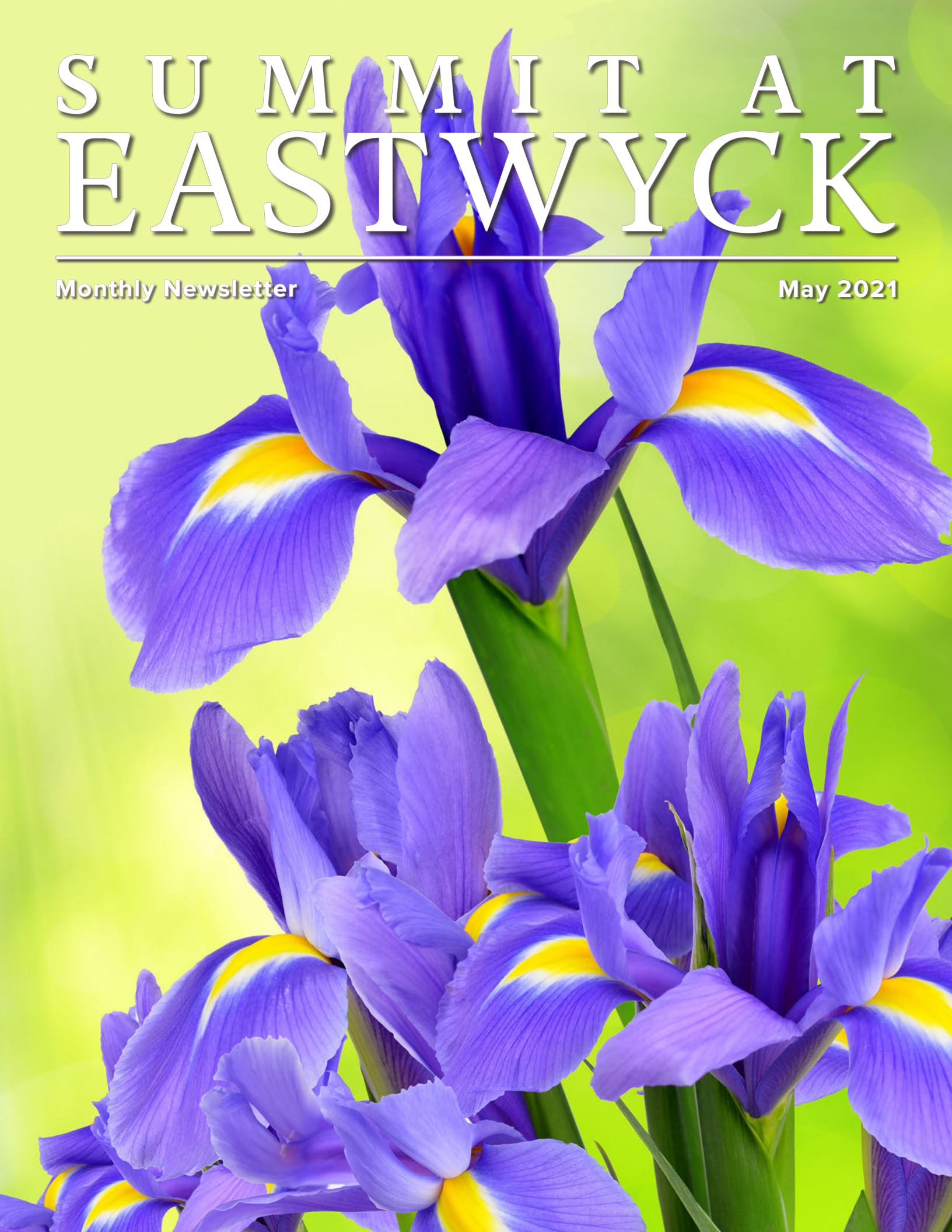


SUMMIT AT EASTWYCK

Monthly Newsletter

May 2021



THE Manager's Message

"Life is like riding a bicycle. To keep your balance, you must keep moving."

~Albert Einstein

As you will see we have brought back some of our favorite things to the resident calendar. The Drama Club will be rehearsing and performing together again. The Bocce Ball games will resume in the courtyard, and we will once again be gathering for Sing Along.

We want to encourage all our residents to participate in the monthly activities. Take an exercise class, attend a wellness presentation, join the knitting group, or sign up for Karaoke this month! If you have ideas about future programming and events, then join in the planning meeting scheduled for May 4th.

Help us to celebrate Mothers Day this month at our Ladies Brunch and next month we will honor the Fathers at the Mens Luncheon!

Kelly A. Hotaling

Kelly Hotaling
Community Manager



MEMORIAL DAY
REMEMBER
AND HONOR

Staff



Community Manager

Kelly Hotaling
Khotaling@summitseniorlife.com

Administrative Assistant

Tarah Lobdell
Tlobdell@summitseniorlife.com

Maintenance

Thomas Strain
Gani Dajko

Driver

Jerry Bruce

Janitor

Marcus Meehan

Weekend Clubhouse Attendant

Linda Cox

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

Welcome to Summit at Eastwyck



- 5/3 Mary Agnes Pelletier
- 5/4 Dolores Chagnon
- 5/6 Kathleen Myambo
- 5/7 Marilyn Cook
- 5/7 Carol Francis
- 5/11 Ellie Rescott
- 5/25 Mary Ghent
- 5/25 Patricia Polhemus
- 5/26 Priscilla Oles
- 5/29 Sandra Liptak
- 5/30 Lois Anderson

New Resident Orientation & Birthday Party. Please join us for our monthly birthday celebration. The Orientation will follow the birthday celebration.

TIMOTHY BAIRD

BARBARA WELCH

PAT & JACK MINOZZI

CARMINE GIANGRECO



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Summit at Eastwyck

See what's new, flip through our photo albums and take a look at the resident spotlights we will be featuring!

Visit our website:
www.summitseniorlife.com

Community Activities



Birds Of Prey Presentation May 5 at 2:00

Come to the Great Room for a live presentation of local wild birds in our area!

Ladies BRUNCH

THURSDAY, MAY 6TH
AT 10:30

FRIDAY, MAY 7TH
AT 10:30

JOIN US FOR A SPECIAL MOTHER'S DAY BRUNCH. WE WILL HAVE TWO SEATINGS, PLEASE SIGN UP FOR ONE.



Eat More of This & Less of That!

Patty McGee
May 11th 11:00

Feel fit and look vibrant with these nutrition tips.

With thousands of food options available and packaging that makes food look healthy, it can be hard to know what food is best for our bodies.

This workshop will teach you how to become a smarter consumer.

We'll cover: 5 foods to lose your gut

461 CALORIES

1380 CALORIES



KARAOKE WITH BRIAN ZAPPEL

May 11th at 4-6

Please RSVP



Lets Get Crafty!



Greeting Cards
with Angela
May 14th at 2:00



Pizza Night

May 28th at 4:00
Please RSVP

Ice Cream Bar May 17th at 2:00



Memorial Day
Luncheon
May 20th at 12:00
Please RSVP

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 4pm in your building lobby.

Let's Do Lunch!

Monthly lunch at the Clubhouse, pre-pay at the office and enjoy lunch with your neighbors. Pick up at your building lobby.

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

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

Located in the Eastwyck Clubhouse.



Let's Do Lunch

at 12:00

Meals will be delivered to the Clubhouse from Carols Place.

Monday, May 13 \$11

Corned Beef Reuben
with French Frys, Cole Slaw and Pickle



Monday, May 27 \$11

Cheese Burger with Lettuce, Tomato and Onion
with French Frys, Cole Slaw and Pickle



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