

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

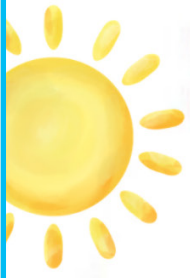
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Monthly Newsletter

June 2026

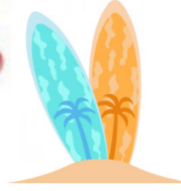


# Welcome June!



# SUMMER

## WORD SEARCH



D N G X S P R K D N X D A A T  
D Q A G I V O F T N A D V M T  
C S P C S P U U H W L V C S U  
K W N R Z S T Y W F E L U M T  
P I K N H K H Z W M R G P X S  
C M L O X Z M O S B U K A S W  
C S H L W C L K T A P N D Z I  
A U J E N M R N H O A W C T M  
M I U M E O H C O C W T P A F  
P T L R W J I L E V A R T D K  
C Y Y E V B U T S A M V M J D  
P C R T V J E N A M Q P O I G  
G I Z A T Y W A E C G F C Q R  
F B U W Y L M Z C N A I O Y N  
K R P P Q V O J B H C V Y O X

AUGUST  
BEACH  
CAMP  
FIREWORKS  
HOT



JULY  
JUNE  
PICNIC  
POOL  
RELAX



SWIM  
SWIMSUIT  
TRAVEL  
VACATION  
WATERMELON

## 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](http://www.summitatmillhill.com)

# Community Activities

## June Birthdays!

**Anthony Bright 6/1**

**Jerry Weisgrau 6/3**

**Marcia Hanson 6/7**

**Lauri Miller 6/10**

**Kathleen Bellotti 6/13**

**Stu Madnick 6/14**

**Barbara Dodge 6/14**

**Shelle Jaquish 6/17**

**Judith Gallagher 6/22**

**Linda Miller 6/29**

## Senior Scam Prevention

Join Jared Kuehl, a Postal Inspector with the United States Postal Inspection Service, for an informative presentation covering a wide range of senior scam tactics!

Residents are encouraged to bring any questions, and to even share experiences of their own. Don't miss out!

**Monday, 6/1 at 1:00pm in the Great Room**

**Please sign up in the Great Room binder**

## **LIVE MUSICAL ENTERTAINMENT BY JACK KELLE DUO!**



**WEDNESDAY, 6/3 AT 4:30PM IN THE GREAT ROOM**

## Outing to Boscobel House with Marilyn Sassi

As a follow up to Marilyn's Boscobel presentation, we will be making a trip to see the Boscobel House for ourselves! We will get our 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 displayed throughout the house.

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.

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.

**Friday, 6/5 with 9:00am departure from Mill Hill**

**Residents must sign-up and pay in the office by 5/29.**

**This outing costs \$14 per person - Cash only please.**

Please note: Residents must plan to bring a bagged lunch and/or any snacks/drinks needed for the day trip.



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Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

	<p><b>1</b> 1:00pm Senior Scam Prevention Presentation with Jared Kuehl- GR</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting &amp; Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p> <p><i>* June Supper Club Order Forms Due by 11:00am *</i></p>	<p><b>2</b> 8:30am Bocce - PAV</p> <p>2:00pm Scrabble - TAV</p> <p>2:00pm Activities Meeting - FDR</p> <p>7:00pm Tuesday Night Movie: <i>Rachel Getting Married</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p><b>3</b> 9:00am Communion Service - CH</p> <p>11:00am Resident 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 Entertainment by Jack Kelle Duo - GR</p>	<p><b>4</b> 8:30am Bocce - PAV</p> <p>10:00am Walmart Shopping Trip</p> <p>1:00pm Canasta - TAV</p> <p>3:00pm Resident Meeting - GR</p> <p>5:00pm Supper Club with Chef Mickey - TAV</p>	<p><b>5</b> 9:00am Departure to Boscobel House Outing with Marilyn Sassi</p> <p>10:30am Cribbage/Games - TAV</p>	<p><b>6</b> 9:00am Mill Hill Round Table - TAV</p> <p>9:30am Bocce - PAV</p> <p>12:00pm Movie: <i>The Age of Adaline</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p><b>7</b> 12:00pm Movie: Resident's Choice - MOV</p>	<p><b>8</b> 2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting &amp; Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p><b>9</b> 8:30am Bocce - PAV</p> <p>2:00pm Team Tavern Trivia - TAV</p> <p>7:00pm Tuesday Night Movie: <i>Muriel's Wedding</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p><b>10</b> 9:00am Communion Service - CH</p> <p>11:00am Resident Grocery Shopping</p> <p>11:00am-1:00pm Seniors Connect at the Guilderland Library</p> <p>1:30pm Discussion with Rabbi Adam - GR</p> <p>4:00pm Happy Hour - GR</p>	<p><b>11</b> 8:30am Bocce - PAV</p> <p>1:00pm-3:00pm Color Bar Event with Cathy St. Clair - FDR</p> <p>3:00pm Canasta - TAV</p> <p>3:15pm Men's Shuffleboard - GMR</p>	<p><b>12</b> 10:30am Cribbage/Games - TAV</p> <p>1:30pm Presentation with Myakye from CD Choices - GR</p> <p><i>*Pool is closed for maintenance after last scheduled class*</i></p> <p>National Peanut Butter Cookie Day</p>	<p><b>13</b> 9:00am Mill Hill Round Table - TAV</p> <p>9:30am Bocce - PAV</p> <p>12:00pm Movie: <i>The Wrong Missy</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p><b>14</b> 12:00pm Movie: Resident's Choice - MOV</p> <p>3:45pm Modern Art Theater and Dance Academy "Your Special Gift" Performance - GR</p>	<p><b>15</b> 10:00am Departure to Yaddo Gardens for Self-Guided Tour</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting &amp; Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p><b>16</b> 8:30am Bocce - PAV</p> <p>2:00pm Scrabble - TAV</p> <p>7:00pm Tuesday Night Movie: <i>Father of the Bride</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p><b>17</b> 9:00am Communion Service - CH</p> <p>11:00am Resident Grocery Shopping</p> <p>11:00am-1:00pm Seniors Connect at the Guilderland Library</p> <p>4:00pm Happy Hour - GR</p>	<p><b>18</b> 8:30am Bocce - PAV</p> <p>1:30pm Emergency Preparedness Presentation with Lydia J Perkins - GR</p> <p>3:00pm Canasta - TAV</p> <p>3:15pm Men's Shuffleboard - GMR</p> <p>5:00pm Supper Club with Chef Mickey - TAV</p>	<p>Office Closed</p> <p><b>JUNETEENTH</b></p> <p>FREEDOM DAY</p> <p>No Breakfast, No Fitness</p> <p>7:00pm Bingo - GR</p>	<p><b>20</b> 9:00am Mill Hill Round Table - TAV</p> <p>9:30am Bocce - PAV</p> <p>12:00pm Movie: <i>Fatherhood</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p><b>21</b> 12:00pm Movie: Resident's Choice - MOV</p> <p>Father's Day</p>	<p><b>22</b> 2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting &amp; Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p><b>23</b> 8:30am Bocce - PAV</p> <p>1:00pm The 2025 Term Discussion with Julie Novkov - GR</p> <p>5:00pm Supper Club with Andolina's Catering - TAV</p> <p>7:00pm Tuesday Night Movie: <i>The Wedding Banquet</i> - MOV</p> <p>7:00pm Card Game Night - GR</p>	<p><b>24</b> 9:00am Communion Service - CH</p> <p>11:00am Resident 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 HEA Productions Presents their Luau Show - GR</p>	<p><b>25</b> 8:30am Bocce - PAV</p> <p>1:00pm Presentation with PRN: Joint Health and Arthritis Management - GR</p> <p>3:00pm Canasta - TAV</p> <p>3:15pm Men's Shuffleboard - GMR</p>	<p><b>26</b> 10:30am Cribbage/Games - TAV</p> <p>7:00pm Resident Summer Party with music by DJ Bob Treffeletti - GR</p>	<p><b>27</b> 9:00am Mill Hill Round Table - TAV</p> <p>9:30am Bocce - PAV</p> <p>12:00pm Movie: <i>Yes Day</i> - MOV</p> <p>2:00pm Mexican Train - GR</p> <p>7:00pm Game Night - GR</p>
<p><b>28</b> 12:00pm Movie: Resident's Choice - MOV</p>	<p><b>29</b> 11:45am Departure to Hudson River Dutch Apple Cruise</p> <p>2:00pm Mah Jongg - TAV</p> <p>3:00pm Knitting &amp; Crocheting - GR</p> <p>6:30pm Eight Ball - GMR</p>	<p><b>30</b> 8:30am Bocce - PAV</p> <p>7:00pm Tuesday Night Movie: <i>My Best Friend's Wedding</i> - MOV</p> <p>7:00pm Card Game Night - GR</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>	<p>Continental Breakfast Hours</p> <p>Monday–Friday 8:30am–10:30am</p> <p>Saturday–Sunday 9:00am–11:00am</p>	<p><i>Hello June</i></p> 	

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

## **Spring Color Bar with Cathy St. Clair!**

**Come create your perfect lip, cheek & eye colors!**

**No rules, no pressure!**

**You can build your own color palette to try.**

**Let Cathy help you clean out your makeup bag!**

**You will receive \$1 per item brought to throw away,**

**& you will be able to apply it to your order.**

**Thursday, 6/11 from 1:00pm to 3:00pm**

**in the Family Dining Room with Cathy!**



**Please sign up in the Great Room binder by Tuesday, 6/9.**

## **Don't miss this presentation by Consumer Directed Choices!**



**“Join us for an informative presentation on self-directed home care! You will discover how CD Choices empowers you or your loved ones to maintain independence. Learn how we support residents across New York with dedicated assistance and over 25 years of experience helping people live safely and comfortably at home. All are welcome!”**

**Friday, June 12<sup>th</sup> at 1:30pm in the Great Room  
Sign up in the Great Room for this presentation.**

## **Modern Art Dance Company Present: “Your Gift”**

**Sunday, 6/14 at 3:45pm in the Great Room**

**Join together to enjoy a special dance performance that celebrates the uniqueness of every individual brought to Mill Hill by Modern Art Dance Company!**



## ***Come along for a self-guided tour of Yaddo Gardens***



***Monday, 6/15 with 10:00am  
Departure from Mill Hill***

**\*12 Resident's Max\***

**<https://yaddo.org/gardens/>**

## **Emergency Preparedness Presentation**

**With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. Join Lydia Perkins for this NY Citizen Preparedness Training Program that 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.**

**Participants will be advised on how to properly prepare for any disaster, including developing an emergency plan, and stocking up on emergency supplies.**

**Thursday, June 18<sup>th</sup> at 1:30pm in the Great Room**

# Community Activities

## The 2025 Term Discussion with Julie Novkov: The Supreme Court and American Democracy

As requested from residents, Professor Novkov will be returning to Mill Hill to discuss the 2025 term of the US Supreme Court, during which the Court addressed major issues like tariffs, voting rights, birthright citizenship, and the Trump Administration's continued efforts to reshape the nation.

Tuesday, 6/23 at 1:00pm in the Great Room

Please sign up in the Great Room binder

## Musical Luau Show by HEA Productions!



Sit back and relax while enjoying some fun  
summer entertainment by Elyse and Don!

Wednesday, 6/24 at 4:30pm in the Great Room

## Informational Presentation with PRN: Joint Health and Arthritis Management

Learn practical tips for protecting your joints, managing arthritis symptoms, improving balance, strength, and maintaining independence through movement, exercise, and healthy lifestyle habits.

Thursday, 6/25 at 1:00pm in the Great Room



## **RESIDENT SUMMER PARTY!**

**FRIDAY, 6/26 AT 7:00PM IN THE GREAT ROOM**

**JOIN YOUR NEIGHBORS TO CELEBRATE  
SUMMER WITH A FUN EVENING OF FOOD,  
DRINKS, MUSIC, AND GOOD COMPANY!  
MUSIC BY DJ BOB TREFFILETTI!**

**THIS IS A POTLUCK/BYOB EVENT. PLEASE  
BRING A SNACK OR AN APPETIZER TO SHARE!**

**PLEASE SEE SIGN-UP SHEETS IN THE GREAT ROOM!**

## **Hudson River Dutch Apple Sightseeing Cruise!**

**Monday, 6/29 with 11:45am  
departure from Mill Hill**

Enjoy live narration and fun river facts during the first 45 minutes of the cruise, followed by music and relaxation for the remainder of the boat cruise!

Light food and drink options will be available for purchase on the boat.

**This outing costs \$30 per person.  
Please sign-up and submit payment  
in the office by Monday, 6/15.**

**\*12 Residents Max\***



# 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, June 4<sup>th</sup>

**Chef Mickey - Served at 5:00pm in Tavern**  
Stuffed Shells with Meatballs Dinner **\$16**

Thursday, June 18<sup>th</sup>

**Chef Mickey - Served at 5:00pm in Tavern**  
Chicken Fried Chicken Steak Dinner **\$16**

Tuesday, June 23<sup>rd</sup>

**Andolina's - Served at 5:00pm in Tavern**  
Nicoise-Style Salad with Grilled Chicken served with Dessert **\$20**

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 6/1.



**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