

# SUMMIT AT EASTWYCK

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Monthly Newsletter

April 2025



# THE Manager's Message

Dear Residents,

Spring has sprung! What a beautiful time of year (despite the allergies) around upstate New York! The weather is getting warmer, we have longer days, and everything is getting green again I LOVE IT! We have a great month ahead, from the community spring luncheon to several great trips planned. The Empire State Plaza Farmers market looks great along with the Dutch Apple Cruise!

Did you know that 3 times around our community is a mile! Get a buddy and get your steps in. The Community Garden will be ready for planting next month, get your names in to reserve your raised bed. Also, our bocce team will start to meet in the evenings soon. Check back and see next month's calendar for days & times.

April is national laughter month, be sure to attend the comedy show on the 24th at 2:00 in our Great Room. There will be an Easter Service with Deacon Bob Sweeney on the 16 and a Passover celebration on the 3rd.

I hope you all have a great Passover & a happy Easter!

*Tarah Lobdell*  
Tarah Lobdell  
Community Manager



## CHORAL CONCERT



Choral Concert followed by Ice Cream Social  
Friday, April 11th  
Concert begins at 4:00  
ALL ARE WELCOME

## Staff



### Community Manager

Tarah Lobdell  
TLobdell@summitseniorlife.com

### Residents Service Coordinator

Sasha Carrington  
SCarrington@summitseniorlife.com

### Maintenance

Gani Dajko  
Mark Lobdell  
Margaret Carroll

### Driver

Terry Lantry

### Weekend Clubhouse Attendant

Tracey Ainsworth  
Linda Cox

Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
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### The Torment of Roses: A High Society Duel Over Flower Arrangements

In 1892, Vienna hosted the first international exhibition devoted exclusively to music and theatre. The exhibition's Honorary President was a high society Princess who was the leading trendsetter, close confidante of French Empress Eugenie, and had a passion for flowers. Not only was the exhibition her idea, but in 1886 she established the annual flower parade in Vienna. Meanwhile a much younger Countess was gaining notoriety in elite social circles and was made President of the Ladies Committee. After a disagreement about flower arrangements at the Exhibition, these two high society women decided to settle the disagreement with a *duel*!

Tune in for more on Monday, April 14th at 1:00 being presented by John Dennehey, PHD Student, Department of Anthropology at UAlbany



#### THE BENEFITS OF BLUETOOTH HEARING AIDS



#### Are hearing aids with Bluetooth better?

The Advantages of Bluetooth Hearing Aids

They have advanced technology, including automatic adjusting to your environment to help you hear better without putting any extra strain on your brain. They also allow you to experience seamless hearing with easy connectivity to your favorite Bluetooth devices.

**Join Dr. Bergmann with Capital Region Audiology on Thursday, April 24th at 1:00**

# HAPPY Birthday

**TRACEY AINSWORTH 4/4**

**RON HABER 4/6**

**JANE COX 4/9**

**KAREN RANT 4/11**

**MARGARET SYVERTSON 4/12**

**CONNIE FENNELLY 4/12**

**SARA BIGELSON 4/24**


**BARRY PEMBERTON 4/25**

**MARGARET PIPER 4/25**

**RICHARD RAWLINGS 4/26**



APRIL 2025

S	M	T	W
Sunday	Monday	Tuesday	Wednesday
CONNECTED <i>life</i>  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 Fit 11:00 Fitness Class 12:00 Line Dance
<b>COLOR KEY</b> Red - Community Events Bold Black - Transportation Event Black - In-house event		<b>COLOR KEY</b> Green - Games Blue - Leisure & Recreation White - Daily Fitness Class	
		1 1:00 Tai-Chi 3:00 Quarter BINGO 6:00 Liverpool Rummy  April Fools Day	2  Dr. Mas 12:00 Spring I 1:30-2:30 Wri 4:00 Sit an
6 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	7 12:00 Let's Do Lunch- * Grilled Cheese with Fries 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch 6:00 Poker Night	8 11:30 The Mighty Crab Lunch Outing* 3:00 Quarter BINGO 6:00 Liverpool Rummy	9 10:00 Empi Plaza Farmer 1:00 Book 4:00 Sit an
13 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	14 12:00 Let's Do Lunch- * Veggie Quesadillas 1:00 Pinochle 1:00 The Torment of Roses presented by John Dennehey* 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch	15 1:00 Tai-Chi 2:00 Long Term Care Options and Costs with Renee Birnbaum* 3:00 Quarter BINGO 4:00 Happy Hour with Vickie Gayle* 6:00 Liverpool Rummy	16 10:00 Spring at Walmart 1:30-2:30 W 2:00 East 2:30 Cril 4:00 Sit ar
20 EASTER SUNDAY OFFICE CLOSED 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	21 12:00 Let's Do Lunch- * Veggie Lasagna 1:00 Pinochle 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch 6:00 Poker Night	22 3:00 Quarter BINGO 4:00 Happy Hour with Alyssa Yeager* 6:00 Liverpool Rummy	23 11:00 Dutc Sightseeing 4:00 Sit an
27 1:30 MexicanTrain 2:00 Triple Play 3:00 RumiKub 4:00 Scrabble CTR	28 12:00 Let's Do Lunch- * Eggplant Parm 1:00 Pinochle 2:00 Birthday Celebration 3:00 RumiKub 3:00 Drama Club 4:00 Scrabble CTR 4:00 Sit and stitch	29 1:00 Tai-Chi 2:00 Quarterly Planning Meeting 3:00 Quarter BINGO 6:00 Liverpool Rummy	30 10:00 Sar Casino O 1:00 New R Orienta 4:00 Pizza 4:00 Sit an



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TH

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Wednesday      Thursday      Friday      Saturday

Wednesday	Every Thursday	Every Friday
Sit To Be Fit Aqua Motion Jazz Drumming Line Dancing	9:00 Balance & Strength 10:00 Trifecta Strength/ Balance/ Flex 11:00 Move & Grove	9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga



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

Masias Luncheon* Writing Club and Stitch	3 Medical Appointments 2:00 BINGO 3:30 Passover with Rabbi Ami* 6:00 Liverpool Rummy	4 8:00 & 10:00 Grocery Stores 12:00 Craft Clas with Karen* 1:30 Choral Rehearsal 1:00 Canasta 3:30 Rosary 4:00 Supper Club—* Fish & Chips	5 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub
Empire State Makers Market* Book Club— and Stitch	10 Medical Appointments 2:00 BINGO 6:00 Liverpool Rummy 4:00 Pizza Night*	11 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Chair Dancing/Exercise 3:30 Rosary 4:00 Choral Concert and Ice Cream Social* 4:00 Supper Club—* Salmon and Rice Pilaf	12 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub  Passover
Spring Shopping Mall/Target* Writing Club Easter Mass Cribbage and Stitch	17 Medical Appointments 2:00 BINGO 3:00 Resident meeting with Tarah and Sasha 4:00 Music Bingo & Trivia* 6:00 Liverpool Rummy	18 8:00 & 10:00 Grocery Stores 1:00 Canasta 2:00 PRN OT Awareness* Month Celebration 3:30 Rosary 4:00 Supper Club—* Fish & Chips	19 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub
Watch Apple Seedling Cruise* and Stitch	24 Medical Appointments 1:00 Dr. Bergmann* Capital Region Audiology 2:00 BINGO 6:00 Liverpool Rummy	25 8:00 & 10:00 Grocery Stores 1:00 Canasta 1:00 Chair Dancing/Exercise 2:00 Judy Clements Comedy Hour* 3:30 Rosary 4:00 Supper Club—* Salmon and Rice Pilaf	26 GREAT ROOM RESERVED 12:00-5:00 1:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub

Saratoga Boating Outing* New Resident Orientation Pizza Night* and Stitch
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# Community Programs



## Hudson River Sight Seeing Cruise on the Dutch Apple

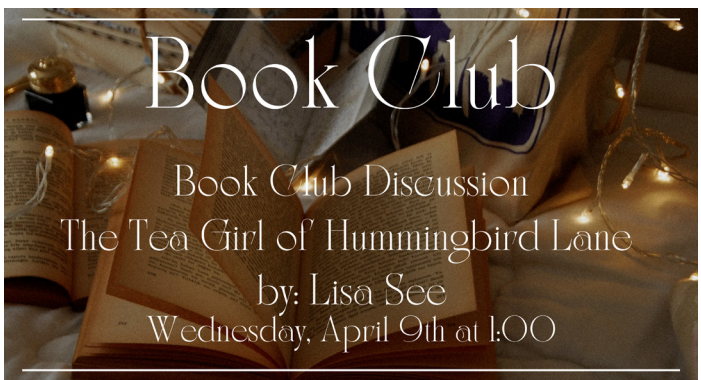
Experience a Dutch Apple Sightseeing Cruise  
on the historic Hudson River!  
Boarding starts 30 minutes before departure  
time to ensure you don't miss the boat!

During the first part of the cruise, our  
Hudson River Narration will highlight Albany  
and notable sights along the river. For the  
remaining 45 minutes, passengers can unwind,  
enjoy music, and take in the scenic views.

A Full Bar & Concessions are available, and  
accept both Cash & Credit Cards.  
Accessible for those with limited mobility.

**Wednesday, April 23rd at 11:00**  
**Tickets are \$29.00 per person**

**if you're interested, sign up in the office**



## Good Friday

### FISH FRY FRIDAY'S

FISH DINNERS Every Friday in April

Dinners by: Alexis Diner

For dinner price see back of newsletter  
**SIGN UP IN THE OFFICE**

## RESIDENTS Day Out

LUNCH OUTING AT THE MIGHTY CRAB  
RESTUARANT (WOLF ROAD)  
TUESDAY, APRIL 8 TH AT 11:30

EMPIRE STATE PLAZA FARMERS MARKET  
WEDNESDAY, APRIL 9TH AT 10:00

DUTCH APPLE SIGHTSEEING CRUISE  
WEDNESDAY, APRIL 23RD AT 11:00

WALMART /TARGET SHOPPING TRIP  
WEDNESDAY, APRIL 16TH AT 10:00

SARATOGA CASINO AND RACEWAY DAY TRIP  
WEDNESDAY, APRIL 30TH - 10:00-1:00





# Community Activities



*Comedy Night*  
*Live*

"NOT TOO OLD" STAND-UP  
COMEDY SHOW WITH  
JUDI CLEMENTS


FRIDAY, APRIL 25TH AT 2:00



Join us!

**CRAFTS CLASS  
WITH KAREN**

**FRIDAY APRIL, 4TH AT 12:00**  
**SIGN UP IN THE OFFICE**  
**DATE AND TIME MAY CHANGE**



**Writing Club**

Come and join  
us.

1st and 3rd  
Wednesdays  
1:30-2:30  
In-the-Card-Room



**EASTER MASS  
WITH DEACON  
BOB**

THE STORY OF EASTER  
**FULLY ALIVE**

WEDNESDAY, APRIL 16TH AT 2:00



**FARMER'S  
MARKET**

Visiting a farmer's market is a great way to learn more about  
your food system, shop local and eat fresh, healthy food.


**EMPIRE STATE PLAZA FARMERS MARKET**  
**WEDNESDAY, APRIL 9TH AT 10:00**

**SIGN UP IN THE OFFICE**



HAPPY  
*Passover!*

Celebrate Passover with Rabbi Ami  
Thursday, April 3rd at 3:30pm



**TRIVIA**

**B I N G O**

Music Bingo and Trivia with Tammy and Pam  
Thursday, April 17th at 4:00



**HAPPY  
HOUR**

WITH MUSICAL PERFORMANCES BY:

VICKIE GAYLE - TUESDAY, APRIL 15TH AT 4:00  
AND  
ALYSSA YEAGER - TUESDAY, APRIL 22ND AT 4:00



# 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 —

**April 7th at 12:00**

Grilled Cheese with Fries  
\$9.00

**April 14th at 12:00**

Veggie Quesadillas \$11.00

**April 21st at 12:00**

Veggie Lasagna \$13.00

**April 28th at 12:00**

Eggplant Parm \$17.00

### Friday Supper Club

**April 4th @4:00pm**

Fish & Chips \$13.00

**April 11th @4:00pm**

Salmon and Rice Pilaf  
\$20.00

**April 18th @4:00pm**

Fish & Chips \$13.00

**April 25th @4:00pm**

Salmon and Rice Pilaf  
\$20.00

**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**