

# SUMMIT AT EASTWYCK

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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

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Kelly Ann Smith  
KSmith@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

### Weekend Clubhouse Attendant

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Linda Cox

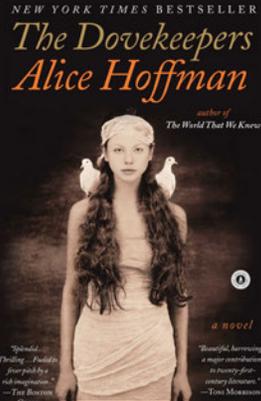
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Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
www.summitseniorlife.com

**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.



- 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.

*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!*



**Welcome Home to Eastwyck**

- Linda Comellas
- Margaret Holdstock
- Margaret Bornick
- Lance and Deb Smith



S	M	T	W	TH	F	S	
		<p>1</p> <p>Clubhouse Closed No Breakfast No Fitness</p> <p><b>All Saints Day</b></p>	<p>2</p> <p>10-12 Halliday Financial Medicare Enrollment 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 Pizza</p>	<p>3</p> <p>Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>4</p> <p>8:00 &amp; 10:00 Grocery Stores 12:00 Ladies Lunch 1:00 Canasta 1:30 Choral Group 3:30 Rosary</p>	<p>5</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub 4:00 Wreaths Across America Roast Beef Dinner</p>	
<p>6</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p>  <p><b>Daylight Savings GR Reserved 12-4</b></p>	<p>7</p> <p>12:00 Let's do Lunch The Pilgrim Sandwich 1:00 Pinochle 2:00 Movie : <i>Elvis &amp; Pie</i> 4:00 Knitting</p>	<p>8</p> <p>11:00 Polls &amp; Juniors 1:00 Drama Club 2:00 Sing-A-Long 3:00 Rummikub 4:00 Happy Hour—Alyssa Yeager 6:00 Liverpool Rummy</p> <p><b>U.S. General Election Day</b></p>	<p>9</p> <p>8:00 &amp; 10:00 Grocery Store 12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 Pizza</p>	<p>10</p> <p>Medical Appointments 12:00 Veterans Luncheon 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy</p>	 <p><b>Office is Closed</b></p>		<p>12</p> <p>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"?</p>
<p>13</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p> <p>Q: Which US president was the first to officially pardon a turkey?</p>	<p>14</p> <p>1:00 Pinochle 2:00 Movie : <i>Father Stu &amp; Pie</i> 4:00 Knitting 4:00 Supper Club Homemade Lasagna 6:00 Poker Night</p>	<p>15</p> <p>12:00 Saratoga Casino 2:00 Sing-A-Long 3:00 Rummikub 6:00 Liverpool Rummy</p>	<p>16</p> <p>1:30 SKAT 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting</p>	<p>17</p> <p>Medical Appointments 1:00 Pinochle 1:00 Bible Study 3:00 Friendsgiving Dinner</p>	<p>18</p> <p>8:00 &amp; 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 2:30 Root Beer Floats 3:30 Rosary</p>	<p>19</p> <p>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?</p>	
<p>20</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p> <p>Q: How long can a turkey stay in the freezer?</p>	<p>21</p> <p>12:00 Let's Do Lunch Chicken Salad Wrap 1:00 Pinochle 2:00 Movie : <i>Holidate &amp; Pie</i> 4:00 Knitting</p>	<p>22</p> <p>12:00 Walmart &amp; 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</p>	<p>23</p> <p>1:30 SKAT 2:00 10,9,8 Game 2:00 Tea &amp; Scones 4:00 Knitting</p>	 <p><b>Office is Closed</b></p>		<p>26</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub Q: How many passengers were on the Mayflower?</p>	
<p>27</p> <p>3:00 Rummikub 4:00 Scrabble CTR</p> <p>Q: When was Thanksgiving declared a national celebration?</p>	<p>28</p> <p>10:15 NY State Capital Tour &amp; 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</p>	<p>29</p> <p>12:00 Olive Garden &amp; Trader Joes 2:00 Sing-A-Long 3:00 Rummikub 6:00 Liverpool Rummy</p>	<p>30</p> <p>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>	 <p>Find all the Thanksgiving trivia questions, answers are enclosed inside.</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.

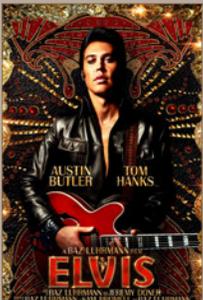


We welcome all of our ladies residents to join us for a special lunch at the Clubhouse. Please sign up if you would like to come!

November 4th at noon



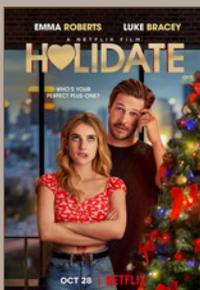
## Movie & Pie



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

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## 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.

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

(518) 577-5214

Located in the Eastwyck Clubhouse.



This month's 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.



Rita  
518-495-5603

Becky  
518-424-7922

at The Summit At Eastwyck