

SUMMIT AT EASTWYCK

Monthly Newsletter

December 2023



THE Manager's Message

happy holidays



Where does the time go? I just can't believe it's the holiday season again. We have some fabulous activities lined up for our community to enjoy this month. Rabbi Deb will be with us on December 13th for our special Hanukkah celebration. So, be sure to join in the fun.

Brian, the DJ, will be here for the Christmas Karaoke Cookie Exchange on December 14th, great music and homemade or store bought cookies will be just the thing to get us in the Holiday Spirit.

Don't miss the Princeton Co-Op Childrens Choir on December 4th. Everyone enjoys hearing the children perform their best holiday songs.

There's a Yankee Gift Swap, a trip to the Cathedral of The Immaculate Conception, and our annual Holiday Party as well.

We will round out the month with a Summit Choral performance and Hot Chocolate bar, and a Champagne Toast to ring in the new year.

As you all know, sadly we no longer will have ShopRite across the street. For the Month of December, we will be adding Walmart to the Friday run. We ask that you continue to keep your time in the store to an hour. Please remember that one week notice is required to reserve a seat.

*Wishing you and yours the best Hanukkah,
the Merriest Christmas, and Happiest New Year!!*

Kelly Ann Smith

Kelly Ann Smith
Community Manager



Door Decorating Contest

Decorate your apartment door with your best holiday décor! The winner will be presented from each building at the holiday party.



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

Cheryl Lynch
Richard Jackson

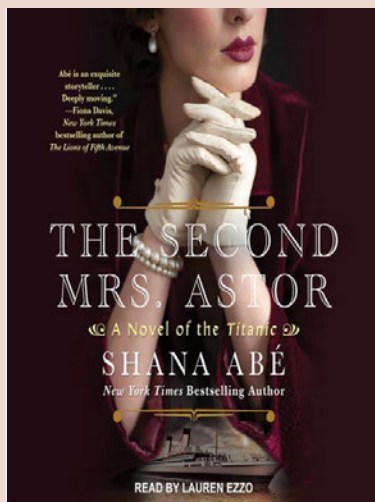


December Book Club

Wednesday, December 13th at 12:00

***The Second Mrs. Astor* by Shana Abe**

The Second Mrs. Astor is a historical fiction book by Shana Abe that tells the story of Madeleine Force, a young debutante who marries John Jacob Astor IV, a wealthy widower and Titanic victim. The book explores their courtship, marriage, honeymoon, and tragic fate on the doomed ship, as well as Madeleine's struggle to cope with the aftermath of the disaster and the public scrutiny. The book is partially written as a letter to their infant son, who survived the sinking.



12/2	Becky Architzel
12/5	Mary Ryan
12/7	Simon Myambo
12/8	Jack Minozzi
12/10	Cathrine Schanz
12/12	Maureen Elliott
12/14	Karen Taylor
12/20	Kathy Roberts
12/21	Betty Frank
12/25	Susan Harding
12/26	Irving Serra
12/27	Carol Hanley
12/28	Pat Collins
12/29	Isabelle Massa
12/30	Barbara Chartrand
12/31	Elizabeth Vann

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

Holiday Party & Ugly Sweater December 18 at 3:00

Join your Eastwyck family at the Clubhouse for a holiday dinner with a fun theme— wear your best ugly sweater. Doors open at 3:00, please sign up if you would like to attend!

We would love 5 volunteers to help set up for this day, please see Tarah for details.



S	M	T	W	TH	F	S
<div></div> <div>Our office will be closed on the 24th, 25th, 31st and 1st There will be no fitness classes or breakfast these days.</div> <div>Happy Holidays!</div>						<div>1</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 6:30 Fire Side Chats BYOB</div>
<div>3</div> <div>3:00 RumiKub 4:00 Scrabble CTR</div>	<div>4</div> <div>10:00 Princeton CO-OP Children Singing Group 1:00 Movie— <i>ELF</i> 3:00 RumiKub 4:00 Knitting 4:00 Scrabble CTR 6:00 Poker Night</div>	<div>5</div> <div> 9-12 Hector PT <i>Fall Prevention</i> 1:30 SKAT 2:00 The Connonaires 2:00 10,9,8 Game 2:30 Cribbage 3:00 Quarter BINGO</div>	<div>6</div> <div>1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Supper Club</div>	<div>7</div> <div>Medical Appointments 12:00 Men's Lunch 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy 7:00 German American Band Hanukkah Begins</div>	<div>8</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 4:00 Happy Hour with Izzy 6:30 Fire Side Chats BYOB</div>	<div>9</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</div>
<div>10</div> <div>3:00 RumiKub 4:00 Scrabble CTR GR Reserved 1-6</div>	<div>11</div> <div>1:00 Movie— <i>Christmas With The Cranks</i> 2:00 Steven Keller—Piano 3:00 RumiKub 4:00 Knitting 4:00 Scrabble CTR 6:00 Poker Night</div>	<div>12</div> <div> 10:30 Hector PT <i>How To Get Up From A Surface</i> 1:30 SKAT 2:00 10,9,8 Game 2:00 Holiday Sing A Long 3:00 Quarter BINGO 2:30 Cribbage6:00 Liverpool Rummy</div>	<div>13</div> <div>11:00 Hanukkah Celebration 12:00 Let's Do Lunch 12:00 Book Club 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting GR Reserved 47</div>	<div>14</div> <div>11:30 Albany Cathedral Tour 1:00 Pinochle 1:00 Bible Study 2:00 Christmas Mass 4:00 Happy Hour with Alyssa Yager 6:00 Liverpool Rummy</div>	<div>15</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Christmas Karaoke & Cookie Exchange 3:30 Rosary 6:30 Fire Side Chats BYOB</div>	<div>16</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</div>
<div>17</div> <div>3:00 RumiKub 4:00 Scrabble CTR</div>	<div>18</div> <div>3:00 Holiday "Ugly Sweater" Dinner Party 4:00 Knitting</div>	<div>19</div> <div>1:30 SKAT 2:00 Holiday Sing A Long 3:00 Quarter BINGO 2:30 Cribbage 6:00 Liverpool Rummy</div>	<div>20</div> <div>1:30 SKAT 2:00 Yankee Gift Swap 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Supper Club 4:00 Pizza Night</div>	<div>21</div> <div>Medical Appointments 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy</div>	<div>22</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 6:30 Fire Side Chats BYOB</div>	<div>23</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</div>
<div>24</div> <div>Christmas Eve</div>	<div></div>		<div>26</div> <div>1:30 SKAT 2:00 10,9,8 Game 2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 2:30 Cribbage 3:00 Quarter BINGO No Fitness Classes</div>	<div>27</div> <div>12:00 Let's Do Lunch 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night</div>	<div>28</div> <div>Medical Appointments 1:00 Pinochle 1:00 Bible Study 4:00 Champagne & Cookies with Carmine & Life's Guilty Pleasures</div>	<div>29</div> <div>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group Performance with Hot Chocolate Bar 3:30 Rosary 6:30 Fire Side Chats BYOB</div>
<div>31</div> <div>New Years Eve</div>						<div>30</div> <div>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</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</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 1:30 Mediation</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) 12:00 Balance</div>	

Community Activities

For all activities please sign up in the office.



PRINCETON Co-Op

Children's Choir
December 4th at 10am



German-American Club of Albany



The German American Band
December 7 at 7pm. BYOB

The Cannonaires Chorus

December 5 at 2pm



Happy Hour

with
Entertainment by
Izzy

December 8th
at 4:00

MEN'S LUNCH



**December 7th
at noon**
Please RSVP



Happy Hour

with
Entertainment
by Alyssa Yager

December 14th
at 4:00



Pizza Night

December 20th or 27th
At 4:00



EASTWYCK CHORAL GROUP

Choral Holiday Performance
& Hot Chocolate Bar
December 29 at 1:30

Come down and watch our
Eastwyck Choral Group perform
some holiday favorites! After, enjoy
some hot cocoa with fun toppings!



Community Activities

Pianist Steven Keller

December 11th at 2:00

Enjoy an afternoon
performance of your
holiday favorites on the
piano with Steven Keller!

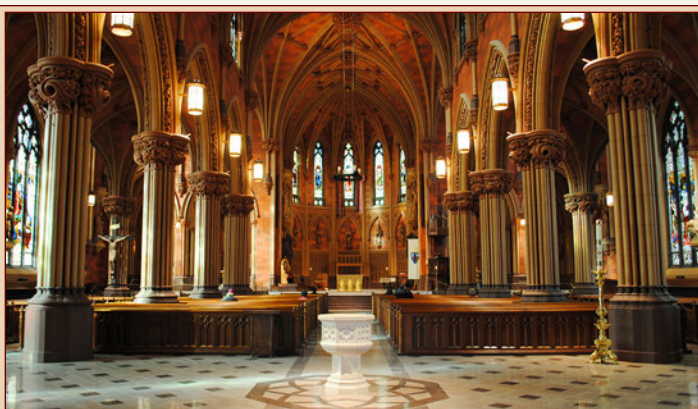
In the Great Room



Hanukkah Celebration December 13th at 11am



**Rabbi Deb will be with us
for a Hanukkah celebration!**



THE CATHEDRAL OF THE IMMACULATE CONCEPTION

Tour this Albany beauty with us
on December 14th at 11:30



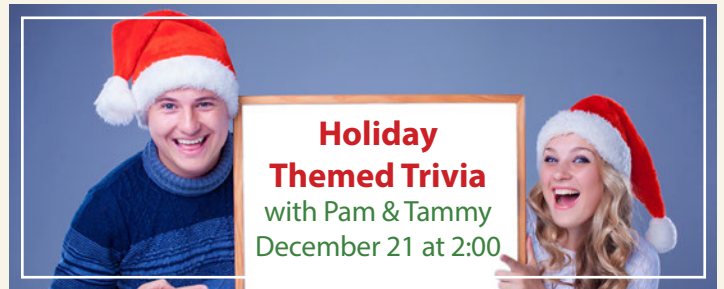
Christmas Karaoke with Cookie Exchange December 14th at 2:00

Please bring your
favorite cookie to share
with others as we get in
the holiday spirit with
some holiday music!



Yankee Gift Swap December 20th at 2:00

Bring a \$15-\$20 wrapped gift that can be
swapped at this fun event! This has been a hit
in the past, we hope you can make it!



**Holiday
Themed Trivia**
with Pam & Tammy
December 21 at 2:00

Champagne & Cookies With Life's Guilty Pleasures



December 28 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.



— Supper Club —

December 6th at 4:00

Beef Stew \$14



December 20th at 4:00

Pork Tips Marsala \$16



— Let's Do Lunch —

December 13th at noon

Philly Cheesesteak \$12



December 27th at noon

Hot Turkey Sandwich \$12



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