

SUMMIT AT EASTWYCK

Monthly Newsletter

March 2025



THE Manager's Message

Happy March, this is one of my favorite months! I love my Irish heritage; this month always brings me back to my childhood. St Patty's Day is big my family. We would always go to the St Patrick's Day parade in Albany. My grandmother loved to go to the South End Tavern in Troy (*that I think is now closed*) I remember the men's & ladies' entrances. My gram was from Navan Ireland, I was very close with her, she loved her heritage and taught us so much about Ireland and our Irish culture. Something you may not know about me is that I have dual citizenship. This is something my Gram wanted for my sisters & I to become citizens of Ireland! I visited family when I was about 8 years old and I remember my wooden clogs going up and down the narrow wooden stairs at my great aunt's house. I even kissed the blarney stone! I walked to the corner store to buy candy and had an ongoing tab, when my father went to pay the balance the lady said "So you're the American father"! It's such a beautiful country, I can't wait to take my kids someday soon.

We have great events planned for this month. Of course, the annual St Patrick's party is on the 17th, so be sure to wear your green! We have two Irish Dancing schools coming this year. These kids always do an amazing job, you won't want to miss their toe tapping performance! Be sure to check out the trips we have planned this month, they look like a great time!

I want to thank you all for being understanding and cooperative during the past few months, we have had storm after storm this year with terrible icing! If we can get through COVID, we can get through this winter weather.

Spring is on the way!

All the best,

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

Bill Branion

Margaret Caroll

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



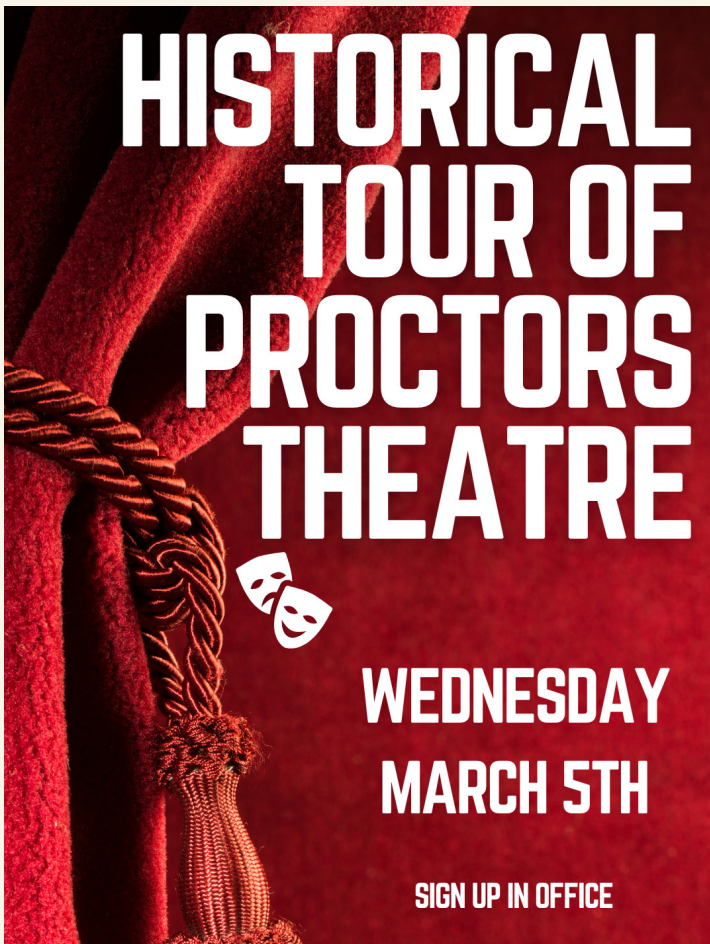
Join your neighbors and friends
for a good ole fashioned
St. Patrick's Day Dinner

Corned Beef and Cabbage dinner
catered by Alexis Diner

Entertainment by Brett Scott

Monday, March 17th 3:00

Please sign-up in the office



March Birthdays

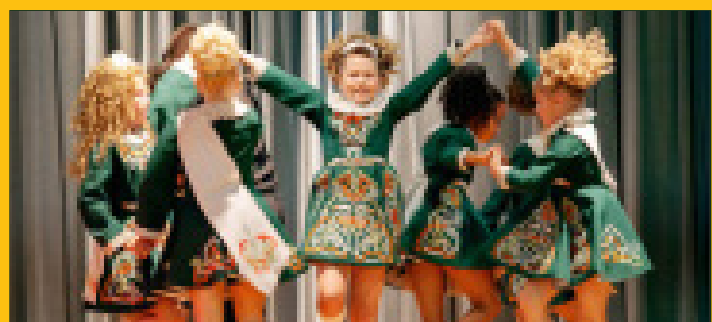


Gregory Hamlin	3/2
David Taylor	3/7
Stephen Ainsworth	3/8
Dolores Lyman	3/9
Shirley Horowitz	3/10
Michele Bryski	3/11
John Mandel	3/19
Helen Murray	3/19
Loreen Wheeler	3/24
Thea Eisen	3/25
Lena Henkin	3/30



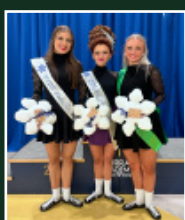
S	M	T	W	TH	F	S	
CONNECTED life  FITNESS		Every Monday 9:00 Sit To Be Fit 10:00 Aqua Fit	Every Tuesday 8:00 Hydro Rider 9:00 Pilates 10:00 Strength & Balance	Every Wednesday 9:00 Sit To Be Fit 10:00 Aqua Motion 11:00 Fitness Drumming 12:00 Line Dancing	Every Thursday 9:00 Balance & Strength 10:00 Trifecta Strength/ Balance/ Flex 11:00 Move & Grove	Every Friday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga	1 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub
2 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	3 12:00 Let's do Lunch* 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch 6:00 Poker Night	4 1:00 Tai-Chi 2:30 Cribbage 3:00 Quarter BINGO 4:00 Happy Hour with Tri-County Banjo Band* 6:00 Liverpool Rummy	5 Dr. Masias 10:30 Educational Tour of Proctors Theatre* 2:00 Ash Wednesday service with Deacon Bob* 1:30-2:30 Writing Club 2:30 Cribbage 4:00 Sit and Stitch	6 Medical Appointments 12:00 Movie: The Irishman 2:00 BINGO 6:00 Liverpool Rummy	7 8:00 & 10:00 Grocery Stores 12:00 Craft Class with Karen* 1:00 Chair Dancing 1:00 Canasta 3:30 Rosary 4:00 Alexis Diner Supper Club*	8 12:00 School of Irish Dance Performance* 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub	
9 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR SPRING AHEAD	10 11:00 Lunch Outing at Yianni's Chatham House* 12:00 Let's Do Lunch* 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch	11 2:00 Karaoke with Brian* 2:30 Cribbage 6:00 Liverpool Rummy	12 11:30 Irish American Museum Tour* 1:00 Book Club 2:30 Cribbage 4:00 Sit and Stitch	13 Medical Appointments 2:00 Shamrock Jewelry Craft Class with Laiken* 2:00 BINGO 5:00 An Clair School of Irish Dance Performance* 6:00 Liverpool Rummy	14 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Rehearsal 3:30 Rosary 4:00 Alexis Diner Supper Club*	15 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub	
16 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	17 1:00 Pinochle 3:00 RumiKub 3:00 St. Patrick's Day Party with music from Brett Scott* 4:00 Scrabble CTR 4:00 Sit and stitch 6:00 Poker Night	18 1:00 Tai-Chi 2:00 Sing-A-Long 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	19 12:00 Men's Lunch 1:30-2:30 Writing Club 2:00 Movie: The Banshees of Inisherin 2:30 Cribbage 4:00 Sit and Stitch	20 Medical Appointments 2:00 BINGO 3:00 Resident Meeting with Tarah and Sasha 4:00 Music Bingo & Trivia* 6:00 Liverpool Rummy	21 8:00 & 10:00 Grocery Stores 1:00 Chair Dancing 1:30 Choral Rehearsal 2:00 PRN & Fitness with Barb present: Aquatic Therapy* 1:00 Canasta 3:30 Rosary 4:00 Alexis Diner Supper Club*	22 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub	
23 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	24 12:00 Let's do Lunch* 1:00 Pinochle 1:00 The Language of Flowers presented by: John Dennehey, PhD Student at Ualbany 2:00 Birthday Celebration 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch	25 2:00 Sing-A-Long 2:30 Cribbage 3:00 Quarter BINGO 4:00 Happy Hour with Drew Jacobs* 6:00 Liverpool Rummy	26 1:00 New Resident Orientation 2:30 Cribbage 4:00 Sit and Stitch	27 Medical Appointments 2:00 BINGO 4:00 Pizza Night* 6:00 Liverpool Rummy	28 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Rehearsal 3:00 Happy Hour with Mark Oldendorf* 3:30 Rosary 4:00 Alexis Diner Supper Club*	29 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub	
30 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	31 12:00 Let's do Lunch* 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch			COLOR KEY Red - Community Events Bold Black - Transportation Event Black - In-house event	COLOR KEY Green - Games Blue - Leisure & Recreation White - Daily Fitness Class	 EVENTS MARKED WITH AN ASTERISK REQUIRE SIGN-UP IN THE OFFICE	

Community Programs



Boland School of Irish Dance

Performance on Saturday, March 8th
at 12:00 • Clubhouse



An Clair School of Irish Dance

Performance on
Thursday March 13th
at 5:00 • Clubhouse



PRN and Fitness with Bab Howansky

Aquatic therapy, or water therapy, can help with a variety of conditions by improving flexibility, strength, and balance. It can also help with pain reduction and relaxation.

Join us on Friday,
March 21st at 2:00 for a
discussion and presentation
on aquatic therapy
Sign-up in the office

NEW RESIDENT ORIENTATION



NEW DATE & TIME

New Resident Orientation will be on the last
Wednesday of the month at 1:00

New Residents will benefit from meeting
current residents and learn all there is to know
about their new community



Shamrock Jewelry Craft Class with Laiken

Thursday
March 13th at 2:00

Craft Room

Sign-up in the office

MOVIE NIGHT



Thursday, March 6th
at 12:00
The Irishman

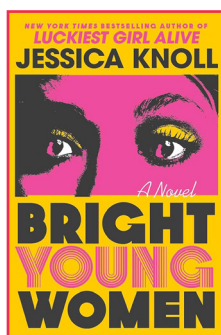


Wednesday, March 19th
at 2:00
The Banshees
of Inisherin

Book Club Discussion: Bright Young Woman

by: Jessica Knoll

Wednesday, March 12th at 1:00



Community Activities

OUT 'n' about



Monday, March 10th at 11:00
Yianni's Chatham House

Wednesday
March 12th at 11:30
Irish American Heritage
Museum Tour



Krafts with Karen



Spring floral arrangements

Friday, March, 7th
at 12:00

Craft Room



Music Bingo and Trivia

with Tammy and Pam

Thursday, March 20th at 4:00

Ash Wednesday Service
with Deacon Bob

Wednesday
March 5th at 2:00

Great Room



Happy Hour with the Tri
County Banjo Band
Tuesday, March 4th at 4:00

Happy Hour with
Drew Jacobs
Tuesday, March 25th at 4:00

Happy Hour with
Mark Oldendorf
Friday, March 28th at 3:00



MEN'S LUNCH

WEDNESDAY, MARCH 19th 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



Friday Supper Club

— Let's do Lunch —

March 3rd at 12:00

Mac n Cheese \$14.00

March 10th at 12:00

Tuna Melt with Fries \$13.00

March 17th at 12:00

Reuben Wrap \$13.00

March 24th at 12:00

French Dip \$11.00

March 31st at 12:00

BLT with coleslaw \$11.00

March 7th @ 4:00pm

Baked Ziti \$13.00

March 14th @ 4:00pm

Hamburger Deluxe \$10.00

March 21st @ 4:00pm

Meatloaf \$ 11.00

March 28th @ 4:00pm

Baked Virginia Ham \$18.00

Healthy frozen meals are available for purchase at the Clubhouse

Options on hand are listed below:

Sweet and Sour Chicken • The Arnold Bowl
Buffalo Chicken and Mac and Cheese
Cheeseburger Bowl • Sweet Corn Chicken
Chicken Adobo



Meals are \$9.00 each



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
Hair

Rita 518-495-5603

Becky 518-424-7922