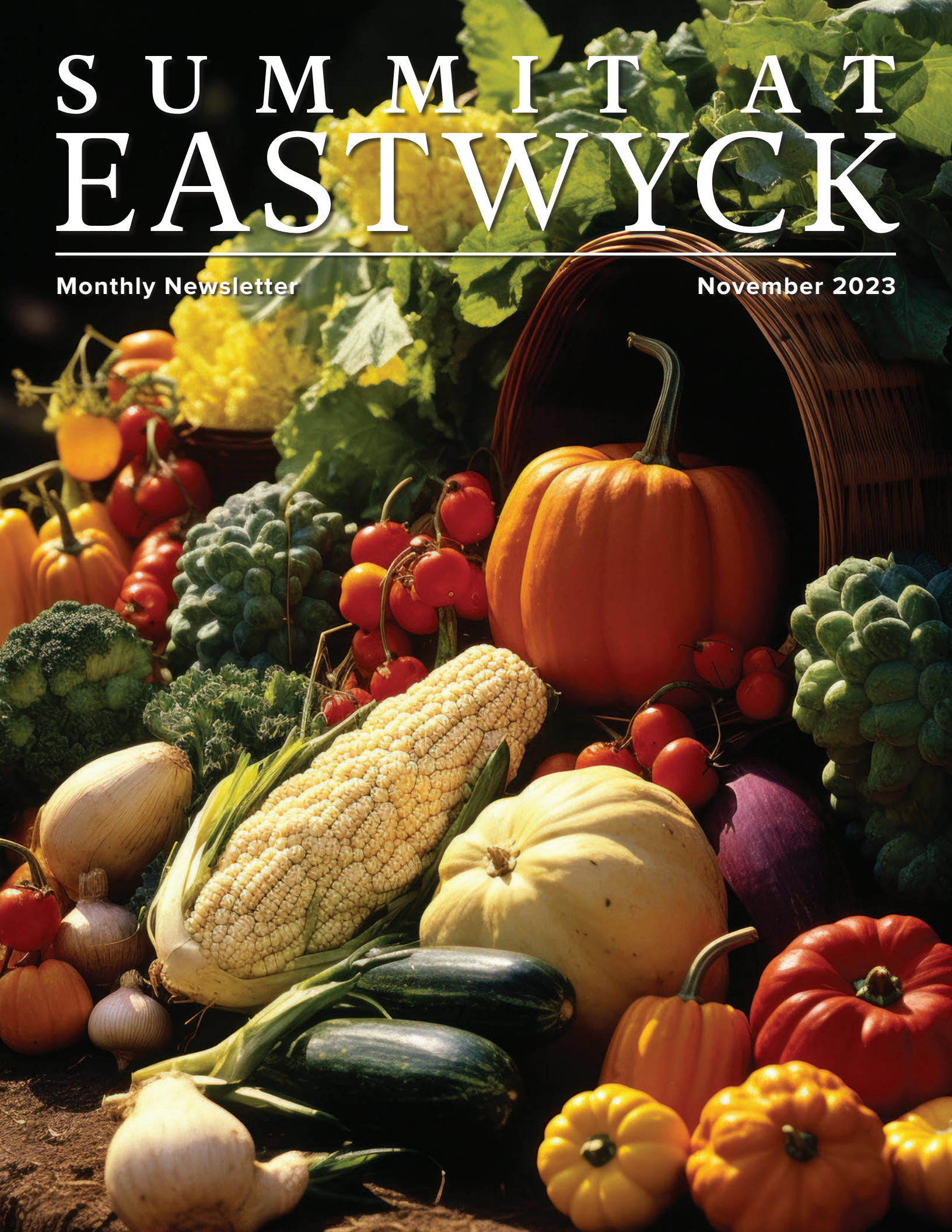


SUMMIT AT EASTWYCK

Monthly Newsletter

November 2023



THE Manager's Message

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."

~Nathaniel Hawthorne

Now that November is here and we begin to get deeper into the fall, sometimes it's tempting to just hunker down inside. There will be plenty of time for that next month, so dig out your sweaters, hats and gloves and enjoy the outdoors. Try to keep walking outside and getting fresh air as much as you can, it really makes a difference in how you feel physically and emotionally.

Summit at Eastwyck is offering a special Thanksgiving dinner for our residents on November 23rd. Please call the office to order your Thanksgiving meal by November 17th—each meal with all the fixins is \$20. The Thanksgiving meal can be picked up at the Clubhouse between 3 and 4 pm. Wishing you all a Happy Thanksgiving!

We are so thankful that we have such a wonderful group of residents in our community. Each of you make Summit at Eastwyck a great place to live, we appreciate all that you do for each other and our community!

Happy Thanksgiving!



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

Mark Collins

Driver

Terry Lantry

Weekend Clubhouse Attendant

Tracey Ainsworth

Summit at Eastwyck

1 Eastwyck Circle

Rensselaer, NY 12144

518.874.1638

www.summitseniorlife.com

Welcome Home to Eastwyck

Helen Murray
Susan Taber



Thanksgiving Day Dinners!



Thursday, November 23rd

Alexis Diner will be preparing all the fixings for your Thanksgiving dinner & delivering them to the Clubhouse.

Turkey, Stuffing, Mashed Potato, Veggie,
Soup & Pie \$20 each.

*All orders must be in to the office
& paid by the 17th.*

Craft Class

**Snow man
or Christmas Card making**



November 29th at 10:30

November Birthdays

11/5	Angela Dunning
11/6	Tom Walsh
11/7	Marty Posila
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.

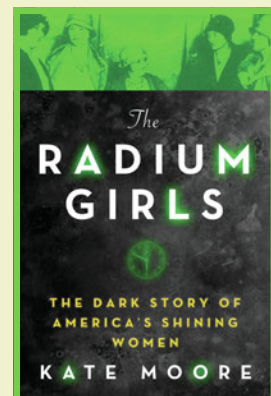
November Book Club Wednesday, November 8th at 12:00

***The Radium Girls* by Kate Moore**

The incredible true story of the women who fought America's Undark danger.

The Curies' newly discovered element of radium makes gleaming headlines across the nation as the fresh face of beauty, and wonder drug of the medical community. From body lotion to tonic water, the popular new element shines bright in the otherwise dark years of the First World War.

Meanwhile, hundreds of girls toil amidst the glowing dust of the radium-dial factories. The glittering chemical covers their bodies from head to toe; they light up the night like industrious fireflies. With such a coveted job, these "shining girls" are the luckiest alive - until they begin to fall mysteriously ill.



November 2023

Summit At Eastwyck Office Phone: 518.874.1638 | Emergency Maintenance Phone: 518.338.7441

Hello November							1	2	3	4			
							1:30 SKAT 2:00 10,9,8 Game 2:00 Snowberry Pie 2:30 Cribbage 4:00 Knitting	Medical Appointments 12:00 Ladies Lunch 1:00 Pinochle 4:00 HectorPT “Posture is more than meets the eye” 6:00 Liver Pool Rummy	8:00 & 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 6:30 Fire Side Chats BYOB	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub 4:00 Wreaths Across America Roast Beef Dinner			
5	3:00 RumiKub 4:00 Scrabble CTR 	6	1:00 Movie— The Mother 3:00 RumiKub 4:00 Scrabble CTR 4:00 Happy Hour W/ Gone Gray Band	7	11:00 Amaryllis Plants 12:00 Lets Do Lunch 1:30 SKAT 2:00 10,9,8 Game 2:00 Sing A Long 2:30 Cribbage 3:00 Quarter BINGO 4:00 Knitting	8	12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 2:00 Apple Pie 2:30 Cribbage 4:00 Knitting	9	Medical Appointments 12:00 Veterans Day Lunch 1:00 Pinochle 2:00 BINGO 6:00 Liver Pool Rummy	10	8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 2:00 Banjo Band 3:30 Rosary 6:30 Fire Side Chats BYOB	11	 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub VETERANS DAY
12	3:00 RumiKub 4:00 Scrabble CTR	13	1:00 Movie— 3:00 RumiKub 4:00 Knitting 4:00 Scrabble CTR 6:00 Poker Night	14	1:30 SKAT 2:00 10,9,8 Game 2:00 Michael Barrett Troy Tiffany Treasures 3:00 Quarter BINGO 2:30 Cribbage 4:00 Knitting 4:00 Supper Club 6:00 Liver Pool Rummy	15	10:00 Monet The Immersive Experience 1:30 SKAT 2:00 10,9,8 Game 2:00 Cranberry Crumble Pie 2:30 Cribbage 4:00 Knitting	16	Medical Appointments 12:00 Men’s Lunch 1:00 Pinochle 1:00 Bible Study 2:00 BINGO 2:00 Barry Loffredo Terminal Illness 6:00 Liver Pool Rummy	17	8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 6:30 Fire Side Chats BYOB	18	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
19	3:00 RumiKub 4:00 Scrabble CTR	20	 3:00 Friendsgiving Dinner and the Jack Kelle Band	21	11:00 Communion Service 12:00 Lets Do Lunch 1:30 SKAT 2:00 Sing A Long 3:00 Quarter BINGO 2:30 Cribbage 4:00 Knitting 6:00 Liver Pool Rummy	22	10:30 Walmart & Target 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	23	Office closed No breakfast No Fitness 	24	8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 6:30 Fire Side Chats BYOB	25	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
26	3:00 RumiKub 4:00 Scrabble CTR	27	1:00 Pinochle 2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 3:30 Movie— 4:00 Knitting 6:00 Poker Night	28	1:30 SKAT 2:00 10,9,8 Game 2:00 Sing A Long 2:30 Cribbage 3:00 Quarter BINGO 4:00 knitting 4:00 Supper Club	29	10:30 Craft 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Happy Hour W/ Paul	30	Medical Appointments 12:00 Soup & Sandwiches 1:00 Pinochle 1:00 Bible Study 2:00 BINGO				
CONNECTED <i>life</i>  FITNESS		Every Monday 9:00 Stretch & Flex 10:00 Aqua Fit		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) 12:00 Balance 1:30 Mediation			

Community Activities

For all activities please sign up in the office.



Pie!

Snowberry Pie – November 1
Apple – November 8
Cranberry Crumble – November 15

Ladies LUNCH

NOVEMBER 2 AT 12:00

PLEASE SIGN UP
IF YOU WISH TO COME.



Happy Hour

with
Entertainment by
The Gone Gray Band

November 6
at 4:00



Happy Hour

with
Entertainment
by Paul Slusar

November 29
at 4:00



ROAST BEEF DINNER

NOVEMBER 4TH

Dinners will be delivered
to the Clubhouse at 4pm
please sign up and pay the
office. Each dinner is \$17.

Veterans Day Lunch

November 9th

We would like to honor all of our veterans at this
special luncheon.

Join other veterans from our community at the clubhouse
for a nice lunch at noon.



"Troy's Tiffany Treasures" November 14th at 2:00

Troy is said to have more Tiffany
glass per square mile than any
other city in the world.
This illustrated lecture covers
the life and work of Louis
Comfort Tiffany and several of
his illustrious employees in their
production of some astonishing
works of art in glass.

Monet The Immersive Experience November 15 at 10:00

"The 360-degree digital art exhibition invites you to step
into the world of the French painter Claude Monet."

Armory Studios NY - Schenectady

Reserve your spot on the bus today.

Tickets are \$25 each.



Community Activities



Tri-County Banjo Band November 10 at 2:00

The band is coming back!!
Please sign up for this afternoon,
as we need to plan for seating.



Barry Loffredo

Our fate lies in the hands of people we value for their technical prowess more than their ability to understand human needs. It is critical to discuss end of life goals with your doctor in order to generate less suffering, improved physical activity, and better interaction by decreasing the stress of the unknown.

Nursing home priorities are often safety and continuation of life without regard for the patient's wishes. We need death with dignity. Hospice is the comfort squad, not the death squad. List of all the wonderful things that hospice does.

Terminal Illness November 16 at 2:00

Soups & Subs November 30 at noon

Come to the Clubhouse
and build your own sub
with Chef Johnny!

He has prepared
a delicious butternut
squash with apple bisque.

Please sign up by the 21.
Lunch will be \$12



Friendsgiving Dinner November 20 at 3:00

Come down and enjoy a
Thanksgiving Dinner with the community.

We will be serving Turkey, Potatoes,
Green Beans, Stuffing and Rolls.
Please bring a dessert to share.

Entertainment will be by the Jack Kelle Band.
Please sign up no later than November 13th.



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 will be from



— Lets Do Lunch —

November 7th at noon

Oven Roasted Turkey, Applewood Smoked Bacon, Pepperjack, Baby Arugula, Dill Pickle, Red Onion with our Carolina Mustard BBQ Sauce on Toasted Sourdough bread \$12

November 21 at noon

Pilgrim Sandwich, Roasted Turkey with stuffing and a cranberry mayo on a hard roll \$11

— Supper Club —

November 14th at 4:00

Goulash with garlic bread \$14

November 28th at 4:00

Eggplant Parmesan with salad & bread \$16

Dr. Michael Masias, DPM

Starting at 10:00 on the 1st Wednesday of every month, Dr. Masias will be on site.

518-320-8659.



Hair

Rita

518-495-5603

Becky

518-424-7922