

SUMMIT AT EASTWYCK

Monthly Newsletter

October 2024



THE Manager's Message

"I'm so glad I live in a world where there are Octobers"
– Lucy Maud Montgomery

It looks like we are about to have another fun month here! We have some great outings planned...

A trip to Thatcher State Park....it is always so beautiful with the fall foliage lighting up the park.

Our Choral Group has been diligently practicing for the concert on the 18th and they sound amazing!!! I hope you can all make it out to hear them and enjoy their resounding voices! We have a nice fall treat for that afternoon, too!

This month is Fire Prevention month....be sure to stop in on the 28th from 12-2. The North Greenbush Ambulance, EMT & Police will be here. There will be representatives from each branch talking to our community and answering any questions you may have.

The annual Halloween Costume party on the 31st is always a spooky fun afternoon!! Be sure to come in a costume, it makes the afternoon all that more fun! Hmm...What will the staff be this year!?

I hope you all have a great month! Stop by and see me if you have any questions, concerns or just to say hello!

Tarah Lobdell

Tarah Lobdell
Community Manager

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



Thank You!
FIRST
Responders
HONOR COURAGE SACRIFICE

Fire Department will be on-site to discuss fire prevention.

There will also be a panel for Q&A

Monday, October 28th
Open house will run from 12:00-2:00

Residents are welcome to stop down for a meet and greet



October 1st at 11:00
 Thacher State Park followed by
 Lunch at Indian Ladder Farms!



Miller Young Pharmacy
 will be administering Flu and
 Covid Booster Shots

Tuesday, October 2nd from 11:00-2:00
 in the Great Room

Please sign up in the office and bring your
 medicare/medicaid card, your covid vaccination
 card and ID with you



Rabbi Amiel Monson,
 Jewish Family Services
 Chaplain will celebrate
 Rosh Hashana with us
 Wednesday, October 2nd
 at 3:30

Rosh Hashana is a celebration of the creation of the
 world and marks making a fresh start. It is a holy day
 on which Jewish people are not expected to work.
 Instead it is a time for them to reflect on the past year
 and to ask for forgiveness for anything wrong they
 feel they have done.

Traditional symbolic foods will be available

Peter Harris

great clothes-great prices

Peter Harris Shopping Trip
 Wednesday, October 30th at 11:00



- | | |
|---------------------|-------|
| Margaret Bornik | 10/2 |
| Merlene Germanowski | 10/4 |
| Joan Costello | 10/5 |
| Florence Felt | 10/5 |
| Trudy Brunelle | 10/8 |
| Irma Newman | 10/10 |
| Marilyn Keller | 10/17 |
| Joanne Rettie | 10/23 |
| Emma Hein | 10/31 |



Let's celebrate our October
 birthdays together!

Monday, October 21st 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
11:00 Thatcher State Park followed by Indian Ladder Farms Lunch
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

2
9:00 Dr. Masias
11:00-2:00 Flu Shot/Covid Booster Clinic
2:00 10,9,8 Game
2:30 Cribbage
3:30 Rabbi Ami: Celebrate the Jewish New Year
4:00 Knitting
Rosh Hashanah

3
Medical Appointments
1:00 Pinochle
2:00 BINGO
4:00 Music Hour with Dan and Jenny
6:00 Liverpool Rummy
Rosh Hashanah

4
8:00 & 10:00 Grocery Stores
1:00 Craft Class with Karen
1:00 Canasta
1:30 Choral Rehearsal
3:30 Rosary
4:00 Alexis Diner Supper Club—Chopped Sirloin Steak
7:00 Friend and Smores By The Fire
Rosh Hashanah

5
1:00 Scrabble
1:00 Five Crowns
1:00 Mahjong CTR
1:00 Halloween Movie Hour (Hocus Pocus)
3:00 RumiKub

6
1:30 MexicanTrain
3:00 RumiKub
4:00 Scrabble CTR

7
12:00 Let's Do Lunch
1:00 Ambassador Meeting
1:00 Pinochle
3:00 RumiKub
4:00 Scrabble CTR
4:00 Sit and stitch
6:00 Poker Night

8
12:00 Outback Steakhouse Lunch Outing
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

9
1:00 Book Club—Horse by Geraldine Brooks
2:00 10,9,8 Game
2:30 Cribbage
4:00 Knitting
4:00 Happy Hour with Russ Kennedy

10
Medical Appointments
1:00 Pinochle
1:00 Author Steve Sandler reads "The Education of Crazy Jane"
2:00 BINGO
6:00 Liverpool Rummy

11
8:00 & 10:00 Grocery Stores
1:00 Canasta
1:00 Chair Dancing
1:30 Choral Rehearsal
3:30 Rosary
4:00 Alexis Diner Supper Club—Broiled Haddock
7:00 Friends & Smores By The Fire
Yom Kippur

12
11:00 Jewelry Craft Class with Stephanie
1:00 Scrabble
1:00 Five Crowns
1:00 Mahjong CTR
3:00 RumiKub
Yom Kippur

13
1:30 MexicanTrain
3:00 RumiKub
4:00 Scrabble CTR



15
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

16
11:00 Scarborough Lunch Outing
2:00 10,9,8 Game
2:30 Cribbage
4:00 Knitting
4:00 Pizza Night
Sukkot

17
Medical Appointments
10:00-4:00 One on One Medicare Plan Review with Linda Singer, Medicare Specialist
1:00 Pinochle
2:00 BINGO
3:00 Resident Meeting with Tarah and Sasha
4:00 Music Bingo & Trivia
6:00 Liverpool Rummy
Sukkot

18
8:00 & 10:00 Grocery Stores
1:00 Canasta
1:30 Choral Concert
3:30 Rosary
4:00 Alexis Diner Supper Club—Roast Breast of Turkey
7:00 Friends & Smores By The Fire
Sukkot

19
1:00 Scrabble
1:00 Five Crowns
1:00 Mahjong CTR
3:00 RumiKub
12:00-5:00 Great Room Reserved
Sukkot

20
1:30 MexicanTrain
3:00 RumiKub
4:00 Scrabble CTR
Sukkot

21
12:00 Let's Do Lunch
1:00 Pinochle
2:00 Birthday Celebration
3:00 NEW RESIDENT Orientation
3:00 RumiKub
4:00 Scrabble CTR
4:00 Sit and stitch
6:00 Poker Night
Sukkot

22
1:00 PRN PT discussion: How the referral process works
2:00 Sing-A-Long
2:30 Cribbage
3:00 Quarter BINGO
6:00 Liverpool Rummy
Sukkot

23
12:00 Ladies Lunch
12:00 10,9,8 Game
2:00 Communion
2:30 Cribbage
4:00 Knitting
Sukkot

24
Medical Appointments
10:00-4:00 One on One Medicare Plan Review with Linda Singer, Medicare Specialist
1:00 Pinochle
2:00 BINGO
6:00 Liverpool Rummy
Sukkot

25
8:00 & 10:00 Grocery Stores
1:00 Canasta
1:00 Chair Dancing
3:30 Rosary
4:00 Alexis Diner Supper Club—Chicken Reuben
7:00 Friends Smores By The Fire
Sukkot

26
1:00 Scrabble
1:00 Five Crowns
1:00 Mahjong CTR
1:00 Halloween Movie Hour (Witches of Eastwick)
3:00 RumiKub

27
1:30 MexicanTrain
3:00 RumiKub
4:00 Scrabble CTR
Sukkot

28
1:00 Pinochle
12:00-2:00 National First Responder appreciation day open house
3:00 RumiKub
4:00 Supper Club
4:00 Scrabble CTR
4:00 Sit and stitch
National First Responders Day

29
2:00 Sing-A-Long
2:30 Cribbage
3:00 Quarter BINGO
6:00 Liverpool Rummy

30
11:00 Peter Harris Shopping Trip
12:00 10,9,8 Game
2:30 Cribbage
4:00 Knitting
4:00 Pizza Night
Sukkot

31
Medical Appointments
1:00 Pinochle
2:00 Halloween Party with Musicats Duo
6:00 Liverpool Rummy
Halloween



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



Calling all Ghouls and Gals

Join us on Thursday, October 31st

From 2:00-4:00

*for our annual Halloween Costume Party
(costume optional)*

Music by Musicats Duo

Refreshments and food will be available

Craft Class with Big Karen in the Art Room

Friday, October 4th at 1:00

Sign-up in the office



Jewelry Craft Class with Stephanie

(Tonia Kelly's daughter)

Saturday,
October 12th
at 11:00
in the Art Room

Open Enrollment



**Open Enrollment for Medicare is from:
October 15th—December 7th**

This time around there are so many changes with this open enrollment we want to provide you with a medicare specialist to help navigate through these changes.

Linda Singer, Medicare Specialist Licensed in New York, Massachusetts & Florida

Offering: Medicare Advantage; Medicare Supplement; Medicare Part D Prescription Drug Plans

Linda will be here on October 17th from 10:00-4:00 and October 24th from 10:00-4:00

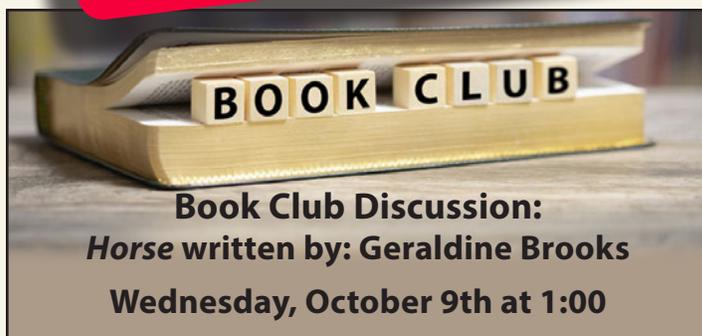
To provide one on one care and attention to your individual medicare plan, needs and or changes.

Please sign-up in the office to take advantage of this opportunity

**HELLO
I'M AN ...**

AMBASSADOR

**Ambassador Meeting
Great Room
Monday, October 7th
at 1:00**



**Book Club Discussion:
Horse written by: Geraldine Brooks
Wednesday, October 9th at 1:00**

Community Activities



Tuesday, October 8th at 12:00
Lunch at Outback Steakhouse



Wednesday, October 16th at 11:00
Lunch at Scarboroughs



It's all fun and
GAMES
Until someone
Yells
BINGO

Thursday,
October 17th at 4:00

Music Bingo and Trivia
With Tammy and Pam

SATURDAY HALLOWEEN MOVIES



Saturday,
October 5th at 1:00
Hocus Pocus



Saturday,
October 26th at 1:00
Witches of Eastwick



Thursday,
October 3rd at 4:00
Happy Hour with
Dan and Jenny



Wednesday,
October 9th at 4:00
Happy Hour with
Russ Kennedy



Wednesday, October 23rd 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 your 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** —

October 7th at 12:00

Taco Salad \$11.00

— **Supper Club** —

OFFICE CLOSED

— **Let's Do Lunch** —

October 21th 12:00

Roast Beef Sandwich \$15.00

— **Supper Club** —

October 28th at 4:00

Salisbury Steak Dinner \$ 17.00

— **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