

SUMMIT AT EASTWYCK

Monthly Newsletter

January 2022

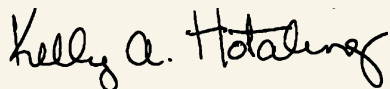


THE Manager's Message

As we close out this year and move forward to the next, my wish is that all of you remain happy, healthy and safe. Time flies so quickly I feel like we need to make the most of every day. Make a commitment to oneself to try something new! Whether it's the new drumming fitness class, the writing workshop or making new friends. You live in the perfect setting where you have choices, sign up to attend a social event if that is appealing, come down for breakfast or let us know about a topic or presentation that we can add to our upcoming calendars.

We have a special trip to Proctors planned for January 27th and this is something not to be missed. Our bus will be taking our residents to see *Come From Away*. The play is an absolute delight about an average day that turns into an international sleep over. If you are interested in going be sure to let the office know.

A big thank you to all of our residents from the Summit at Eastwyck staff! The holiday gifts were very appreciated and we are so touched by the generosity from all of you. We look forward to a wonderful year here at our community in 2022!



Kelly Hotaling
Community Manager



Staff



Community Manager

Kelly Hotaling
Khotaling@summitseniorlife.com

Assistant Community Manager

Tarah Lobdell
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Maintenance

Gani Dajko

Driver

Jerry Bruce

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Marcus Meehan

Weekend Clubhouse Attendant

Linda Cox

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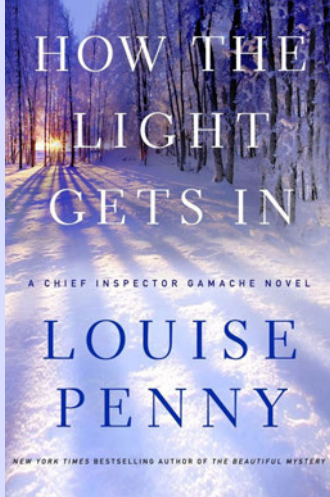
Welcome to Summit at Eastwyck

January Book Club

January 12th at 12:00

Christmas is approaching, and in Québec it's a time of dazzling snowfalls, bright lights, and gatherings with friends in front of blazing hearths.

But shadows are falling on the usually festive season for Chief Inspector Armand Gamache. Most of his best agents have left the Homicide Department, his old friend and lieutenant Jean-Guy Beauvoir hasn't spoken to him in months, and hostile forces are lining up against him.



PAULA COGGESHALL



Celebrating January Birthdays

- 1/3 Jean Cox
- 1/4 Mary Tobin
- 1/6 Bill Scribner
- 1/11 Elizabeth Doocey
- 1/12 Colleen Hill
- 1/14 Ed Collins
- 1/15 Sheila VanAlstine
- 1/15 John Berry
- 1/16 Lou Bacon
- 1/21 Deanna Wheeler

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

NEW Fitness Drumming Class!!

Starting this month on
Wednesdays at 11am

This program will provide #1 fun, but also eye hand coordination. Rhythm with cardiovascular and strength included.



North Greenbush
POLICE

January 19th at 10am

There has been a lot of scams happening in our area.
Learn some helpful tips from the police.

Happy New Year from Summit Senior Living

2022

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

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JANUARY

						1 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
2 3:00 RumiKub 4:00 Scrabble CTR Great Room Reserved 12-5:00	3 1:00 Pinochle 1:00 Drama Club Meeting 2:00 Movie	4 1:00 Bridge 2:00 Sing A Long 3:00 RumiKub 4:00 Supper Club 6:00 Liver Pool Rummy	5 12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 2:00 Rockin' Rob Entertainment 4:00 Knitting	6 Medical Appointments 10:30 Writing Workshop 2:00 BINGO 3:00 Bible Study 6:00 Liver Pool Rummy	7 8:00 & 10:00 Grocery Stores 10:00 Hector PT 11:30 Bridge 1:00 Canasta 1:00 Alyssa Yeager Music 2:00 Choral Group 3:30 Rosary	8 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
9 3:00 RumiKub 4:00 Scrabble CTR	10 12:00 Ladies Lunch 1:00 Pinochle 4:00 Knitting 6:00 Poker	11 12:00 Lets Do Lunch 1:00 Bridge 2:00 Choral Group 3:00 RumiKub 4:00 Mike Miner Entertainment 6:00 Liver Pool Rummy	12 12:00 Lake View 12:00 Book Club 1:30 SKAT 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting	13 Medical Appointments 10:30 Writing Workshop 2:00 BINGO 3:00 Bible Study 4:00 Pizza Night 6:00 Liver Pool Rummy	14 8:00 & 10:00 Grocery Stores 11:30 Bridge 1:00 Canasta 3:30 Rosary	15 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
16 3:00 RumiKub 4:00 Scrabble CTR	17 1:00 Pinochle 4:00 Knitting Martin Luther King Jr. Day Office Closed 	18 North Greenbush Police Dept. 1:00 Bridge 2:00 Sing A Long 3:00 RumiKub 4:00 Supper Club 6:00 Liver Pool Rummy	19 10:00 North Greenbush Police Dept. 12:00 Alexis Diner 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting	20 Medical Appointments 10:30 Writing Workshop 2:00 BINGO 3:00 Bible Study 4:00 Pizza Night 6:00 Liver Pool Rummy	21 8:00 & 10:00 Grocery Stores 11:30 Bridge 12:00 Soup Fest 1:00 Canasta 3:30 Rosary	22 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
23 3:00 RumiKub 4:00 Scrabble CTR	24 1:00 Pinochle 1:00 Drama Club Meeting 2:00 Movie	25 10:00 Walmart & Target 12:00 Lets Do Lunch 1:00 Bridge 2:00 Sing A Long 3:00 RumiKub 6:00 Liver Pool Rummy	26 1:30 SKAT 2:00 10,9,8 Game 2:00 Tea & Scones 4:00 Knitting	27 10:30 Writing Workshop 12:00 Come From Away Play NO DOCTORS APPTS. TODAY 2:00 BINGO 3:00 Bible Study 6:00 Liver Pool Rummy	28 8:00 & 10:00 Grocery Stores 11:30 Bridge 1:00 Canasta 3:30 Rosary 4:30 Pot Luck Dinner	29 1:00 Scrabble 1:00 Mahjong CTR 3:00 RumiKub
30 3:00 RumiKub 4:00 Scrabble CTR	31 1:00 Pinochle 2:00 Birthday Party 2:30 Drama Club Skit 3:00 Orientation 4:00 Knitting					
CONNECTED <i>life</i>  FITNESS	Every Monday 9:00 Stretch & Flex 10:00 Aqua Fit 11:00 Zumba	Every Tuesday 8:00 Hydro Bikes 9:00 Pilates 10:00 Pilates	Every Wednesday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Fitness Drumming	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 11:00 Aqua Fit	

Community Activities

Rockin' Rob Entertainment

January 5th at 2:00
Please RSVP



Writing Workshop

Every Thursday
at 10:30-12:00



Who are you? Who were you? Do you want to leave a record of your life story for friends and relatives or the public at large? In this workshop, which is for beginning writers as well as experienced writers, we'll discuss the challenges of writing about ourselves, read some good examples of memoir, and write short essays about what has mattered most in our lives—the funny things, the difficult moments, the neighborhoods, the people, etc. Each week new prompts will be offered to stimulate your memory and creativity.

Please sign up for your seat at this class!

Please RSVP



Entertainment by Alyssa Yeager

January 7th at 1:00

Sign up in the office for a fun afternoon of music!



Ladies Luncheon

January 10th at noon

Please RSVP



Entertainment

by Vocalist

Mike Miner

January 11th at 4:00

Please RSVP

Community Activities

Pizza Night



January 13th
or the 20th
At 4:00

Please pick one
pizza night
to attend
this month!

Soup Fest January 21 at noon

Enjoy a hot cup
of soup and a
sandwich at the
Clubhouse.

Please Sign
up if you are
interested.

Please RSVP by January 14



COME FROM AWAY A NEW MUSICAL

Come from Away is a Canadian musical with book, music and lyrics by Irene Sankoff and David Hein. It is set in the week following the September 11 attacks and tells the true story of what transpired when 38 planes were ordered to land unexpectedly in the small town of Gander in the province of Newfoundland and Labrador, Canada as part of Operation Yellow Ribbon. The characters in the musical are based on (and in most cases share the names of) real Gander residents as well as some of the 7,000 stranded travelers they housed and fed.

If you are interested in attending this show, please pay at time of sign up. Seating is limited.

January 27 at 12:00
Tickets at \$78 each

January Outings

January 12



January 19



January 25



Tea & Scones

January 26th at 2:00
Enjoy afternoon tea in the
Great Room. Please RSVP

Concierge Services

Meal Options

Continental Breakfast

Everyday from 8:30am to 10:30am

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 8:00am or 10:00am. 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 8:00am and 1:00pm. 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.



Supper Club at 4:00



January 4

Goulash \$14

January 18

Baked Haddock with
Rice & Vegetables \$14



All meals this month are from Caseys

Let's Do Lunch at 12:00



January 11

Reuben \$12

January 25

Fried Chicken &
Mac & Cheese \$12



Dr. Michael Masias, DPM

From 10:00am-12:00pm 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