

SUMMIT AT EASTWYCK

Monthly Newsletter

June 2021



THE Manager's Message

June is peak strawberry season in North America. The strawberry harvest lasts for about a month, just as Spring turns into Summer.



Summer is here!! There is plenty for you to enjoy on our June calendar. Here are just a couple.....Our bus will be going to Best Berry Farm to pick strawberries on June 22nd and we will be serving up a delicious Strawberry Shortcake with crème fraiche on June 23rd! We have 3 great Lunch Outings to get us out and enjoy ourselves! Some interesting presentations to round out the month, so be sure to let us know what events you want to come to!!

Also, please welcome all our new residents when you see them around the community. Just like you did, they have decided to give up home ownership and all that it entails to make the move to our friendly upbeat community. We are proud and so happy that all of you have chosen the Summit at Eastwyck and we look forward to a great summer.

Save the date for the July BBQ! We will enjoy music, games and fun! This event will also provide a fun and funny opportunity for us to raise money for Autism Speaks, a very important organization that is working to make a kinder, more inclusive world for people with Autism.

Best for last....Happy Father's Day to all the Dads!



Kelly Hotaling
Community Manager

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

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214



Exercises for the upper
extremity to remain safe
and independent

Wednesday June 2nd
at 2:00

Hector Jasen PT will be discussing ways to exercise muscles of the shoulder, trunk, wrist and hands with emphasis on maintaining function, mobility and safety.

Attendees will learn basic human anatomy, and the function of major muscle groups in the upper extremity for proper posture and independence with activities of daily living (ADL'S).

This will be an interactive presentation. Attendees will be encouraged to perform certain exercises as tolerate.

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

Welcome to Summit at Eastwyck



- 6/1 Clayton Garrett
- 6/3 Phyllis Price
- 6/6 Margaret Biernik
- 6/6 Marilyn Gibbs
- 6/7 Annette Buckley
- 6/9 Mary Ann Manley
- 6/10 Ann Rock
- 6/10 Vincent Hoff
- 6/10 Frederick Ringler
- 6/12 Barbara Foote
- 6/14 Marion Mechler
- 6/14 Michael Sentiwany
- 6/19 Mary Cailfield
- 6/19 Diana Loeffel
- 6/20 Joan Butler
- 6/20 Sylvia Garrett
- 6/25 Margaret Huss

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

THEA EISEN

WILLARD REED

ED & DORIS COLLINS

JOAN HLAVAC



Summer Cook Out

July 15th at 12pm

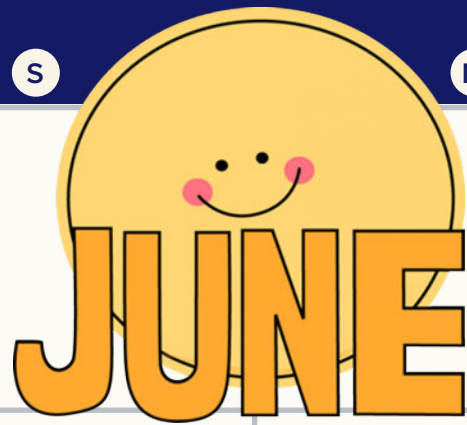
Sign up today to take part in our annual Summer BBQ. Enjoy a day full of food, music & games!



Dunk the staff!!

We will be raising money for Autism Speaks, donate \$5 and dunk a staff member in the dunking booth!!

Please RSVP



S	M	T	W	TH	F	S
		1 12:00 Let's Do Lunch 1:00 Bridge 2:00 Sing-A-Long 3:00 RumiKub 6:00 Gin Rummy	2 1:00 Bible Study 1:30 SKAT 2:00 Hector PT Presentation 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce	3 Medical Appointments 2:00 BINGO 3:00 BINGO 4:00 Bible Study 6:00 Gin Rummy	4 8:00 & 10:00 Grocery Stores 11:30 Bridge 1:00 Canasta 1:00 Guptill's Ice Cream 3:30 Rosary	5 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
6 3:00 RumiKub 4:00 Scrabble CTR	7 12:00 Lunch Outing: Fish Fry Harbor House 1:00 Pinochle 4:00 Knitting	8 11:00 Scam Calls Presentation with The North Greenbush Police Dept. 12:00 Let's Do Lunch 1:00 Bridge 2:00 Sing-A-Long 3:00 Wine Glass Painting 3:00 RumiKub 6:00 Gin Rummy	9 12:00 Book Club 1:00 Bible Study 1:30 SKAT 2:00 10,9,8 Game 2:30 4 Hands Piano Performance 4:00 Knitting 5:00 Bocce	10 Medical Appointments 2:00 Painting Class 4:00 Bible Study 6:00 Gin Rummy	11 8:00 & 10:00 Grocery Stores 11:30 Bridge 1:00 Canasta 2:00 Tie-Dyeing 3:30 Rosary	12 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
13 3:00 RumiKub 4:00 Scrabble CTR	14 12:00 Lunch Outing: Crisp Canoli 1:00 Pinochle 4:00 Knitting 6:00 Poker  Flag Day	15 1:00 Bridge 2:00 Sing-A-Long 3:00 RumiKub 6:00 Gin Rummy	16 1:00 Bible Study 1:30 Yankee Trails Presentation 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 5:00 Happy Hour with Jack Kelle	17 Medical Appointments 10:30 Men's Brunch 2:00 BINGO 3:00 BINGO 4:00 Bible Study 6:00 Gin Rummy	18 8:00 & 10:00 Grocery Stores 11:30 Bridge 1:00 Canasta 1:00 Mike Camoin Presentation 3:30 Rosary	19 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
20  Summer Father's Day Summer Begins	21 12:00 Lunch Outing: Plum Blossom 1:00 Pinochle 4:00 Knitting	22 1:00 Bridge 2:00 Sing-A-Long 2:00 Strawberry Picking 3:00 RumiKub 4:00 Supper Club 6:00 Gin Rummy	23 1:00 Bible Study 1:30 SKAT 2:00 Strawberry Short Cake! 2:00 10,9,8 Game 4:00 Knitting 5:00 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 1:00 Canasta 3:30 Rosary	26 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
27 3:00 RumiKub 4:00 Scrabble CTR	28 1:00 Pinochle 2:00 Birthday Party 3:00 Orientation 4:00 Knitting 	29 2:00 Russ Kennedy & Summer treats 1:00 Bridge 3:00 RumiKub 4:00 Supper Club 6:00 Gin Rummy	30 1:00 Bible Study 1:30 SKAT 2:00 10,9,8 Game 2:00 Communion Service 4:00 Knitting 5:00 Bocce			

CONNECTED *life*



FITNESS

Every Monday

9:00 Stretch & Flex
10:00 Aqua Fit

Every Tuesday

8:00 Hydro Bikes
9:00 Pilates
10:00 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

Community Activities

GUPTILL'S CONEY EXPRESS!



June 4 at 1:00

Take a trip on the Eastwyck Trolley to this iconic ice cream place. Please RSVP

Scam Phone Calls

June 8th at 11:00



The North Greenbush Police Dept. will be informing us of the dos & don'ts of these pestie phone scams we all get. They will direct us on what we should do!

Lunch Outings



June 7 at 12:00
Harbor House

June 14 at 12:00



THE CRISP CANNOLI
BAKERY & CAFE

June 21 at 12:00



PLUM BLOSSOM
RESTAURANT

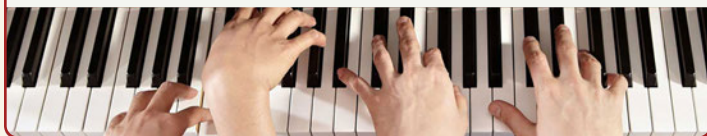
Wine Glass Painting June 8 at 3:00

Enjoy painting wine glasses with Janelle in the Great Room. Sign up for your seat today!



4 Hands Piano June 9 at 2:30

Enjoy a piano performance with 4 hands & 2 feet. Please RSVP



Painting Class



June 10th at 2:00

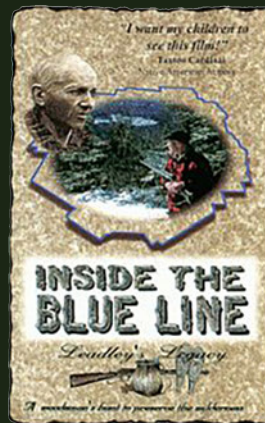
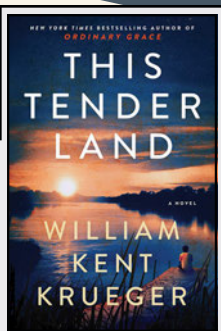
Kayleigh's Kanvases will be teaching us how to paint this beautiful hydrangeas on wood! \$10 per person
RSVP for your spot.

Community Activities

June Book Club

Book for June is *This Tender Land* by Kent Krueger.

Wednesday June 9,
12:00



Please join us on
June 18th at 1:00
for a presentation and
showing of the film,
Inside The Blue Line
by producer,
Mike Camoin.

This is the true story of a 67-year-old woodsman's courageous struggle against his fellow man, natural elements, and ultimately time to preserve the wilderness by embracing a dying culture and living in harmony with the land.

Please RSVP

Lets Get Crafty!



Tie-Dyeing June 11 at 2:00

Please bring an item to Tie-Dye... shirt, mask, bandana, socks, hat...be creative!



Happy Hour

with Entertainment
by Jack Kelle

June 16 at 5:00
Please RSVP

Men's Brunch

JOIN US FOR A SPECIAL FATHER'S
DAY BRUNCH FOR GENTLEMAN OF
OUR COMMUNITY.

JUNE 17 AT 10:30

PLEASE SIGN UP!



Strawberry Picking

June 22 at 2:00

June 23 at 2:00

Strawberry Shortcake

in the Great Room
with Crème Fraiche!

RSVP for yours today!



KONA ICE TRUCK & ENTERTAINMENT BY RUSS KENNEDY

On the front porch of the Clubhouse

June 29 at 2:00

If you have a lawn chair
please bring it.

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.

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Located in the Eastwyck Clubhouse.



Supper Club at 4:00

From Carols Place

June 22 at 4:00

Chicken Quesadilla \$11



June 29 at 4:00

Garbage Bread \$11

Let's Do Lunch

From The Crisp Cannoli

June 1 at 12:00

Thanksgiving Day Wrap \$11
With chips, pickle, mac salad



June 8 at 12:00

Chicken Parm Panini \$12
With chips, pickle, mac salad

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