

# SUMMIT AT EASTWYCK

---

Monthly Newsletter

September 2022





# THE Manager's Message

September is here! And we have a good variety of activities to keep you busy all month long. There are 4 musical events, 4 scheduled outings and a few lectures and presentations for you to attend.

This month we are visiting all the best local diners in our area. Diners are a cornerstone of America's food culture, known for their generous portions of home-style cooking, neighborhood conversations and happy atmosphere. Did you know that the American Diner experience roots go right back to the 19th century! Be sure to let the office know what outing you would like to attend.

I hope you will join us for the special Make Your Own Sundae bar, the cooking demonstration, or the trip to the Vermont Country Store!

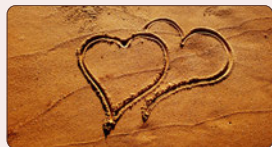
If you are a new resident to our community, be sure to check out the fitness schedule. Summit at Eastwyck has over 50 fitness programs each month! Whether you like Pilates, Hydro Bikes or Move and Grove, there is something for every level of capability. Try the Trifecta, the focus of this class is strength, balance and flexibility. It's a great time to start your fitness journey, so come on down to the clubhouse and get yourself moving in one of our many physical fitness classes!

*Kelly Ann Smith*

Kelly Ann Smith  
Community Manager

On a personal note, I can't thank you all enough for all the well wishes, cards and gifts at our surprise marriage celebration! What a huge surprise to see everyone gathered to celebrate! Jim and I are so thankful for all the happy sentiments sent our way. It was a very nice party, and I was so blown away to see all of you in the Great Room! (that sneaky Tarah!)

Warm regards,  
Kelly & Jim Smith



Ice Cream Sundae Bar  
September 15 at 12:30



## Staff



### Community Manager

Kelly Ann Smith  
KSmith@summitseniorlife.com

### Assistant Community Manager

Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Maintenance

Gani Dajko  
Mike Stammel III

### Driver

Jerry Bruce

### Weekend Clubhouse Attendant

Linda Cox

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



## Flu Shot Clinic

**September 7th starting at 10am**

**Please sign up in the office if you are interested in receiving your flu shot.**

**Miller will be here starting at 10am in the Game Room. We will have a waiting area in the Great Room.**

## September Book Club Wednesday, September 14th at 12:00

This month *Once Upon a River*, by Bonnie Jo Campbell.

Bonnie Jo Campbell has created an unforgettable heroine in sixteen-year-old Margo Crane, a beauty whose unflinching gaze and uncanny ability with a rifle have not made her life any easier.



After the violent death of her father, in which she is complicit, Margo takes to the Stark River in her boat, with only a few supplies and a biography of Annie Oakley, in search of her vanished mother. But the river, Margo's childhood paradise, is a dangerous place for a young woman traveling alone, and she must be strong to survive, using her knowledge of the natural world and her ability to look unsparingly into the hearts of those around her. Her river odyssey through rural Michigan becomes a defining journey, one that leads her beyond self-preservation and to the decision of what price she is willing to pay for her choices.

## Welcome Home to Eastwyck

Joanne Gary  
Holly Reese  
Barbara Chartrand



## September Birthdays



- 9/1 Mary Ann Manley
- 9/1 Linda Tremante
- 9/8 Beverly Brown
- 9/10 Cindy Dixon
- 9/16 Ann McKinney
- 9/19 Midge Rogers
- 9/21 Rachel Charron
- 9/25 Nancy Harrington
- 9/25 Bonnie Peterson
- 9/26 Merlene Fraleigh
- 9/30 Jeanne Gizara

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

## Covid-19 Shots 10:00 September 27th

**Please sign up in the office if you are interested in receiving your Covid-19 vaccine.**

**We will have the same set up as we do for the Flu Clinic.**



S

M

T

W

TH

F

S

# September

<p>4</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p>	<p>5</p> <p><b>HAPPY LABOR DAY</b></p> <p>Office closed No breakfast • No fitness</p>	<p>6</p> <p>2:00 Sing-A-Long 3:00 RummiKub 3:30 Happy Hour With Jack Kelle 6:00 Liverpool Rummy</p>	<p>7</p> <p>10:00 Flu Shot Clinic 12:00 Alexis Diner 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce</p>	<p>1</p> <p>Medical Appointments 12:00 Let's Do Lunch Fried Chicken 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>2</p> <p>8:00 &amp; 10:00 Grocery Stores 12:00 The Alzheimer's Disease, Research &amp; Treatment 1:00 Canasta 3:30 Rosary 5:00 Bocce</p>	<p>3</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</p>
<p>11</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p> <p><b>Patriot Day</b></p>	<p>12</p> <p>10:30 Marilyn Sassi 1:00 Pinochle 2:00 Movie: Purple Heart 4:00 Knitting 4:00 Pizza Night</p>	<p>13</p> <p>10:00 Estate Planning 11:00 Vermont Country Story 2:00 Sing-A-Long 3:00 RummiKub 6:00 Liverpool Rummy</p>	<p>14</p> <p>12:00 Book Club 12:00 Skyline Diner 1:30 SKAT 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting 5:00 Bocce</p>	<p>15</p> <p>Medical Appointments 12:00 Let's Do Lunch Haddock 12:30 Ice Cream Sundae Bar 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>16</p> <p>8:00 &amp; 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 4:00 St. Michael's &amp; Guliano's BBQ 5:00 Mike Miner 5:00 Bocce</p>	<p>17</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</p>
<p>18</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p>	<p>19</p> <p>10:30 Marilyn Sassi 1:00 Pinochle 2:00 Movie: Legends Of The Fall 4:00 Knitting 6:00 Poker Night</p>	<p>20</p> <p>10:00 Medicare Basics 2:00 Sing-A-Long 3:00 RummiKub 6:00 Liverpool Rummy</p>	<p>21</p> <p>12:00 Schodack Diner 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 Carmen &amp; Life's Guilty Pleasure - Entertainment 5:00 Bocce</p>	<p>22</p> <p>Medical Appointments 12:00 Fall Cooking Demo 1:00 Bible Study 1:00 Pinochle 4:00 Supper Club Lasagna 6:00 Liverpool Rummy</p>	<p>23</p> <p>8:00 &amp; 10:00 Grocery Stores 11:00 Summit Bocce Tournament At Summit at Mill Hill 1:00 Canasta 1:30 Choral Group 3:30 Rosary 5:00 Bocce</p>	<p>24</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</p>
<p>25</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p> <p><b>Rosh Hashanah Begins</b></p>	<p>26</p> <p>1:00 Pinochle 2:00 Birthday Celebration 4:00 Knitting 4:00 Pizza Night</p>	<p>27</p> <p>10:00 COVID-19 Clinic 2:00 Sing-A-Long 3:00 RummiKub 6:00 Liverpool Rummy</p>	<p>28</p> <p>12:00 76 Diner 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 As Is—Entertainment 5:00 Bocce</p>	<p>29</p> <p>Medical Appointments 12:00 Let's Do Lunch Hamburger 1:00 Bible Study 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>30</p> <p>8:00 &amp; 10:00 Grocery Stores 1:00 Canasta 1:30 Mud Slides &amp; Brownies Choral Group Perform 3:30 Rosary 5:00 Bocce</p>	
<p><b>CONNECTED</b> <i>life</i></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 11:30 Move &amp; Grove</p>	<p><b>Every Friday</b></p> <p>9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga (all levels)</p>	



## Community Activities

For all activities please sign up in the office.

### DISCUSSION: Alzheimer's Disease Research

**Led by Dr. Richard Holub**  
**Friday, September 2, 12-2pm**

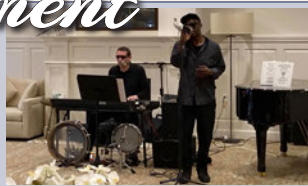
Please join us for an in-depth discussion and one-on-one clinical assessment of Alzheimer's with Dr. Richard Holub of Neurological Associates of Albany, P.C. Among the topics he will cover are:

- What Alzheimer's is and an overview of its history
- What early signs to look for
- Preventative tactics and different treatments
- How to get involved
- Finding A CURE!

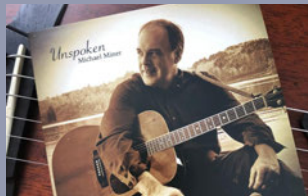
Dr. Richard Holub is President and Director of the Alzheimer's Disease Research & Treatment Center at Neurological Associates of Albany (NAA).

### September Entertainment

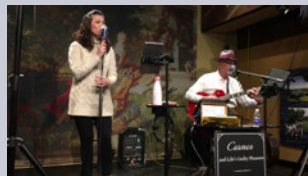
9/6  
*Jack Kelle Band*



9/16  
*Mike Miner*



9/21  
*Carmen & Life's Guilty Pleasure*



9/28  
*As Is*



Please pick two happy hours per person

### Estate Planning September 13, 10am

**Healthcare Proxy & POA:** Declaring your healthcare proxy and power of attorney are essential for everyone. If you are ever unable to make your own decisions these people will make decisions on your behalf. Without these documents an expensive court proceeding would be required in the event of needing an appointee after incapacity. This also can create a lot of tension in families who have differing opinions.

### Medicare Basics September 20, 10am

**Medicare Basics:** Healthcare may be the highest expense incurred during retirement. The goal of our class is to educate citizens on the aspects of Medicare and explain the different benefit options. We will discuss what is covered under parts A, B, C, & D; show the differences between a supplemental and an advantage plan; explain the different times you can enroll or change your plan; and how you pay for Medicare. We will always have time for a Q & A session so you leave with the best understanding of your coverage options.

### Outings to Local Diners



**September 7th**



**September 14th**



**September 21st**



**September 28th**

Please pick two outings per person

## Community Activities

**Rensselaer County  
Sheriff's Department  
Deputy Phelps  
September 8, at 2:00**



**ACTIVE SHOOTER  
HOW TO RESPOND**

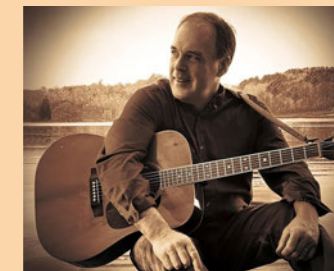
**BBQ**

**St. Michael's local parish is teaming up  
with Guliano's BBQ for a cook out.  
September 16, 4:00 at the Clubhouse**

Menu includes 1/2 chicken, Baked potato, corn on the cob, Coleslaw, Roll, and a Brownie for \$15 meals will be at the Clubhouse at 4.

We will preorder so please contact one of these two residents:  
**Kathy Roberts 518-203-7990 or Sue Bulman 518-728-5824**

**Stay for  
entertainment  
starting at 5:00  
with  
Mike Miner**



**THE  
Vermont  
COUNTRY STORE®**

ESTABLISHED 1946



THE ORTON FAMILY

**September 13**

Take a trip to our neighboring state!  
The bus will be leaving at 11:00.



When we arrive we will have  
lunch at Mildred's Dairy Bar  
and do some shopping.

**COOKING  
DEMO**

**September 22  
12:00**

Let's start fall off with some  
cozy sweet potato chili. Learn  
how to make this delish recipe  
and try samples! Seating will  
be limited so sign up for your  
spot a the table!



**SUMMIT  
BOCCE BALL  
TOURNAMENT**  
September 23 at 11:00



We will be at Mill Hill for the second annual  
Bocce tournament!  
The bus will be taking the team to Mill Hill but  
if anyone is interested in following the bus we'd  
love to have the support!

The bus will leave at 10:15 from the Clubhouse!



# 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.



## Let's Do Lunch at 12:00

September 1

Fried chicken with coleslaw and baked beans \$12



September 15

Baked haddock with rice pilaf and vegetable \$12

September 29

Cheeseburger lettuce tomato and onion with coleslaw and FF \$12



## Supper Club at 4:00



September 8

Almond Dill Chicken potato and vegetable \$14

September 22

Lasagna with garlic bread \$14



## 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