

SUMMIT AT MILL HILL

Monthly Newsletter

August 2026



Meet Our Residents

The day we were shown Summit at Mill Hill, lightning had struck the building. The power out, and the elevators did not work. Joan was introducing us to 2 Mill Hill Court. This spark ignited the realization our kids were correct, Mill Hill was assumed to be THE place for John and Marlene Williams.

We were not really happy campers; we did not want to leave our residence located on Old Stage Road. We lived there when it was just a field; the house was not finished when we moved in.

We lived there for 42 years however; our daughter did not think it was ideal for me to be climbing up my rickety old extension ladder to the roof, with cans of wasp spray in a bucket to battle hornets behind the shutters on the second story windows at 90 years old.

Summit at Mill Hill is only a good stone's throw off the mountain. I saw the place being built, and some of what we sold is helping hold this thing together. Little did we know, later on we would be living here. Our kids thought this was best. Adjusting took a long time for both of us. We are both on the short end of the ruler, and the wave we started out on is getting ready to crash on shore.

In school, Marlene and I dated, but we went out with others and eventually kept winding back up with each other. Marlene was born and raised in Esperance, and I was born in Utica. It took me a few years and living all over the place to finally wind up on the farm in Gallupville. God found a good match on that log by the creek.

I have been drawing very well since I was six years old and applied to go to Pratt University in New York. I was accepted. Farming was a tough way to earn a living, and I was really needed at home on the farm. Pratt agreed that a talented farmer could attend at any time.

Up to this point, life has been tons of fun, three great kids, four grand kids, and a handful of semi-grand fosters in Florida, and two great grand kids (twins), and a third great grand kid currently on the way. We have had the greatest ride and are still together 74 years later, even if it is not in the field where we left.

John Williams

Staff



Community Manager

Janine Robinson
JRobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
MGrant@SummitSeniorLife.com

Maintenance

Roman Early
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MillHill@SummitSeniorLife.com

Concierge

Taneesha Martin
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Office Phone

518-941-8871

Emergency Maintenance

518-948-6994

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

Community Activities



August Birthdays

Elaine Patzke - 8/01
Jeffrey Silver - 8/03
Olga Greco - 8/08
Marilynn Brackett - 8/13
William Haaf - 8/21
Thomas Clements - 8/29



please join us for a
**Strawberry Shortcake
SOCIAL**
**Friday, 8/7 at 1:30pm
in the Great Room**
**SIGN UP IN THE GREAT ROOM
BINDER BY MONDAY, 8/3**



**Let's go to
TRADER JOE'S**

Monday, 8/3 with 10:00am departure from Mill Hill

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

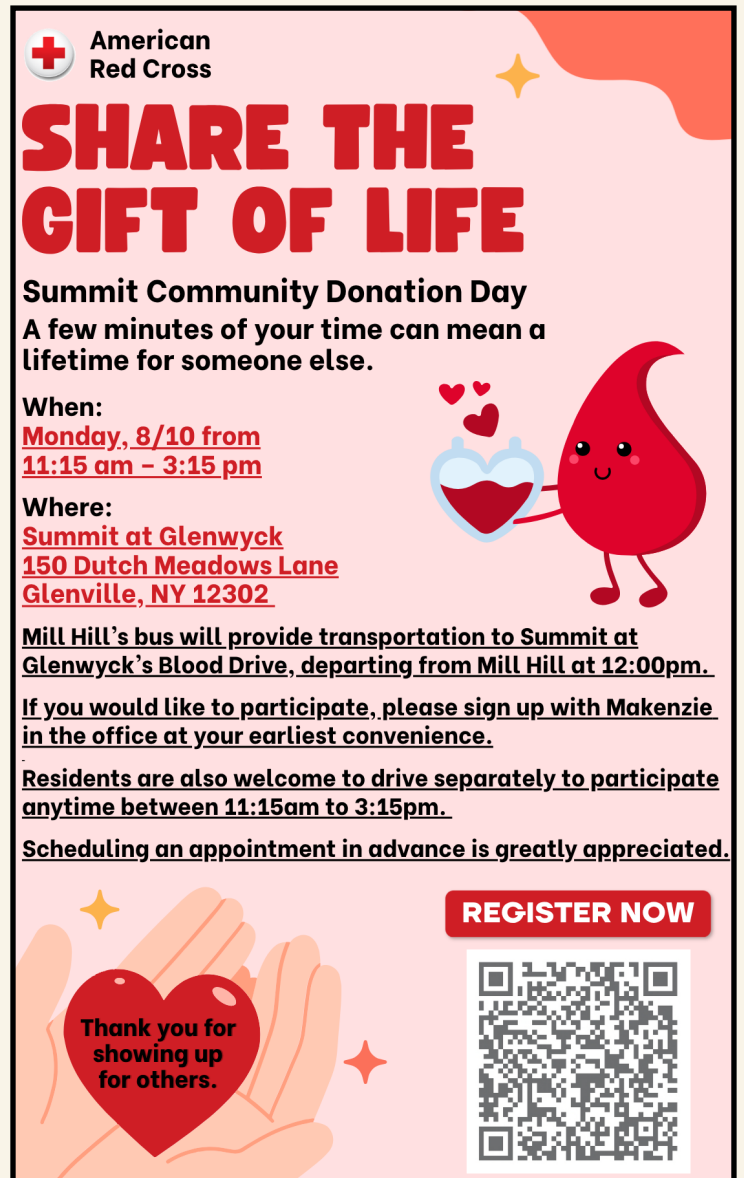
Please sign up in the Great Room Binder. 12 Residents Max.



PIANIST COLE BRODERICK TO PERFORM AT MILL HILL!

WEDNESDAY, 8/5 AT 4:30PM IN THE GREAT ROOM

colebroderick.weebly.com



American Red Cross

SHARE THE GIFT OF LIFE

Summit Community Donation Day
A few minutes of your time can mean a lifetime for someone else.

When:
**Monday, 8/10 from
11:15 am - 3:15 pm**

Where:
**Summit at Glenwyck
150 Dutch Meadows Lane
Glenville, NY 12302**

Mill Hill's bus will provide transportation to Summit at Glenwyck's Blood Drive, departing from Mill Hill at 12:00pm.

If you would like to participate, please sign up with Makenzie in the office at your earliest convenience.

Residents are also welcome to drive separately to participate anytime between 11:15am to 3:15pm.

Scheduling an appointment in advance is greatly appreciated.

REGISTER NOW

Thank you for showing up for others.



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED <i>life</i>  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)	1 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
2 12:00pm Movie: Resident's Choice - MOV	3 10:00am Departure to Trader Joe's 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR * August Supper Club Order Forms Due by 11:00am *	4 8:30am Bocce - PAV 2:00pm Scrabble - TAV 2:00pm Activities Meeting - FDR 7:00pm Tuesday Night Movie: The Whales of August - MOV 7:00pm Card Game Night - GR	5 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 Pianist Cole Broderick - GR	6 8:30am Bocce - PAV 1:00pm Canasta - TAV 3:00pm Resident Meeting - GR	7 10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 1:30pm Strawberry Shortcake Social - GR 7:00pm Bingo - GR	8 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
9 12:00pm Movie: Resident's Choice - MOV	10 12:00pm Departure to Summit at Glenwyck Blood Drive 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	11 8:30am Bocce - PAV 2:00pm Team Tavern Trivia - TAV 7:00pm Tuesday Night Movie: Long Day's Journey into Night - MOV 7:00pm Card Game Night - GR	12 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	13 8:30am Bocce - PAV 1:00pm PRN's From Slouch to Strength Presentation - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	14 10:30am Cribbage/Games - TAV *Pool is closed for maintenance after last scheduled class*	15 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
16 12:00pm Movie: Resident's Choice - MOV 2:00pm Musical Performance by Capitaland Chorus - GR	17 1:00pm New Date for PRN's Summer Olympics with Denise - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	18 8:30am Bocce - PAV 2:00pm Scrabble - TAV 5:00pm Ruggiero's Supper Club - TAV 7:00pm Tuesday Night Movie: The Leopard - MOV 7:00pm Card Game Night - GR	19 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 Lucia & Levi - GR	20 8:30am Bocce - PAV 1:00pm Canasta - TAV 3:15pm Men's Shuffleboard - GMR	21 10:00am Departure to Golden Acres Sunflower Farm, followed by a quick stop for Ice Cream 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR	22 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
23 12:00pm Movie: Resident's Choice - MOV	24 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	25 8:30am Bocce - PAV 7:00pm Tuesday Night Movie: The Lion in Winter - MOV 7:00pm Card Game Night - GR	26 9:00am Communion Service - CH 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	27 8:30am Bocce - PAV 1:00pm America's Tapestry History Presentation - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	28 10:30am Cribbage/Games - TAV 7:00pm Resident End of Summer Party with DJ Bob Treffiletti - GR	29 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
30 12:00pm Movie: Resident's Choice - MOV 2:00pm Helderberg and Friends Variety Show in Celebration of Our Nation's 250th Anniversary - GR	31 1:00pm Invincible to Invisible Discussion with Ellen Cole - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	Location Key: CH - Chapel CR - Craft Room FDR - Family Dining Room FS - Fitness Studio GMR - Game Room GR - Great Room LIB - Library MOV - Movie Theater PAT - Patio PAV - Pavillion P - Pool TAV - Tavern YS - Yoga Studio	Black: Games & Organized Groups Red: Happy Hour, Celebrations & Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations & Classes	Continental Breakfast Monday-Friday 8:30am-10:30am Saturday-Sunday 9:00am-11:00am	August 	

Community Activities

Team Tavern

Trivia

Tuesday, 8/11 at 2:00pm in the Tavern with Mark Hersh

WIN PRIZES! Exercise your brain!

Come along to Seniors Connect at the Guilderland Library!



"Join our vibrant senior social group! Engage in lively conversations, be a part of our community, and make new friends. Every Wednesday in the Normanskill Room!"

.....➔
Summit at Mill Hill offers a ride over to the Guilderland Library every Wednesday! Departure from Mill Hill is along with our 11:00am Grocery Shopping Shuttle.



PRN
PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

From Slouch to Strength

Come join PRN to discuss the connection between your posture and overall physical performance. Learn how posture affects body mechanics, strength, flexibility, balance, and coordination. There will be a fun interactive bingo game with prizes to win!

Thursday, 8/13 at 1:00pm in the Great Room

Please sign in the Great Room binder.

Capitaland Chorus

www.capitalandchorus.org

Capitaland Chorus to Return to Mill Hill!

"Capitaland Chorus of Albany, New York is an all-women's barbershop chorus and an award-winning Chapter in Region 15 of Sweet Adelines International."

You don't want to miss this!

Sunday, 8/16 at 2:00pm
in the Great Room



Musical Performance by Lucia & Levi!

Join us for an enjoyable live performance!

This duo uses instruments such as guitar, keyboard, trumpet, and harmonica, while singing classic favorites by Frank Sinatra, Tony Bennett, and many more.

Wednesday, 8/19 at 4:30pm
in the Great Room!



Community Activities

Join us for a delightful trip to a breathtaking sunflower farm, where acres of brilliant golden blooms create a picture-perfect summer landscape! The one and only, Golden Acres Sunflower Farm in Westerlo, New York!



To make the day even sweeter, we'll wrap up our adventure with a stop for ice cream at Duck Pond! A perfect way to cool off, relax, and enjoy a summertime treat with friends!



Friday, 8/21 with 10:00am departure from Mill Hill

Please sign up in the Great Room binder.

12 residents max



America's Tapestry

America's Tapestry is a series of 13 hand-stitched panels, one for each of the original 13 colonies, to commemorate the 250th anniversary of the United States. Each one illustrates a lesser-known story of each colony's struggle for independence.

Jennifer Paperman, who served as the State Director for the New York panel, will present on how members of the New York Capital District Chapter of the Embroiderer's Guild of America and others were able to go from design to finished panel in a mere 365 days. The New York panel tells the story of the Birch Trials, which were held at the Fraunces Tavern in New York City in 1783, and Jennifer will give the history of this event.

Thursday, 8/27 at 1:00pm in the Great Room

Please sign up in the Great Room binder

YOU ARE INVITED TO A RESIDENT

End of Summer PARTY!

Join your neighbors to wrap up the summer season with a fun evening of food, drinks, music, and good company!

Music by DJ Bob Treffiletti!

AUGUST

FRIDAY

28

AT 7:00PM

in the Great Room!

This is a Potluck/BYOB event. Please bring a snack or an appetizer to share!
See all sign-up sheets in the Great Room.

Invincible to Invisible Discussion with Dr. Ellen Cole

Twenty-five years ago, at the age of 60, Roger Rosenblatt wrote a wildly popular book called "*Rules for Aging*." What could he possibly have known back then about the old? He's 85 now and just published a new book, "*More Rules for Aging: Making the Most of your Ridiculous Wondrous Life*." Now he speaks from experience with humor, and even some wisdom. Join Dr. Ellen Cole as she reads excerpts from Roger Rosenblatt's new book. During this discussion, residents will be able to share the ways in which they can relate (or not) to his messages. Ellen looks forward to returning!

Monday, 8/31 at 1:00pm in the Great Room

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!

Walmart  **MARKET** 

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, August 13th

Chef Mickey - Served at 5:00pm in Tavern
Sliced Turkey Dinner **\$16**

Tuesday, August 18th

Ruggiero's - Served at 5:00pm in Tavern
Chicken Parmigiana Dinner or a Sausage & Peppers Dinner **\$20 per meal (See order form)**

Thursday, August 27th

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

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 8/3.



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