SHARON SIM 01/09

RICHARD GRESHAM 01/18

JEAN DELIA 01/26

JOYCE GRESHAM 01/26

STEPHEN ST. LAWRENCE 01/30

JOANNE MILLIS 01/31

MAKENZIE GRANT 01/31

Mary Kay Demonstration with Cathy St. Clair!

Monday, January 5th starting at 12:00pm in the Family Dining Room

Mary Kay is the #1 Direct Selling Brand of Skin Care and Color Cosmetics in the world. Get the opportunity to sample some of these products with consultant Cathy St. Clair!

Please sign up in the Great Room Binder



January MOVIES

EVERY TUESDAY AT 7:00PM
IN THE MOVIE THEATER

TUESDAY, JANUARY 6TH - TBA

TUESDAY, JANUARY 13TH - TBA

TUESDAY, JANUARY 20TH - TBA

TUESDAY, JANUARY 27TH - TBA

Bingo Nights

Friday 01/02 Friday 01/16
7:00pm in the Great Room!





Leading Age New York Distance Education Webinar:

From Novelty to Necessity: Empowering Older Adults with Technology for Healthy Aging

Through real-world examples and actionable insights, this webinar will help operators transform technology from a novelty into a necessity - empowering residents to thrive in a digitally connected world.

Wednesday, January 7th at 11:00am in the Movie Theater

Please sign up in the Great Room for this webinar

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>January</div>		Continental Breakfast Monday–Friday 8:30–10:30 Saturday–Sunday 9:00–11:00	Black: Games and Organized Groups Red: Happy Hour, Celebrations and Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes			
4 9:00am Local News Chat - TAV 12:00pm Movie: (Residents Choice) 1:00pm Qwirkle - LIB	5 12:00pm Mary Kay Demo with Cathy St. Clair - FDR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	6 2:00pm Activities Meeting - TAV 3:00pm Scrabble - TAV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	7 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am LeadingAge Webinar: Empowering Older Adults with Technology for Healthy Aging 4:00pm Happy Hour - GR 4:30pm Performance by The Retrobilleze - GR	8 1:30pm PRN's Winter Olympics - GR 3:00pm Resident Meeting- GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	9 10:30am Cribbage/Games - TAV 1:00pm Ellen Cole Healthy Ageing Discussion - GR *Pool is closed for maintenance after last scheduled class*	10 12:00pm Movie: Transformers - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
11 9:00am Local News Chat - TAV 12:00pm Movie: (Residents Choice)	12 10:00am Faith Based Discussion - LIB 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	13 2:00pm Team Tavern Trivia - TAV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	14 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR	15 1:00-3:00pm Downton Abbey Season 1, E1 + E2 - MOV 3:15pm Men's Shuffleboard - GMR	16 10:30am Cribbage/Games - TAV 10:30am Departure to Cathedral of All Saints for the Cathedral in Bloom Outing 7:00pm Bingo - GR	17 12:00pm Movie: Forrest Gump - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
18 9:00am Local News Chat - TAV 12:00pm Movie: (Residents Choice) 1:00pm Qwirkle - LIB		20 2:00pm GL Webinar: Nature, Art, and Service as Medicine - MOV 3:00pm Scrabble - TAV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	21 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR 4:30pm Performance by The Tri County Banjo Band - GR	22 1:30pm Emergency Preparedness Presentation w/ Lydia Perkins - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	23 10:15am Departure to Titanic: An Immersive Voyage Exhibit Outing 10:30am Cribbage/Games - TAV	24 12:00pm Movie: Nonnas - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
25 9:00am Local News Chat - TAV 12:00pm Movie: (Residents Choice) 2:00pm SABB Performance - GR	26 10:30am Trader Joe's Outing 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	27 2:00pm AARP Webinar: Money Mindset - MOV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	28 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 3:00pm Book Club - LIB 4:00pm Happy Hour - GR	29 1:00-3:00pm Downton Abbey Season 1, E3 + E4 - MOV 3:15pm Men's Shuffleboard - GMR National Puzzle Day	30 10:30am Cribbage/Games - TAV 1:00pm David Hoffman's Art 101 Presentation - GR February Supper Club Order Forms Due by 11:00am	31 12:00pm Movie: Dirty Dancing - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	Every Monday 8:30am Aqua Fitness (P) 9:30am Strength & Balance (FS) 10:30am Total Body Combo (FS) 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) 11:00am Line Dancing - (GR)	New Residents: Doni Parnell Genie Storch Marcia Hanson Dave Robertson Florence & John Carnahan

Community Activities

THE RETOBILLEZE DUO



PERFORMING WEDNESDAY,
JANUARY 7TH AT 4:30PM
IN THE GREAT ROOM!

THE RETOBILLEZE DUO BRINGS THE SOUND OF 50S ROCK 'N' ROLL AND CLASSIC COUNTRY TO LIFE WITH ORIGINAL AMERICANA SONGS, FEATURING KEVIN WAYNE AND TONY KING. JOIN THEM FOR A FUN, ENERGETIC SHOW!

Psychologist & Professor Ellen Cole **Presents: How to be Old(er) in 2026**

Residents can expect to be brought up to date on some of the latest scientific understandings about ageism and the challenges, realities, and joys of aging.

This will be a great opportunity to share thoughts and feelings as we face the realities of winter and the opportunities of starting a New Year.

Join us Friday, January 9th at
1:00pm in the Great Room

Please sign up in the Great Room Binder



Cathedral in Bloom

Where: Cathedral of All Saints

When: Friday, January 16th with
10:30am departure from Mill Hill

Admission: \$10 per resident

Please sign up and pay in the
office for this outing in advance,
no later than Friday, January 9th.

Be a part of PRN's 2026 Wacky Winter Olympics!

Come for competition, prizes, laughs, and refreshments!



Thursday, January 8th at 1:30pm in the Great Room

Please sign up in Great Room Binder for this event

Guilderland Library Webinar: Nature, Art, and Service **as Medicine with Journalist & Author Julia Hotz**

Be sure to jump start your new year with journalist & author Julia Hotz as she talks about her book, The Connection Cure: The Prescriptive Power of Movement, Nature, Art, Service, and Belonging.

The Connection Cure combines diligent science reporting, moving patient success stories, and surprising self-discovery to help us discover the lasting and life-changing power of social prescribing.

Tuesday, January 20th at 2:00pm in the Movie Theater

Please sign up in the Great Room binder

Community Activities

JOIN TOGETHER & ENJOY A PERFORMANCE
BY THE TRI COUNTY BANJO BAND!



You don't want
to miss this
performance!

WEDNESDAY, JANUARY 21ST AT 4:30PM IN THE GREAT ROOM

Emergency Preparedness Presentation with Lydia Perkins

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions.

This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.



Thursday, January 22nd at
1:30pm in the Great Room

Sign up in the Great Room Binder

Performance by the School of the Albany Berkshire Ballet



Sunday, January 25th at
2:00pm in the Great Room

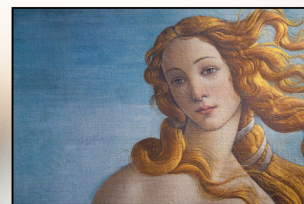


Monday, January 26th with 10:30am departure

Trader Joe's offers a unique shopping experience with a product selection that includes affordable quality, a community hub atmosphere, and a fun and quirky identity.

Please sign up in the Great Room Binder

DAVID HOFFMAN'S ART 101 PRESENTATION: THE ART OF THE RENAISSANCE



FRIDAY, JANUARY 30TH AT
1:00PM IN THE GREAT ROOM

PLEASE SIGN UP IN GREAT ROOM BINDER

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.



Supper Club

Please use Supper Club order form for full description of meals. Due to office box by 12/31.

Tuesday, January 6th

Andolina's

Chicken Piccata Night **\$20**

Thursday, January 8th

Chef Mickey

Baked Salmon Meal **\$15**

Tuesday, January 13th

Andolina's

Cozy Winter Pasta Night **\$20**

Tuesday, January 20th

Andolina's

Chicken Marsala Dinner **\$20**

Thursday, January 22nd

Chef Mickey

Sliced Roast Pork Meal **\$15**

Tuesday, January 27th

Andolina's

Sausage & Peppers Night **\$20**



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

Denise Bilka, Physical Therapy
Jaclyn Gregg, Speech Therapy
Noelle Kuhl, Occupational Therapy
Stephanie Brown, Speech-Language Pathologist
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**