

S U M M I T A T M I L L H I L L

Monthly Newsletter

May 2026



Meet Our Residents

Part 3 of Anthony Bright's Entry: GE and Maglev

Meanwhile, I read a Congressional document detailing the potential benefits of a magnetically levitated high speed rail system and envisioned an opportunity to apply the Stirling Refrigeration Cycle at a meeting with the inventors of Maglev Highway System across the US. Within the year, our New York Senior Senator, Patrick Moynihan, presented the plan to President Bush. Unfortunately, for the US, it stalled in Congress and no funds were awarded. To date, China, Japan, and Germany have been awarded patents on controls developed for their fast-track train systems.

After losing my job at MTI, resumes went in the mail again, this time for a 55-year-old. Luckily a phone call from the Director of Engineering for GE Small Engine Division invited me to discuss a position opened by retirement. I joined GE in 1989 as manager of Advanced Engine Technologies in Massachusetts.

We rented a condo in the town of Ipswich, known for its extensive shoreline and art culture. Kathleen continued her watercolor painting with "The Traveling Paintbrush" exhibiting and touring annually in the US and Europe.

One day, walking along Crane Beach, we found a young seal stranded on the shore. While I protected him from curious onlookers, Kathleen ran to inform the beach patrol. Within a couple of hours, the Boston Aquarium took him under their care. Two months later, we believe we spotted him offshore flapping his tail at us.

Ten years later I retired from GE, having managed 18 engineers successfully bidding for Engine and Advanced Technology Army Contracts.

While at MTI in 1980, Kathleen and I bought our 107-acre farm in Knox. During the next 40 years we managed our family of 7 in the 1840 Greek Revival house growing hay, planting and selling some of the 3000 Christmas trees, and keeping 3 horses, 5 sheep, 6 chickens, 3 dogs, and 3 cats.

After 45 years as an Aeronautical Engineer, I recall the mentors who helped me throughout my career.

Five years ago, my son discovered Summit and its many benefits. I am grateful to Joan Scotti who first encouraged me to enjoy the many opportunities at Mill Hill and to make friends through exercise classes, lectures, musical entertainment events, and more.

May is the last entry in this series; written in hopes of it sparking your interest.

Anthony Bright

Staff



Community Manager

Janine Robinson
JRobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
MGrant@SummitSeniorLife.com

Maintenance

Roman Early
Andrews Asante
Joe Falace

Concierge

Taneesha Martin
Sue Purga

Office Phone

518-941-8871

The Summit at Mill Hill
2 Mill Hill Court
Guilderland, NY 12159
www.summitatmillhill.com

Community Activities

May Birthdays!

Lillian Follos 05/01

Jayne Silver 05/02

Carol Sweeney 05/03

James Bellotti 05/06

Sharon Humes 05/07

Erik DeBruin 05/10

Kathleen Adamczyk 05/10

Christopher Rohr 05/17

Donna Neubaum 05/23

Steve Hassett 05/25

Ken Miller 05/28

Ne'imah Jewish Community Chorus

Join us for a beautiful afternoon performance by the Ne'imah Jewish Community Chorus!

Let their voices inspire and uplift you as you enjoy an afternoon filled with harmony and joy.

Sunday, 5/3, at 3:00pm in the Great Room



Come along to Unbridled Horse Sanctuary!

Meet the horses of Unbridled to discover the magic and compassion that fuels Unbridled's mission. Unbridled is a transformative force, committed to reshaping the world for equines through compassion, action, and advocacy.

Join Unbridled in their mission to protect, respect, and love every horse as they truly deserve!

Monday, 5/4, with 10:00am departure from Mill Hill

Donations to Unbridled Horse Sanctuary are appreciated!

Sign up in the Great Room binder! 12 residents max.

Paint a Flower Pot!

Friday, 5/1, at 2:00pm in the Craft Room

Sign up in the Great Room binder!



Join us for taco salads on Cinco de Mayo!

Tuesday, 5/5, at 2:00pm in the Great Room

We'll have all the fixing's ready! Bring your appetite and come enjoy good food and great company!

Please sign up in the Great Room binder!

S

M

T

W

TH

F

S

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

hello
MAY

Black: Games and Organized Groups
Red: Happy Hour, Celebrations and Entertainment
Green: Outings
Blue: Opera or Movies
Purple: Presentations and Classes

3
12:00pm Movie: Residents Choice - MOV
3:00pm Ne'imah Jewish Community Chorus Performance - GR

4
10:00am Departure Unbridled Horse Sanctuary
2:00pm Mah Jongg - TAV
3:00pm Knitting & Crocheting - GR
6:30pm Eight Ball - GMR

5
2:00pm Taco Salads for Cinco de Mayo - GR
7:00pm Tuesday Night Movie: Fanny and Alexander - MOV
7:00pm Card Game Night - GR

6 9:00am Communion Service - CH
11:00am Resident Grocery Shopping
11:00am-1:00pm Seniors Connect at the Guilderland Library
2:00pm Activities Meeting - TAV
4:00pm Happy Hour - GR

7
1:00pm-3:00pm Downton Abbey Season 2, E7 + E8 - MOV
3:00pm Resident Meeting - GR
* May Supper Club Order Forms Due by 11:00am *

8
10:30am Cribbage/Games - TAV
3:00pm Magical Mr. C's Magic Show - GR
7:00pm Bingo - GR
Pool is closed for maintenance after last scheduled class

9 9:00am Mill Hill Round Table - TAV
9:30am Bocce - PAV
12:00pm Movie: Wonder - MOV
2:00pm Mexican Train - GR
3:30pm SABB Performance - GR
7:00pm Game Night - GR

10
12:00pm Movie: Residents Choice - MOV
Mother's Day

11
2:00pm Mah Jongg - TAV
3:00pm Knitting & Crocheting - GR
6:30pm Eight Ball - GMR

12
8:30am Bocce - PAV
2:00pm Team Tavern Trivia - TAV
7:00pm Tuesday Night Movie: Clueless - MOV
7:00pm Card Game Night - GR

13 9:00am Communion Service - CH
11:00am Resident Grocery Shopping
11:00am-1:00pm Seniors Connect at the Guilderland Library
4:00pm Happy Hour - GR
4:30pm Musical Performance by Lark in the Morning - GR

14 8:30am Bocce - PAV
1:00pm Canasta - TAV
3:15pm Men's Shuffleboard - GMR
3:30pm Jerusalem Day with Clara Simon and Rivi Bahir - GR
5:00pm Supper Club with Chef Mickey - TAV

15
10:30am Cribbage/Games - TAV
12:00pm Ladies Tea at Noon - GR

16 9:00am Mill Hill Round Table - TAV
9:30am Bocce - PAV
12:00pm Movie: Mall Cop 2 - MOV
2:00pm Mexican Train - GR
7:00pm Game Night - GR

17
12:00pm Movie: Residents Choice - MOV

18
1:00pm Broadway Songs & Stories with Jill P Smith - GR
2:00pm Mah Jongg - TAV
3:00pm Knitting & Crocheting - GR
6:30pm Eight Ball - GMR

19 8:30am Bocce - PAV
2:00pm Scrabble - TAV
5:00pm Supper Club with Andolina's Catering - TAV
7:00pm Tuesday Night Movie: The Man in the White Suit - MOV
7:00pm Card Game Night - GR

20 9:00am Communion Service - CH
11:00am Resident Grocery Shopping
11:00am-1:00pm Seniors Connect at the Guilderland Library
4:00pm Happy Hour - GR

21 8:30am Bocce - PAV
1:00pm Estate Planning 101: Wills & Trusts Basics with Desmond Wealth Management Group - GR
3:15pm Men's Shuffleboard - GMR

22
10:30am Cribbage/Games - TAV
10:30am Departure to Brunch Outing at Chuck Wagon Diner
7:00pm Bingo - GR

23 9:00am Mill Hill Round Table - TAV
9:30am Bocce - PAV
12:00pm Movie: Pixels - MOV
2:00pm Mexican Train - GR
7:00pm Game Night - GR

24
12:00pm Movie: Residents Choice - MOV

25 Office Closed
No Continental Breakfast
No Fitness
Memorial Day
Remember & Honor
10:00am-Noon Resident Potluck Memorial Day Brunch - GR

26 8:30am Bocce - PAV
7:00pm Tuesday Night Movie: My Summer with Monika - MOV
7:00pm Card Game Night - GR

27 9:00am Supper Club Breakfast with Chef Mickey - TAV
11:00am Resident Grocery Shopping
11:00am-1:00pm Seniors Connect at the Guilderland Library
3:00pm Book Club - LIB
4:00pm Happy Hour - GR

28 8:30am Bocce - PAV
1:00pm PRN's Speech Therapy Awareness Month Celebration - GR
3:15pm Men's Shuffleboard - GMR
5:00pm Supper Club with Chef Mickey - TAV

29
10:30am Cribbage/Games - TAV
8:00pm Fireside Friday - Patio

30 9:00am Mill Hill Round Table - TAV
9:30am Bocce - PAV
12:00pm Movie: Back in Action - MOV
2:00pm Mexican Train - GR
7:00pm Game Night - GR

31
12:00pm Movie: Residents Choice - MOV

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)

CONNECTED life

FITNESS

Community Activities



Magical Mr. C's
Magic Show!

Get ready for mind-blowing tricks, big laughs, and memorable fun. Don't miss the magic with Magical Mr. C!
Friday, 5/8, at 3:00pm in the Great Room

Performance by the School of the Albany Berkshire Ballet!



Saturday, 5/9, at 3:30pm
in the Great Room

TEAM
TAVERN TRIVIA

TUESDAY, 5/12, AT
2:00PM IN THE TAVERN

Fun questions, good company, and plenty of laughs! Come play!



Lark in the Morning
MUSICAL PERFORMANCE

"LISTEN TO US PERFORM AND IMMERSE YOURSELF IN A JOURNEY OF SOUL-STIRRING MUSIC."

WEDNESDAY, 5/13, AT 4:30PM
IN THE GREAT ROOM



Jerusalem Day with Clara Simon

Explore Jerusalem Day through the eyes of an Israeli artist!
An interactive program with Clara Simon and Rivi Bahir.

Thursday, 5/14, at 3:30pm in the Great Room

Please sign up in the Great Room binder.

LADIE'S
Tea at Noon

A SPECIAL AFTERNOON JUST FOR THE LADIES - JOIN US FOR TEA, LIGHT BITES, AND A RELAXED AFTERNOON!

PLEASE SIGN UP IN THE GREAT ROOM BINDER IF YOU PLAN ON ATTENDING.

FRIDAY, 5/15, AT 12:00PM
IN THE GREAT ROOM



Community Activities

SONGS AND STORIES OF BROADWAY

JOIN JILL & MICHAEL FOR ANOTHER AMAZING BROADWAY PROGRAM! THIS TIME IT'S ALL ABOUT THE MUSICAL GENIUS OF JULES STEIN. STEIN WROTE SUCH ICONIC CLASSICS AS FUNNY GIRL AND GYPSY! ENJOY SONGS AND STORIES FROM HIS GREATEST SHOWS. **MONDAY, 5/18, AT 1:00PM IN THE GREAT ROOM**
PLEASE SIGN UP IN THE GREAT ROOM BINDER

Memorial Day Potluck Brunch!

A resident potluck brunch will be held in the Great Room on Monday, 5/25, from 10:00am to Noon!

All are welcome to join.
Please bring your new neighbors!

Please see all sign-up sheets in the Great Room Binder.

Estate Planning 101: Wills and Trusts Basics with Daniel Desmond, owner of Desmond Wealth Management Group!

A straightforward overview of why planning matters, what a basic estate plan includes, and how having documents in place can reduce stress for loved ones.

Thursday, 5/21, at 1:00pm in the Great Room

Please sign up in the Great Room binder

PRN'S SPEECH THERAPY AWARENESS MONTH CELEBRATION WITH JACLYN!

Speech Therapy is more than just talking! Come learn all the ways Speech Therapy can help with speech, language, swallowing, organization, and brain health!

THURSDAY, 5/28, AT 1:00PM IN THE GREAT ROOM

Please sign up in the Great Room binder
Refreshments will be served!



BRUNCH OUTING TO CHUCK WAGON DINER!

A beloved local eatery that has been serving up delicious meals for almost 60 years.

Known for its simple yet flavorful cooking!

FRIDAY, 5/22, WITH 10:30AM DEPARTURE FROM MILL HILL

Please sign up in the Great Room binder!



Fireside Friday

Wrap up your week at Fireside Friday! Join around the fire while enjoying a light snack, refreshments, and friendly conversation with your neighbors in a relaxed outdoor setting!

Friday, 5/29, at 8:00pm on the Patio

Please sign up in the Great Room if you plan on attending Fireside Friday, Thank you!

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

Thursday, May 14th

Chef Mickey - Served at 5:00pm in Tavern

Baked Haddock Dinner **\$16**

Tuesday, May 19th

Andolina's - Served at 5:00pm in Tavern

Chicken Francese Dinner **\$20**

Wednesday, May 27th

Chef Mickey - Served at 9:00am in Tavern

Breakfast - Scrambled Eggs, Home fries, Bacon, Sausage, served with Fruit Salad **\$16**

Thursday, May 28th

Chef Mickey - Served at 5:00pm in Tavern

Shrimp Over Rice Dinner **\$16**

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 5/7.



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