

SUMMIT AT MILL HILL

Monthly Newsletter

September 2026



Welcome September!

September Word Search

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

ACORNS	HARVEST	SEPTEMBER
APPLES	LABOR DAY	THIRTY
AUTUMN	LEAVES	VIRGO
BACKPACK	LIBRA	WARM
BOOKS	PATRIOT DAY	WEATHER
COLORS	RAIN	
EQUINOX	ROSH HASHANAH	
FOOTBALL	SCHOOL	

Staff



Community Manager

Janine Robinson
JRobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
MGrant@SummitSeniorLife.com

Maintenance

Roman Early
Andrews Asante
Joe Falace
MillHill@SummitSeniorLife.com

Concierge

Taneesha Martin
Sue Purga
Nina Scandurra

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

September Birthdays!

Trudy Warner – 9/10

Marguerite Flint – 9/13

Vikki Miller – 9/15

Fran Arthur – 9/21

Len Stokes– 9/22

Pat Young– 9/22

Pursuing Peace Program Pt. 2

with Ken Dymond and Clara Simon

Join Ken Dymond, experienced mediator, and independent arbitrator, for a discussion on skills for peaceful dialogue and conflict resolution. This time, we will be role playing to enhance better practice of non-confrontational dialogue.



Friday, 9/4 starting at 2:00pm in the Great Room

Join us for **BINGO!**

7:00PM IN THE GREAT ROOM

FRIDAY 9/04

FRIDAY 9/18



Musical Performance by VAGABOND featuring Michael Adamczyk

VAGABOND is a rock & roll groove machine performing your favorites from the 70's, 80's and 90's.



Wednesday, 9/2 at 4:30pm in the Great Room

De-stress with Therapy Dogs **brought to you by RocDog Inc!**

Saturday, 9/5 at 1:00pm in the Great Room!



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30am Bocce - PAV 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Laura (1944) - MOV 7:00pm Card Game Night - GR * September Supper Club Order Forms Due by 11:00am *	2 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 Vagabon Band - GR	3 8:30am Bocce - PAV 1:00pm Canasta - TAV 3:00pm Resident Meeting - GR 5:00pm Supper Club with Chef Mickey - TAV	4 10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 2:00pm Pursuing Peace with Clara Simon and Ken Dymond Pt. 2 - GR 7:00pm Bingo - GR	5 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 1:00pm De-Stress with Therapy Dogs brought by RocDog Inc. - GR 2:00pm Mexican Train - GR 7:00pm Game Night - GR
	6 12:00pm Movie: Resident's Choice - MOV		8 8:30am Bocce - PAV 2:00pm Team Tavern Trivia - TAV 7:00pm Tuesday Night Movie: The Asphalt Jungle (1950) - MOV 7:00pm Card Game Night - GR	9 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 International Box Wine Day	10 8:30am Bocce - PAV 1:00-3:00pm Mill Hill's Health Fair - GR 3:15pm Men's Shuffleboard - GMR	11 10:30am Cribbage/Games - TAV *Pool is closed for maintenance after last scheduled class* Rosh Hashanah starts at sundown
	13 12:00pm Movie: Resident's Choice - MOV	14 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	15 8:30am Bocce - PAV 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Mildred Pierce (1945) - MOV 7:00pm Card Game Night - GR	16 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 Tooty and the Mother Plucker - GR	17 8:30am Bocce - PAV 1:00pm PRN's Fall Prevention & Aging Presentation - GR 3:00pm Canasta - TAV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	18 10:00am Summit's 6th Annual Bocce Tournament - PAV 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR
	20 12:00pm Movie: Resident's Choice - MOV Yom Kippur starts at sundown	21 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	22 5:00pm Supper Club - TAV 7:00pm Tuesday Night Movie: The Postman Always Rings Twice - MOV 7:00pm Card Game Night - GR	23 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	24 1:00pm Vintage Visitor's Susan B. Anthony Historical Presentation - GR 3:15pm Men's Shuffleboard - GMR	25 10:30am Cribbage/Games - TAV *Precautionary Rain Date for Summit's 6th Annual Bocce Tournament*
	27 12:00pm Movie: Resident's Choice - MOV National Chocolate Milk Day	28 11:30am Departure to Orchard Creek Cider House Restaurant, followed by a stop at Altamont Orchards Farm Market 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	29 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Double Indemnity - MOV 7:00pm Card Game Night - GR	30 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 4:30pm Musical Performance by Tim Farkas - GR	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	
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)	 Continental Breakfast Monday–Friday 8:30am–10:30am Saturday–Sunday 9:00am–11:00am

Community Activities

Labor Day Potluck Brunch!

A resident potluck brunch will be held in the Great Room on Monday, 9/7, 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.

TAVERN TRIVIA

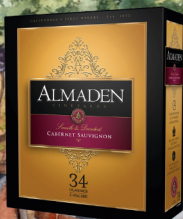
Fun questions, good company, and plenty of laughs! Come join & play!

TUESDAY, 9/8 AT 2:00PM IN THE TAVERN WITH MARK

Win prizes!

Come celebrate International Box Wine Day!

Wednesday, 9/9 at 4:00pm in the Great Room



Health & Wellness Fair facilitated by Mill Hill & Daughter for Hire!

Take advantage of this opportunity to connect with local professionals who are here to help support your journey and enrich your everyday life!

Explore a variety of valuable resources, gather helpful information, ask questions, and learn about local services designed to enhance your quality of life and support your independence.



Health is wealth

- Daughter for Hire
- PRN Rehabilitation Services
- Together in Caring
- CD Choices
- Herzog Law
- Mobility City
- Catholic Charities
- Eddy Alzheimer's Services
- Desmond Wealth Management Group
- Ever Home Care

It's not a fair without prizes! Be sure to visit each table for your chance to win fun giveaways and prizes throughout the event.

Whether you're looking to learn something new, explore local services, or simply enjoy an engaging afternoon, there is something for everyone. We hope you'll join us!

Thursday, 9/10 from 1:00pm to 3:00pm in the Great Room

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, 9/16 at 4:30pm in the Great Room

Community Activities

PRN's Fall Prevention & Aging Presentation!

Come join PRN for an interactive presentation discussing great fall prevention tips, while also discussing the facts vs. myths of the aging process.

We will play a fun interactive game with prizes!



Thursday, 9/17 at 1:00pm in the Great Room

Summit's 6th Annual Bocce Tournament!

Get ready for a day of friendly competition, great sportsmanship, and plenty of fun as we battle it out for the coveted Bocce Trophy!

Spectators welcome! Come cheer on your friends and enjoy the excitement. Refreshments, lunch, and music will be provided! Sign up in the Great Room.

Friday, 9/18 starting at 10:00am (Rain Date is 9/25)

Summit at Mill Hill Bocce Court



Vintage Visitors Presents:

"Susan B. Anthony - The Road to the 19th Amendment"

"Oh, if I could but live another century and see the fruition of all the work for women!" Susan B Anthony mused near the end of her life.

This program brings her back to tell "the whole story;" her own, as well as that of the work carried on by her successors like Carrie Chapman Catt, Alice Paul, and Alva Vanderbilt.

Miss Anthony tells of the early years of the movement, her life on the campaign trail, and later, the expansion of suffragists to include wealthy women, the college educated, women of color, and working women utilizing new strategies - picketing and publicity.

The end of the suffrage story is as fascinating as the beginning!

Thursday, 9/24 at 1:00pm
in the Great Room



Come along to have a delicious lunch at Orchard Creek's Cider House Restaurant



Followed by a stop at Altamont Orchards!



Monday, 9/28 with 11:30am
departure from Mill Hill

MUSICAL PERFORMANCE

BY GUITARIST TIM FARKAS

Join us for an exciting live performance featuring classic hits from The Beatles, Elvis Presley, Johnny Cash, and more.

WEDNESDAY, 9/30 AT 4:30PM

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!



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, September 3rd

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

Thursday, September 17th

Chef Mickey - Served at 5:00pm in Tavern
Shrimp Over Rice Dinner **\$16**

Tuesday, September 29th

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

Harvest Salad **\$15** or a Junior's Burger served with fries **\$20 (See order form)**

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 9/1.



**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