

SUMMIT AT MILLHILL

Monthly Newsletter

October 2026

Welcome October!



Fall Word Search

FIND ALL THE WORDS LISTED BELOW

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

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

HAPPY Birthday!

— . ♥ . —

Judy Madnick 10/1	Anita Guagliardo 10/20
Marianne Maggio 10/2	Mary Carr 10/21
Colleen Hassett 10/10	Marie Cascone 10/24
Maureen Martelle 10/11	Margie Fratt 10/27
Cynthia Freedman 10/12	Gary Ellsworth 10/28
Dale Van Steele 10/13	Juliet Turner 10/31
Mary Church 10/14	
Eileen Margaret 10/19	



Community Activities



2026 Sukkah Party with Clara Simon!

Please join us for a Sukkah Celebration!

Step into our pop-up Sukkah!

Shake the traditional Lulav and Etrog.

Enjoy holiday refreshments and stimulating discussion!

Please sign-up for this event in the Great Room binder.

Thursday, 10/1 at 2:00pm on the Patio

Let's Get vaccinated



When: Wednesday, 10/7 starting at 1:00pm

Where: Mill Hill's Tavern with Kelly's Pharmacy

To participate in this Vaccine Clinic, each resident must complete a Vaccine Consent Form. This will need to be returned to the Mill Hill office prior to the 10/7 Vaccine Clinic so we can be sure all your paperwork/information is complete for the clinic.

Please see Makenzie in the office at your earliest convenience so she can give you a consent form to fill out. At that time, she will also take a photocopy of your insurance card for the pharmacy's records.

We hope to have consent forms completed, and insurance cards copied by Monday, 10/5.

Thank you for your cooperation in advance!

Please reach out with any questions.

PINK HAIR BECAUSE YOU CARE!

Help us make a difference by making a donation to Breast Cancer Awareness and receive a pink hair stripe for free!

When: October, 10/2 starting at 3:30pm.

Where: in Mill Hill's Renew Salon with Hair Stylist, Paula Genovesi!



If you cannot make this date, you are still able to donate & receive a free pink hair stripe for the remainder of October. Call Paula at 518-361-5629 to set up a different date and time.

GOLF

Simulator

DEMO

MONDAY, 10/5
Starting at 1:00pm
Golf Simulator Room



Kate Dudding's Irving Berlin Presentation

Irving Berlin: The Man Behind the Songs

Many people know some of the more than 1,000 songs Irving Berlin published during his lifetime - but few know the man behind the music.

Join award-winning storyteller Kate Dudding as she shares fascinating stories from Berlin's life, including how he came to write "Always," what he volunteered to do during World War II, and why Kate considers him Broadway's greatest gentleman.

Enjoy stories, sing along to several of Irving Berlin's timeless songs, and discover the remarkable man behind the music!

Friday, 10/9 at 1:00pm in the Great Room

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Continental Breakfast</i> Monday–Friday 8:30am–10:30am Saturday–Sunday 9:00am–11:00am	Location Key: H - 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	1 1:00pm Canasta - TAV 2:00pm Sukkah Party with Clara Simon - Patio 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	2 10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 3:30pm Pink Hair Because You Care Event with Paula - Salon 7:00pm Bingo - GR	3 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
4 12:00pm Movie: Resident's Choice - MOV	5 1:00pm Golf Simulator Demo - Golf Simulator Room (1st Floor) 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	6 2:00pm Scrabble - TAV 2:00pm Activities Meeting - FDR 7:00pm Tuesday Night Movie: 42nd Street (1933) - MOV 7:00pm Card Game Night - GR	7 9:00am Communion Service - CH 11:00am Resident Grocery Shopping 1:00pm Vaccine Clinic with Kelly's Pharmacy - TAV 4:00pm Happy Hour - GR	8 1:00pm Anointing Service with Pastor Rick Lesser - GR 3:15pm Men's Shuffleboard - GMR	9 10:30am Cribbage/Games - TAV 1:00pm Irving Berlin Presentation with Award-Winning Storyteller, Kate Dudding - GR *Pool is closed for maintenance after last scheduled class*	10 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
11 12:00pm Movie: Resident's Choice - MOV	12 Office Closed No Breakfast, No Fitness 10:00am-Noon Resident Potluck Columbus Day Brunch - GR 	13 2:00pm Team Tavern Trivia - TAV 7:00pm Tuesday Night Movie: Show Boat (1936) - MOV 7:00pm Card Game Night - GR	14 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 Roosevelt Baker - GR	15 1:00pm Canasta - TAV 2:00pm Pumpkin Painting - CR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	16 9:00am Outing to The Clark Institute Art Museum 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR	17 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
18 12:00pm Movie: Resident's Choice - MOV	19 1:00pm Cider & Cider Donuts with Healthcare Advocate Chris Szady - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	20 1:00pm Beauty Bingo with Cathy St. Clair - GR 2:00pm Scrabble - TAV 5:00pm Supper Club with Ruggiero's - TAV 7:00pm Tuesday Night Movie: On the Town (1949) - MOV 7:00pm Card Game Night - GR	21 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	22 1:00pm PRN's Stay Strong, Sharp, and Safe Presentation - GR 3:00pm Linda Singer for Assistance with Medicare - GR 3:15pm Men's Shuffleboard - GMR	23 10:30am Cribbage/Games - TAV 1:00pm Resident David Hoffman's Art 101 Presentation - GR	24 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
25 12:00pm Movie: Resident's Choice - MOV	26 10:00am Outing to Unbridled Horse Sanctuary 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	27 7:00pm Tuesday Night Movie: A Star is Born (1954) - MOV 7:00pm Card Game Night - GR	28 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 Russ Kennedy - GR	29 1:00pm Canasta - TAV 3:15pm Men's Shuffleboard - GMR	30 10:30am Cribbage/Games - TAV 7:00pm Resident Halloween Costume Party with music by DJ Bob Treffiletti - GR	31 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR 
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)	

Community Activities

Columbus Day Potluck Brunch!

A resident potluck brunch will be held in the Great Room on Monday, 10/12, 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.

PERFORMANCE BY ROOSEVELT BAKER

Join us as we welcome back Roosevelt Baker, a highly requested entertainer who is returning to Mill Hill by popular demand!



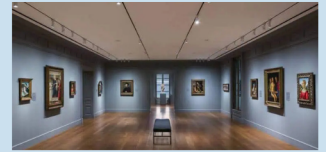
**WEDNESDAY, 10/14
AT 4:30PM IN THE
GREAT ROOM**



Don't miss out!

Come along to The Clark Institute Art Museum

"The Sterling and Francine Clark Art Institute, commonly referred to as the Clark, is an art museum and research institution located in Williamstown, Massachusetts, United States.



Its collection consists of European and American paintings, sculpture, prints, drawings, photographs, and decorative arts from the fourteenth to the early twentieth century."

Museum Admission is \$20 and is to be paid at the Museum by each resident.

**Friday, 10/16 with 9:00am
departure from Mill Hill**

Please sign up in Great Room by Friday 10/9!
12 residents max



Let's Paint Pumpkins!



**THURSDAY, 10/15 AT 2:00PM IN
THE CRAFT ROOM! \$5/PERSON.
Please sign up in the office!**

Apple Cider & Cider Donuts!

Discuss changes coming to Medicare in 2027 with Healthcare Advocate Chris Szady while enjoying fresh Cider & Cider Donuts from Indian Ladder farm.



Monday, 10/19 at 1:00pm in the Great Room

Please sign up in the Great Room binder.

Community Activities

Beauty Bingo with Cathy St. Clair!

Mary Kay is the #1 Direct Selling Brand of Skin Care and Color Cosmetics in the world.

Play some bingo and have the opportunity to win prizes with consultant Cathy St. Clair!



Tuesday, 10/20, starting at 1:00pm in the Great Room

Please sign up in the Great Room Binder



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, 10/26, with 10:00am departure from Mill Hill

Donations to Unbridled Horse Sanctuary are appreciated!

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



PRN's Stay Strong, Sharp, and Safe Presentation!

Come join our PT, OT, and SLP team to learn practical strategies so you stay strong in your body, sharp in your mind, and safe in your daily routine!

Thursday, 10/22, at 1:00pm in the Great Room!

MUSICAL PERFORMANCE BY RUSS KENNEDY



WEDNESDAY, 10/28 AT 4:30PM IN THE GREAT ROOM!

David Hoffman Presents: Art History 101

"This presentation will trace the development of European Art from the end of the Middle Ages (around 1400) to the end of the Renaissance.

We will look at the work of Giotto, Michelangelo, DaVinci, and others as well as the changing architectural styles."

Friday, 10/23, at 1:00pm in the Great Room

Please sign up in the Great Room binder



Get ready for a night of Halloween fun! Join together for an evening filled with food, music, dancing, and good company!

Please wear your costumes!

This is a Potluck/BYOB event. Please bring a snack, appetizer, or a dessert to share!

FRIDAY, 10/30 STARTING AT 7:00PM IN THE GREAT ROOM

SEE ALL SIGN UP SHEETS IN THE GREAT ROOM BINDER

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, October 1st

Chef Mickey - Served at 5:00pm in Tavern
Manicotti & Meatballs Dinner **\$16**

Thursday, October 15th

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

Tuesday, October 20th

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

Chicken Parmigiana Dinner or a Sausage & Peppers Dinner **\$20 per meal (See order form)**

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 9/28.



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