

# SUMMIT AT EASTWYCK

Monthly Newsletter

May 2024



# THE Manager's Message

*"Motherhood: all love begins and ends there."*  
~ Robert Browning

**H**appy May! I love May, it's the start of the warm weather for the Northeast, flowers are blooming, we kick off summer and we celebrate all our amazing mothers! Also, my Molly's birthday, she'll be 9 this year. It's so hard to believe!

I'm excited for this new chapter in my life and for our community. Sasha & I have some new ideas we're looking to roll out this month. First being a Resident Meeting. On May 9th at 3:00 we invite all our residents to attend in the Great Room. At this monthly meeting, we will have the chance to go over any information that we want you to know. We'll also open the floor for any thoughts, questions and concerns you may have. Our door is always open in the office, but I feel this will give people an opportunity to talk about any concerns they may have and for the office to be able to keep the communication flowing.

We have some great events for this month, our annual Mother's Day luncheon and a fun Memorial Day cook out! Sasha has some fun trips planned this month, make sure you get your seat on the bus for them!

To all of our mothers, I wish you all a very happy Mother's Day. I hope you all have a beautiful day with your loved ones.

*Tarah Lobdell*

Tarah Lobdell  
Community Manager  
Summit at Eastwyck



Please join us for the Eastwyck  
Choral Group Concert

Thursday, May 23rd at 4:00  
in the Clubhouse Great Room

Happy Hour to follow at 4:45

## Staff



### Community Manager

---

Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Residents Service Coordinator

---

Sasha Carrington  
SCarrington@summitseniorlife.com

### Maintenance

---

Gani Dajko  
Mark Collins

### Driver

---

Terry Lantry

### Weekend Clubhouse Attendant

---

Tracey Ainsworth  
Linda Cox

---

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



## WE'RE CELEBRATING CINCO DE MAYO EARLY WITH A WALKING TACO BAR

PLEASE JOIN US  
IN THE GREAT ROOM

THURSDAY, MAY 2ND AT 3:30

TACO INGREDIENTS, CHIPS  
AND REFRESHMENTS WILL BE  
AVAILABLE



WANNA TACO 'BOUT IT?

PLEASE SIGN UP IN THE OFFICE



Marion Gardner	05/01
Mary Agnes Pelletier	05/03
Dolores Chagnon	05/04
Kathleen Myambo	05/06
Marilyn Cook	05/07
Carol Francis	05/07
Elizabeth Rescott	05/11
Lawrence White	05/15
Virginia Cornell	05/17
Lucy Sherman	05/22
Tonia Kelly	05/22
Mary Ghent	05/25
Barbara Welch	05/27
Sandra Liptak	05/29
Lois Anderson	05/30
Frank Germanowski	05/30

## JOIN US FOR A MEMORIAL DAY COOKOUT



Joins us for Eastwyck's Annual  
Memorial Day Cookout  
Friday, May 24th at 12:00

Summit will provide hot dogs, hamburgers, rolls,  
paper products and refreshments residents are  
welcome to bring side dishes!

Sign-up in the office

Thursday, May 30th  
at 4:00



Presented by the  
Eastwyck  
Drama Club  
Refreshments provided  
by the Drama Club  
Sign-up in the office



Let's celebrate our  
May birthday's together!

# happy Birthday celebration

Join us in the clubhouse for cupcakes,  
refreshments and the company of good  
friends and neighbors

Monday, May 20th at 2:00

S

M

T

W

TH

F

S



1  
 1:00 Movie —*The Guilt Trip*  
 1:30 Meditation with Heather  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 4:00 Knitting

2  
 Medical Appointments  
 1:00 Pinochle  
 2:00 BINGO  
 3:30 Walking Taco Bar  
 6:00 Liver Pool Rummy

3  
 8:00 & 10:00 Grocery Stores  
 1:00 Canasta  
 1:00 Chair Dancing  
 1:30 Choral Group  
 3:30 Rosary  
 4:00 Chef Johnny Dinner  
 6:00 Smores By The Fire pit BYOB

4  
 1:00 Scrabble  
 1:00 Five Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

5  
 1:30 MexicanTrain  
 3:00 RumiKub  
 4:00 Scrabble CTR

6  
 10:00 Dr. Masias (Podiatrist)  
 12:00 Let's Do Lunch  
 2:00 Sing-a-long  
 3:00 RumiKub  
 4:00 Scrabble CTR  
 4:00 Knitting

7  
 1:30 SKAT  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 3:00 Quarter BINGO  
 6:00 Liver Pool Rummy

8  
 12:00 Mother's Day Luncheon  
 1:00 Book Club  
 1:30 Meditation with Heather  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 4:00 Knitting  
 4:15 Tonia Susi –Violinist

9  
 Medical Appointments  
 1:00 Pinochle  
 2:00 BINGO  
 3:00 Resident meeting with Tarah and Sasha  
 4:00 Rabbi Ami presents; Women in Religion  
 6:00 Liver Pool Rummy

10  
 8:00 & 10:00 Grocery Stores  
 12:30 Community Meeting  
 1:00 Canasta  
 1:30 Choral Group  
 3:30 Rosary  
 4:00 Chef Johnny Dinner  
 3:00 Happy Hour with Russ Kennedy  
 6:00 Smores By The Fire pit BYOB

11  
 1:00 Scrabble  
 1:00 Five Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

12  
 1:30 MexicanTrain  
 3:00 RumiKub  
 4:00 Scrabble CTR

13  
 12:30 Baseball Hall of Fame visit followed by lunch at Lakefront Restuarant  
 2:00 Sing-A-Long  
 3:00 RumiKub  
 4:00 Scrabble CTR  
 4:00 Knitting  
 4:00 Supper Club  
 6:00 Poker Night

14  
 1:30 SKAT  
 2:00 10,9,8 Game  
 2:00 The Cannoniers  
 3:00 Quarter BINGO  
 2:30 Cribbage  
 4:30 Bible Study  
 6:00 Liver Pool Rummy

15  
 1:00 Schenectady Armory Dinos Alive followed by lunch at Armory Lounge  
 1:30 Meditation with Heather  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 4:00 Knitting  
 4:00 Pizza Night

16  
 Medical Appointments  
 10:00 Passover - Rabbi Deb  
 2:00 BINGO  
 4:00 Music BINGO & Trivia  
 6:00 Liverpool Rummy

17  
 8:00 & 10:00 Grocery Stores  
 1:00 Craft Class with Big Karen  
 1:00 Canasta  
 1:00 Chair Dancing  
 1:30 Choral Group  
 3:30 Rosary  
 4:00 Chef Johnny Dinner  
 6:00 Smores By The Fire pit BYOB

18  
 1:00 Scrabble  
 1:00 Five Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

19  
 1:30 MexicanTrain  
 3:00 RumiKub  
 4:00 Scrabble CTR

20  
 12:00 Let's Do Lunch  
 2:00 Birthday Celebration  
 3:00 NEW RESIDENT Orientation  
 3:00 RumiKub  
 4:00 Scrabble CTR  
 4:00 Knitting

21  
 11:00 The Mount; Edith Wharton tour followed by lunch at the Terrace Café  
 1:30 SKAT  
 3:00 Quarter BINGO  
 2:30 Cribbage  
 6:00 Liver Pool Rummy

22  
 1:30 Meditation with Heather  
 2:00 Friendship Singers  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 4:00 Knitting

23  
 Medical Appointments  
 1:00 Movie-*Postcards from the Edge*  
 1:00 Pinochle  
 2:00 Communion  
 4:00 Choral Group Performance  
 6:00 Liver Pool Rummy

24  
 8:00 & 10:00 Grocery Stores  
 12:00 Memorial Day Cookout  
 1:00 Canasta  
 3:30 Rosary  
 6:00 Smores By The Fire pit BYOB

25  
 1:00 Scrabble  
 1:00 Five Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

26  
 1:30 MexicanTrain  
 3:00 RumiKub  
 4:00 Scrabble CTR

27  
  
 Office Closed  
 No Breakfast, No Fitness Class

28  
 12:00 Vase Painting  
 1:30 SKAT  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 2:30 Bible Study  
 3:00 Quarter BINGO  
 6:00 Liver Pool Rummy

29  
 1:30 Meditation with Heather  
 2:00 10,9,8 Game  
 2:30 Cribbage  
 4:00 Knitting  
 4:00 Pizza Night

30  
 Medical Appointments  
 1:00 Pinochle  
 2:00 Round table discussion: The benefits of fitness with Barb Howansky  
 4:00 Murder Mystery presented by the Eastwyck Drama Club  
 6:00 Liver Pool Rummy

31  
 8:00 & 10:00 Grocery Stores  
 1:00 Canasta  
 3:30 Rosary  
 4:00 Happy Hour with Ed Vining  
 6:00 Smores By The Fire pit BYOB

CONNECTED life  
  
 FITNESS

Every Monday  
 9:00 Stretch & Flex  
 10:00 Aqua Motion  
 11:00 Zumba

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 Motion  
 12:00 Line Dancing  
 1:30 Meditation

Every Thursday  
 9:00 Hydro Bikes  
 9:30 Hydro Bikes  
 10:00 Trifecta  
 Strength/ Balance/ Flex  
 11:00 Move & Grove

Every Friday  
 9:00 Sit To Be Fit  
 10:00 Chair Yoga (all levels)  
 11:00 Balance  
 12:00 Aqua Motion

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.



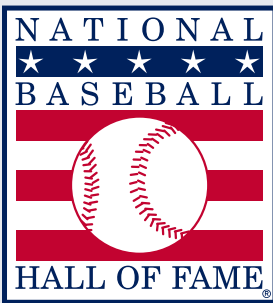
Joins us in the Clubhouse on  
**Wednesday, May 8th at 12:00** for our  
**Mother's Day Luncheon**

*"There is no role in life  
 that is more essential than that of motherhood."*  
 — Elder M. Russell Ballard



**At the Schenectady Armory  
 Wednesday, May 15th at 1:00**  
 followed by lunch at the Armory Lounge  
 Tickets are \$20.00 per person  
 (Summit van will depart at 12:15)  
 Sign up in the office

Dinos Alive — Meet over 80 life-sized moving dinosaur replicas from both famous and lesser-known species.



**CALLING ALL  
 BASEBALL FANS!**  
 Let's go explore some baseball  
 history together —Monday, May  
 13th at 12:30, followed by lunch  
 at Lakefront Restaurant.

Tickets are \$22.00 per person  
 (Summit van will depart at 11:00)  
 Sign up in the office

The **National Baseball Hall of Fame and Museum** is a history museum and hall of fame in Cooperstown, New York, operated by private interests. It serves as the central point of the history of baseball in the United States and displays baseball-related artifacts and exhibits, honoring those who have excelled in playing, managing, and serving the sport. The Hall's motto is "Preserving History, Honoring Excellence, Connecting Generations". Cooperstown is often used as shorthand (or a metonym) for the National Baseball Hall of Fame and Museum.



**Pizza Night**  
**May 15th or May 29th**  
**At 4:00**



Please sign-up in the office  
 and select which date you would like

**Craft Class  
 with Big Karen**

**Friday, May 17th at 1:00**  
 in the Art Room

Let's customize tumblers  
 and coffee mugs  
 (10 crafters per class)



**Vase painting Class**  
**Tuesday, May 28th at 12:00**  
 with Kayleigh's Canvass

Our first class filled up so quickly we decided to have a second class to accommodate those who've signed up.

*Please call or come to the office to check availability as there are sign ups from last months class*



# Community Activities



## Let's tour The Mount Edith Wharton's Home

Followed by lunch at the Terrace Café  
located right on the property

**Tuesday, May 21st at 11:00**  
The Summit van will depart at 9:45

**Tickets are \$ 18.00 per person**  
Please sign-up in the office

The Main House is handicap-accessible for wheelchairs and there is an elevator to all three open floors of the house. A wheelchair can absolutely be pushed through the gardens. The sunken Italian garden is not wheelchair accessible, but can easily be viewed from above, either from the staircase above it or the Terrace.



The Mount is a national historic land mark and cultural center dedicated to the intellectual, artistic, and humanitarian legacy of author Edith Wharton (1862-1937), whose works include classic novels such as *The Age of Innocence* and *The House of Mirth*, as well as authoritative works on architecture, design, and travel.

Wharton published over forty books in forty years, oversaw and funded a major refugee relief effort in Europe during World War I, and developed a new aesthetic that became the foundation for the interior design profession in the United States.



**The Guilt Trip**  
**May 1**

**Postcards  
from the Edge**  
**May 23**



**with Russ Kennedy**  
**Friday, May 10th at 3:00**



**May 30**  
at 2:00

**Roundtable Discussion:**  
**The Benefits of Fitness**  
with Barb Howansky



**with Ed Vining**  
**Friday, May 31st 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: Price Chopper, Aldi's 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](http://www.hectorpt.com)

**(518) 577-5214**

**Located in the Eastwyck Clubhouse.**



This month's Meals will be from



**— Let's Do Lunch —**

**May 6th at 12:00**

Pretzel Burger \$14

**— Supper Club —**

**May 13th at 4:00**

Beef tips over rice \$19

**— Let's Do Lunch —**

**May 20th at 12:00**

Chicken Sandwich \$14

**— Friday Supper Club —**

**Chef Johnny dinners are \$16.00**

Please see flier insert for dinner selections in your monthly newsletter.

**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