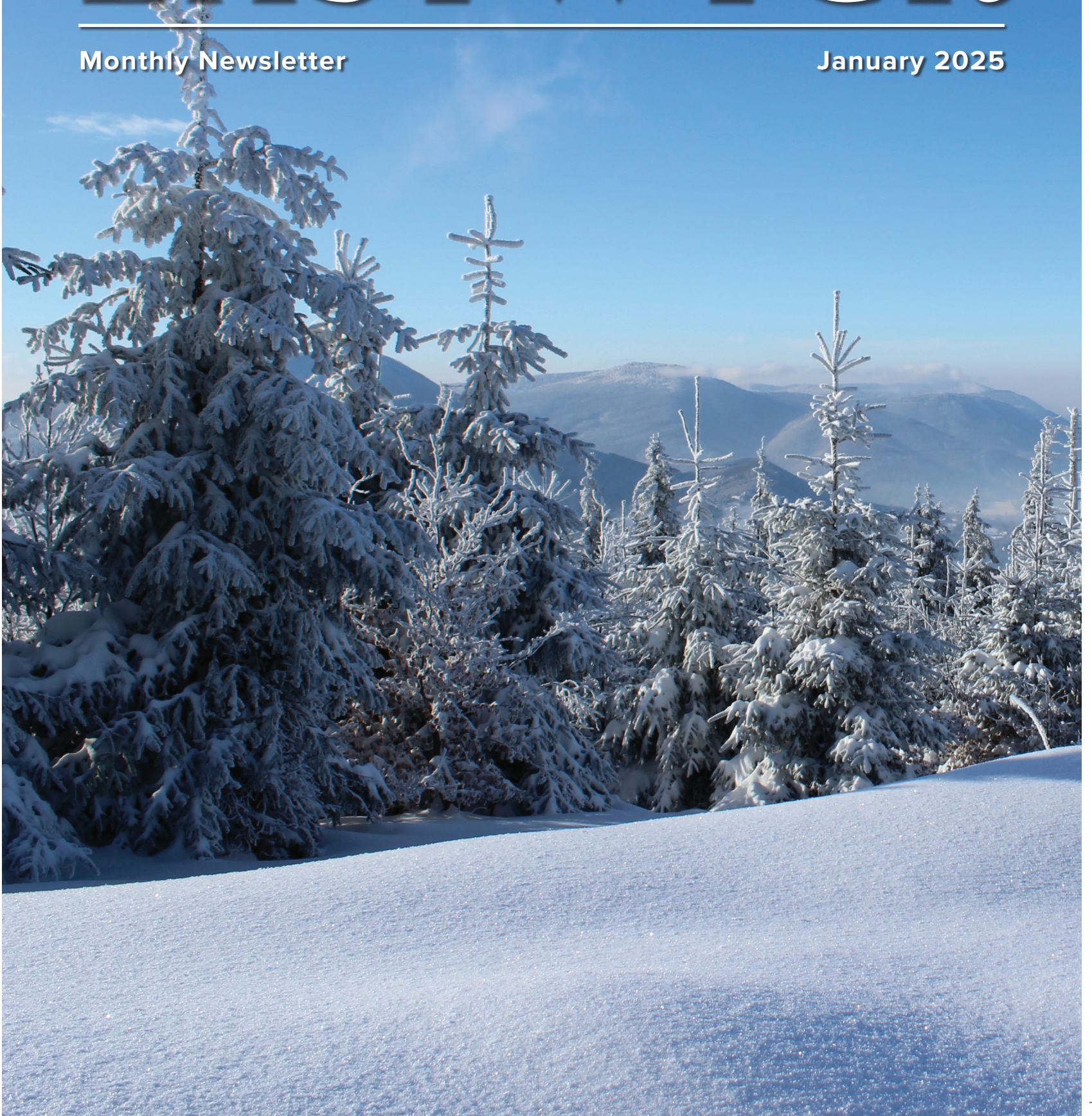


# SUMMIT AT EASTWYCK

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Monthly Newsletter

January 2025



# THE Manager's Message

Dear residents,  
Happy New Year!!

I hope everyone had a great holiday with their friends and family! All the staff at Eastwyck would like to thank you for your generous gift, it was greatly appreciated! We are always so blown away by this group's generosity! Our annual holiday party was yet another great party here at Eastwyck! I hope you all enjoyed yourselves!

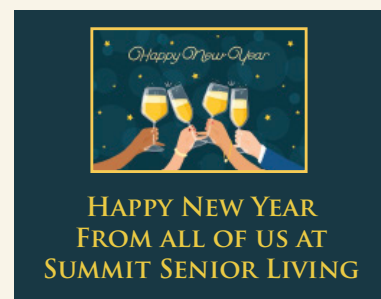
Looking ahead to this month, we have several great trips planned. Make sure to get your name on the list. We have noticed some people are not sure what to sign up for when they receive their newsletter, so we have added an asterisk (\*) on the calendar by each event that requires a sign-up. The sign-up is important; it allows us to plan how much food, drinks, seating, etc. There are also great in-house events as well. We are adding the event planning back to the calendar, meet with Sasha and tell her your ideas of things you want to see happen or places you may want to take a trip to. Make you have a contact with an entertainer, or presenter bring that with you, we love new ideas!

I have added an insert of the snow procedure, please refer to this when we are expecting snow. Also, share this with your guests, so they are aware of what to do and where to park when we have snow. If everyone follows the outlined plan it makes it a lot easier on our staff when there is snow. We take a lot of time tracking down cars, and most times it's a guest's car.

I hope everyone has a great month!



Tarah Lobdell  
Tarah Lobdell  
Community Manager



Events on the newsletter marked with an **ASTERISK \*** require sign-up in the office

## Staff



### Community Manager

Tarah Lobdell  
TLobdell@summitseniorlife.com

### Residents Service Coordinator

Sasha Carrington  
SCarrington@summitseniorlife.com

### Maintenance

Gani Dajko

### 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



### Eastwyck Winter Olympics with PRN Physical Therapy

Wednesday, January 15th at 1:00

#### FIRST EVENT:

#### Foam Ball Hockey

(this event aids in hand eye coordination)

Friday, January 17th at 1:00

#### SECOND EVENT:

#### Fastest Feet Game

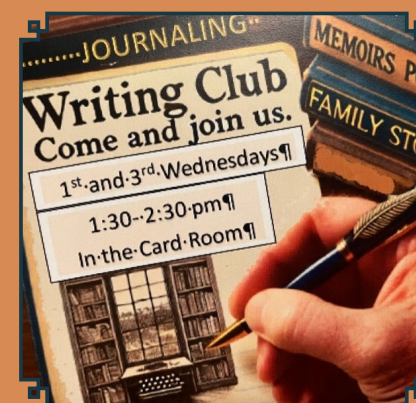
(this event aids in leg movement and circulation)

Tuesday, January 28th at 1:00

#### THIRD EVENT

#### Tabletop Bowling

(this event aids in arm strength and mobility)



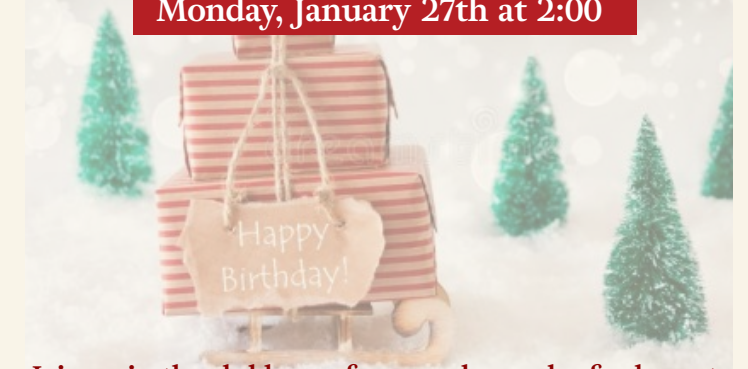
1:30-2:30 Writing Club  
January 1st and January 15th



Jimmy Scorsone	1/2
Rose Marie Joyce	1/3
Mary Tobin	1/4
Nicole Sharpe	1/4
Colleen Hill	1/12
Ed Collins	1/14
Sheila Van Alstine	1/15
Louise Bacon	1/16
Deanna Wheeler	1/21
Vivian Rossetti	1/23
Angela Dunning	1/30
June Kinerson	1/30

Let's celebrate our  
January Birthdays together!

Monday, January 27th at 2:00



Join us in the clubhouse for cupcakes and refreshments

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1  
**OFFICE CLOSED  
 NO BREAKFAST/NO FITNESS**  
 11:00-2:00 Great Room Reserved  
 (ALL ARE WELCOME)  
 1:30 -2:30 Writing Club  
 4:00 Sit and Stitch

2  
**Medical Appointments**  
 2:00 BINGO  
 6:00 Liverpool Rummy

3  
**8:00 & 10:00 Grocery Stores**  
 1:00 Craft Class with Karen\*  
 1:00 Chair Dancing  
 1:00 Canasta  
 1:30 Choral Rehearsal  
 3:30 Rosary  
 4:00 Supper Club— Beef tips over  
 Rice\*  
 6:00 Great Room Reserved—  
 Drama Club

4  
 1:00 Scrabble  
 1:00 5Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

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

6  
 12:00 Let's Do Lunch—  
 Chicken Tenders & Fries\*  
 1:00 Pinochle  
 3:00 RumiKub  
 3:00 Drama Club  
 4:00 Scrabble CTR  
 4:00 Sit and Stitch  
 6:00 Poker Night

7  
 1:00 Tai-Chi  
 2:00 Sing-a-long  
 3:00 Quarter BINGO  
 4:00 Happy Hour with Life's Guilty  
 Pleasures\*  
 6:00 Liverpool Rummy

8  
 Dr. Masias  
 1:00 Book Club - The Wine Makers  
 Wife by Kristin Harmel  
 4:00 Sit and Stitch

9  
**Medical Appointments**  
 12:00 SUNY Binghamton's Broadway  
 Acapella Group\*  
 1:00 Caption Call Presentation\*  
 2:00 BINGO  
 6:00 Liverpool Rummy

10  
**8:00 & 10:00 Grocery Stores**  
 1:00 Chair Dancing  
 1:00 Canasta  
 1:30 Choral Rehearsal  
 3:30 Rosary  
 4:00 Supper Club—Goulash and  
 Salad \*

11  
 11:00 Jewelry Craft Class with  
 Stephanie\*  
 1:00 Scrabble  
 1:00 5Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

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

13  
 10:30 Jim Cochran Presentation  
 12:00 Let's Do Lunch—  
 Reuben Sandwich\*  
 1:00 Pinochle  
 2:00 Events Planning Meeting  
 (ALL ARE WELCOME)  
 3:00 RumiKub  
 3:00 Drama Club  
 4:00 Scrabble CTR  
 4:00 Sit and stitch

14  
**12:00 Lunch at Hanzo Japanese  
 Steakhouse\***  
 2:00 Sing-a-long  
 3:00 Quarter BINGO  
 6:00 Liverpool Rummy

15  
**1:00 Winter Olympics First Event  
 (Foam ball hockey) with PRN\***  
 (ALL ARE WELCOME)  
 1:30 -2:30 Writing Club  
 2:00 Communion  
 4:00 Sit and Stitch

16  
**Medical Appointments**  
 2:00 Bingo  
 3:00 Resident Meeting with Tarah  
 and Sasha  
**4:00 Music Bingo & Trivia\***  
 6:00 Liverpool Rummy

17  
**8:00 & 10:00 Grocery Stores**  
**1:00 Winter Olympics Second Event  
 (Fastest Feet Game) with PRN\***  
 1:00 Canasta  
 1:30 Choral Rehearsal  
 3:30 Rosary  
 4:00 Supper Club— Baked haddock  
 with Rice and Vegetables\*

18  
 1:00 Scrabble  
 1:00 5Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

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

20  
**OFFICE CLOSED  
 NO BREAKFAST/NO FITNESS**  
 1:00 Pinochle  
 3:00 RumiKub  
 3:00 Drama Club  
 4:00 Scrabble CTR  
 4:00 Sit and stitch

21  
 1:00 Tai-Chi  
**2:00 Karaoke with Brian\***  
 3:00 Quarter BINGO  
 6:00 Liverpool Rummy

22  
 9:30 Basketball Hall of Fame Visit\*  
 4:00 Sit and Stitch

23  
**Medical Appointments**  
**12:00 Mens Lunch\***  
 2:00 BINGO  
 6:00 Liverpool Rummy

24  
**8:00 & 10:00 Grocery Stores**  
 1:00 Chair Dancing  
 1:00 Canasta  
 1:30 Choral Rehearsal  
 3:30 Rosary  
 4:00 Supper Club - Open face turkey  
 sandwich\*

25  
 1:00 Scrabble  
 1:00 5Crowns  
 1:00 Mahjong CTR  
 3:00 RumiKub

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

27  
 12:00 Let's Do Lunch-Pretzel Burger  
 with Sweet Potato Fries\*  
 1:00 Pinochle  
**2:00 Birthday Celebration**  
**3:00 NEW RESIDENT Orientation**  
 3:00 RumiKub  
 3:00 Drama Club  
 4:00 Scrabble CTR  
 4:00 Sit and Stitch

28  
**1:00 Winter Olympics Third Event  
 (Tabletop Bowling) with PRN\***  
 2:00 Sing-A-Long  
 3:00 Quarter BINGO  
 6:00 Liverpool Rummy

29  
**11:00 NYS Museum Visit\***  
 4:00 Sit and Stitch

30  
**12:00 Soup Fest\***  
 2:00 BINGO  
 4:00 Sit and Stitch

31  
**8:00 & 10:00 Grocery Stores**  
 1:00 Canasta  
 1:30 Choral Rehearsal  
 3:30 Rosary  
 4:00 Supper Club - Stuffed Shells  
 with Garlic Bread\*



**EVENTS MARKED WITH AN  
 ASTERISK REQUIRE SIGN-UP  
 IN THE OFFICE**

CONNECTED *life*



FITNESS

**Every Monday**

9:00 Sit To Be Fit  
 10:00 Aqua Fit

**Every Tuesday**

8:00 Hydro Rider  
 9:00 Pilates  
 10:00 Strength & Balance

**Every Wednesday**

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

**Every Thursday**

9:00 Balance & Strength  
 9:30 Hydro Rider  
 10:00 Trifecta  
 Strength/ Balance/ Flex  
 11:00 Move & Grove

**Every Friday**

9:00 Sit To Be Fit  
 10:00 Aqua Fit  
 11:00 Chair Yoga

**Color Key**

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

## Community Activities



### **NYS MUSEUM TOUR** Wednesday, January 29th at 11:00

(admission is free)

All levels of the Museum and our auditorium, Ronay Menschel Hall, are accessible by elevator. Wheelchairs: Motorized wheelchairs are permitted at the Museum.



### **SOUP FEST**

Enjoy a hot cup of soup  
and sandwich at the clubhouse  
**Thursday, January 30th at Noon**

Please sign up if you're interested  
Please RSVP by Friday, January 24th  
(Alexis Diner)

# OUT 'n' about

Tuesday, January 14th at 12:00  
Lunch outing at Plum Blossom



Crafts  
with  
Karen

**Krafts  
with Karen**

**Mason Jar  
Snow Globes**

Friday, January 3rd  
at 1:00

Craft Room



**A presentation you don't want to miss**

Join us on Thursday, January 9th at 1:00 to hear all about Caption Call with Thomas Johnson

No-Cost Closed Caption Phone Service

You decide how you want to use CaptionCall: customize it to your liking and try out all the features or simply pick up the phone and talk. It works like any other phone except the CaptionCall phone that comes with your service has a large interactive screen so you can turn on phone call captioning and read the text of your conversation in real time.



Let's take a trip to the  
**BASKETBALL HALL OF FAME**  
Springfield, MA

The Naismith Memorial Basketball Hall of Fame is an American history museum and hall of fame, located at 1000 Hall of Fame Avenue in Springfield, Massachusetts. It serves as basketball's most complete library, in addition to promoting and preserving the history of basketball.

Dedicated to Canadian-American physician James Naismith, who invented the sport in Springfield, the Hall of Fame inducted its first class in 1959, before opening its first facility on February 17, 1968.

**Wednesday, January 22nd at 11:00**

The bus will leave the clubhouse at 9:30 am  
Tickets are \$23.00 per person

CAN BE PAID ON-SITE

IT'S ALL FUN  
AND GAMES  
UNTIL SOMEONE  
YELLS  
BINGO!

**Music Bingo  
and Trivia**  
with  
**Tammy and Pam**  
Thursday  
January 16th  
at 4:00



**Tuesday, January 7th at 4:00**  
With Carmen and Life's Guilty Pleasures



**Holiday Jewelry  
Craft Class  
with Stephanie**

Saturday  
January 11th at 11:00

SIGN UP IN THE OFFICE



**Thursday, January 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 pre-paid meals at 4pm at the Clubhouse.

### Let's Do Lunch!

Monthly lunch at the Clubhouse, pre-pay at the office and enjoy lunch with your neighbors.

**Pick up at the Clubhouse.**

## Friday Grocery Shopping



Every Friday, the Eastwyck bus goes to three local grocery stores: Price Chopper, Aldi's and Hannaford. We will leave Eastwyck at 8:00 or 10:00. 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**

## Supper Club

This month's Meals  
will be from



### — Let's do Lunch —

January 6th at 12:00

Chicken Tenders with Fries  
\$9.00

January 13th at 12:00

Reuben Sandwich with Fries  
\$14.00

January 20th at 12:00

OFFICE CLOSED

January 27th at 12:00

Pretzel Burger with  
Sweet Potato Fries  
\$13.00

### Friday Supper Club

4pm

January 3rd

Beef Tips Over Rice  
\$19.00

January 10th

Goulash, Garlic Bread  
and Salad \$14.00

January 17th

Baked Haddock with  
Rice and Vegetables  
\$15.00

January 24th

Open Face Turkey  
Sandwich \$15.00

January 31st

Stuffed Shells with  
Garlic Bread \$14.00

## 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