

SUMMIT AT EASTWYCK

Monthly Newsletter

July 2024



THE Manager's Message



July is here and I can't believe we are halfway through this year! We have a great month planned. We'll kick off the month with our annual July BBQ. This is always a fun filled day for our community. There will be great food from Millers Catering & music by Mark Hersh. Be sure to get your name on the list to attend. Our office will be closed on the 4th in observance of the holiday. There will be no breakfast or classes that day as well.

PRN has a great event this month focused on the summer Olympics, that sounds like a blast! Be sure to come down and partake in this fun interactive workshop. Great entertainment at our happy hours this month too. I know our group always enjoys a good happy hour!

That was quite the heat wave we just had it seems like we go from the cold to extreme heat quick! Remember to drink water throughout these summer months (and always). But this heat draws a lot of energy out of us and keeping hydrated will help with many components. Water helps you digest your food, absorb nutrients, and get rid of waste. As you get older, you might lose your sense of thirst. Also, medicines you're taking or health conditions may make it more likely that you're not getting enough water. Try adding a little fruit to your water, a little taste helps! Drink up!

I would like to give a warm welcome to a few of our new residents!

Jerry & Joyce Popp

Shirley Horowitz

Meg Eastwick

Sara Bigelson

Peg Romer

Gregory Hamlin & Pauline Hamlin

We welcome you all, home!

I hope you all have a great month and a Happy Independence Day !

Tarah Lobbell

Tarah Lobbell
Community Manager

Staff



Community Manager

Tarah Lobbell
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



Check out what PRN
is bringing to Eastwyck
Thursday, July 11th at 1:00

Free balance screening will be offered by PRN PT OT SLP PLLC in the fitness studio. The PRN PT OT SLP PLLC team will be available to screen your fall risk with 3 screening tools.

Sign-up in the office



**Summer
Patriotic Cookout**

**July 2nd
at 12 o'clock**

Join us for our
annual summer cookout!

Featuring grilling by
Millers BBQ & Catering
Mr. Ding-A-Ling Ice Cream
Music by DJ Mark Hersh



Nicole Sharpe	7/4
Theron Post	7/7
Sally Wojeski	7/10
Daniel Tipton	7/11
Elaina Arluck	7/12
Ralph Viola	7/14
Gerome Popp	7/15
Richard Jackson	7/18
Catherine Palmer	7/22
David Vann	7/22
Gail Manning	7/22
Donald Roulier	7/26
Natalie Paige	7/27
Christina Groves	7/30
Timothy Baird	7/30



Join PRN PT OT SLP PLLC in kicking off the
Summit Summer Olympics!

Friday July, 26th at 12:00

World Olympics
Opening Ceremony!

Friday July, 26th at 1:30







Refreshments will be available



Let's celebrate our July birthdays together!

Monday, July 29th at 2:00

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

S	M	T	W	TH	F	S	
	1 12:00 Let's Do Lunch  1:00 Avoiding Fraud, presented by: Chief Keevern 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Sit and Stitch 6:00 Poker Night	2 12:00 Summer Patriotic BBQ 2:00 10,9,8 Game 2:00 Sing-a-long 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	3 9:00 Dr. Masias 2:00 10,9,8 Game 2:30 Cribbage 3:00 Ambassador Meeting 4:00 Knitting	4 OFFICE CLOSED-NO BREAKFAST -NO FITNESS 	5 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Chair Dancing 3:30 Rosary 4:00 Chef Johnny Dinner – Lasagna 7:00 Friends & Smores By The Fire	6 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub	
	7 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	8 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Supper Club 4:00 Sit and Stitch	9 12:00 Lunch at Frank Guido's 1:00 Tai-Chi 2:00 10,9,8 Game 2:00 Sing-a-long 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	10 1:00 Book Club—The Thursday Murder Club by: Richard Osman 2:00 Communion 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	11 Medical Appointments 1:00 Drama Club 1:00 Pinochle  1:00 Balance Screening with PRN 2:00 BINGO  3:00 Rabbi Ami presentation 6:00 Liverpool Rummy	12 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Craft Class with Big Karen 3:30 Rosary 4:00 Happy Hour with Ed Vining 4:00 Chef Johnny Dinner –Grilled Chicken Breast 7:00 Friends & Smores By The Fire	13 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
	14 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	15 12:00 Let's Do Lunch 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Sit and Stitch 4:00 Happy Hour with The Gone Gray Band 6:00 Poker Night	16 1:30 Dr. Bergmann of Capital Region Hearing presents: Diagnosing and Remediating Hearing Loss  2:00 10,9,8 Game 2:00 Sing-a-long 2:30 Cribbage 3:00 Quarter BINGO 4:30 Bible Study 6:00 Liverpool Rummy	17 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	18 Medical Appointments 1:00 Drama Club 1:00 Pinochle 2:00 BINGO 3:00 Resident Meeting with Tarah and Sasha 4:00 Music Bingo & Trivia 6:00 Liverpool Rummy	19 8:00 & 10:00 Grocery Stores 1:00 Canasta 3:30 Rosary 4:00 Chef Johnny Dinner – Salisbury Steak 7:00 Friends & Smores By The Fire	20 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
	21 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	22 12:00 Colonie Center Shopping Trip 1:00 Pinochle 1:00 Karaoke with Brian 3:00 RumiKub 4:00 Scrabble CTR 4:00 Supper Club 4:00 Sit and Stitch	23 1:00 Movie—Queen Bees 1:00 Tai-Chi 2:00 Sing-A-Long 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	24 10:00 Tri-City Valley Cats 12:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	25 Medical Appointments 12:00 Drama Club 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy	26 8:00 & 10:00 Grocery Stores  12:00 Summit Olymics kick off with PRN 1:00 Canasta 1:00 Chair Dancing  1:30 World Olympics Opening Ceremony 3:30 Rosary 4:00 Chef Johnny Dinner –Eggplant Parm 7:00 Friends & Smores By The Fire	27 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
	28 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	29 12:00 Let's Do Lunch 1:00 Pinochle 2:00 Birthday Celebration 2:00 Drama Club Presentation 3:00 NEW RESIDENT Orientation 3:00 RumiKub 4:00 Scrabble CTR 4:00 Sit and Stitch	30 2:00 10,9,8 Game 2:00 Sing-A-Long 2:30 Cribbage 2:30 Bible Study 3:00 Quarter BINGO 6:00 Liverpool Rummy	31 12:00 Lunch at Lago by Druthers 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting			

CONNECTED life



Our pool will be closed for repairs.

Every Monday

9:00 Stretch & Flex
 10:00 Chair Yoga

Every Tuesday

8:00 Move & Groove
 9:00 Pilates
 10:00 Sit to Stand
 11:00 Meditation

Every Wednesday

9:00 Sit To Be Fit
 10:00 Fitness Drumming
 11:00 Chair Fitness
 12:00 Line Dancing

Every Thursday

9:00 Stretch & Balance
 10:00 Trifecta Strength/ Balance/ Flex
 11:00 Move & Grove

Every Friday

9:00 Sit To Be Fit
 10:00 Cardio & Core
 11:00 Chair Yoga (all levels)
 12:00 Balance

Color Key

Red - Community Events
 Bold Black - Transportation Event
 Black - In-house event
 Green - Games
 Blue - Leisure & Recreation
 White - Daily Fitness Class

Community Activities

FRAUD PREVENTION



**Join us on Monday,
July 1st at 1:00**

**Sgt. Deed of the
North Greenbush Police Department
will be here to present ways to avoid
fraud and scams**

Fraud prevention is a strategy to stop fraudulent transactions or banking actions before they happen. The goal is to prevent these actions from causing financial or reputational damage to the customer and financial institution. Fraud prevention can involve policies and safeguards that make it harder for criminals to commit fraud.



Capital Region HEARING



Dr. Bergmann will be here
on Tuesday, July 16th

For a presentation
on Diagnosing and
remediating hearing loss

Capital Region Hearing is an independent audiology practice offering a personalized approach tailored to each individual's needs. Staffed by Doctors of Audiology, We are a private practice that offers unbiased treatment recommendations to provide the best suited hearing instruments for our patients.

**Craft Class
with Big Karen**
Friday, July 12th at 1:00
Sign-up in the office



Tri-City Valley Cats

**Wednesday, July 24th
at 10:00**

*Tickets \$15.00pp
(includes hot dog, chips and a bottle of water)*

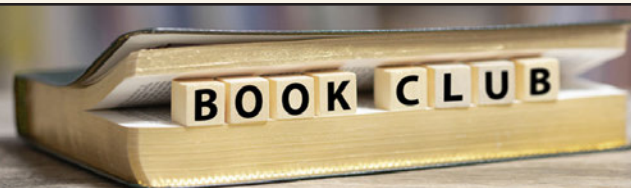


Monday, July 22nd at 12:00



COLONIECENTER

Colonie Center Shopping Center



**The Thursday Murder Club
by: Richard Osman**

Wednesday, July 10th at 1:00

Community Activities



Tuesday, July 9th at 12:00
Frank Guido's Port of Call



Wednesday, July 31st at 12:00
Lago by Druthers



Happy HOUR

Friday, July 12th at 4:00
with Ed Vining



Monday, July 15th at 3:00
with The Gone Gray Band



It's all fun and
GAMES
Until someone
Yells
BINGO

Thursday, July 18
at 4:00

Music Bingo and Trivia
With Tammy and Pam



Queen Bees
Tuesday, July 23rd at 1:00

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."



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: Market 32, 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 AM and 1 PM. Call the office for more details and to reserve you appointment time.



PRN
PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

PRN Staff
Contact Information

Denise Bilka, Physical
Christine Fitzgerald, Occupational
Jaclyn Gregg, Speech

SummitMillHill_NY85@prnphysicaltherapy.com

716-255-3674

This month's Meals
will be from



— Let's Do Lunch —

July 1st at 12:00

Roast Beef Deluxe Melt \$ 11.00

— Supper Club —

July 8th at 4:00

Chicken Cutlet Parmesan \$20.00

— Let's Do Lunch —

July 15th at 12:00

Fish Fry Deluxe \$ 9.00

— Supper Club —

July 22nd at 4:00

Homemade Lasagna \$ 15.00

— Let's Do Lunch —

July 29th at 12:00

Gyro \$ 11.00

— 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.



Hair Rita 518-495-5603

Hair Becky 518-424-7922

Nails Paige 838-250-9272