

SUMMIT AT EASTWYCK

Monthly Newsletter

March 2024



THE Manager's Message



"Spring is coming... Time for some cleaning. Remove all the self-doubt, worry, jealousy, regret, anger, guilt, or any other negative emotions that are holding you back from your happy, fulfilled life."

~Nanette Mathews

I want to start by thanking all of you for the food donations. Concerns U was very appreciative, and the supplies will help a lot of local families in need.

We are looking forward to our St. Patrick's Day celebration on March 14th. We are excited for some new entertainment. The party will feature Peter Yakel. Please let the office know by March 8th if you will be attending.

We are beginning to make a list of those who wish to use a raised bed in the garden area this year. Please let the office know if you will be sharing a raised bed with a neighbor and want to be on the list for planting.

Reminders:

The water classes have a new time slot, please note the change at the bottom of the calendar.

Be sure to give the office one week notice for doctor transportation appointments and grocery transportation.

Happy St. Patrick's Day!

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
Mark Collins

Driver

Terry Lantry

Weekend Clubhouse Attendant

Tracey Ainsworth

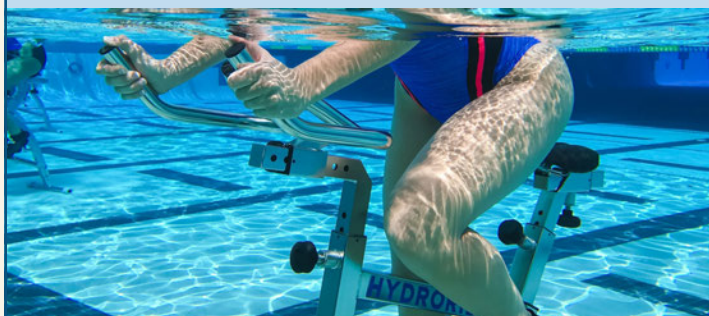
Summit at Eastwyck
1 Eastwyck Circle
Rensselaer, NY 12144
518.874.1638
www.summitseniorlife.com



FITNESS CLASS FEATURES



This is a unique way to ride a bike! Yes! In the water! Easy on the joints, makes cycling easier however, this program is a lot of fun! We always encourage folks to listen to their bodies and know their limitations. However, you will get a great workout! Done to music.



Thursday morning at 11:00 & 11:30

Boozy Bailey's Shamrock Shake

Ingredients:

2 cups Mint Chocolate Chip Ice Cream

1/4 cup Bailey's Irish Cream

Whipped Cream

Maraschino Cherry



Instructions:

In a blender, combine the ice cream and Bailey's.

Blend until smooth.

Pour into a tall glass, top with whipped cream, and a maraschino cherry.

Recipe Notes

Use vanilla ice cream instead of mint chocolate chip. Then add in about a 1/4 tsp of mint extract to the blender.

For a richer green color, add 1 drop of green GEL food coloring to the blender.




- 3/7 David Taylor
- 3/8 Stephen Ainsworth
- 3/9 Dolores Lyman
- 3/11 Michele Bryski
- 3/19 Bill Reed
- 3/19 John Mandel
- 3/19 Helen Murry
- 3/20 Edna Beers
- 3/24 Loreen Wheeler
- 3/25 Thea Eisen
- 3/30 Lena Henkin



Bermuda and Canada & New England

 **Yankee Trails**
LET'S GO

March 20th at 2:00

 Kimberly Smith is a native upstate New Yorker and resides locally in Troy! She has been with Celebrity Cruise Line for over 10 years and will be discussing vacations to beautiful Bermuda and Canada & New England. Kim will explain how Celebrity Cruise Line sets itself apart from the other Cruise Lines and how Yankee Trails will make your experience as stress free as possible!

Yankee Trails' staff will be in attendance to answer any questions you may have.

S	M	T	W	TH	F	S
					1 8:00 & 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 4:00 Chef Johnny Dinner 6:30 Fireside Chats BYOB	2 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
3 3:00 RumiKub 4:00 Scrabble CTR	4 12:00 Let's Do Lunch 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting 4:00 Happy Hour W/ Alyssa Yager 6:00 Poker Night	5 12:00 Ladies Lunch 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	6 1:00 Movie— <i>Priscilla</i> 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	7 Medical Appointments 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy	8 8:00 & 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 4:00 Chef Johnny Dinner 6:30 Fireside Chats BYOB	9 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
10 3:00 RumiKub 4:00 Scrabble CTR GR Reserved 12-5pm	11 1:00 Movie <i>Irish Wish</i> 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting 4:00 Supper Club	12 1:30 Chair Dancing with Terri 2:00 10,9,8 Game 2:00 Sing A Long 3:00 Quarter BINGO 2:00 Tai Chi 2:30 Cribbage 6:00 Liverpool Rummy	13 1:00 Book Club 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	14 Medical Appointments 1:00 Pinochle 4:00 St. Patrick's Dinner & Music by Peter Yakel 6:00 Liverpool Rummy 	15 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 4:00 Chef Johnny Dinner 5:00 Irish Dancers 6:30 Fireside Chats BYOB 	16 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
17 HAPPY St. Patrick's Day 	18 12:00 Let's Do Lunch 1:00 Movie <i>Maestro</i> 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting 4:00 Violinist Tania Susi	19 1:30 SKAT 2:00 10,9,8 Game 3:00 Quarter BINGO 2:30 Cribbage 6:00 Liverpool Rummy 	20 12:00 Hanzo Restaurant 1:00 Movie <i>Anyone But You</i> 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	21 12:00 Les Miserables—Proctors 1:00 Pinochle 2:30 Easter Mass 4:00 Sing a Long with a Twist! 6:00 Liverpool Rummy	22 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 4:00 Chef Johnny Dinner 6:30 Fireside Chats BYOB	23 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
24 3:00 RumiKub 4:00 Scrabble CTR	25 2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 3:00 RumiKub 4:00 Scrabble CTR 4:00 Supper Club 4:00 Knitting	26 10:30 Hector PT Talk 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 3:00 Quarter BINGO 4:00 Happy Hour w/ Musicats 6:00 Liverpool Rummy	27 11:30 Fo'Castle Farm Country Store 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	28 Medical Appointments 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy	29 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Shamrock Shakes 3:30 Rosary 4:00 Fish Fry 6:30 Fireside Chats BYOB Good Friday	30 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
31 HAPPY EASTER CONNECTED life FITNESS	Every Monday 9:00 Stretch & Flex 10:00 Aqua Fit	Every Tuesday 8:00 Hydro Bikes 9:00 Pilates 10:00 Sit to Stand 1:00 Tai Chi	Every Wednesday 9:00 Sit To Be Fit 10:00 Fitness Drumming 11:00 Aqua Fit 12:00 Line Dancing 1:30 Meditation	Every Thursday 9:00 Trifecta Strength/ Balance/ Flex 10:00 Move & Grove 11:00 Hydro Bikes 11:30 Hydro Bikes	Every Friday 9:00 Sit To Be Fit 10:00 Chair Yoga (all levels) 11:00 Balance 12:00 Aqua Fit	Color Key Red - Community Events Bold Black - Transportation Event Black - In-house event Green - Games Blue - Leisure & Recreation White - Daily Fitness Class

Community Activities

For all activities please sign up in the office.

CHEF JOHNNY

Every Friday at 4:00

Each meal is \$16

Please pay when you sign up for a meal.

**MARCH
1ST**

Fried fish/ Coleslaw/
Cornbread

**MARCH
8TH**

Fried fish/ Mac & Cheese/
Cornbread

**MARCH
15TH**

Shrimp linguine/ Salad/
Garlic bread

**MARCH
22ND**

Baked fish/ Mashed
potato/ Green beans/roll



Happy Hour

with
Entertainment
by Alyssa Yeager

March 4th
at 4:00

LADIES LUNCH

March 5th at 12:00



Pizza Night

March 6th or 13
At 4:00



Please pick which day when you sign up.

Chair Dancing

March 12 at 1:30

Ready to Sway with
the Stars?

This is a seated exercise
and dance session with
some popular songs
from the 50's, 60's, 70's,
& more!

Join in the Fitness Suite!



Tania Susi
MUSIC

Violinist Tania Susi
March 18 at 4:00

at PROCTORS



March 21 at 12:00

Get your tickets, seating is limited. The bus will
leave Eastwyck at 12:00 for a 2:00 showing.

Community Activities



**St Patrick's Day
Dinner Party**
March 14th at 4:00
With entertainment
by Peter Yakel
Enjoy a corned beef
dinner with
friends of Eastwyck!

Please let us know if you plan to attend.

**Happy Hour with
The Musicats**

March 26 at 4:00

This fun & upbeat group
will join us in the Great Room



 **Bethlehem Traditional
Irish Dance**



Irish Dancers
March 15 at 5:00
at the
Eastwyck Clubhouse!

Join us at the Clubhouse for another toe tapping performance of Irish dancing! The Bethlehem Irish Dance School will be performing for us.



**Sing a Long
with a
twist!**

**Pam & Tammy
style**

March 21 at 4:00

BUS OUTINGS

Hanzo Restaurant 3/20 at 12:00
We will be reserving a hibachi table!
If you haven't gone here before you need to, its so fun!



Fo'Castle Farm Country Store 3/27 at 11:30
Take a trip to Burnt Hills for lunch
& shopping at a cute little gift shop!



esyō PLAYATHON



Saturday, March 23
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.



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 —

March 11th at 4:00

Pulled Pork Sliders \$13

March 25th at 4:00

Baked Ziti \$13

— Let's Do Lunch —

March 4th at noon

Asian Salad with Shrimp \$18

March 18th at noon

Reuben Sandwich \$15

— Good Friday Fish Fry —

March 29 at 4:00

\$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