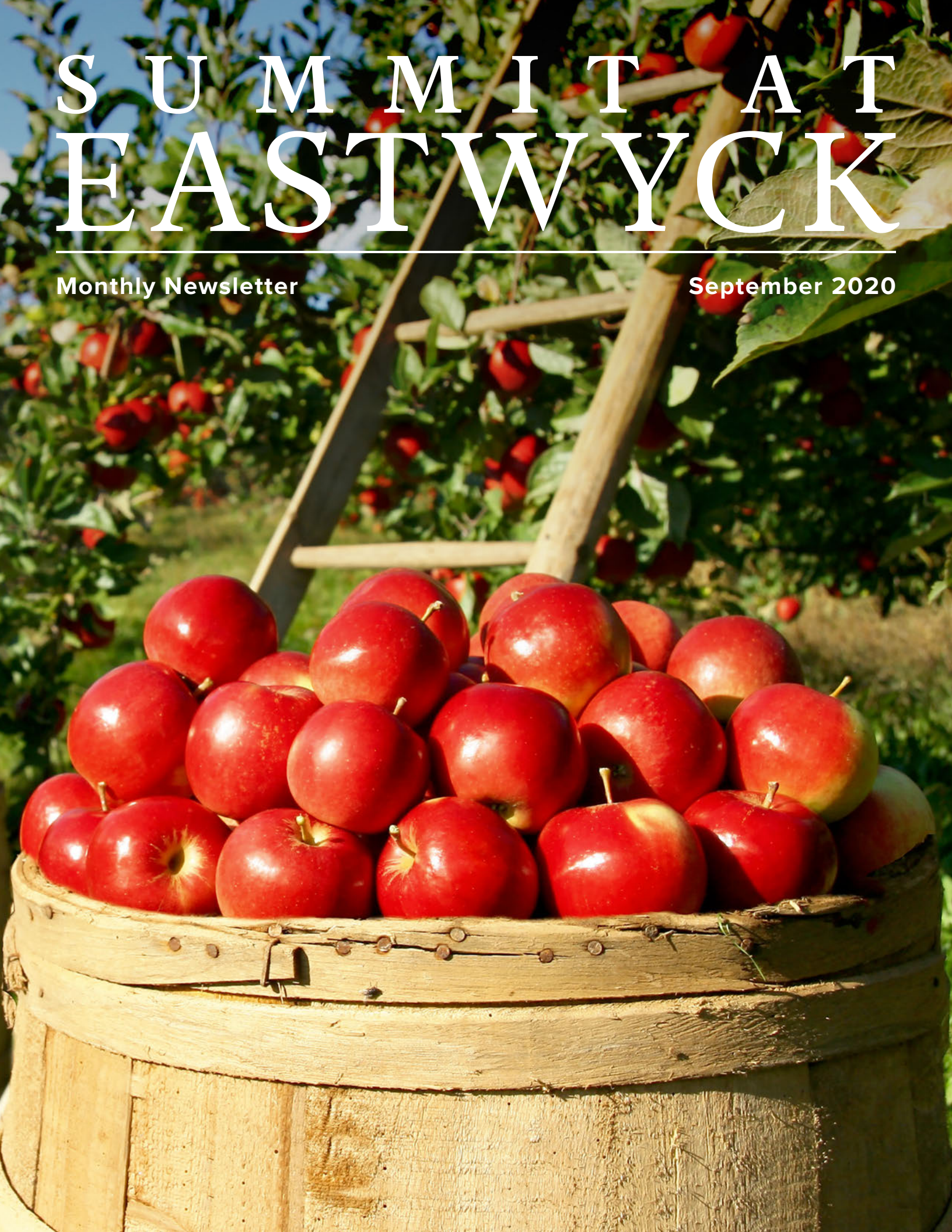


SUMMIT AT EASTWYCK

Monthly Newsletter

September 2020



THE
Manager's Message

Wow, is it really September already? I have been thinking that in the past years we would have gone to the orchard to pick apples or ride out to Chatham to see a live musical at the Mac-Haydn Theatre. Of course, we all look forward to when we can take some trips to the places we have enjoyed in the past. We are pleased that we have been able to add some on-site activities to our monthly calendar for you to enjoy in a safe way. Please remember that indoor activities have limited capacity. Also, please remember that our community requires that everyone wears a mask or face covering when you exit your apartment and upon entering the Clubhouse.

We hope you can join us for an interactive class on September 10th at 1pm. Patty McGee is an Integrative Health coach and she will address how some of us are feeling the effects of Covid-19, the emotional stress that accompanies the crisis and important factors in boosting our immune system during this time.

Please note that our grocery trips will now be available twice a week, Tuesdays and Fridays. The additional shopping day was added so that we can transport our residents in smaller groups. Please sign up for a spot on the bus. There are also two time slots for residents to go to Walmart. If necessary, the bus will make additional trips on those days to accommodate shoppers.

On September 8th, we will be treating the residents to a Pizza Party! Please let us know if you will be picking up pizza slices from the Clubhouse Front Patio. The Supper Clubs and Let's do Lunch will continue to be delivered to your building as well. Please sign up by calling the office for these meals.

There are two evenings in September, the 3rd and the 25th, when we will enjoy music entertainment on the Clubhouse Back Patio. Beverages and snacks will be provided and you can listen from your patio or balcony or use the chairs that we will set out each evening. If it rains the entertainment will be rescheduled.

Kelly A. Hotaling
Kelly Hotaling
Community Manager



Staff

Community Manager
Kelly Hotaling
Khotaling@summitseniorlife.com

Administrative Assistant
Tarah Lobdell
Tlobdell@summitseniorlife.com

Maintenance
Thomas Strain
Dan Wamsanz

Driver
Jerry Bruce

Custodian
Marcus Meehan

Weekend Clubhouse Attendant
Linda Cox
Barbara Mosher

Summit at Eastwyck
1 Eastwyck Circle
Rensselaer, NY 12144
518.874.1638
www.summitseniorlife.com



- 9/1 MaryAnn Manley
- 9/5 Joann Gietl
- 9/8 Bev Brown
- 9/16 Ann McKinney
- 9/19 Midge Rogers
- 9/21 Rachel Charron
- 9/25 Nancy Harrington
- 9/26 Merlene Fraleigh
- 9/27 Dora Connolly
- 9/30 Judith Dunn
- 9/30 Jeanne Gizara

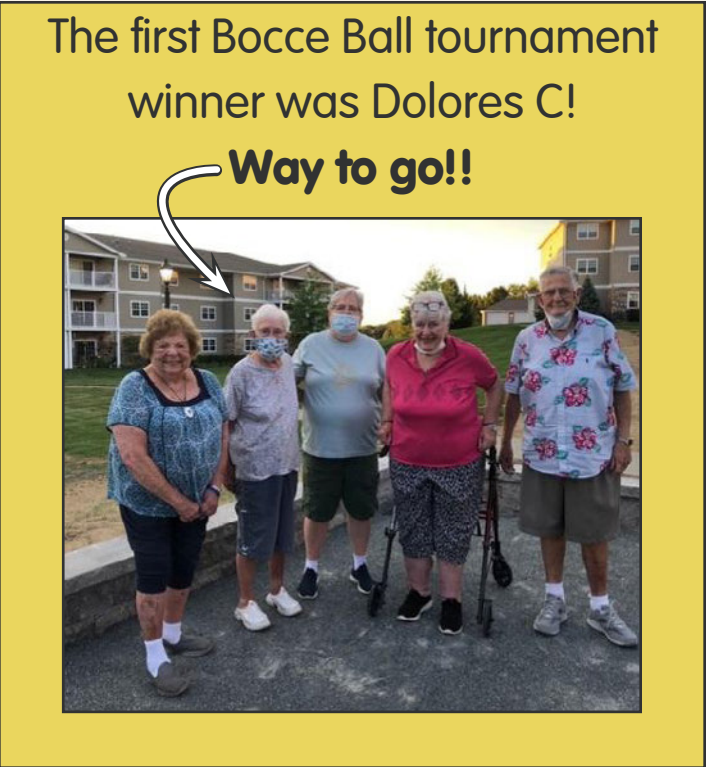
- Famous birthdays this month!
- 9/7 Queen Elizabeth I
 - 9/15 Agatha Christie
 - 9/16 Lauren Bacall
 - 9/24 Jim Henson

Welcome to
Summit at Eastwyck

BARBARA CARDANY
EDNA BEERS
BOB BEAZLEY & ISABEL HARDING
CLAIRE MCLAUGHLIN

WELCOME

New Resident Orientation & Birthday Party.
Please join us on the Patio, Monday the 28th, for our monthly birthday celebration. The Orientation will follow the birthday celebration.



S	M	T	W	TH	F	S
		1 8:00 & 10:00 Grocery Stores 1:00 Tuesday Treat 2:00 Sing A Long 6:00 Gin Rummy	2 2:00 SKAT 2:00 Movie 4:00 Knitting 6:00 Bocce	3 Medical Appointments 2:00 BINGO 3:00 BINGO 4:00 Bible Study 6:00 Gin Rummy 6:00 Patio J&J Entertainment	4 8:00 & 10:00 Grocery Stores 11:30 Bridge 12:00 Lets Do Lunch 3:30 Rosary 6:00 Bocce	5 National Cheese Pizza Day
6 2:00 Mahjong CTR	7 	8 8:00 & 10:00 Grocery Stores 1:00 Ice Cream Truck 4:00 Pizza Pick-Up 6:00 Gin Rummy	9 8:00 Flu Shot Clinic 12:00 Book Club 1:00 Bible Study 2:00 Movie 2:00 SKAT 2:00 10,9,8 Game 4:00 Knitting 6:00 Bocce	10 Medical Appointments 2:00 BINGO 3:00 BINGO 4:00 Bible Study 6:00 Gin Rummy	11 8:00 & 10:00 Grocery Stores 11:30 Bridge 3:30 Rosary 4:00 Supper Club 6:00 Bocce  Patriots Day	12 National Chocolate Milkshake Day
13 2:00 Mahjong CTR Grandparents Day	14 12:00 BUILDING 1 Ladies Lunch 1:00 Pinochle 4:00 Knitting 6:00 Poker 6:00 Bocce	15 8:00 & 10:00 Grocery Stores 11:00 Communion/Mass 1:00 Tuesday Treat 6:00 Gin Rummy	16 9:00 Walmart 1:00 Bible Study 1:00 Health Coach - Patty 2:00 Movie 2:00 SKAT 4:00 Knitting 6:00 Bocce	17 Medical Appointments 10:00 Coffee & Donuts 2:00 BINGO 3:00 BINGO 4:00 Bible Study 6:00 Gin Rummy	18 8:00 & 10:00 Grocery Stores 11:30 Bridge 2:00 Movie 12:00 Lets Do Lunch 6:00 Bocce	19 National Butterscotch Pudding Day Rosh Hashanah
20 2:00 Mahjong CTR	21 12:00 BUILDING 2 Ladies Lunch 1:00 Pinochle 4:00 Knitting 6:00 Bocce	22 8:00 & 10:00 Grocery Stores 1:00 Tuesday Treat 6:00 Gin Rummy Fall Begins	23 1:00 Fall Craft 1:00 Bible Study 2:00 Movie 2:00 SKAT 4:00 Knitting 6:00 Bocce	24 Medical Appointments 2:00 BINGO 3:00 BINGO 4:00 Bible Study 6:00 Gin Rummy	25 8:00 & 10:00 Grocery Stores 11:30 Bridge 3:30 Rosary 4:00 Supper Club 6:00 Oldendorf Band—Patio 6:00 Bocce	26 National Pancake Day
27 2:00 Mahjong CTR	28 12:00 BUILDING 3 Ladies Lunch 1:00 Pinochle 2:00 Birthday Party 4:00 Knitting 6:00 Bocce Yom Kippur	29 8:00 & 10:00 Grocery Stores 1:00 Tuesday Treat 6:00 Gin Rummy	30 9:00 Walmart 1:00 Bible Study 2:00 Movie 2:00 SKAT 2:00 Apple Crisp making 4:00 Knitting 6:00 Bocce			
 CONNECTED <i>life</i> FITNESS		Every Monday 9:00 Stretch & Flex 10:00 Aqua Fit	Every Tuesday 8:00 Hydro Bikes 9:00 Pilates	Every Wednesday 9:00 Sit To Be Fit 10:00 Aqua Fit	Every Thursday 8:15 Hydro Bikes 9:00 Balance 10:00 Hydro Bikes	Every Friday 9:00 Sit To Be Fit 10:00 Chair Yoga

Patio Entertainment With J&J Entertainment

September 3rd at 6:00

Ladies LUNCH AT NOON

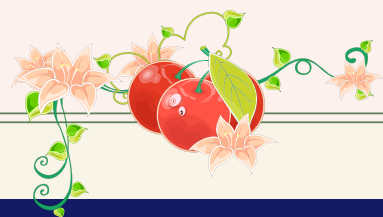
We will be having our popular and well-liked Ladies Lunch. We know its been a while! To keep everyone safe and still enjoy our events we are going to have the lunch 3 separate times. Each time will be according to your building.

Please sign up if you are interested in attending. This is important that we need to plan for social distancing. Thank you for understanding as we adapt to this change as well. Please RSVP

BUILDING 1 SEPTEMBER 14

BUILDING 2 SEPTEMBER 21

BUILDING 3 SEPTEMBER 28



Pizza Pick-Up

September 8th at 4:00

Come to the Clubhouse front porch and take a piece of pizza and a soda to go.



Flu Shot Clinic
September 9th at 8am

Please stop by the office for your time slot!

Donuts & Coffee

September 17th at 10:00

Join us for coffee and some special Cider Belly Donuts in the Great Room. Please RSVP



Fall Craft



September 23rd at 2:00

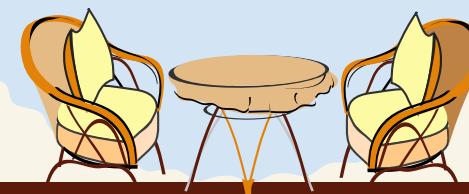
Make a Fall-themed wooden stenciled picture. Please RSVP, seating is limited.

On the Patio



The
Oldendorf
Band

September 25
at 6:00



Please remember to wear your mask and social distance.

Apple Crisp Making

September 30th at 2:00

Come to the Clubhouse kitchen and take part in making apple crisp!

Seating is limited. Bring a peeler.

Please RSVP, seating is limited.



Is this your wake up call?

September 10 at 1:00

You are most likely feeling the effects of COVID-19 and don't even know it. The emotional and physical toll of not spending time with your family and friends is affecting people at alarming rates. This stress can lead to worsened symptoms associated with chronic disease, anxiety, overeating and more.

Wednesday, September 9 at 1pm

Lunch will be served at this event

Join us for this important interactive class to learn why it's urgent to:

- Take Control of your health before a crisis strikes
- Reduce comorbidities associated with COVID-19
- Boost your immune system now



Presented by:
Patty McGee RN, MSN
Integrative Health Coach
Patty McGee Health & Wellness Center

Concierge Services

Meal Options

Continental Breakfast

Monday—Friday 8:30 or 9:30
Saturday & Sunday 8:30 or 9:30

Supper Club

You have the option of two hot meals each month. They come ready to eat, from local restaurants. You can pick up your pre-paid meals at the main entrance of your building.

Let's Do Lunch!

Monthly lunch at the Clubhouse, prepay at the office and enjoy lunch with your neighbors.

For any of these meal options see the office for more details!

Friday Grocery Shopping

Every Friday, the Eastwyck bus goes to three local grocery stores: ShopRite, Price Chopper and Hannaford. We will leave Eastwyck at 8:00 or 10:00. The bus will pick you up at your building. Please sign up in the main office.

Thursday Medical Appointments

Every Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 8 AM and 1 PM. Call the office for more details and to reserve your appointment time.

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214



Call today to schedule your appointment
at the Eastwyck Clubhouse.



Supper Club



**Friday
9/11 4:00**

Lasagna
\$11

**Friday
9/25 4:00**
Grilled Chicken
Salad \$8



— LET'S DO LUNCH —



**Friday
9/4 12:00**
Thanksgiving
sandwich \$11

**Friday
9/18 12:00**
Meatloaf \$11



Dr. Michael Masias, DPM

Starting at 10:00 on the 1st Wednesday of every month, Dr. Masias will be on site.

518-320-8659.

Eastwyck Salon

Rita 518-495-5603

Becky 518-424-7922