

SUMMIT AT MILL HILL

Monthly Newsletter

March 2026



Meet Our Residents

Under the Bombs by Anthony Bright

I was born in London in 1934; the very same year Hitler became chancellor of Germany... shaping my childhood. At the age of nine my youthful nightmares became reality when nightly raids on London called "the blitz," created a red glow in the sky. My young eyes witnessed the "Battle of Britain" overhead. Unmanned flying bombs (V1) and rockets (V2) targeted British cities.

As the nation suffered nightly blackouts, I countered the noise of destruction by playing the family piano in the dark. This became my lifelong passion, random tunes made up in the dark.

The war ended in 1945 when I was eleven. Food rationing continued for the next ten years, leaving empty stomachs when the ration books ran out.

The war left an indelible impression leading me to fascination with aircraft. Once I overcame a spotty education, I was awarded a five-year apprenticeship with De Havilland Aircraft Company in Hatfield. On completion I was awarded a master's degree in aeronautical engineering. This gave me the opportunity to solve new problems caused by new technology...supersonic flow, metal fatigue, and the Sputnik trajectory.

After graduating in 1956, I married Kathleen, the girl of my dreams. We began our family with smiling baby Adrian. The time arrived for us to follow opportunities in Canada and the USA.

Canada-Landed Immigrant

After the war (post 50's) there was an explosion of people wanting to travel, demanding bigger and faster aircraft. My timely arrival in Montreal with my portfolio but without a car, money, or a job, led me to a desperate search for work. Montreal is a beautiful but lonely city. I found myself offering Bibles door to door in a French community. After selling three books in three weeks, I began the job search again.

During an interview with Phil Clarke at Standard Insurance, he looked at my credentials and said, "This is not for you, but I know a perfect fit...at Canada Pratt and Whitney...designing a new gas turbine engine." During my five-year stay there, my specialty was predicting the performance of the PT6 BEFORE it was tested. How competitively could the gas turbine engine replace the conventional piston engine?

Production began in 1961. To date, 6400 gas turbine engines have been produced for 155 types of aircraft, confirming my early calculations of 1958.

Now that I had a well-paying job, I called my wife in England to book passage to Canada. She and infant Adrian arrived a month later. It was time to take a driving test...in a car with a stick shift on my right, driving on the right side of the road. I passed! We bought a red VW.

We three rented an apartment overlooking the frozen St. Lawrence. That year the St. Lawrence Seaway began its construction to open the cargo shipping from the Atlantic to the Great Lakes. We moved again, living for one year in a house in St. Lambert, a suburb of Montreal. One of my colleagues told me about a project designing an innovative gas turbine engine at AVCO Lycoming, Stratford, Connecticut. My letter and interview landed me the job, and I immigrated to the USA.

The New World...

To be continued next month

Staff



Community Manager

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Maintenance

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Community Activities

March Birthdays!

Sue Stokes 03/01

Deb Adler 03/06

Dave Sim 03/09

Jerry Houser 03/24

Stephen Reynolds 03/25

Ruth Swift 03/31

Informational Session with Ever Home Care!

Ever Home Care Advisors are trusted, compassionate healthcare professionals and experienced advocates who are dedicated to helping you access the resources, care, and support (virtual or in person) you need so you can live safely and independently at home.

You are invited to join Ever Home Care for an informational session about their services on 3/2. Bring your questions, they have answers!

Monday, March 2nd at 1:00pm in the Great Room



Please join Clara Simon for a joyful Purim celebration!

Refreshments will be provided.

Tuesday, March 3rd at 11:00am in the Great Room

HAPPY PURIM

Join together for an amazing performance!

Come see a wonderful performance of songs from the Broadway musical, **Newsies!** Performed by the very talented students from Voorheesville Middle School!



Refreshments & cookies will be provided by Mill Hill. Please sign up in the Great Room binder for this event. **Sunday, March 1st at 2:00pm in the Great Room!**



LET'S WELCOME SPRING!

Sign up for Sandy's craft class! We will be making door hangers to get into the spirit of Spring!



FRIDAY, MARCH 6TH AT 1:00PM IN THE CRAFT ROOM

SIGN UP IS IN THE GREAT ROOM. *10 RESIDENTS MAX PLEASE*

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>12:00pm Movie: (Residents Choice)</p> <p>1:00pm Qwirkle - LIB</p> <p>2:00pm Voorheesville Middle School Performance of songs from the musical Newsies - GR</p>	<p>2</p> <p>1:00pm Presentation with Ever Home Care - GR</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting & Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p> <p>Purim begins at sundown</p>	<p>3</p> <p>11:00am Purim Celebration - GR</p> <p>2:00pm Activities Meeting - TAV</p> <p>3:00pm Scrabble - TAV</p> <p>5:00pm Supper Club with Andolina's Catering - TAV</p> <p>7:00pm Tuesday Night Movie: <i>It Happened One Night (1934)</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p>4</p> <p>9:00am Communion Service - CH</p> <p>11:00am Market 32 Grocery Shopping</p> <p>11:00am - 1:00pm Seniors Connect at the Guilderland Library</p> <p>1:00pm Painting with Debi - CR</p> <p>4:00pm Happy Hour - GR</p>	<p>5</p> <p>3:00pm Resident Meeting with Guest Speaker: Barb Howansky - GR</p> <p>3:15pm Men's Shuffleboard - GMR</p>	<p>6</p> <p>10:00am Walmart Grocery Shopping</p> <p>10:30am Cribbage/Games - TAV</p> <p>1:00pm Craft Class with Sandy - CR</p>	<p>7</p> <p>9:00am Mill Hill Round Table - TAV</p> <p>12:00pm Movie: <i>Mrs. Doubtfire</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p>8</p> <p>12:00pm Movie: (Residents Choice)</p> <p>1:00pm Qwirkle - LIB</p> <p>2:00pm An Clar School of Irish Dance Performance - GR</p> <p>Daylight Savings</p>	<p>9</p> <p>10:00am Faith Based Discussion - LIB</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting & Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p>10</p> <p>2:00pm Team Tavern Trivia - TAV</p> <p>7:00pm Tuesday Night Movie: <i>Shakespeare in Love (1998)</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p>11</p> <p>9:00am Communion Service - CH</p> <p>11:00am Market 32 Grocery Shopping</p> <p>11:00am - 1:00pm Seniors Connect at the Guilderland Library</p> <p>4:00pm Happy Hour - GR</p> <p>4:30pm Musical Performance by Tooty and the Mother Plucker - GR</p>	<p>12</p> <p>1:00-3:00pm Downton Abbey Season 1, E7 + Season 2, E1 - MOV</p> <p>3:15pm Men's Shuffleboard - GMR</p> <p>5:00pm Supper Club with Chef Mickey - TAV</p>	<p>13</p> <p>10:30am Cribbage/Games - TAV</p> <p>1:00pm Presentation with Marilyn Sassi: Boscobel (Outing to Boscobel with Marilyn to follow in the future) - MOV</p> <p>7:00pm Bingo - GR</p> <p>*Pool is closed for maintenance after last scheduled class*</p>	<p>14</p> <p>9:00am Mill Hill Round Table - TAV</p> <p>12:00pm Movie: <i>Irish Wish</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p>15</p> <p>12:00pm Movie: (Residents Choice)</p> <p>1:00pm Qwirkle - LIB</p>	<p>16</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting & Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p>17</p> <p>2:00pm St. Patrick's Day Celebration - GR</p> <p>3:00pm Scrabble - TAV</p> <p>5:00pm Supper Club with Andolina's Catering - TAV</p> <p>7:00pm Tuesday Night Movie: <i>Rebecca (1940)</i> - MOV</p> <p>7:00pm Card Game Night - GR</p> <p>St. Patrick's Day</p>	<p>18</p> <p>9:00am Communion Service - CH</p> <p>11:00am Market 32 Grocery Shopping</p> <p>11:00am - 1:00pm Seniors Connect at the Guilderland Library</p> <p>4:00pm Happy Hour - GR</p>	<p>19</p> <p>1:00pm Presentation with PRN - GR</p> <p>3:15pm Men's Shuffleboard - GMR</p>	<p>20</p> <p>10:30am Cribbage/Games - TAV</p> <p>10:45am Departure to Irish American Heritage Museum, with lunch to follow at The Olde English Pub for 12:30pm</p> <p>First Day of Spring</p>	<p>21</p> <p>9:00am Mill Hill Round Table - TAV</p> <p>10:30am - 5:15pm ESYO Playathon at Crossgates Mall</p> <p>12:00pm Movie: <i>My Girl</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p>22</p> <p>12:00pm Movie: (Residents Choice)</p> <p>1:00pm Qwirkle - LIB</p>	<p>23</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting & Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p>24</p> <p>2:00pm AARP Webinar: Tips for Budget Success - MOV</p> <p>5:00pm Supper Club with Andolina's Catering - TAV</p> <p>7:00pm Tuesday Night Movie: <i>Tom Jones (1963)</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p>25</p> <p>9:00am Communion Service - CH</p> <p>11:00am Market 32 Grocery Shopping</p> <p>11:00am - 1:00pm Seniors Connect at the Guilderland Library</p> <p>3:00pm Book Club - LIB</p> <p>4:00pm Happy Hour - GR</p> <p>4:30pm Musical Performance by the Musicats Duo - GR</p>	<p>26</p> <p>1:00-3:00pm Downton Abbey Season 2, E2 + E3 - MOV</p> <p>3:15pm Men's Shuffleboard - GMR</p> <p>5:00pm Supper Club with Chef Mickey - TAV</p>	<p>27</p> <p>10:30am Cribbage/Games - TAV</p> <p>10:00am Departure to Capital Region Flower and Garden Expo</p> <p>7:00pm Bingo - GR</p> <p>* April Supper Club Order Forms Due by 11:00am *</p>	<p>28</p> <p>9:00am Mill Hill Round Table - TAV</p> <p>12:00pm Movie: <i>Hustle</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p>29</p> <p>12:00pm Movie: (Residents Choice)</p> <p>1:00pm Qwirkle - LIB</p> <p>Palm Sunday</p>	<p>30</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting & Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p>31</p> <p>3:00pm Scrabble - TAV</p> <p>5:00pm Supper Club with Andolina's Catering - TAV</p> <p>7:00pm Tuesday Night Movie: <i>Annie Hall (1977)</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p>Continental Breakfast</p> <p>Monday-Friday 8:30-10:30</p> <p>Saturday-Sunday 9:00-11:00</p>	<p>Black: Games and Organized Groups</p> <p>Red: Happy Hour, Celebrations and Entertainment</p> <p>Green: Outings</p> <p>Blue: Opera or Movies</p> <p>Purple: Presentations and Classes</p>		

CONNECTED life



FITNESS

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)



Community Activities



AN CLÁR
SCHOOL OF IRISH DANCE

We are delighted to welcome back the An Clár School of Irish Dance for another exciting performance! Join us for an afternoon filled with lively music, incredible footwork, and vibrant Irish tradition. You don't want to miss out on this unforgettable celebration. We hope you join us!

Sunday, March 8th at 2:00pm in the Great Room



TEAM TAVERN TRIVIA!

Tuesday, 3/10
at 2:00pm in
the Tavern



HAVE FUN &
WIN PRIZES!

Live Entertainment by the Musical Duo

Tooty and the Mother Plucker

<https://www.reverbNation.com/tootyandthepluckere>



This fun duo, Barbara and Rafael Picon, perform everything from Classic, Rock, to Latin music. They will be back as requested, playing the keyboard, electric flute, and guitar!

Wednesday, 3/11 at 4:30pm in the Great Room

Marilyn Sassi presentation: "Boscobel - One of The Most Beautiful Homes in America"

The grand mansion, Boscobel, that opened to the public in 1961, was praised at its opening ceremony by then Governor, Nelson Rockefeller, as "One of the most beautiful homes ever built in America". It is a prime example of Federal period architecture that began to be built in America after the close of the Revolutionary War.

As a follow up for the lecture, a field trip will be offered to participants for their own private tour by one of the museum's staff members and by Marilyn Sassi who will point out the various examples of architecture and furniture shown in class.

While the emphasis of the tour is on the architecture and furnishings, tour members will be able to walk through the lovely formal gardens that overlook the Hudson River.

Friday, 3/13 at 1:00pm
in the Movie Theater



ST. PATRICK'S DAY CELEBRATION!



SWEET TREATS, WARM SIPS, AND PLENTY OF IRISH CHEER!
JOIN US FOR WARM IRISH COFFEE AND FESTIVE SHAMROCK
SUNDAES TO GET INTO THE SPIRIT OF ST. PATRICK'S DAY!

TUESDAY, MARCH 17TH AT 2:00PM IN THE GREAT ROOM!



Community Activities

Stay Steady, Stay Safe!

PRN's PT, OT, SLP, and PLLC are providing a fun and informative event focused on practical tips, exercises, and home modifications to help residents reduce fall risk and stay independent.

Free balance screenings included!

See sign-up binder for screening times.

Thursday, March 19th at 1:00pm in the Great Room



esyjo Playathon 2026



Saturday, March 21st from 10:30 am to 5:15 pm at Crossgates Mall

Stop by and enjoy the PLAYATHON, a free all-day concert by the Empire State Youth Orchestra.

Summit Senior Living is a proud sponsor of this outstanding event. Come out and show your support of these young stars and enjoy some beautiful music.



Irish American Heritage Museum



Friday, 3/20, with 10:45am departure from Mill Hill



After the museum, we will have lunch at The Olde English Pub!

Sign up in the Great Room!

12 Residents max

PERFORMANCE BY THE MUSICATS DUO!

THE MUSICATS DUO PERFORMS ALL THROUGHOUT THE CAPITAL REGION!

THIS DUO PLAYS A VARIETY OF MUSICAL STYLES FROM THE 1920'S, TO THE 1970'S, INCLUDING SONGS OF THE BIG BANDS, FRANK SINATRA, NAT KING COLE, & TONY BENNETT.

AS REQUESTED FROM RESIDENTS, THEY ARE RETURNING FOR ANOTHER GREAT PERFORMANCE!



WEDNESDAY, 3/25 AT 4:30PM IN THE GREAT ROOM



Capital Region FLOWER & GARDEN EXPO

Spring is in full bloom inside the Capital Region Flower & Garden Expo at Hudson Valley Community College. Take it all in as you explore immersive garden displays, wander through themed floral exhibits, and shop a bustling Marketplace featuring 190+ unique vendors!

Shop their indoor farmers market filled with houseplants, fresh flowers, bulbs, seeds, garden décor, artisan foods, handcrafted goods. Admission can be purchased at the door. Tickets are \$20 each, or \$14 per ticket for adults 62+.

Sign-up sheet in Great Room *12 residents max*
Friday, 3/27 with 10:00am departure from Mill Hill

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 2/26.

Tuesday, March 3rd

Andolina's

Chicken Marsala Dinner **\$20**

Thursday, March 12th

Chef Mickey

Italian Platter Meal **\$16**

Tuesday, March 17th

Andolina's

St. Patrick's Day Special (Shepherd's Pie) **\$20**

Tuesday, March 24th

Andolina's

Baked Ziti Dinner **\$20**

Thursday, March 26th

Chef Mickey

Meatloaf Dinner **\$16**

Tuesday, March 31st

Andolina's

Orecchiette with Italian Sausage Meal **\$20**



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
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