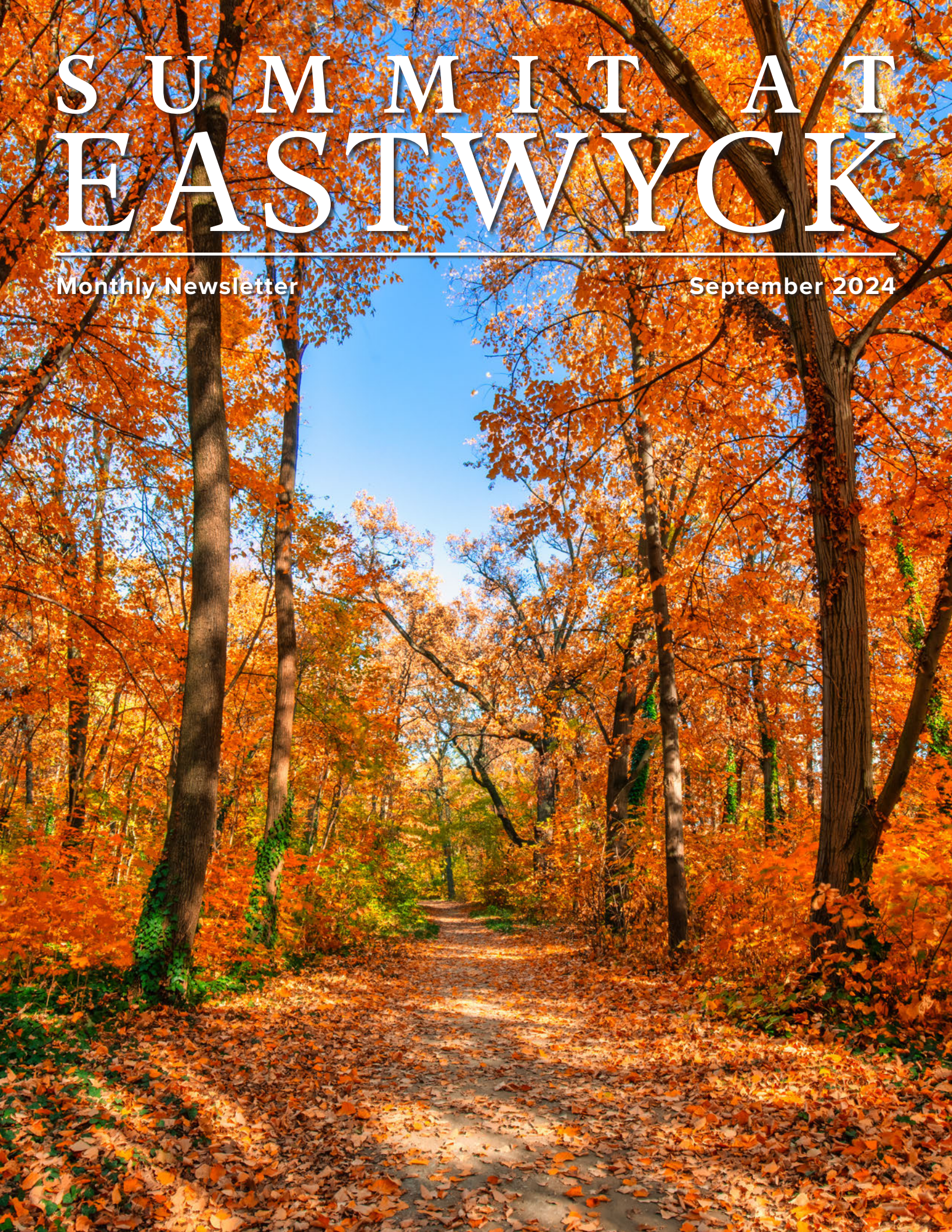


# SUMMIT AT EASTWYCK

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Monthly Newsletter

September 2024





# THE Manager's Message

What a great summer we had, from our luncheon trips to the Vally Cats game and our annual summer BBQ which is always a blast! It's not over yet! September is still beautiful, and we all know we will likely get an Indian summer! These cool crisp mornings & evenings are great for a walk around our community! Grab a buddy and take a walk. Did you know that 3 times around the community is a mile?!

A huge thank you to our community for all your donations on the school drive. You have helped a lot of local kiddos who are heading back to school. All donations were donated to Concerns U of Rensselaer. Our community is amazing, especially when it comes to giving back! Thank you!

This month is our Summit Bocce Tournament. Good luck to all the players! We thank Glenwyck & Halfmoon for hosting! This is always a fun event. Go team Eastwyck, bring home the trophy!

If you haven't heard about our Resident Referral Program, be sure to stop by and see me for details!

*Tarah Lobdell*  
Tarah Lobdell  
Community Manager

## Staff



### Community Manager

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Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Residents Service Coordinator

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Sasha Carrington  
SCarrington@summitseniorlife.com

### Maintenance

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Gani Dajko  
Mark Collins

### Driver

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Terry Lantry

### Weekend Clubhouse Attendant

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Tracey Ainsworth  
Linda Cox

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Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
[www.summitseniorlife.com](http://www.summitseniorlife.com)



PRN presents:  
Fall Prevention and Aging  
**Thursday, September 26th**  
at 1:00

An interactive presentation discussing fall prevention, facts vs myths of the aging process.

Fun interactive bingo during the presentation

# NEVER FORGET

09.11.01

## One Man's Response to September 11

by: Peter McKinney

Darkness overwhelms! Destruction, rained from neither realms. Such mindless violence befalls. We fathom not from whence it comes.	Some dig among the rubble, deep. Some, holding candles, vigils keep. Good works abound and prayers galore To Allah, God and saints of yore.
Pure hatred down upon us fell, Our world engulfed by fires from hell. Airliners used as tools of war, First one, then two, now three and four.	One nation, under God --- not riven. With blood and time and toil given, To heal the wounds and build anew, 'Neath banners bold --- red, white and blue.
The rescue workers, by the score, Rushed in to go from floor to floor. Ignoring risk and hazard great, Many succumbed to deadly fate.	Our prayers and dollars, that we send, Will make a difference in the end. But more, we know, we need to do, To right our world, now so askew.
Such images, beyond our ken, From towers tall, fell steel --- and men. Black clouds of doom rolled down the street. Glass, shattered, crunched 'neath running feet.	We can not all be heroes, great. But neither can we sit and wait. Each one has talents, from above, To change our world, when used with love.
Our minds reject reality. This devastation can not be. How can such inhumanity be real? Sent purposely? With human zeal?	A candle light, right where you stand, A neighbor close could use a hand. Your town, a hospital, your church, For talents that you have, may search.
While strong men cry 'neath smoke filled sky, Around the earth, the world asks "Why?" Thousands dead, the rest in dread, Result they say, of men misled.	Let shine the Light on those around, And darkness pales, or so I've found. Do something positive, right now, This world, with justice, to endow.
Soon, on each porch, each car, each breast, Old Glory flies to meet the test. The Eagle soars o'er hallowed land, While patriots flock to lend a hand.	So let us heed our nation's call To make a difference, one and all. Amidst the strife, assess your life, Each brother, sister, husband, wife.

## Let's tour the beautiful June Farms

Wednesday,

September 4th at 11:00

Food and drinks are available in the General Store at June Farms!



OUR DAILY WALKS are a **SELF GUIDED** stroll through our 120 gorgeous acres on which you can meet all of our happy farm animals. They begin at 11am and go until 9pm.

The animals are always out and visible, regardless of the season or weather. You can play with the goats, sheep, chickens and ducks, but the other animals will be separated by a fence. Be careful because the fence is electric and it is live.

It takes about 9 minutes to walk through the farm, maybe longer if you stop and play with the goats, sheep and ducks. Admission to the farm for Our Daily Walks is \$5/ person. Dogs and children under 3 are FREE. If there is not an attendant at the farm to collect your money, then the admission is self-payable in the General Store on the iPad.

Golf carts are available for you to rent, payable on premise with a QR code.



Mary Ann Manley 9/1

Margaret Eastwick 9/3

Beverly Brown 9/8

Cindy Dixon 9/10

Ann McKinney 9/16

Midge Rogers 9/19

Rachel Charron 9/21

Lance Smith 9/24

Nancy Harrington 9/25

Bonnie Peterson 9/25



Let's celebrate our September birthdays together!

**Monday, September 30th at 2:00**

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

# September 2024

Summit At Eastwyck Office Phone: 518.874.1638 | Emergency Maintenance Phone: 518.338.7441

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W

TH

F

S

1 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	2 Happy Labor Day No Breakfast/No Fitness Classes 	3 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	4 9:00 Dr. Masias 11:00 June Farms Tour 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	5 Medical Appointments 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy	6 8:00 & 10:00 Grocery Stores 1:00 Craft Class with Karen 1:00 Canasta 3:30 Rosary 4:00 Alexis Diner Supper Club—Roast Top Sirloin 7:00 Friends & Smores By The Fire	7 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
8 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	9 10:00 Trader Joes Shopping Trip 12:00 Let's do lunch - Pasta Primavera 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch 6:00 Poker Night	10 2:00 10,9,8 Game 2:00 Sing-a-long 2:30 Cribbage 3:00 Quarter BINGO 4:00 Happy Hour with Alyssa Yeager 4:30 Bible Study 6:00 Liverpool Rummy	11 12:00 Men's Lunch 1:00 Book Club— <i>The Hidden Child</i> 2:00 10,9,8 Game 2:00 Communion 2:30 Cribbage 4:00 Knitting	12 Medical Appointments 1:00 Rabbi Ami presents: FRIENDSHIP 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy	13 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Chair Dancing 3:30 Rosary 4:00 Alexis Diner Supper Club—Broiled Half Chicken 7:00 Friends & Smores By The Fire	14 11:00 Jewelry Craft Class with Stephanie 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
15 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	16 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 3:00 Broadway Songs and Stories with Jill Smith 4:00 Supper Club - Eggplant Parm 4:00 Sit and Stitch	17 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	18 11:00 Crossroads American Grill Lunch outing 1:00 Book Club 2:00 10,9,8 Game 2:00 Communion 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	19 Medical Appointments 1:00 Pinochle 2:00 BINGO 3:00 Resident Meeting with Tarah and Sasha 4:00 Music Bingo & Trivia 6:00 Liverpool Rummy	20 9:00 Bocce Ball Tournament (Halfmoon) 1:00 Canasta 1:00 Chair Dancing 1:30 Choral Rehearsal 3:30 Rosary 4:00 Alexis Diner Supper Club—Homemade Meatloaf 7:00 Friends & Smores By The Fire	21 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
22 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR 4:00 Karaoke with Brian	23 12:00 Let's Do Lunch - Mushroom and Swiss Burger 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and Stitch 6:00 Poker Night	24 2:00 Sing-A-Long 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	25 11:00 Plum Blossom Lunch Outing 12:00 10,9,8 Game 2:00 Communion 2:30 Cribbage 3:00 Drama Club Presentation - Dr. Seuss 4:00 Knitting	26 Medical Appointments 1:00 PRN presents: Fall Prevention and Aging 1:00 Drama Club 1:00 Pinochle 2:00 BINGO 4:00 Happy Hour with Drew Jacobs 6:00 Liverpool Rummy	27 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Rehearsal 3:30 Rosary 4:00 Alexis Diner Supper Club-Filet of Haddock 7:00 Friends Smores By The Fire	28 1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
29 1:30 MexicanTrain 3:00 RumiKub 4:00 Scrabble CTR	30 1:00 Pinochle 2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 3:00 RumiKub 4:00 Supper Club - Center Cut Pork Chop 4:00 Scrabble CTR 4:00 Sit and Stitch			 <p>SEPTEMBER IS <b>Healthy Aging</b> MONTH</p>		<p>How can you practice healthy aging?</p> <ul style="list-style-type: none"> <li>Exercise regularly</li> <li>Eat nutritious foods</li> <li>Practice optimism</li> <li>Stay involved in social activities</li> </ul>

CONNECTED *life*



FITNES

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

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 & Groove

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



## THE SONGS & STORIES OF BROADWAY'S BEST COMPOSERS!

Join vocalist Jill Smith and keyboardist Michael Clement on **Monday, September 16th at 3:00** for a fun and informative performance of the Broadway shows you know and love!

This program is all about the talented Broadway composer & lyricist- Lerner & Lowe! Learn how he created some of the most iconic musicals on Broadway, and enjoy performances from *My Fair Lady*, *Camelot*, *Brigadoon* and more!

## Craft Class with Big Karen in the Art Room

Friday, September 6th at 1:00

Sign-up in the office



## BOCCE BALL TOURNAMENT



### 4th Annual Bocce Tournament hosted by Glenwyck location Halfmoon

Friday, September 20th  
Kickoff is at 10:00

Summit van will depart at 9:00  
Refreshments, lunch, and music will be available



## TRADER JOE'S SHOPPING TRIP MONDAY, SEPTEMBER 9TH AT 10:00 HALEMOON, NY LOCATION



## kar·a·o·ke /'kerē ōkē/ noun

a form of entertainment, offered typically by bars and clubs, in which people take turns to sing popular songs into a microphone over prerecorded backing tracks.



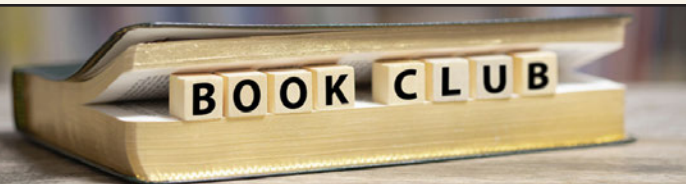
### Karaoke with Brian

Sunday,  
September 22nd at 4:00  
In the Clubhouse

## Jewelry Craft Class with Stephanie (Tonia Kelly's daughter)



Saturday, September 14th at 11:00 in the Art Room



Book Club Discussion:  
*The Hidden Child* written by: Louise Fein  
Wednesday, September 11th at 1:00

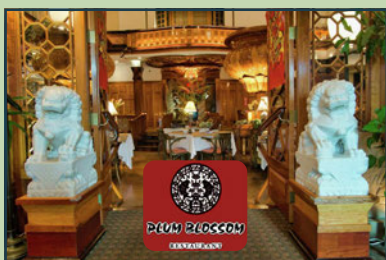
# Community Activities



Wednesday, September 18th at 11:00  
Lunch at Crossroads American Grill



Wednesday, September 25th at 11:00  
Lunch at Plum Blossom Restaurant



It's all fun and  
**GAMES**  
Until someone  
Yells  
**BINGO**

Thursday,  
September 19th at 4:00

Music Bingo and Trivia  
With Tammy and Pam



Rabbi Amiel Monson from the Jewish Family Services of Northeastern NY will be at Eastwyck on September, 12th at 1:00 for a presentation on



**Happy HOUR**

Tuesday, September 10th  
at 4:00 Happy Hour with  
Alyssa Yeager



Thursday, September 26th  
at 4:00 Happy Hour with  
Drew Jacobs



**MEN'S LUNCH**  
— YA GOTTA EAT —

Wednesday, September 11th at 12:00  
Clubhouse  
Catered by Alexis Diner



# 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 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** —

**September 9th at 12:00**

Pasta Primavera \$ 16.00

— **Supper Club** —

**September 16th at 4:00**

Eggplant Parm \$ 16.00

— **Let's Do Lunch** —

**September 23rd 4:00**

Mushroom and Swiss Burger \$ 11.00

— **Supper Club** —

**September 30th at 4:00**

Center-Cut Pork Chops 19.00

— **Friday Supper Club** —

**Alexis menu item selection**

See calendar for dinner selection and  
calendar insert for pricing

## 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