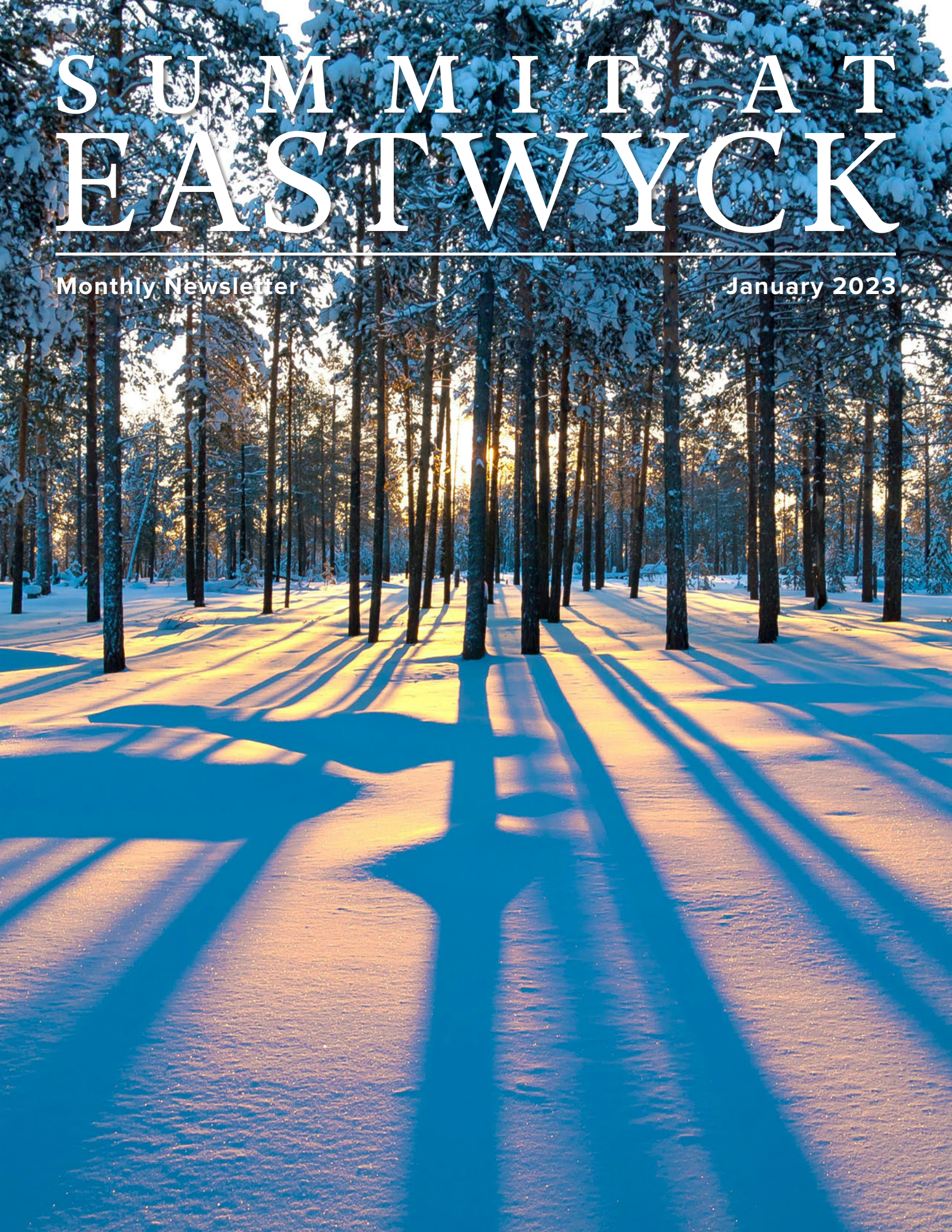


SUMMIT AT EASTWYCK

Monthly Newsletter

January 2023



THE Manager's Message



On behalf of the entire Summit at Eastwyck staff, our sincere thanks for all the generous gifts this holiday season. We are very grateful to have each, and every one of you here in our community. We have so many great events planned for the upcoming year for all of you to enjoy!

I wish everyone a safe, happy, and healthy 2023! This year I am so incredibly excited to be welcoming my first grandchild. I bet most of you remember that feeling of anticipation when your child was expecting a child. A new baby in the family brings so much joy! Stay tuned for details on his arrival, we have learned it's a baby boy!

One of our residents has a very special birthday coming up, Jean C. will be turning 100 in January, and we hope you can join us for a celebration on January 3rd. Jean is really something, she is sharp and sweet and always has a quick smile.

Happy New Year!

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
Terry Lantry

Weekend Clubhouse Attendant

Linda Cox

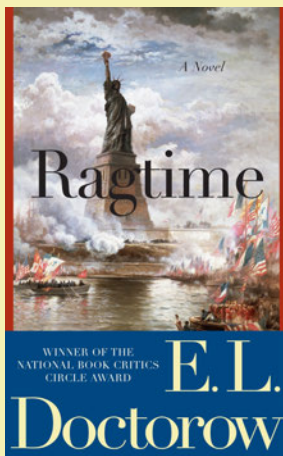
Summit at Eastwyck
1 Eastwyck Circle
Rensselaer, NY 12144
518.874.1638
www.summitseniorlife.com

January Book Club

Wednesday, January 11th at 12:00

Ragtime by E.L. Doctorow

Ragtime is a historical fiction novel by E.L. Doctorow published in 1974. It was Doctorow's fourth novel and among the most famous of his many works. In *Ragtime*, Doctorow weaves in real figures and events to situate his narrative in American history. He places *Ragtime's* characters in historical moments to speak to the socio-politics of his own time in the 1970s. The Modern Library ranked *Ragtime* as one of the 100 best English-language novels in the 20th century (1998). Similarly, TIME Magazine awarded *Ragtime* a spot in its "100 Best English-Language Novels from 1923-2005" list. *Ragtime* was adapted into a film of the same name in 1981, and was later turned into a Broadway musical in 1998.



Celebrating January Birthdays

- 1/2 Jimmy Scorsone
- 1/3 Jean Cox 100!!
- 1/4 Mary Tobin
- 1/8 Nancy Battistello
- 1/11 Elizabeth Doocey
- 1/12 Colleen Hill
- 1/14 Ed Collins
- 1/15 Sheila Van Alstine
- 1/15 John Barry
- 1/16 Louis Bacon
- 1/21 Deanna Wheeler
- 1/23 Vivian Rossetti
- 1/23 Paula Coggeshall

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



GENOA IMPORTING

Too busy to grocery shop? Too tired to cook?

Genoa Importing meals are available in the office on a first come/first serve basis. The below dishes are frozen and ready to be simply heated & enjoyed. Each 2-person serving is \$13.00.

This month's anyday choices:

- Shepherd's Pie
- Meat Lasagna
- Beef Stew
- Chicken Tortellini
- Chicken & Dumpling

Welcome Home to Eastwyck

Debra Wilsey
Marty & Judy Posila



| S | M | T | W | TH | F | S |
|---|---|--|--|---|---|--|
|  | 2 1:00 Pinochle 4:00 Knitting | 3 1:00 Drama Club 2:00 Jean Cox 100th Birthday 2:00 Russ Kennedy 2:00 Quarter BINGO 3:00 Rummikub 6:00 Liverpool Rummy | 4 10:00 Medicare Basics 1:30 SKAT 2:00 10,9,8 Game 4:00 Supper Club: Roast pork Loin | 5 Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 4:00 Happy Hour with Tim Farkis 6:00 Liverpool Rummy | 6 8:00 & 10:00 Grocery Stores 1:00 Canasta 2:00 Movie By The Fire 3:30 Rosary | 7 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub |
| 8 3:00 Rummikub 4:00 Scrabble CTR | 9 12:00 Ladies Lunch 1:00 Pinochle 4:00 Knitting 6:00 Poker Night | 10 11:00 Cooking for Two Cooking Demo with Gayatri 1:00 Drama Club 2:00 Quarter BINGO 3:00 Rummikub 6:00 Liverpool Rummy | 11 12:00 Let's Do Lunch: Ruben Wrap 12:00 Book Club 1:30 SKAT 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting | 12 Medical Appointments 10:30 Poetry Workshop 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy | 13 8:00 & 10:00 Grocery Stores 1:00 Canasta 2:00 Movie By The Fire 3:30 Rosary | 14 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub |
| 15 3:00 Rummikub 4:00 Scrabble CTR | 16 Office closed No Breakfast No Fitness Classes Martin Luther King Jr. Day | 17 2:00 Quarter BINGO 3:00 Rummikub 4:00 Pizza 6:00 Liverpool Rummy | 18 1:30 SKAT 2:00 10,9,8 Game 4:00 Knitting 4:00 Supper Club: Chicken Cacciatore | 19 Medical Appointments 10:30 Poetry Workshop 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy | 20 8:00 & 10:00 Grocery Stores 12:00 Soup Fest 1:00 Canasta 2:00 Movie By The Fire 3:30 Rosary | 21 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub |
| 22 3:00 Rummikub 4:00 Scrabble CTR | 23 1:00 Pinochle 4:00 Karaoke With Brian 4:00 Knitting | 24 1:00 Drama Club 2:00 Quarter BINGO 4:00 Pizza 6:00 Liverpool Rummy | 25 12:00 Let's Do Lunch: Chicken Quesadilla 1:30 SKAT 2:00 10,9,8 Game 4:00 Wine & Cheese 4:00 Knitting | 26 Medical Appointments 10:30 Poetry Workshop 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy | 27 8:00 & 10:00 Grocery Stores 1:00 Canasta 2:00 Movie By The Fire 3:30 Rosary | 28 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub |
| 29 3:00 Rummikub 4:00 Scrabble CTR | 30 1:00 Pinochle 2:00 Birthday Celebration 4:00 Knitting | 31 12:00 Murder Mystery Party 2:00 Sing A Long 2:00 Quarter BINGO 3:00 Rummikub 6:00 Liverpool Rummy |  | | | |
|  | 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.



Happy Hour

with
Entertainment
by Tim Farkis

January 5
at 4:00



Ladies Lunch

January 9 at noon



Cooking for Two Cooking Demo with Gayatri

January 10 at 11:00

One of the biggest challenges of cooking for two is the constant leftovers. Tired of eating the same thing over and over? It can be hard to cook a satisfying meal from scratch for just two and often results in too many leftovers and unnecessary waste. Learn meal prep strategy, tips to make delicious meals and some recipes in this workshop.

Every Friday at 2:00 cozy up by the Clubhouse Fire



and watch a movie

American History through Poetry

5 week course

Taught by Paul Lamar

Many of us know "Concord Hymn," the poem by Ralph Waldo Emerson about the start of the Revolutionary War. But there are many other poems written to respond to, and ultimately chronicle, the events of American history. In this course we'll discuss the poems as works of art and historical documents in order to understand some American themes, like democracy, economics, individualism, race, etc.

January 12, 19, 26, February 2, 9

We'll use the paperback 101 GREAT AMERICAN POEMS (Dover Thrift Edition), which you can order on Amazon for about \$3.00.

Winter Pen Pals

with

Miller Hill Sand Lake
School 3rd Grade.



Kids will write a letter to 17 residents. We ask that you please write the kids back. If you would like to be apart of this please see Tarah in the office.

Community Activities

Soup Fest January 20 at noon

Join your neighbors
at the Clubhouse
for a winter
luncheon!

Pick from two
different soups
and a variety of
different sandwiches.



Karaoke Night
Brian is back!!
January 23
4-6:00pm



Happy 2023 from
Summit Senior Living



Wine and Cheese TASTING

Wine and cheese are two of life's great culinary pleasures, and finding the perfect match can be a delicious endeavor. Come to the wine and cheese tasting, we will have stations set up for you to taste the various cheeses paired with the appropriate wines.

January 25 at 4:00



Murder Mystery Party **Passion, Pasta & Pistols**

January 31 at 12:00

We will be selecting people
to be a part of this dinner play.

Others will watch the play.

Enjoy a pasta themed dinner. Please sign up if you
are interested in attending.

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

Let's Do Lunch



January 11

Reuben Wrap \$13

Let's Do Lunch

January 25

Chicken Quesadilla \$13



Supper Club



January 4

Roast Pork Loin \$15

Supper Club

January 18

Chicken Cacciatore \$15



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