

# S U M M I T E A S T W Y C K

Monthly Newsletter

June 2022



# THE Manager's Message

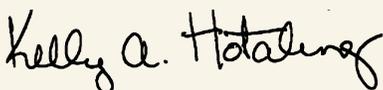
I just love this time of year when it stays light out so late in the evening. As you probably know June 21st is the longest day of the year. It feels so good to be outdoors in the warm weather. It's very important to get outside as much as you can. In fact, The Light and Health Research Center at Mount Sinai will have a representative here on June 13th to talk about the important role light plays in our everyday lives.

Please look over this month's activity calendar, there is so much going on that you must find something that appeals to you. Field trips, happy hours, games and more! The importance of socialization can't be over emphasized. Consistent social interactions help keep us mentally, physically and emotionally fit. Being with others helps fend off the difficulties that arise from isolation, and make our lives feel more meaningful.

This month we will celebrate all the fathers in our lives at the Mens Brunch. There will be made to order omelettes and a special waffle station. Happy Fathers Day to all the great dads in our community and beyond!

Don't forget to let the office know if you will be attending the annual cook out next month on July 7th. This summer event is always a lot of fun, so be sure to save the date! And the good news is, there will be no dunking booth at the cookout!

Happy Fathers Day and Happy Summer!



Kelly Hotaling  
Community Manager



## Staff



### Community Manager

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Kelly Hotaling  
Khotaling@summitseniorlife.com

### Assistant Community Manager

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Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Maintenance

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Gani Dajko  
Mike Stammel III

### Driver

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Jerry Bruce

### Janitor

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Marcus Meehan

### Weekend Clubhouse Attendant

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Linda Cox

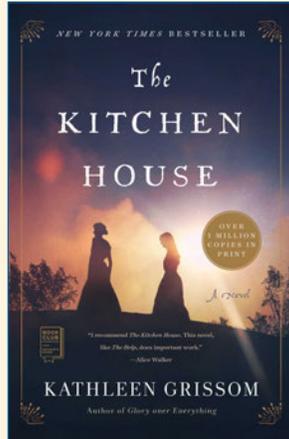
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Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
www.summitseniorlife.com

## June Book Club June 8th at 12:00

This month *The Kitchen House* by Kathleen Grissom. Orphaned during her passage from Ireland, young, white Lavinia arrives on the steps of the kitchen house and is placed, as an indentured servant, under the care of Belle, the master's illegitimate slave daughter. Lavinia learns to cook, clean, and serve food, while guided by the quiet strength and love of her new family.

In time, Lavinia is accepted into the world of the big house, caring for the master's opium-addicted wife and befriending his dangerous yet protective son. She attempts to straddle the worlds of the kitchen and big house, but her skin color will forever set her apart from Belle and the other slaves.



## SAVE THE DATE!

Our annual Summer BBQ will be on July 7th  
"Patriotic Summer BBQ"

## NYC Ballet at Saratoga Performing Arts Center EVOLUTION



## NEWYORKCITYBALLET

Thursday, July 14 at 2:00pm



For more information or to reserve your seat, please see Tarah in the Eastwyck office. \$76

## june BIRTHDAYS

- 6/1 Clayton Garrett
- 6/6 Margaret Biernik
- 6/6 Marilyn Gibbs
- 6/6 Irene Brewer
- 6/7 Annette Buckley
- 6/9 Mary Ann Whipple
- 6/10 Ann Rock
- 6/10 Vincent Hoff
- 6/12 Barbara Foote
- 6/14 Marion Mechler
- 6/14 Mike Sentiwany
- 6/19 Mary Caulfield
- 6/20 Sylvia Garrett
- 6/25 Margaret Huss
- 6/27 Karen Terwilliger
- 6/28 Trish Prashaw
- 6/29 Dominic DiPace
- 6/30 Viki Steedman

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

## Welcome Home to Eastwyck

Don and June Carter

Rob Williams

Florence Felt



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<p>5 3:00 Rummikub 4:00 Scrabble CTR</p>		<p>6 12:00 Let's Do Lunch Reuben 1:00 Pinochle 4:00 Knitting</p>	<p>7 12:00 Bridge 2:00 Sing A Long 3:00 Rummikub 4:00 Supper Club Turkey Dinner 6:00 Liverpool Rummy</p>	<p>1 <b>Dr. Masias Day</b> 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce</p>	<p>2 <b>Medical Appointments</b> 10:30 Writing Class 11:00 Bridge 1:00 Bible Study 2:00 Pinochle 2:00 BINGO 3:00 Event Planning 6:00 Liverpool Rummy</p>	<p>3 8:00 &amp; 10:00 Grocery Stores 1:00 Canasta 2:00 Choral Group 3:30 Rosary 4:00 Little Big Fatz Fish Fry Truck 5:00 Bocce</p>	<p>4 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</p>
<p>12 3:00 Rummikub 4:00 Scrabble CTR</p>		<p>13 12:00 Let's Do Lunch Turkey Club 1:00 Pinochle 1:00 Can Light Help ? 4:00 Knitting 6:00 Poker Night</p>	<p>14 12:00 Bridge 2:00 Louisa May Alcott 3:00 Rummikub 6:00 Liverpool Rummy</p> <p></p>	<p>8 10:00 Van Gogh Exhibit 11:00 Veterans Coffee Group 1:30 SKAT 12:00 Book Club 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce</p>	<p>9 <b>Medical Appointments</b> 11:00 Bridge 1:00 Bible Study 2:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>10 8:00 &amp; 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 5:00 Happy Hour with Rick Bedrosian 5:00 Bocce</p>	<p>11 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</p>
<p>19 3:00 Rummikub 4:00 Scrabble CTR</p> <p></p>		<p>20 6/20 Let's Do Lunch Cheese Burger 1:00 Pinochle 4:00 Knitting 5:00 Happy Hour Russ Kennedy</p>	<p>21 11:00 Albany Cemetery Tour 12:00 Bridge 2:00 Sing A Long 3:00 Rummikub 6:00 Liverpool Rummy</p> <p></p>	<p>22 12:00 Best Berry Farm 1:00 Drama Club 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce</p>	<p>23 <b>Medical Appointments</b> 11:00 Bridge 1:00 Bible Study 2:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>24 8:00 &amp; 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group &amp; Strawberry Shortcake 3:30 Rosary 5:00 Bocce</p>	<p>25 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</p>
<p>26 3:00 Rummikub 4:00 Scrabble CTR</p>		<p>27 12:00 Let's Do Lunch Almond Dill Chicken 1:00 Pinochle 2:00 Birthday Celebration 2:30 Drama Club Skit 4:00 Knitting</p>	<p>28 TBD - ELVIS Movie at Regal 12:00 Bridge 2:00 Sing A Long 3:00 Rummikub 4:00 Supper Club Salmon Dinner 6:00 Liverpool Rummy</p>	<p>29 10:00 Lac Du Saint Sacrament 1:30 SKAT 2:00 Movie <i>The Starling</i> 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce</p>	<p>30 <b>Medical Appointments</b> 11:00 Bridge 1:00 Bible Study 2:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy</p>	<p></p>	
<p><b>CONNECTED life</b></p> <p></p> <p><b>FITNESS</b></p>		<p><b>Every Monday</b></p> <p>9:00 Stretch &amp; Flex 10:00 Aqua Fit 11:00 Zumba</p>	<p><b>Every Tuesday</b></p> <p>8:00 Hydro Bikes 9:00 Pilates 10:00 Pilates</p>	<p><b>Every Wednesday</b></p> <p>9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Fitness Drumming</p>	<p><b>Every Thursday</b></p> <p>9:00 Hydro Bikes 9:30 Hydro Bikes 10:30 Trifecta Strength/ Balance/ Flex 1:00 Move &amp; Grove</p>	<p><b>Every Friday</b></p> <p>9:00 Sit To Be Fit 10:00 Chair Yoga 11:00 Aqua Fit</p>	

# Community Activities

For all activities please sign up in the office.

## Father's Day Brunch

June 17 at noon

Enjoy a made to order omelette along with a waffle station! All men interested in attending please sign up at the office.



**Little Big Fatz Food Truck**  
Fish Fry, Burgers, Hot Dogs, Onion Rings, Fries and more!  
The truck will be out front of the Clubhouse! Full menu along with prices will be posted at the Clubhouse.

June 3 at 4:00



## Vincent Van Gogh Exhibit

June 8 at 10:00

Meet the artist like never before

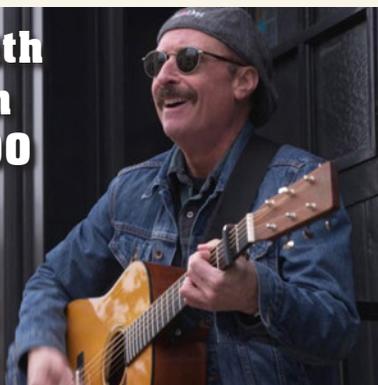
Exquisite Storytelling, Cutting-Edge Technology

**Van Gogh: The Immersive Experience** is a 20,000 square foot light and sound spectacular featuring two-story projections of the artist's most compelling works. Encounter the brilliance of one of history's greatest artists in 360 degrees. Tickets will be \$32

## Happy Hour with Rick Bedrosian

June 10 at 5:00

Enjoy 50's music at the Clubhouse with Rick Bedrosian of Hair Of The Dog.



## Can Light Help?

June 13 at 1:00

- Learn about the important role light plays in our everyday lives, including regulating sleep and mood
- Let's talk about self-luminous devices (iPads, smartphones)
- Learn about opportunities to participate in NIH-funded studies
- Enter a raffle to win bright light bulbs

## Who we are:

The Light and Health Research Center at Mount Sinai is dedicated to advancing the well-being of people and the planet through the science of light.



Icahn School of Medicine at Mount Sinai



Light and Health Research Center

## Lake George Boat Company

### LAC du SAINT SACREMENT

June 29th we leave at 10am

Join us on a luncheon cruise that will tour the beautiful sights of Lake George. The cost for the trip is \$50. Please see Tarah for more information.

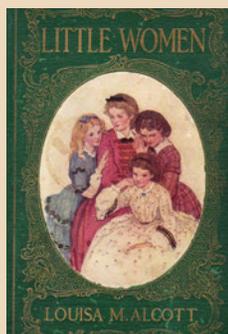


# Community Activities

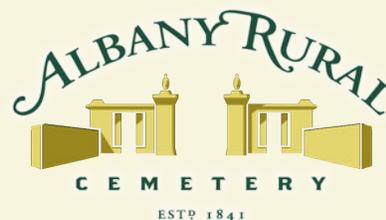
## Louisa May Alcott

**June 14 at 2:00**

Come and spend an afternoon with Louisa May Alcott, author of Little Women. She will tell you stories of her family, life, writing career, and share some of her literary works. Step back in time with historical reenactor Denise Wright while she brings the author to life through pictures, words, and stories.

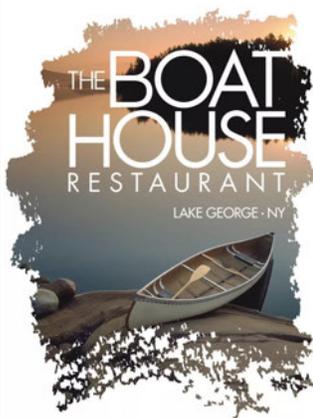


Denise Wright retired from being an English teacher at Rensselaer High School after 33 years in 2020. Presently, she is a reporter and photographer for The Eastwick Press, a Rensselaer County newspaper, and is a historical interpreter at Hancock Shaker Village. She is a member of the Fort Crailo chapter of the NSDAR and the Board of Crailo Historic Site. She has always loved opportunities to incorporate her love of history and English. She has performed as Louisa May Alcott for various groups such as the Sand Lake Historical Society, Rensselaer Public Library, HVCC's Center for Creative Retirement, and the Literacy Volunteers of Rensselaer County and has been a participant of the Oakwood Cemetery's "Walking Dead" tour with fellow Rensselaer colleague, Jim Cochran.



**JUNE 21 AT 11:00**

Join us for a bus tour of historic Albany Rural Cemetery. Founded in 1841, you'll learn about ARC's place in the rural cemetery movement. In addition to seeing the grave sites of some of ARC's notable "residents" (including a US president), the symbolism of headstones, see some wonderful cemetery art (including a world-renowned sculpture), and hear an urban legend / ghost story or two. After the tour, enjoy a bag lunch at a site in the cemetery and/or the chapel (depending on the weather). We will be bringing a bagged lunch to enjoy at the cemetery.



**June 15 at 12:00**

**Bus leaves  
at 12 for lunch!**



**Strawberry  
Shortcake**

**June 24th at 1:30**

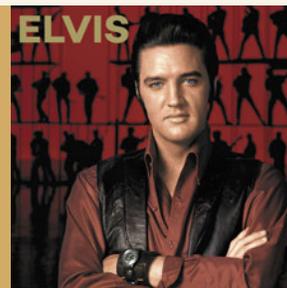
**Enjoy some strawberry shortcake  
at the Clubhouse, while listening to  
our choral group!**



**Happy Hour with  
Russ Kennedy  
June 20 at 5:00**



**REGAL  
CINEMAS®  
JUNE 28 TIME TBD**



# Concierge Services

All meals this month are from Casey's

## 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 prepaid meals at 4pm at the Clubhouse

### Let's Do Lunch!

Monthly lunch at the Clubhouse, prepay 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](http://www.hectorpt.com)

(518) 577-5214

Located in the Eastwyck Clubhouse.



## Supper Club at 4:00



June 7

Turkey Dinner \$14

June 28

Salmon Dinner \$14



## Let's Do Lunch at 12:00



June 6

Reuben \$12

June 13

Turkey Club \$12



June 20

Cheese Burger \$12

June 27

Almond Dill Chicken \$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.



Rita  
518-495-5603

Becky  
518-424-7922

at The Summit At Eastwyck