



# SUMMIT AT EASTWYCK

Monthly Newsletter

October 2021

# THE Manager's Message

Dear Residents,

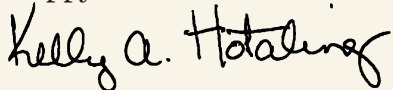
A strong social life has been linked with many health benefits, like less risk of depression and longer life span. But a new study suggests that interacting with a wide range of people may offer even greater benefits.

I read an article published Feb. 20, 2019 in The Journals of Gerontology and the study found that older adults who interacted regularly with people outside of their family and closest friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings.

The article made a lot of sense to me, as the community manager I have seen so many residents really thrive in our setting. Being open to new people and trying new things is so important to our wellness. I recently had a conversation with a resident who has been with us for less than a year, and she shared with me that she had no idea how nice all the people who live here were. She enjoys the musical performances, fitness classes and a lot of other social gatherings here on site. She was particularly surprised at how easy it was to meet new people and make new friends.

I hope you will look over the calendar and find activities and events that appeal to you. Try something new! Take the Hydro Bike class, sign up for a field trip, or at the very least start by coming to continental breakfast. These are some of the ways to expand your social circle and you won't be disappointed!

Happy Halloween!



Kelly Hotaling  
Community Manager



## October 31<sup>st</sup> from 1-3pm

We will be hosting our 2nd Trunk Or Treat this year! You can have your car or a family members car parked in front of your building or the Clubhouse. You're encouraged to decorate your car and pass candy to kids walking through our community. We hope you can participate & bring your family!



## Staff



### Community Manager

Kelly Hotaling  
[Khotaling@summitseniorlife.com](mailto:Khotaling@summitseniorlife.com)

### Assistant Community Manager

Tarah Lobdell  
[Tlobdell@summitseniorlife.com](mailto:Tlobdell@summitseniorlife.com)

### Maintenance

Thomas Strain  
Gani Dajko

### Driver

Jerry Bruce

### Janitor

Marcus Meehan

### Weekend Clubhouse Attendant

Linda Cox

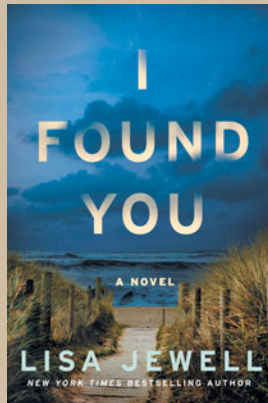
Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
[www.summitseniorlife.com](http://www.summitseniorlife.com)

# Welcome to Summit at Eastwyck

## October Book Club October 13th

"Jewell's novel explores the space between going missing and being lost....how the plots intersect and finally collide is one of the great thrills of reading Jewell's book. She ratchets up the tension masterfully, and her writing is lively."

-- New York Times



In the windswept British seaside town of Ridinghouse Bay, single mom Alice Lake finds a man sitting on a beach outside her house. He has no name, no jacket, and no idea how he got there. Against her better judgment, she invites him inside. Meanwhile, in a suburb of London, newlywed Lily Monroe grows anxious when her husband fails to return home from work one night. Soon, she receives even worse news: according to the police, the man she married never even existed. Twenty-three years earlier, Gray and Kirsty Ross are teenagers on a summer holiday with their parents. The annual trip to Ridinghouse Bay is uneventful, until an enigmatic young man starts paying extra attention to Kirsty. Something about him makes Gray uncomfortable--and it's not just because he's a protective older brother. Who is the man on the beach? Where is Lily's missing husband? And what ever happened to the man who made such a lasting and disturbing impression on Gray? "A mystery with substance" ( Kirkus Reviews ), I Found You is a delicious collision course of a novel, filled with the believable characters, stunning writing, and "surprising revelations all the way up to the ending" ( Booklist ) that make the New York Times bestselling author of Then She Was Gone Lisa Jewell so beloved by audiences on both sides of the Atlantic.

PATTY SINNOTT



- |       |                       |
|-------|-----------------------|
| 10/5  | Joan Costello         |
| 10/8  | Trudy Brunell         |
| 10/14 | Beverly Folderman     |
| 10/16 | Barrie Baum           |
| 10/17 | Marilyn Dunham-Keller |
| 10/20 | Grace Kirsch          |
| 10/23 | Joanne Rettie         |
| 10/23 | Susan Boettner        |
| 10/26 | Eileen Hempstead      |
| 10/31 | Emma Hein             |

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

2021

Summit At Eastwyck Office Phone: 518.874.1638 | Emergency Maintenance Phone: 518.338.7441

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|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
|                                                                                                                         |                                                                                                         |                                                                                                                                                    |                                                                                                                 |                                                                                                                                                     | 1<br>8:00 & 10:00 Grocery Stores<br>11:30 Bridge<br>1:00 Canasta<br>3:30 Rosary<br>4:00 Pizza                              | 2<br>1:00 Scrabble<br>1:00 Mahjong CTR<br>3:00 RumiKub                         |
| 3<br>3:00 RumiKub<br>4:00 Scrabble CTR                                                                                  | 4<br>1:00 Pinochle<br>2:00 Fall Wreath Making<br>4:00 Knitting                                          | 5<br>12:00 Jackson's House<br>1:00 Bridge<br>2:00 Sing A Long<br>3:00 RumiKub<br>5:00 Karaoke W/ Brian<br>6:00 Gin Rummy                           | 6<br>10:00 Flu Shot Clinic<br>1:30 SKAT<br>2:00 10,9,8 Game<br>4:00 Knitting                                    | 7<br>Medical Appointments<br>2:00 BINGO<br>3:00 Bible Study<br>5:00 Sue & Karen—Harp<br>6:00 Gin Rummy                                              | 8<br>8:00 & 10:00 Grocery Stores<br>11:30 Bridge<br>1:00 Canasta<br>2:00 Candy Corn Craft<br>3:30 Rosary                   | 9<br>1:00 Scrabble<br>1:00 Mahjong CTR<br>3:00 RumiKub                         |
| 10<br>3:00 RumiKub<br>4:00 Scrabble CTR                                                                                 | 11<br>1:00 Pinochle<br>4:00 Knitting<br>6:00 Poker<br>Office Closed<br>No Breakfast<br>Columbus Day     | 12<br>1:00 Bridge<br>2:00 Sing A Long<br>3:00 RumiKub<br>4:00 Musicats<br>6:00 Gin Rummy                                                           | 13<br>12:00 Apple Barrel<br>12:00 Book Club<br>1:30 SKAT<br>2:00 10,9,8 Game<br>2:00 Communion<br>4:00 Knitting | 14<br>Medical Appointments<br>10-2 Community Garage Sale<br>12:00 Lets Do Lunch<br>Chicken Wrap<br>2:00 BINGO<br>3:00 Bible Study<br>6:00 Gin Rummy | 15<br>8:00 & 10:00 Grocery Stores<br>11:30 Bridge<br>1:00 Canasta<br>2:00 Zoom with John Gray<br>3:30 Rosary<br>4:00 Pizza | 16<br>1:00 Scrabble<br>1:00 Mahjong CTR<br>3:00 RumiKub                        |
| 17<br>3:00 RumiKub<br>4:00 Scrabble CTR<br>4:00 Ziti & Meatballs<br>(Pre Ordered Meal)                                  | 18<br>1:00 Pinochle<br>2:00 Cider & Donuts/ Best<br>Motivational Speeches<br>4:00 Knitting              | 19<br>9-11 Revolutionary<br>Financial Planning<br>1:00 Bridge<br>2:00 Sing A Long<br>3:00 RumiKub<br>4:00 Supper Club - Meatloaf<br>6:00 Gin Rummy | 20<br>12:00 GrapeVine Farms<br>1:30 SKAT<br>2:00 10,9,8 Game<br>2:00 MOVIE <i>Cinderella</i><br>4:00 Knitting   | 21<br>Medical Appointments<br>2:00 BINGO<br>3:00 Bible Study<br>4:00 Paul Slusar Entertainment<br>6:00 Gin Rummy                                    | 22<br>8:00 & 10:00 Grocery Stores<br>11:30 Bridge<br>1:00 Canasta<br>2:00 Phil Bayly<br>- Murder On Skis<br>3:30 Rosary    | 23<br>1:00 Scrabble<br>1:00 Mahjong CTR<br>3:00 RumiKub<br>GR Reserved 10:30-3 |
| 24<br>3:00 RumiKub<br>4:00 Scrabble CTR                                                                                 | 25<br>1:00 Pinochle<br>2:00 Birthday Party<br>2:30 Drama Club Skit<br>3:00 Orientation<br>4:00 Knitting | 26<br>10:00 Booster Clinic<br>1:00 Bridge<br>2:00 Sing A Long<br>3:00 RumiKub<br>4:00 Supper Club<br>Chicken Marsala<br>6:00 Gin Rummy             | 27<br>1:30 SKAT<br>2:00 10,9,8 Game<br>2:00 MOVIE <i>Cruella</i><br>4:00 Knitting                               | 28<br>Medical Appointments<br>12:00 Lets Do Lunch - Cobb Salad<br>2:00 BINGO<br>3:00 Bible Study<br>6:00 Gin Rummy                                  | 29<br>8:00 & 10:00 Grocery Stores<br>11:30 Bridge<br>1:00 Canasta<br>2:00 Halloween Party<br>3:30 Rosary                   | 30<br>1:00 Scrabble<br>1:00 Mahjong CTR<br>3:00 RumiKub                        |
| 31<br>1:00 Trunk Or Treat<br>Halloween                                                                                  |                                                                                                         |                                                                                                                                                    |                                                                                                                 |                                                                                                                                                     |                                                                                                                            |                                                                                |
| CONNECTED <i>life</i><br><br>FITNESS |                                                                                                         | Every Tuesday<br>8:00 Hydro Bikes<br>9:00 Pilates<br>10:00 Pilates                                                                                 | Every Wednesday<br>9:00 Sit To Be Fit<br>10:00 Aqua Fit                                                         | Every Thursday<br>8:15 Hydro Bikes<br>9:00 Balance<br>10:00 Hydro Bikes                                                                             | Every Friday<br>9:00 Sit To Be Fit<br>10:00 Chair Yoga<br>11:00 Aqua Fit                                                   |                                                                                |

# Community Activities



**Flu Shot Clinic**  
October 6th starting at 10am

**Booster Shot Clinic**  
October 26th starting at 10am

You will receive a call with your time slot.

## Bus Trips

**JACKSON'S** October 5  
OLD CHATHAM HOUSE  
LST 10-45

Apple Barrel  
October 13



October 20

Sign up in the office

## Cider & Donuts

**Four of the BEST Motivational Speeches  
of all time!**

1. Four Star Admiral William McCraven—  
"If You Want To Change The World"
2. Kurt Russell—Miracle On Ice, Movie  
"This Is Your Time"
3. Severn Suzuki —The girl who silenced the world  
at the UN in 5 minutes
4. Denzel Washington—University of Pennsylvania  
commencement speech "Fall Forward"

**October 18 at 2:00, In the Clubhouse**

## October Crafts

Fall bead wreath

October 4th at 2:00



Candy Corn Table topper

October 8th at 2:00



RSVP for one craft per person please.

**Happy Hour with  
The Musicats**  
October 12 at 4:00

Please sign up for this evenings event.



# Community Activities

## COMMUNITY GARAGE SALE



A lot of residents here at Summit at Eastwyck have asked for a "community" garage sale.

**October 14 from 10-2**

- Use your garage
- Share a garage
- Use your first floor patio (if you have one)
- Do not throw anything in the dumpsters
- Take all your belongings away after the sale

This is only for residents. If you have any questions talk to Kelly or Tarah



**PHIL BAYLY**

**October 22 at 2:00**

**Please RSVP**



## Happy Hour

with Entertainment  
by Paul Slusar

**October 21 at 4:00**

**Please RSVP**

## John Gray

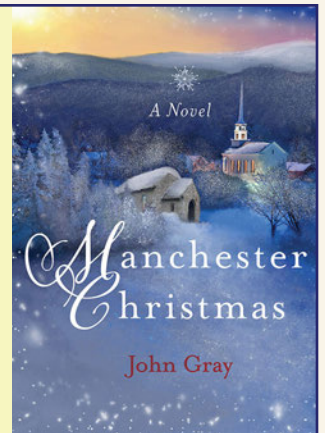
Zoom Presentation

John will talk to us  
about his book

**Manchester Christmas.**

The presentation will start  
October 14 at 2:00.

**Please RSVP**



## Halloween Costume Party

**October 31 at 2:00**

**Come in a fun costume or just come for the  
fun! Treats for all!!**

**What will the Eastwyck staff be  
this year??!! Please sign up.**



# Concierge Services

## Meal Options

### Continental Breakfast

Everyday 8:30 or 9:30am

### 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 at the Clubhouse

### Let's Do Lunch!

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

## 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](http://www.hectorpt.com)

(518) 577-5214

Located in the Eastwyck Clubhouse.



All meals will be from Healthy Cafe this month.

## Let's Do Lunch at 12:00



October 14

Turkey Wrap with Tomato Soup & Tossed Salad \$12

October 28th

Cobb Salad with Rolls & Fruit Salad \$12



## Supper Club at 4:00



October 19th

Meatloaf with Gravy  
Mashed Potatoes, Green Beans with Caramelized Onions \$12

October 26th

Chicken Marsala  
Tossed Salad & Penne Pomodoro \$12



## Dr. Michael Masias, DPM

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

518-320-8659.

**Renew**  
DAY SPA  
at The Summit At Eastwyck

Rita  
518-495-5603

Becky  
518-424-7922