



SUMMIT AT EASTWYCK

Monthly Newsletter

May 2023

The Manager's Message

Happy Mother's Day

My mother kept a garden
A garden of the heart
She planted all the good things
That gave my life its start
She turned me to the sunshine
And encouraged me to dream
Fostering and nurturing
The seeds of self-esteem
And when the winds and rain came
She protected me enough
But not too much because she knew
I'd need to stand up strong and tough
Her constant good example
Always taught me right from wrong
Markers for my pathway
That will last a lifetime long
I am my mother's garden
I am her legacy
And I hope today she feels the love
Reflected back from me.

Kelly Ann Smith
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

Driver

Terry Lantry

Weekend Clubhouse Attendant

Linda Cox

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



The Miller Hill Sand Lake Elementary 3rd Graders will be coming for a visit! We will be able to meet, visit and have lunch with your pen pals! Please save the date of June 7th at 11am.

Mark your Calendars!

Up Coming Trips:



May -Yankee Trail Trip The Museum Of Natural History in NYC. \$95 per person covers your transportation & ticket to the museum.

June- Yankee Trails Trip Botanical Garden in NYC \$106 per person covers your transportation & ticket.

July- Eastwyck bus will take us up to Lake George for an afternoon on the Luncheon cruise on the Lake George Steam boat Lac Du Saint Sacrament. \$55 covers your lunch & cruise.

August- Eastwyck bus will be going out to Chatham to the McHayden Theater to see Jersey Boys \$45 per ticket.

September—Yankee Trails Trip to The Bronx Zoo \$103 will cover your transportation & ticket into the zoo.

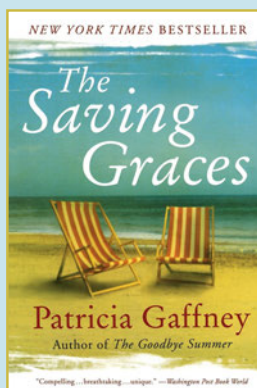
Please pay for the trip , at the time of sign up. If you are interested in any of the Yankee Trails trips, you may bring an outside guest.

May Book Club

Wednesday, May 10th at 12:00

The Saving Graces by Patricia Gaffney

Meet the Saving Graces, four of the best friends a woman could ever have. For ten years, Emma, Rudy, Lee, and Isabel have shared a deep affection that has helped them deal with the ebb and flow of expectations and disappointments common to us all. Calling themselves the Saving Graces, the quartet is united by understanding, honesty, and acceptance -- a connection that has grown stronger as the years go by. Though these sisters of the heart and soul have seen it all, talked through it all, they are not prepared for the crisis of astounding proportions that will put their love and courage to the ultimate test.



- 5/1 Marion Gardner
- 5/2 Pat Minozzi
- 5/3 Mary Agnes Pelletier
- 5/4 Dolores Chagnon
- 5/6 Kathleen Myambo
- 5/7 Marilyn Cook
- 5/7 Carol Francis
- 5/7 Joan Grimes
- 5/11 Elizabeth Rescott
- 5/15 Virginia Cornell
- 5/22 Mary Sherman
- 5/22 Tonia Kelley
- 5/25 Mary Ghent
- 5/26 Priscilla Oles
- 5/27 Barbara Welch
- 5/29 Sandra Liptak
- 5/30 Lois Anderson
- 5/30 Frank Germanowski

New Resident Orientation & Birthday Party.

Please join us for our monthly birthday celebration. The Orientation will follow the birthday celebration.

Welcome Home to Eastwyck

The Westacotts



Community Garden

It's finally that time of the year!!!

We will be opening up our community Garden this month. If you are interested in using a garden bed for the season please sign up in the office. Planting day is scheduled for May 24th at 3:00.



S	M	T	W	TH	F	S
<div>1</div> <div></div> <div></div>	<div>1</div> <div>1:00 Pinochle 4:00 Knitting 4:00 Dinner - Turkey Club \$14</div> <div></div>	<div>2</div> <div>2:00 Sing A Long 3:00 Quarter BINGO 6:00 Liverpool Rummy</div> <div></div>	<div>3</div> <div>10:30 Proper Foot Care & Shoes—Hector PT 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting</div> <div></div>	<div>4</div> <div>Medical Appointments 1:00 Pinochle 1:00 Bible Study 4:00 Alyssa Yager—Entertainment 5:30 Bocce 6:00 Liverpool Rummy</div> <div></div>	<div>5</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 2:00 Banjo Band 3:30 Rosary</div> <div></div>	<div>6</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</div> <div></div>
<div>7</div> <div>3:00 Rummikub 4:00 Scrabble CTR</div> <div></div>	<div>8</div> <div>12:00 Let's Do Lunch Chicken Salad Wrap \$12 1:00 Pinochle 2:00 Choral Group to Mill Hill 4:00 Knitting</div> <div></div>	<div>9</div> <div>10:00 North Greenbush Library Libby Program & Cards 3:00 RummiKub 3:00 Quarter BINGO 4:00 Summit Salad Bar 6:00 Liverpool Rummy</div> <div></div>	<div>10</div> <div>11:00 WNYT—Christina Talamo Meteorologist 12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 2:00 Craft 2:30 Cribbage 4:00 Knitting</div> <div></div>	<div>11</div> <div>Medical Appointments 12:00 Mothers Day Luncheon 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 5:30 Bocce 6:00 Liverpool Rummy</div> <div></div>	<div>12</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Tulips in Washington Park 3:30 Rosary</div> <div></div>	<div>13</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</div> <div></div>
<div>14</div> <div>3:00 Rummikub 4:00 Scrabble CTR</div> <div></div>	<div>15</div> <div>12:00 Let's Do Lunch Mushroom & Swiss Burger \$11 1:00 Pinochle 4:00 Knitting 6:00 Poker Night</div> <div></div>	<div>16</div> <div>11-2:00 Pizza Trails Food Truck 11:00 French Class 3:00 Quarter BINGO 6:00 Liverpool Rummy</div> <div></div>	<div>17</div> <div>11:00 Health Information Security 1:30 SKAT 2:00 Communion 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting</div> <div></div>	<div>18</div> <div>Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 5:30 Bocce 6:00 Liverpool Rummy</div> <div></div>	<div>19</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Heather Coleman - Mediation, Aura, and Energy Wellness Workshop 3:30 Rosary</div> <div></div>	<div>20</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</div> <div></div>
<div>21</div> <div>3:00 Rummikub 4:00 Scrabble CTR</div> <div></div>	<div>22</div> <div>1:00 Pinochle 4:00 Knitting 4:00 Dinner - Goulash \$10</div> <div></div>	<div>23</div> <div>11:00 French Class 2:00 Sing A Long 3:00 Quarter BINGO 6:00 Liverpool Rummy</div> <div></div>	<div>24</div> <div>1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 3:00 Community Garden Planting 4:00 Knitting</div> <div></div>	<div>25</div> <div>Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 5:30 Bocce 6:00 Liverpool Rummy</div> <div></div>	<div>26</div> <div>8:00 & 10:00 Grocery Stores 12:00 Memorial Day Cookout 1:00 Canasta 3:30 Rosary</div> <div></div>	<div>27</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub</div> <div></div>
<div>28</div> <div>3:00 Rummikub 4:00 Scrabble CTR</div> <div></div>	<div>29</div> <div>Office Closed No Fitness & No Breakfast Memorial Day</div> <div></div>	<div>30</div> <div>Yankee Trails—NYC Museum 11:00 French Class 2:00 Sing A Long 3:00 RummiKub 3:00 Quarter BINGO 6:00 Liverpool Rummy</div> <div></div>	<div>31</div> <div>1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Laura Collins</div> <div></div>	<div></div>		
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>9:00 Stretch & Flex 10:00 Aqua Fit 11:00 Zumba</div>	<div>Every Tuesday</div> <div>8:00 Hydro Bikes 9:00 Pilates 10:00 Pilates 11:00-11:30 Thereputic Water Balance</div>	<div>Every Wednesday</div> <div>9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Fitness Drumming</div>	<div>Every Thursday</div> <div>9:00 Hydro Bikes 9:30 Hydro Bikes 10:30 Trifecta Strength/ Balance/ Flex 11:30 Move & Grove</div>	<div>Every Friday</div> <div>9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga (all levels)</div>	

Community Activities

For all activities please sign up in the office.

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



Presentation
Foot Care & Proper Shoes
May 3rd at 10:30



Happy Hour

with
Entertainment
by Alyssa Yeager
May 4th at 4:00



They're Back!

The Banjo Band
May 5th at 2:00

Come to the
Clubhouse for a
great toe tapping
performance.

**Painting flower pots
and planting succulents!**

May 9th at 2:00



**North Greenbush
Public Library**

May 9th at 10:00

Mary with the Town library will be at the Eastwyck Clubhouse for anyone interested in information on the Library's program called Libby.

She will also be issuing library cards for anyone interested.

13 Christina Talamo

**WNYT Meteorologist
Christina Talamo**
**May 10th at the
Clubhouse.**
Christina will be
talking to us about
meteorology.



**MOTHER'S DAY
LUNCHEON**

**May 11th at Noon
In the Great Room**

Honoring all of our ladies here at Eastwyck,
join us for a special luncheon!



Community Activities



Tulips in Washington Park

May 12 at 1:00

The bus will leave after the Friday grocery run.

We will drive through Washington park and check out the beautiful tulips!

Sign up for your seat on the bus!



Healthy Information Security with Lance

May 17th at 11:00

HEATHER COLEMAN

Mediation, Aura, and Energy
Wellness Workshop

May 19 at 1:00

Want to learn how to meditate? Meditation helps lower blood pressure, calm the mind, and leads to better sleep. Join Yoga Instructor and Meditation Facilitator Heather Coleman to learn about:

- Meditation: What is it? And how to?
- Your Aura: How can you keep it healthy?
- Your energy field and how to take care of this important part of yourself
- Chakras, Meridians, EFT, Reiki: You'll know what all of this is, and leave armed with tools to take great care of your ENERGY CENTER!



French Workshop

**Four weeks, each Tuesday
starting May 16th at 11am**

Sabra, a French instructor with Capital Region Language Center, brings a love of French to her classroom. In this course, students will learn the alphabet, numbers, colors, greetings, and key vocabulary for daily activities.

MAGNIFIQUE

OUI

AMOUR

**FRENCH
LANGUAGE**

Memorial Day Cook Out

May 26th at noon

Enjoy hamburgers & hotdogs
on the patio as we kick off Summer!

Please bring a dessert to share!



**Entertainment by
Laura Collins**

May 31 at 4:00

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.



May Meals are from Alexis Diner

Supper Club



May 1

Turkey Club \$14

Let's Do Lunch



May 8

Chicken Salad Wrap \$12

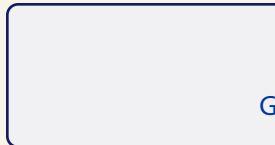
Let's Do Lunch



May 15

Mushroom & Swiss Burger \$11

Supper Club



May 22

Goulash \$10

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

Hair

Rita

518-495-5603

Becky

518-424-7922

Nails

Audrey 518-859-1485