



SUMMIT AT EASTWYCK

Monthly Newsletter

September 2023

THE Manager's Message



September is one of the loveliest months of the year, sort of a bridge between summer and fall. The cooler mornings and evenings, football games, back to school and leaves changing color are some of my favorite things! Our residents can continue their Friday night smores by the fire pit throughout September. We have something for everyone to enjoy this month, the annual Bocce Ball tournament, crafts, musical entertainment, cooking demos, writing workshops and so much more.

Thank you to all the generous Eastwyck residents for the back to school supplies! We were able to donate so many items to Concerns U, the school supplies will be so appreciated by the local families with children heading back to school.

The Summit at Eastwyck Choral Group will resume on September 8th. Flo will accompany the singers on piano and we encourage new members to join in the fun. The first performance will take place on Sept 29th and we will enjoy apple pie ala-mode following the Choral Group performance.

A handwritten signature in black ink that reads "Kelly Ann Smith". The script is cursive and fluid.

Kelly Ann Smith
Community Manager

As a reminder we offer Supper Club and Let's do Lunch each month for our community, see this month's options on the back of the newsletter. Each month, meals can be purchased and delivered from local restaurants. Our residents can enjoy their meal with neighbors and friends right here in the Clubhouse or take it back to their apartments.

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

Tracey Ainsworth

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

Mark your Calendars!

Up coming trips:

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.

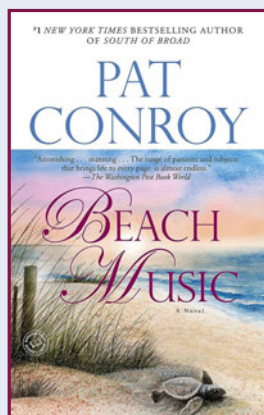


September Book Club

Wednesday, September 13th at 12:00

Beach Music by Pat Conroy

An American expatriate in Rome unearths his family legacy in this sweeping novel by the acclaimed author of *The Prince of Tides* and *The Great Santini*. A Southerner living abroad, Jack McCall is scarred by tragedy and betrayal. His desperate desire to find peace after his wife's suicide draws him into a painful, intimate search for the one haunting secret in his family's past that can heal his anguished heart. Spanning three generations and two continents, from the contemporary ruins of the American South to the ancient ruins of Rome, from the unutterable horrors of the Holocaust to the lingering trauma of Vietnam, *Beach Music* sings with life's pain and glory. It is a novel of lyric intensity and searing truth.



Sub-Night



Thursday, September 18th or 25th

Please sign up for one.

September Birthdays



9/1 Mary Ann Manley

9/8 Beverly Brown

9/10 Cindy Dixon

9/16 Ann McKinney

9/19 Midge Rogers

9/21 Rachel Charron

9/24 Lance Smith

9/25 Nancy Harrington

9/25 Bonnie Peterson

9/26 Merlene Fraleigh

New Resident Orientation & Birthday Party.

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

Every Friday evening at 7:00

Join your friends
on the back patio
for

S'mores

Eastwyck will provide
all that you will need to
make the S'mores.

BYOB & enjoy a beautiful
summer evening
together with your
friends! RSVP Please.



S	M	T	W	TH	F	S
					1 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Movie— <i>Its Complicated</i> 3:30 Rosary 4:00 Knitting 7:00 S'mores By The Fire-pit	2 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub 3-7 GR & Bocce Court Reserved
3 3:00 Rummikub 4:00 Scrabble CTR	4  Office Closed No Breakfast No Fitness	5 1:30 Walmart 1:30 SKAT 2:00 10,9,8 Game 2:00 Sing A Long 2:30 Cribbage 3:00 Quarter BINGO 4:00 Knitting	6  8:00 & 10:00 Grocery Stores 9:00 Bank Of Greene County Follow up 10:00 HectorPT Q&A with OT 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting Yankee Trails Bronx Zoo Trip	7  Medical Appointments 10:30 Fall Craft 12:00 Lunch Spinach Salad 1:00 Pinochle 2:00 Barry Loffredo <i>Managing Meds</i> 6:00 Liverpool Rummy	8 9:00 Summit Bocce Tournament 1:00 Canasta 1:30 Choral Group 3:30 Rosary 7:00 S'mores By The Fire-pit	9 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub
10 3:00 Rummikub 4:00 Scrabble CTR	11 1:00 Movie— <i>Book Club Next Chapter</i> 3:00 Rummikub 4:00 Knitting 4:00 Scrabble CTR 6:00 Poker Night	12 11:00 Communion 1:30 SKAT 2:00 10,9,8 Game 2:00 Sing A Long 2:30 Cribbage 3:00 Quarter BINGO 4:00 Knitting 6:00 Liverpool Rummy	13 10:00 Saratoga Casino 12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	14 Medical Appointments 10:30 Fall Craft 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 4:00 Dinner - Chicken Parm 6:00 Liverpool Rummy 5-8 GR Reserved	15 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 7:00 S'mores By The Firepit Bocce Tournament Rain Date	16 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub
17 3:00 Rummikub 4:00 Scrabble CTR	18 1:00 Movie— <i>5 Year Engagement</i> 1:00 Pinochle 3:00 Rummikub 4:00 Scrabble CTR 4:00 Sub Night	19 1:30 SKAT 2:00 Jack Kelle Band— Entertainment 2:30 Cribbage 3:00 Quarter BINGO 4:00 Knitting 6:00 Liverpool Rummy	20  10:00 HectorPT Learn & play w/ OT tools 10:30 Memoir Workshop 12:00 Lunch - Kickin Reuben Wrap 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	21 Medical Appointments 12:00 Ladies Lunch 1:00 Pinochle 1:00 Bible Study 2:00 BINGO	22 8:00 & 10:00 Grocery Stores 12:00 Corn Chowda Demo 1:00 Canasta 1:30 Choral Group 3:30 Rosary 7:00 S'mores By The Fire-pit	23 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub  Autumn Begins
24 3:00 Rummikub 4:00 Scrabble CTR	25 1:00 Pinochle 2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 3:30 Movie— <i>POMS</i> 4:00 Knitting 4:00 Sub Night 6:00 Poker Night	26 1:30 SKAT 2:00 10,9,8 Game 2:00 Sing A Long 3:00 Quarter BINGO 4:00 knitting 4:00 Alyssa Yager— Entertainment 6:00 Liverpool Rummy	27 10:30 Memoir Workshop 1:00 Movie— <i>STIL</i> (Michael J Fox) 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	28  Medical Appointments 1:00 Pinochle 1:00 Bible Study 2:00 Barry Loffredo <i>Terminal Illness</i> 4:00 Dinner - Turkey & Bacon Club 6:00 Liverpool Rummy	29 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group Performance W/ apple pie a la mode 3:30 Rosary 7:00 S'mores By The Fire-pit	30 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 Rummikub
 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 1:00 Strength Training (6 weeks) 2:00 Walking Group (6 weeks)	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) 12:00 Balance 1:30 Mediation	

Community Activities

For all activities please sign up in the office.

September Movies



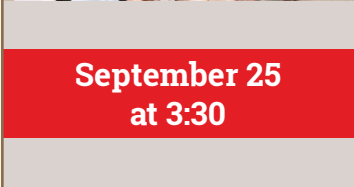
September 1
at 1:00



September 11
at 1:00



September 18
at 1:00



September 25
at 3:30



Barry Loffredo



Managing Your Medications
September 7th at 2:00

Terminal Illness
September 28th at 2:00

ANNUAL SUMMIT BOCCE BALL TOURNAMENT



September 8 bus leaves at 9am
Bus leaves at 9am

Summit at Eastwyck will compete against our sister communities! Tournament will be held at

Summit at Saratoga.

The bus will take the players, if you wish to come watch and support our team you'll need to drive up. People can follow the bus.

* Rain Date is September 15th*



September 13
Bus leaves t 10am

The Jack Kelle Band



September 19th at 2:00

Community Activities

HECTORP

www.hectorpt.com

(518) 577-5214



Presentation:

"Q & A with Occupational Therapy"

Wednesday, September 6th

10:00 am

Come discuss how it can work for you,
and learn about our training/background.

Presentation:

"Rehab Tools for Daily Living"

Wednesday, September 20th

10:00 am

Learn & Practice with Occupational Therapy
tools to make self care easier at home.



Ladies LUNCH

SEPTEMBER 21 AT 12:00

PLEASE SIGN UP
IF YOU WISH TO COME.



Happy Hour

with
Entertainment
by Alyssa Yeager

September 26th
at 4:00



Memoir Workshop

Four week class starting 9/20
This workshop will take place in the
Game Room at the Clubhouse.

Fall Craft

September 7
Fall Wall Decor



September 14,
Fall Wine Glass
Painting

Please pick one when you sign up,
seating is limited.

Chowda Cooking Demo with Tarah

September 22 at 12
Come learn how to
make a fall Favorite
of the Lobdells home!
Please sign up,
seating is limited.



EASTWYCK CHORAL GROUP The Choral Group is back!

And they are ready to
perform some songs for us!

Listen to their performance
on September 29th. Then
enjoy apple pie a la mode.



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



September 7

Spinach Salad \$10

September 20

Kickin Reuben Wrap \$14



Supper Club



September 14

Chicken Parm \$19

September 28

Turkey & Bacon Club \$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.

Renew
DAY SPA
at The Summit At Eastwyck

Hair

Rita

518-495-5603

Becky

518-424-7922