

SUMMIT AT EASTWYCK

Monthly Newsletter

November 2022



THE Manager's Message



It is so hard to believe that November is here! Time just goes by so fast, and I remember my mother saying this to me all the time. But I didn't appreciate what she meant until very recently. This time of year is when we really do feel thankful for all that we have. Take time this month to tell someone you love how much you appreciate them! My mother also used to say "gratitude can turn a meal into a feast, a house into a home, a stranger into a friend".

We have so much to enjoy in our community this month, so be sure to look over the newsletter and decide what appeals to you. Our annual Thanksgiving Dinner will take place on November 17th and we hope you will join us. I still remember 11 years ago when we had our first Pilgrims Feast and there were maybe 15 residents gathered in the Great Room. Tarah and I actually cooked the turkeys ourselves here in the Clubhouse!

If you won't be traveling for the holiday this year and would like to purchase a Thanksgiving meal Tarah has organized a dinner delivery for November 24th, maybe you can get together with neighbors and enjoy the afternoon together in the Clubhouse. Alexis Diner will be providing the meal and you can check with Tarah about the menu and delivery time.

Our bus will be taking residents to the polls on November 8th. We will make as many trips as needed so that everyone can vote. Let the office know if you want to go, and if you want to join the group for lunch at Juniors afterwards.

Looking ahead to next month, we will be collecting new unwrapped toys for Toys For Tots! Please bring a toy to the clubhouse when you sign up for the December Holiday Party.

Happy Thanksgiving to you and yours,

Kelly Ann Smith
Community Manager

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

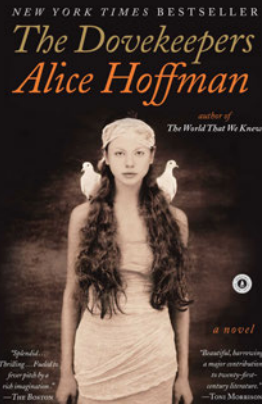
Linda Cox

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

November Book Club Wednesday, November 9th at 12:00

This month *The Dovekeepers*, by Alice Hoffman.

In 73 CE, a Roman legion laid siege to the mountain fortress of Masada, where a group of Jewish rebels had taken shelter. Completely entrapped, with the Roman battering ram closing in, the rebels chose to die instead of submitting. To avoid breaking the religious taboo against suicide, they drew lots and killed one another. Still, two women and five children survived the tragedy by hiding inside a cistern.



Save ^{the} Date

Holiday Sip & Shop December 9th 12-3pm

Shop local vendors:

The Little Dog Lounge

Mary Kay

Pampered Chef

The Gilded Door

Kayleigh Kanvas

Paparazzi Jewellery

and several more!

Feel free to invite your family & friends to come and get some holiday shopping done!



11/5 Angela Dunning

11/6 Tom Walsh

11/8 Linda Cox

11/8 JoAnne Gary

11/13 Harry Whipple

11/14 Robert Byrum

11/14 Diane Walsh

11/16 Sandy Purtell

11/17 Shirley Romer

11/26 Frank Cicio

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

Welcome Home to Eastwyck

Linda Comellas

Margaret Holdstock

Margaret Bornick

Lance and Deb Smith



S	M	T	W	TH	F	S
		1 Clubhouse Closed No Breakfast No Fitness All Saints Day	2 10-12 Halliday Financial Medicare Enrollment 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 Pizza	3 Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy	4 8:00 & 10:00 Grocery Stores 12:00 Ladies Lunch 1:00 Canasta 1:30 Choral Group 3:30 Rosary	5 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub 4:00 Wreaths Across America Roast Beef Dinner
6 3:00 Rummikub 4:00 Scrabble CTR  Daylight Savings GR Reserved 12-4	7 12:00 Let's do Lunch The Pilgrim Sandwich 1:00 Pinochle 2:00 Movie : <i>Elvis & Pie</i> 4:00 Knitting	8 11:00 Polls & Juniors 1:00 Drama Club 2:00 Sing-A-Long 3:00 Rummikub 4:00 Happy Hour—Alyssa Yeager 6:00 Liverpool Rummy U.S. General Election Day	9 8:00 & 10:00 Grocery Store 12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 Pizza	10 Medical Appointments 12:00 Veterans Luncheon 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy		12 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub Q: TRUE or FALSE The pilgrims refer to themselves as "pilgrims"?
13 3:00 Rummikub 4:00 Scrabble CTR Q: Which US president was the first to officially pardon a turkey?	14 1:00 Pinochle 2:00 Movie : <i>Father Stu & Pie</i> 4:00 Knitting 4:00 Supper Club Homemade Lasagna 6:00 Poker Night	15 12:00 Saratoga Casino 2:00 Sing-A-Long 3:00 Rummikub 6:00 Liverpool Rummy	16 1:30 SKAT 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting	17 Medical Appointments 1:00 Pinochle 1:00 Bible Study 3:00 Friendsgiving Dinner	18 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 2:30 Root Beer Floats 3:30 Rosary	19 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub Q: Which two NFL teams have played on Thanksgiving Day since 1966?
20 3:00 Rummikub 4:00 Scrabble CTR Q: How long can a turkey stay in the freezer?	21 12:00 Let's Do Lunch Chicken Salad Wrap 1:00 Pinochle 2:00 Movie : <i>Holidate & Pie</i> 4:00 Knitting	22 12:00 Walmart & Target 1:00 Drama Club 10:00 Medicare Basics 2:00 Sing-A-Long 3:00 Rummikub 4:00 Happy Hour Gone Gray Band 6:00 Liverpool Rummy	23 1:30 SKAT 2:00 10,9,8 Game 2:00 Tea & Scones 4:00 Knitting	24  Office is Closed	25 8:00 & 10:00 Grocery Stores 1:00 Canasta 2:00 BINGO 3:30 Rosary	26 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub Q: How many passengers were on the Mayflower?
27 3:00 Rummikub 4:00 Scrabble CTR Q: When was Thanksgiving declared a national celebration?	28 10:15 NY State Capital Tour & Lunch—A Better Bite Café 1:00 Pinochle 2:00 Birthday Celebration 4:00 Knitting 4:00 Supper Club Homemade Meat Loaf 6:00 Poker Night	29 12:00 Olive Garden & Trader Joes 2:00 Sing-A-Long 3:00 Rummikub 6:00 Liverpool Rummy	30 10-12 Halliday Financial Medicare Enrollment 1:30 SKAT 2:00 10,9,8 Game 2:00 Christmas Card Making 2:00 Snowman Sign 4:00 Knitting	 <p>Find all the Thanksgiving trivia questions, answers are enclosed inside.</p> 		
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 9:00 Hydro Bikes 9:30 Hydro Bikes 10:30 Trifecta Strength/ Balance/ Flex 11:30 Move & Grove	Every Friday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga (all levels)	

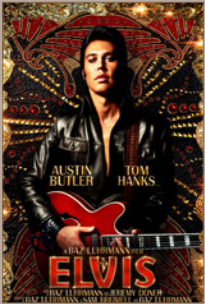
Community Activities

For all activities please sign up in the office.



We welcome all of our ladies residents to join us for a special lunch at the Clubhouse. Please sign up if you would like to come!

November 4th at noon



Each Monday the movie will start at 2:00 and pie will be served. Please sign up!

Elvis

Monday, November 7th
2:00

Father Stu

Monday, November 14th
2:00



Holidate
Monday, November 21st
2:00

Polls & Junior's

November 8

Bus leaves at 11 for the voting polls. After you vote, we'll go to lunch at Junior's in Troy.

JUNIOR'S
BAR & GRILL



Happy Hour

with
Entertainment
by Alyssa Yeager
November 8
at 4:00



Happy Hour

with
Entertainment by
The Gone Gray Band
November 22
at 4:00

VETERANS' LUNCHEON

NOVEMBER 10 AT NOON

We would like to honor all of our veterans that live at Eastwyck.

Please join us for this special luncheon as we honor those that served for our great country.

Community Activities



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 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

(518) 577-5214

Located in the Eastwyck Clubhouse.



This months Meals will be from
Alexi's Diner in North Greenbush

Supper Club at 4:00



November 14

Homemade Lasagna \$15

November 28

Homemade Meat Loaf \$16



Let's Do Lunch at 12:00

November 7

The Pilgrim Sandwich \$10



November 21

Chicken Salad Wrap \$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