

SUMMIT AT EASTWYCK

Monthly Newsletter

March 2023



THE Manager's Message



Q: What's Irish and comes out during March?

A: Paddy O'Furniture!

March is finally here, and I know we are all looking forward to nicer weather! If you have patio furniture in your garage, let the office know if you need it brought to your balcony or patio. Also, don't forget to set the clocks ahead, one hour on March 12th. It's always wonderful when we have longer days and we begin to see the first signs of Spring!

There are lots of great happenings in our community this month for all of you to enjoy, whether you're Irish or not! Join us for the Irish Step Dancers on March 15th, the Bethlehem School of Dance will be on site to entertain us. Be sure to let us know if you plan on attending the St. Patrick's Day party on March 17th. The Hudson River Ceili will be here to perform traditional Irish music and other Celtic style music.

We have a brand new fitness class that will be offered in the pool on Tuesdays at 11am!

THERAPUTIC WATER BALANCE

This fitness class consists of water walking patterns that focus on balance and core stabilization.

Kelly Ann Smith
Community Manager

Staff



Community Manager

Kelly Ann Smith
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Assistant Community Manager

Tarah Lobdell
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Maintenance

Gani Dajko
Mike Stammel III

Driver

Terry Lantry

Weekend Clubhouse Attendant

Linda Cox

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st patrick's day party

**march 17th
at 4:00**

Enjoy a corned beef and
cabbage dinner at the
clubhouse with Irish band

Hudson River Ceili



March Book Club

Wednesday, March 8th at 12:00

Brooklyn

by Colm Tóibín

Hauntingly beautiful and heartbreaking, Colm Tóibín's sixth novel, *Brooklyn*, is set in Brooklyn and Ireland in the early 1950s, when one young woman crosses the ocean to make a new life for herself.



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

esyō PLAYATHON



Saturday, March 25
10:30am-5:15pm at Crossgates Mall

Stop by and enjoy the PLAYATHON, a free all-day concert by the **Empire State Youth Orchestra**.

Summit Senior Living is a proud sponsor of this outstanding event. Come out and show your support of these young stars and enjoy some beautiful music.



March BIRTHDAYS

- 3/7 David Taylor
- 3/8 Stephen Ainsworth
- 3/9 Dolores Lyman
- 3/11 Michele Bryski
- 3/18 Woodrow Fraleigh
- 3/19 Willard Reed
- 3/20 Edna Beers
- 3/21 Jane Ruff
- 3/24 Loreen Wheeler
- 3/25 Thea Eisen
- 3/30 Lena Henkin

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



Purim, celebrated on the 14th of Adar, is the most fun-filled, action-packed day of the Jewish year.

Celebrate Purim
Tuesday March 7 at 11:00

Welcome Home to Eastwyck

Patricia Collins
Marty & Judy Posila



S	M	W	TH	F	S
		1 10:00 Medicare Basics 11:30 Juniors—Lunch 2:00 10,9,8 Game 2:30 Cribbage	2 Medical Appointments 11:00 Salad In A Jar Class 1:00 Pinochle 1:00 Bible Study 2:00 BINGO	3 8:00 & 10:00 Grocery Stores 12:00 Let's Do Lunch: Reuben sandwich 1:00 Canasta 1:00 Choral Group 2:00 Movie By The Fire Downton Abbey 3:30 Rosary	4 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub
5 3:00 Rummikub 4:00 Scrabble CTR	6 10:00 Paint & Sip 1:00 Pinochle 4:00 Knitting	7 11:00 Celebrate Purim 2:00 Sing A Long 3:00 Quarter BINGO 3:00 RummiKub 4:00 Gone Gray Band 6:00 Liverpool Rummy	8 10:00 Sciatic Pain presented by Hector PT 12:00 Book Club 2:00 Communion 2:00 10,9,8 Game 4:00 Knitting 4:00 Sub Night	9 Medical Appointments 11:00 Ladies Brunch 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy	10 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Choral Group 2:00 Movie By The Fire Rescued By Ruby 3:30 Rosary
12 3:00 Rummikub 4:00 Scrabble CTR  Time to Spring Ahead Daylight Saving Time Begins	13 1:00 Pinochle 4:00 Knitting 4:00 Carmine & Life's Guilty Pleasures 6:00 Poker Night	14 11:00 Troy Music Hall & Lunch 2:00 Sing A Long 3:00 Quarter BINGO 4:00 Supper Club: Chicken Milanese 6:00 Liverpool Rummy	15 2:00 10,9,8 Game 4:00 Knitting 5:00 Bethlehem School of Irish Dance performance 	16 Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy	17 8:00 & 10:00 Grocery Stores 4:00 St Patrick's Day Party Music By: Hudson River Ceili 3:30 Rosary 
19 3:00 Rummikub 4:00 Scrabble CTR	20 9:30 Jim Cochran—Cushing Brothers 1:00 Pinochle 4:00 Knitting  Spring Begins	21 10:30 Saratoga Casino 2:00 Sing A Long 3:00 Quarter BINGO 4:00 Supper Club: Lasagna 6:00 Liverpool Rummy	22 11:00 Volunteer Program With Kristin Vivian 2:00 10,9,8 Game 4:00 Knitting 4:00 Sub Night	23 Medical Appointments 12:00 Let's Do Lunch: Hot Turkey Sandwich 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy	24 8:00 & 10:00 Grocery Stores 1:00 Choral Group 1:00 Canasta 2:00 Movie By The Fire A League Of Their Own 3:30 Rosary 4:00 Oldendorf Entertainment
26 3:00 Rummikub 4:00 Scrabble CTR	27 1:00 Pinochle 2:00 Birthday Celebration 4:00 Knitting	28 2:00 Sing A Long 3:00 RummiKub 4:00 Trivia 6:00 Liverpool Rummy	29 12:00 HANZO—Lunch 2:00 10,9,8 Game 4:00 Knitting	30 Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 6:00 Liverpool Rummy	31 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Choral Group Performance & Shamrock Shakes 2:00 Movie By The Fire Shotgun Wedding 3:30 Rosary 
 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 11:00-11:30 Thereputic Water Balance	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.

pampered chef®

Salad in a Jar Class with Gayatri March 2nd at 11:00

Join us for a fun Salads in a Jar Workshop. Learn how to make layered salads, & how to keep them fresh for delicious & healthy lunches on the go! You'll take home a jar of layered salad made with farm fresh ingredients & go home with recipes for layered salads and homemade salad dressing.



Ladies Brunch

March 9th at 11:00

March Entertainment & Happy Hour

3/7

Gone Gray Band



3/13

*Carmen & Life's
Guilty Pleasure*



3/24

Oldendorf Band



Cozy up by the Clubhouse Fire and watch a movie



March Movies

- 3/3 Downton Abby
- 3/10 Rescued By Rubby
- 3/24 A League Of Their Own
- 3/31 Shotgun Wedding



Bethlehem Traditional Irish Dance

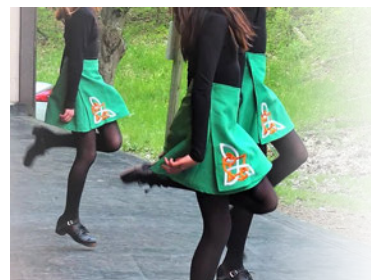
Irish Dancers

March 15 at 5:00

Bethlehem Irish
School of Dance

Come watch these
amazing Irish dancers
perform for us!

Please RSVP



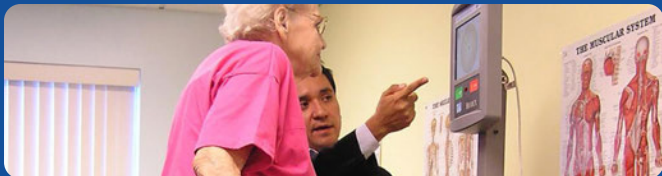
Community Activities

How Sciatic Pain Affects Active Adults

March 8th at 10:00

Join HectorPT for a learning session on
"Ways to Cope with Sciatic Pain"

Attendees will also learn simple exercises to remain safe and independent.



**SENIOR
REHABILITATION
SERVICES**

HECTORPT
www.hectorpt.com
(518) 577-5214



Jim Cochran Talk *The Cushing Boys*

March 20th at 9:30 in the Game Room

The fabulous Cushing Boys tells the story of four NY State brothers during the Civil War. One was fairly nondescript, another was a bit of a troublemaker, while the other two were quite heroic, one at Gettysburg, and the other led a mission to sink a major Confederate ironclad ship. This last mission has definite local ties, as well.

Sub Night !



Please pick one evening to enjoy a submarine sandwich at the clubhouse.

We will offer this twice this month.

March 8th & 22nd at 4:00



March 28th at 4:00
Please RSVP to the Office



**Troy Music Hall
& Whistling Tea Kettle**
March 14th at 11:00
Music at noon is back at the TMH!



Natalia Shevchuk Urkanian Pianist will perform at TMH. After we'll have lunch at the Whistling Tea Kettle.

Please sign up at the office as seating is limited!

Retired Senior Volunteer Program of the Capital District

Looking for volunteer opportunities in our community? This is a program for older adults, age 55+, who have interest in giving back to their community through volunteerism. Community-based organizations partner with RSVP to provide volunteer opportunities, giving participants the chance to stay engaged physically, remain active, social, use skills and talents.

Join us in the Great Room on March 22 at 11:00

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.



March Meals are from Carol's Place

Let's Do Lunch



March 3

Reuben with house made chips and mac salad \$14

Supper Club

March 14

Chicken Milanese, lemon butter sauce, broccoli and garlic mashed potato \$14



Supper Club



March 21

Lasagna with tossed salad and bread \$14

Let's Do Lunch

March 23

Hot Turkey Sandwich with mashed potato, gravy and veggie pasta salad \$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