

SUMMIT AT MILL HILL

Monthly Newsletter

January 2024



THE Community Manager's Message

Just for fun, test your knowledge of 2023 events:

1. The coronation for King Charles III was planned using which secret code name; Operation Golden Orb, Grey Eagle or Titan?
2. And which guest couldn't find her seat at the coronation?
3. Scientists in South Africa rediscovered which animal that hadn't been seen since 1936 and was feared extinct?
4. What was the name of Prince Harry's memoir published in January?
5. After winning four Grammys in February, who is the most awarded artist in the prize's history (total of 32)?
6. Which Greek Island suffered serious wildfires which caused many tourists to flee it?
7. True or false. After decades of restoration efforts to create a healthy habitat, the Bronx River saw the return of dolphins to its waters.
8. True or false. Delta Air announced a new program of flights called 'Silent Air' where all talking, entertainment and noise is prohibited.
9. What was the Oxford English Dictionary word of the year?
10. In August which former US president's mugshot went viral?

Happy New Year!

Janine Robinson

Janine Robinson
Community Manager

Community Manager

Janine Robinson
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Nelson Roman
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Sue Purga
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Re-introducing THE RED BOOKSHELF

We place red bookshelves filled with free books in schools, barbershops, health care offices and more!

Mending will take place on every other Sunday beginning in February

Diane Carusone-McGinn will be here on Tuesday, January 30th at 2:00 to discuss the importance of our volunteer services assisting The Red Bookshelf in mending old books.

Here is a recap of our mending success from last year →



Clara Simon celebrates

The Festival of Trees (Tu BiShvat) at Mill Hill

Wednesday, January 24th at 2:30—GR

Join us as we celebrate this day and sample some of the customary fruits
(can you tell which one it is?)
Blindfold fruit tasting challenge)

Tu BiShvat (טובשבת) is a Jewish holiday occurring on the 15th day of the Hebrew month of Shevat (in 2023, Tu BiShvat begins at sunset on February 5 and ends in the evening of February 6). It is also called *Rosh HaShanah La'Ilanot* (תּוֹנִיַאֵל הַנֶּשֶׁה שָׂאֵר) literally "New Year of the Trees". In contemporary Israel, the day is celebrated as an ecological awareness day, and trees are planted in celebration.

All are welcome

MILL HILL 2ND ANNUAL WINTER OLYMPICS



Monday, January 22nd at 1:00



First Event:
Snow Ball Throw Challenge
(helps with fine and gross motor skills)

Friday, January 26th at 1:00



Second Event:
Giant Ring Toss
(helps with aim and hand eye coordination)

Wednesday, January 31st at 1:00



Third Event:
Putting Green Competition
(helps with posture and balance)

Closing ceremony will consist of an additional event of Olympic Bingo
(cards will be provided)

Events will be supervised and judged by Denise Bilka, PT and Christine, OT PRN

Craft Class with Renee

Tuesday, January 2nd
at 2:00 in the Art Room

Choose between a door hanger
or lighted table décor



OUT TO LUNCH

Be Back Soon

Monday, January 8th at 12:00



Moon and River Cafe

12 max on Summit van
Individual drivers welcome

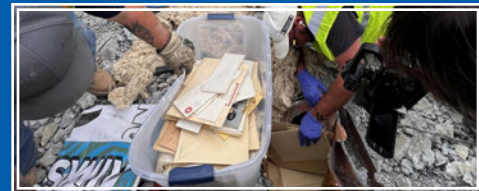
Friday, January 12th at 1:00



Capital City Diner

12 max on Summit van
Individual drivers welcome

ALBANY INSTITUTE OF HISTORY & ART FRIDAY, JANUARY 12TH AT 12:00 (\$8.00PP)



In June 1925, a statue of Revolutionary War hero Major General Philip Schuyler was installed in front of Albany's City Hall. The donor was philanthropist George Hawley, who dedicated the statue to the memory of his wife, Theodora Amsdell Hawley. Buried in the foundation was a copper box filled with items that Hawley felt might be of interest to "inhabitants of the City of Albany in the future when it shall be finally opened and its contents examined."

In 2023, almost a century later, the Department of General Services crew discovered the box when the statue was removed and the contents were transferred to the Albany Institute.

This exhibition reveals what was inside that time capsule, including items known to have been there as well as many surprises.

S	M	T	W	TH	F	S
	 <p>OFFICE CLOSED/NO BREAKFAST NO FITNESS</p>	<p>2</p> <p>9-2:00 Transport to medical appts 2:00 Craft Time with Renee Brown 5:00 Supper Club - Chef Johnny (see flier insert) Tuesday Night Movie: -MOV 7:00 Pinochle</p>	<p>3</p> <p>9:00 Communion Service with Colleen-Chapel 10:00 Grocery Shopping 4:00 Happy Hour</p>	<p>4</p> <p>9:00-2:00 Transport to medical appts 5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p>5</p> <p>10:00 Walmart Shopping  1:00 Netflix Documentary Day-MOV 1:00 Barb Howansky and her fitness team discuss; This is who we are and this is what we do-GR 3:00 Resident Meeting with Janine and Sasha</p>	<p>6</p> <p>12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>7</p> <p>2:00 Movie (Residents Choice - Netflix)</p>	<p>8</p> <p>10:00 Faith Based Discussion with Colleen-LIB 12:00 Monday Matinee-MOV 11:00 Rivers Casino Outing followed by lunch at Moon and River Cafe 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p>	<p>9</p> <p>9-2:00 Transport to medical appts 2:00 Tuesday Trivia with Mark Hersh -GR 5:00 Supper Club - Chef Johnny (see flier insert) Tuesday Night Movie: -MOV 7:00 Card Game Night-GR</p>	<p>10</p> <p>9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 10:00 Grocery Shopping 4:00 Happy Hour-GR</p>	<p>11</p> <p>9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Fidelio 5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p>12</p> <p>12:00 Albany Institute of History and Art - The Time Capsule: What we Found Under Philip Schuyler followed by lunch at Capital City Diner 1:00 Netflix Documentary Day-MOV 7:00 Bingo-GR</p>	<p>13</p> <p>12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>14</p> <p>1:00 Qwirkle 2:00 Movie (Residents Choice - Netflix)</p>	<p>15</p>  <p>OFFICE CLOSED/NO BREAKFAST NO FITNESS</p>	<p>16</p> <p>9-2:00 Transport to medical appts 5:00 Supper Club - Chef Johnny (see flier insert) Tuesday Night Movie: -MOV 7:00 Pinochle</p>	<p>17</p> <p>9:00 Communion Service with Colleen-Chapel 10:00 Grocery shopping 4:00 Happy Hour; with Richie Phillips-GR</p>	<p>18</p> <p>9:00-2:00 Transport to medical appts 5:00 Supper Club- Chef Mickey (see flier insert)</p>	<p>19</p> <p>1:00 Netflix Documentary Day-MOV 1:00 Marilyn Sassi presents: The Unmentionables: A History Of Ladies' Underwear-MOV 4:00 Mill Hill Soup Social-GR</p>	<p>20</p> <p>12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>21</p> <p>2:00 Movie (Residents Choice - Netflix)</p>	<p>22</p> <p>12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 1:00 Mill Hill Winter Olympics-GR 3:00 Knitting & Crocheting Group -GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p>	<p>23</p> <p>9-2:00 Transport to medical appts 12:00 Proctors Theatre Noontime Organ Concert: Pamela Sharpe & Ned Spain play Mid-Winter Music 5:00 Supper Club - Chef Johnny (see flier insert) Tuesday Night Movie: -MOV 7:00 Card Game Night-GR</p>	<p>24</p> <p>9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB  2:30 Clara Simon; The Festival of Trees (Tu BiShvat) and fruits from Israel-GR 4:00 Happy Hour-GR</p>	<p>25</p> <p>9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; Der Rosenkavalier 5:00 Supper Club - Chef Mickey (see flier insert)</p>	<p>26</p> <p>1:00 Netflix Documentary Day-MOV 1:00 Mill Hill Winter Olympics-GR 7:00 Bingo-GR</p>	<p>27</p> <p>12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live-GR</p>
<p>28</p> <p>2:00 Movie (Residents Choice - Netflix)</p>	<p>29</p> <p>12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group -GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room</p>	<p>30</p> <p>9-2:00 Transport to medical appts  2:00 The Re-introduction of the Red Bookshelf Mending Sessions with Diane McGinn-GR 5:00 Supper Club - Chef Johnny (see flier insert) Tuesday Night Movie: -MOV 7:00 Pinochle</p>	<p>31</p> <p>9:00 Communion Service with Colleen-Chapel 1:00 Mill Hill Winter Olympics -Golf Room 3:00 Book Club -LIB 4:00 Happy Hour-GR</p>	<p>Event Color Key</p> <p>RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games VIOLET Clubs</p>		<p>Location Key</p> <p>FDR - Family Dining Room FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio</p>
<p>CONNECTED life</p>  <p>FITNESS</p>	<p>Every Monday</p> <p>8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength & Balance (Fitness Studio) 10:00—10:30 Strength & Balance (Fitness Studio) 10:45—11:30 Water Aerobics (Pool) 7:00 Relaxation Yoga (Yoga Studio)</p>	<p>Every Tuesday</p> <p>9:00 & 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)</p>	<p>Every Wednesday</p> <p>10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)</p>	<p>Every Thursday</p> <p>9:00 Chair Pilates (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Chair Pilates (Fitness Studio)</p>	<p>Every Friday</p> <p>8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room)</p>	<p>Continental Breakfast</p> <p>Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00</p>

Community Activities

A DAY'S OUTING



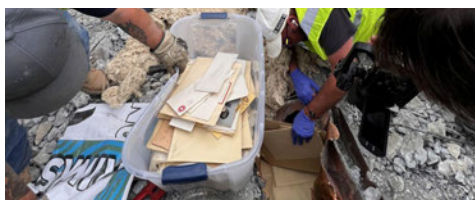
Rivers Casino



Monday, January 8th at 11:00
(No charge)

Followed by lunch at Moon and River Café
(Summit van will depart at 10:30)

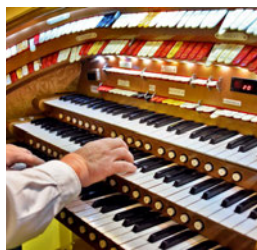
Albany Institute of History and Art



Friday, January 12th at 12:00 (\$8.00)
Followed by lunch at Capital City Diner
(Summit van will depart at 11:30)

Proctors Theatre Noontime Organ Concert (no charge)

Tuesday, January 23rd
at 12:00
(Summit van
will depart at 11:00)



Mill Hill Soup Social

Friday, February 19th
at 4:00pm in the GR



Please sign up in the Great Room if you would like to join our 1st annual Soup Social. Bring a crockpot of your favorite soup to share! Bread/crackers will be provided.

"Soup is cuisine's kindest course" -Virginia Woolf

Marilyn Sassi presents: The Unmentionables: A History of Ladies' Underwear



Friday, January 19th at
1:00 in the Theatre

This slide/lecture is based on what was considered the ideal woman's figure as it constantly evolved over a time frame of 1680 through 1900.

What was considered the perfect body in 1680, was just the opposite by the end of the 19th century. While fashion certainly played a key role, it was the undergarments that shaped and supported the entire silhouette.

While fashion changes from season to season today with "new looks" for spring and fall; there is nothing like the radical manipulation of the female form that occurred through the decades.

This presentation will closely examine ladies' underwear in detail while explaining how they were really the foundation for how garments were presented with their exaggerated emphasis on different areas of anatomy from century to century. Breasts, hips and waists were all treated in a variety of ways that depended upon undergarments to achieve the right image.

Today in the 21st century, a natural look is strived for with comfort playing an important part. It is certainly nothing like the literal torture women went through to appear fashion forward for their time.

Opera at the Summit in the Movie Theater

Thursday January 11 @ 1:00PM
Fidelio

In Beethoven's only opera tells how Leonore, disguised as a prison guard named "Fidelio", rescues her husband Florestan from death in a political prison

Thursday January 25 @ 12:00 PM
Der Rosenkavalier
The Cavalier of the Rose or the Rose Bearer

This bittersweet romantic comedy is a showcase for the female voice with 3 of the 4 leading roles are sung by women. While frequently funny, it also has themes of infidelity, aging, and selfless love.

This opera will have two fifteen minute intermissions

All performances have English Subtitles

Community Activities



Bernie Capobianco	01/01
Stephen Reynolds	01/01
Helen Zanello	01/04
Dave Sim	01/09
Linda Bouton	01/26
Jean Delia	01/26
Stephen St. Lawrence	01/30
Joanne Millis	01/31



Field of Dreams
Saturday, January 6th
12:00



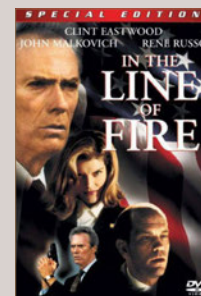
The Money Pit
Saturday, January 13th
12:00



Grumpier Old Men
Saturday, January 20th
12:00



The Line of Fire
Saturday, January 27th
12:00



Exploring Netflix Documentaries

For the month of January we will dive into **Alias Grace**



Based on the 1996 Margaret Atwood novel of the same name, "Alias Grace" tells the story of young Grace Marks, a poor Irish immigrant and domestic servant in Upper Canada who is accused and convicted of the 1843 murder of her employer and his housekeeper. Stablehand James McDermott is also convicted of the crime. McDermott is hanged, but Grace is sentenced to life in prison, leading her to become one of the most notorious women of the period in Canada. The story is based on actual 19th-century events.

Every Friday in the month of January at 1:00 –MOV

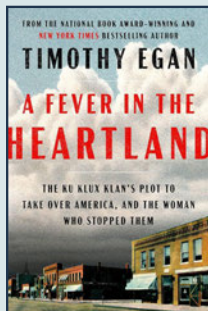
January Book Club Selection

A Fever in the Heartland
by Timothy Egan

3:00 on January 31st
in the Library.

Please contact Sasha in the office if you are interested in joining the Book Club.

scarrington@
summitseniorlife.com
518-941-8871



Resident 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.



Supper Club

Tuesday's Chef Johnny
(see flier insert)

Thursday's Chef Mickey
(see flier insert)

FOOD & FRIENDS



Frozen Dinners are \$9.00 each
Items we have on hand are;

Basic Beef with Green Beans and Red Potatoes
Sausage and Peppers with Rice
Chicken Mashed Potato Bowl
Lemon Chicken with Potatoes
Keto Creamy Chicken and Broccoli
Sweet-N-Sour Chicken



PRN
Physical Therapy
Rehabilitation Services
an affiliate of The Weston Healthcare Group

**PRN Staff
Contact
Information**

Denise Bilka, Physical
Christine Fitzgerald, Occupational
Jaclyn Gregg, Speech
SummitMillHill_NY85@prnphysicaltherapy.com
716-255-3674

Wednesday Grocery Shopping

Wednesdays at 10:00 local grocery stores -
Market 32 & Hannaford.
First Friday at 10:00 Walmart shopping.
Please gather in the Lobby 5 minutes
before departure.



Walmart



Spa Garment Care

(518) 935-0525

Dry Cleaning, Shoe Repair & Tailoring
Free Pick-up and Delivery

Tuesday pick up - Tuesday drop off
10% off Dry Cleaning to all Summit Residents

Transportation to Medical Appointments

Every Tuesday & Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 9:00 and 2:00.

Call the office to reserve your appointment time.



♥ **Gift Certificates Available** ♥

Hair Stylist - Paula 518-361-5629
Nail Specialist - Sonia 518-512-7479
Massage Therapist - Charlene Watson
518-813-3347