



SUMMIT AT EASTWYCK

Monthly Newsletter

April 2024

THE Manager's Message

*"If I had a flower for every time I thought of you...
I could walk through my garden forever."*
~Alfred Tennyson

When I saw this quote by Alfred Tennyson, I realized that it sums up precisely how I feel about all of you here at the Summit at Eastwyck.


The Summit Senior Living company has been a wonderful employer and I wish them all the best in the future.

I have so many fond memories of our times together here as a community, and I can't imagine ever meeting people as kind and generous as all of you.

Little things like when I hear the song Country Roads, I immediately think of Herbert. Or when Marsha sees that I have iced coffee and tries to chase me down and steal it!

All the laughter and fun we have had together means so much to me, and it has been an absolute blessing to be with the residents of Summit at Eastwyck for all these years. I will miss you all and think of you often.

Be well, look out for each other, have fun, and go easy on Tarah! Tarah will be an amazing community manager and the residents are very lucky to have her!


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

Book Club

**Second Wednesday
of every month, at 1:00.**

Join us in the Great Room as we discuss the month's current book, and select a new one together!



Looking for Mahjong Players!!

Coming in May-more details to follow!

Please sign up on the conversation table by April 10.

We are hoping for 4 to 8 players from each community.

If the interest is there, we would love to have a
SUMMIT SENIOR LIVING

MAH JONGG TOURNAMENT



EASTWYCK CHORAL GROUP

Spring performance

April 19th at 1:30



- 4/4 Diane Turoski
- 4/4 Tracey Ainsworth
- 4/4 Joan Hlavac
- 4/6 Ron Haber
- 4/9 Jane Cox
- 4/11 Karen Rant
- 4/12 Margaret Syvertson
- 4/12 Connie Fennelly
- 4/21 Lillian Varga
- 4/24 Kevin Connell
- 4/25 Rose Pemberton
- 4/25 Margaret Piper

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



S	M	T	W	TH	F	S		
	<p>1</p> <p>12:00 Let's Do Lunch 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting 6:00 Poker Night</p> 	<p>2</p> <p>1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liver Pool Rummy</p>	<p>3</p> <p>12:00 Chatham Brewery 1:00 Movie—The Proposal 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting</p>	<p>4</p> <p>Medical Appointments 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>5</p> <p>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 2:00 Chair Dancing 3:30 Rosary 4:00 Chef Johnny Dinner 6:30 Fireside Chats BYOB</p>	<p>6</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</p>		
<p>7</p> <p>3:00 RumiKub 4:00 Scrabble CTR</p>	<p>8</p> <p>1:00 Pinochle 1:00 Karaoke 2:00 Solar Eclipse Watch party 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting</p>	<p>9</p> <p>12:00 Lunch at Lakeview 1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy</p>	<p>10</p> <p>2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night</p>	<p>11</p> <p>Medical Appointments 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>12</p> <p>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 4:00 Happy Hour—Izzy 6:30 Fireside Chats BYOB</p>	<p>13</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</p>		
<p>14</p> <p>3:00 RumiKub 4:00 Scrabble CTR</p>	<p>15</p> <p>1:00 Movie— Meet The Fockers 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting 4:00 Supper Club 6:00 Poker Night</p>	<p>16</p> <p>12:00 Vase Painting 1:30 SKAT 2:00 10,9,8 Game 3:00 Quarter BINGO 2:30 Cribbage 6:00 Liverpool Rummy</p>	<p>17</p> <p>12:00 Men's Lunch 1:00 Movie— The Ringer 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting</p>	<p>18</p> <p>Medical Appointments 10:00 Passover - Rabbi Deb 2:00 BINGO 4:00 Music BINGO & Trivia 6:00 Liverpool Rummy</p>	<p>19</p> <p>8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group Concert 2:00 Chair Dancing 3:30 Rosary 4:00 Chef Johnny Dinner 6:30 Fireside Chats BYOB</p>	<p>20</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</p>		
<p>21</p> <p>3:00 RumiKub 4:00 Scrabble CTR</p>	<p>22</p> <p>12:00 Lets Do Lunch 1:00 Pinochle 1:00 Movie— The Boys In The Boat 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting Passover</p>	<p>23</p> <p>10:30 Hector PT Home Safety Education 1:00 Movie— Oppenheimer 1:30 SKAT 3:00 Quarter BINGO 2:30 Cribbage 6:00 Liverpool Rummy</p>	<p>24</p> <p>12:00 Dutch Apple Sightseeing Cruise on the Hudson River 1:00 Movie— Anchor Man 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night</p>	<p>25</p> <p>Medical Appointments 2:00 BINGO 6:00 Liverpool Rummy</p>	<p>26</p> <p>8:00 & 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 4:00 Chef Johnny Dinner 6:30 Fireside Chats BYOB</p>	<p>27</p> <p>1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub</p>		
<p>28</p> <p>3:00 RumiKub 4:00 Scrabble CTR</p> <p>GR Reserved 12-5pm</p>	<p>29</p> <p>2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Supper Club 4:00 Knitting</p>	<p>30</p> <p>1:30 SKAT 2:00 10,9,8 Game 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy</p>						
<p>CONNECTED life</p>  <p>FITNESS</p>	<p>Every Monday</p> <p>9:00 Stretch & Flex 10:00 Aqua Motion</p>	<p>Every Tuesday</p> <p>8:00 Hydro Bikes 9:00 Pilates 10:00 Sit to Stand 1:00 Tai Chi</p>	<p>Every Wednesday</p> <p>9:00 Sit To Be Fit 10:00 Fitness Drumming 11:00 Aqua Motion 12:00 Line Dancing 1:30 Meditation</p>	<p>Every Thursday</p> <p>9:00 Trifecta Strength/ Balance/ Flex 10:00 Move & Grove 11:00 Hydro Bikes 11:30 Hydro Bikes</p>	<p>Every Friday</p> <p>9:00 Sit To Be Fit 10:00 Chair Yoga (all levels) 11:00 Balance 12:00 Aqua Motion</p>	<p>Color Key</p> <p>Red - Community Events Bold Black - Transportation Event Black - In-house event Green - Games Blue - Leisure & Recreation White - Daily Fitness Class</p>		

Community Activities

For all activities please sign up in the office.

Chatham Brewery April 3



Enjoy a trip on the bus to a local brewery & enjoy lunch and their craft beers. Sign up for your seat on the bus.

LUNCH April 9

The bus will leave at 12:00!



KARAOKE WITH BRIAN! April 8th at 1:00



Music Bingo and Trivia

April 18th at 4:00
Great Room

Pam & Tammy are back for another fun evening of music and games!



Passover with Rabbi Deb April 18th at 10:00

Join Rabbi Debora Gordon of Congregation Berith Sholom for a program about the Jewish holiday of Passover: the Feast of Freedom and the holiday of Spring.

"Reb Deb" will explore the meanings of the special holiday foods, relate some of the customs, tell the story of the Exodus from Egypt and of course, sing.



VASE PAINTING APRIL 16 AT 12:00



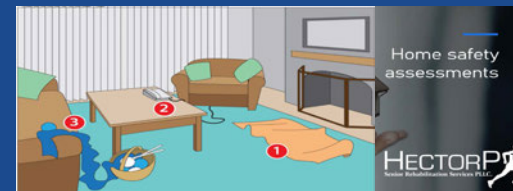
MEN'S LUNCH



APRIL 17TH
AT NOON
PLEASE RSVP

HECTORP
www.hectorpt.com

"Home Safety Education" April 23 at 10:30



Join us for a learning session on SAFETY AWARENESS inside your home. Attendees will learn important safety tips, ways to facilitate proper transfers, transitions, use of available assistive devices, and some simple exercises.

We will also be sharing details about our Complimentary Home Safety Evaluation available to all Summit residents. Stay safe and independent!

Community Activities

April Funny Movies Great Room at 1:00



THE PROPOSAL

April 3

April 15



Meet the Fockers



THE RINGER

April 17

April 24



ANCHORMAN
THE LEGEND OF RON BURGUNDY

Dutch Apple Sightseeing Cruise on the Hudson River April 24th at 12:00

There are limited tickets for \$27 each. Please see Tarah for details.



Dutch Apple Cruises

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: 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 month's Meals will be from



— Let's Do Lunch —

April 1st at noon

Turkey Club \$14

— Supper Club —

April 15th at 4:00

Meat Loaf \$11

— Let's Do Lunch —

April 22nd at noon

Veggie Quesadillas \$11

— Supper Club —

April 29th at 4:00

Pork Chop \$17

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