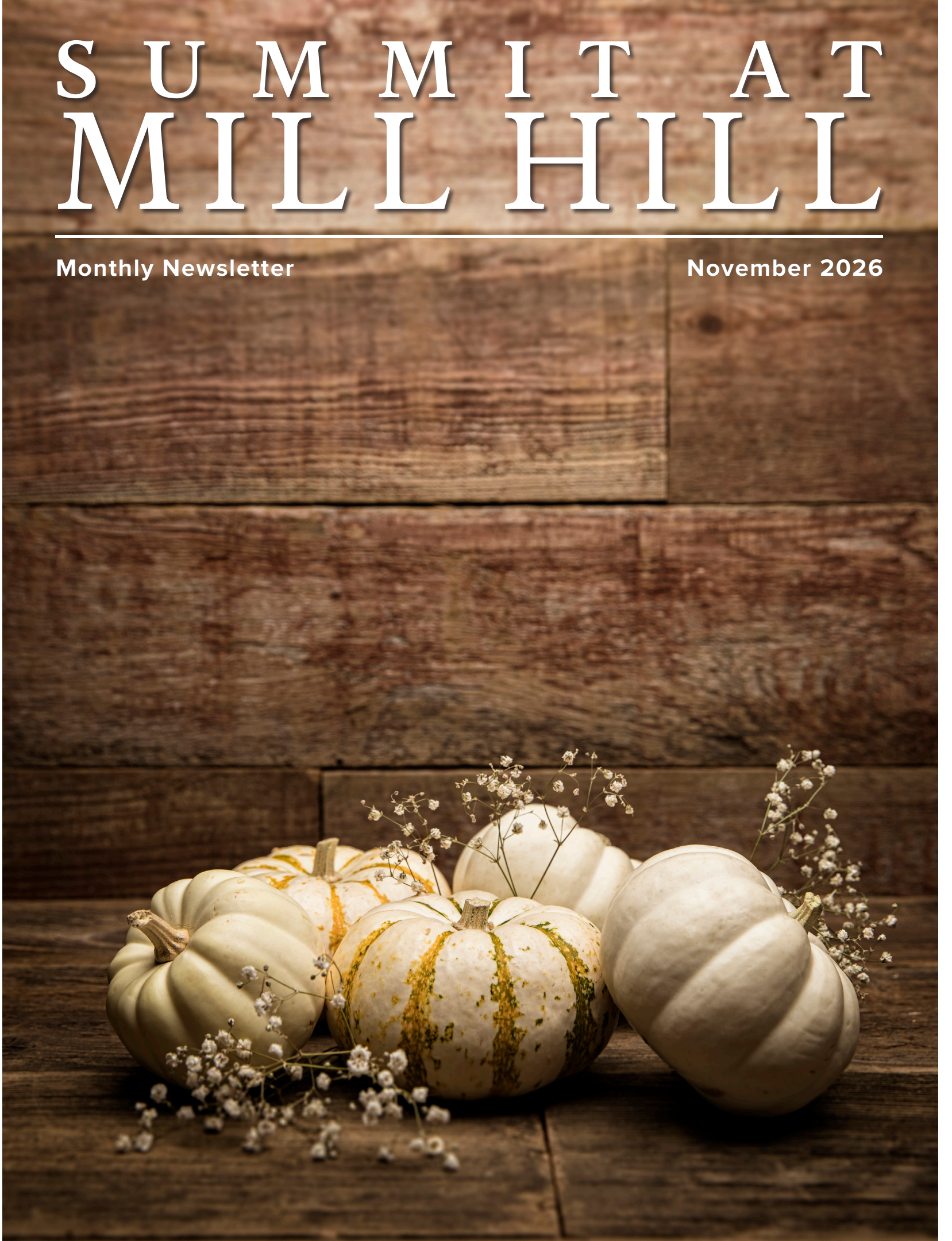
SUMMIT AT MILL HILL

Monthly Newsletter

November 2026



Welcome November!

You're invited to Mill Hill's 2026 Thanksgiving Dinner!



Come together with your community to celebrate the season of gratitude with a cozy and festive Thanksgiving dinner with food by Maisie's Catering!

Attending residents must RSVP to the office by Friday, 11/13.

Thursday, 11/19 starting at 4:30pm in the Great Room!

Staff

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Emergency Maintenance

518-948-6994

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

Community Activities

HAPPY BIRTHDAY!

SUZANNE VANDEPUTTE 11/03
PEGGY SHANDS 11/09
DIANE BIERNACKI 11/11
TED ADAMCZYK 11/20
CAROL ANDERSON 11/21
HARRIET GOLD 11/21
KAE HALLER 11/21
DAVID HOFFMAN 11/28
MARSHA PENROSE 11/30
FRANK NIGRO 11/30

Join us for BINGO!

7:00PM IN THE GREAT ROOM

FRIDAY 11/06 FRIDAY 11/20

Musical performance by cellist Cornelia, & pianist Lauren

WEDNESDAY, 11/4 AT 4:30PM
IN THE GREAT ROOM

WE CAN'T WAIT TO
SEE YOU THERE!



Join us for our monthly shopping trip to Walmart!

Join us on the first Friday of every month for a shopping trip to Walmart! Residents are invited to enjoy a convenient outing to pick up essentials, browse the aisles, and enjoy a morning of shopping.

Friday, November 6th with 10:00am departure.

12 Residents Max - Please sign up in the Great Room

Walmart

Join us on Monday, 11/9 at 1:00pm in the Craft Room for our annual Thankgiving Centerpiece Craft!



The centerpieces made will be used for the tables at Mill Hill's 2026 Thanksgiving Dinner.

Sign up in the Great Room binder

NOVEMBER 2026

The Summit At Mill Hill: 518.941.8871 | Emergency Maintenance: 518.948.6994

S Sunday	M Monday	T Tuesday	W Wednesday	TH Thursday	F Friday	S Saturday
	**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
1 12:00pm Movie: Resident's Choice - MOV	**2** 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR * November Supper Club Order Forms Due by 11:00am *	**3** 11:00am Transportation to Voting at Christ the King Church 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR **Election Day**	**4** 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 Cellist Cornelia Logan and Pianist Laura - GR **National Candy Day**	**5** 3:00pm Resident Meeting - GR 5:00pm Supper Club with Chef Mickey - TAV	**6** 10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 1:00pm Rank Choice Voting Informational Presentation by Sally Friedman - GR 7:00pm Bingo - GR	**7** 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 6:30pm Instrumental Performance by Guilderland High School - GR 7:00pm Game Night - GR
8 12:00pm Movie: Resident's Choice - MOV	**9** 10:30am Faith Based Discussion - LIB 1:00pm Centerpieces Craft for Mill Hill's Thanksgiving Dinner - CR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	**10** 2:00pm Team Tavern Trivia - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	**11** 	**12** 1:00pm Michael Diana Presents "Beyond the Pines: The Founding of Schenectady." - GR 3:00pm Canasta - TAV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	**13** 10:30am Cribbage/Games - TAV 1:00pm How to Use Your Smart Phone Presentation with AARP's Jo Ashworth - GR *Pool is closed for maintenance after last scheduled class* **World Kindness Day!**	**14** 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
15 12:00pm Movie: Resident's Choice - MOV 3:00pm Shrek the Musical, performance by Voorheesville Middle School - GR	**16** 10:00am Departure to Schenectady Historical Society Museum for Tour with Michael Diana 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	**17** 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	**18** 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 The Jazz Junction - GR	**19** 1:00pm "What's My Legacy?" Discussion with Clara Simon - TAV 3:15pm Men's Shuffleboard - GMR 4:30pm Thanksgiving Dinner - GR	**20** 10:30am Departure to 2026 Shaker Holiday Market 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR	**21** 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
22 12:00pm Movie: Resident's Choice - MOV	**23** 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	**24** 1:00pm Strength Training for Posture and Osteoporosis Presentation with PRN - GR 5:00pm Paesan's Pizza Supper Club 7:00pm Tuesday Night Movie: TBA - MOV 7:00pm Card Game Night - GR	**25** 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	**26** 	**27** 10:30am Cribbage/Games - TAV *No Fitness Classes* **Black Friday**	**28** 9:00am Mill Hill Round Table - TAV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
29 12:00pm Movie: Resident's Choice - MOV	**30** 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR		Black: Games & Organized Groups Red: Happy Hour, Celebrations & Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations & Classes	**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		

Team Tavern Trivia

Tuesday, 11/10 at 2:00pm in the Tavern with Mark Hersh

WIN PRIZES! Exercise your brain!

Did You Know?

November 13th is World Kindness Day!

Celebrate by doing three random acts of kindness!

Give a hug! Make a donation! Write someone a letter! Give a compliment!

Be kind to yourself & others!

Michael Diana will be returning to present:

"Beyond the Pines: The Founding of Schenectady."

"In 1661, Schenectady was founded at the crossroads of competing empires. Between the harsh realities of everyday subsistence, and the delicate diplomatic balance of the day, survival was never guaranteed. What motivated a small band of Dutch settlers to come to this place beyond the pines? This presentation examines the complex characters and strange society of Schenectady's origins."

Thursday, 11/12 at 1:00pm in the Great Room

Please sign up in the Great Room binder



Get ready for another amazing performance as Voorheesville Middle School returns to Mill Hill!

Residents can look forward to a lively production filled with laughter, music, and fairytale fun!

We're excited to welcome these talented performers back for yet another wonderful show!

Sunday, 11/15 at 3:00pm in the Great Room!

Sign up in the Great Room binder

AARP's Jo Ashworth Presents: How to use a Smart Phone

This presentation helps residents become more comfortable with using their smartphones. It covers basic functions, useful apps, and tips for staying safe online.

Be sure to bring any questions you may have!



Friday, 11/13 at 1:00pm in the Great Room

Sign up in the Great Room binder

Community Activities

Schenectady Historical Society Museum



Monday, 11/16 with 10:00am departure.

"Take a tour of the Schenectady Historical Society Museum with Historian, Michael Diana! The Schenectady County Historical Society Museum has vast collections of objects and archival materials that tell the story of Schenectady. The Library is home to over 6,000 books and periodicals, 30,000 photographic prints, 750 maps, 65 linear feet of newspaper clippings and surname files, and approximately 2,000 linear feet of archival records, legal documents, maps, and photographs pertaining to Schenectady County's history. The Museum collects objects of artistic, cultural, and historical significance to Schenectady County and the surrounding region." Come along to check it out!

Admission to the museum is $10 per resident

Please sign up and pay in the office by Monday, 11/9

Need 10 residents minimum, 12 residents max!

"What's my Legacy?" Discussion with Clara Simon from the Bethlehem Chabad

"We are a chain in the continuity of our people's history"

Thursday, 11/19 at 1:00pm in the Tavern

All are welcome to join for this discussion!

Sign up in the Great Room binder

Come along to the 2026 Shaker Holiday Market



"Our traditional Holiday Fair promotes the holiday spirit with regional artisans featuring handmade pottery, jewelry, fiber, artisan foods and much more!"

Friday, 11/20 with 10:30am departure from Mill Hill

Sign up in Great Room binder *12 residents max*

Join us for an exciting musical performance by a popular jazz quartet, The Jazz Junction!



Wednesday, 11/18 at 4:30pm in the Great Room

Please sign up in the Great Room binder

Strength Training for Posture & Osteoporosis

presented by Denise with PRN!

PRN will be providing strategies for staying strong and upright despite being challenged by conditions such as osteoporosis. Come Join us!

Refreshments will be provided!

Tuesday, 11/24 at 1:00pm in the Great Room.

Please sign up 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!

Walmart MARKET32

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.



SupperClub

Thursday, November 5th
Chef Mickey - Served at 5:00pm in Tavern
Salmon with Rice Dinner **$16**

Thursday, November 12th
Chef Mickey - Served at 5:00pm in Tavern
Stuffed Peppers over Pasta Dinner **$16**

Thursday, November 19th
Mill Hill's Thanksgiving Dinner - 4:30pm GR

Tuesday, November 24th
Paesan's Pizza - Served at 5:00pm in Tavern
Enjoy two slices of pizza for **$8 - Cash Only**

(See order form)

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 11/2.



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, Ocupational Therapy
Stephanie Brown, Speech-Language Pathologist
SummitMillHill_NY85@prnphysicaltherapy.com

Renew DAY SPA
at The Summit At Mill Hill

Gift Certificates Available

Hair Stylist - Paula 518-361-5629
Massage Therapist - Charlene 518-813-3347
Nail Technician – Adrianna 518-801-7397
By Appointment