

# SUMMIT AT EASTWYCK

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Monthly Newsletter

May 2025





THE  
Manager's Message

Dear Residents,

There are so many great events planned for this month! Let's kick off May with a fun Cinco De Mayo party on the 5th, then the Drama Club will be performing "The Hoot'n Holler Hotel" on the 13th with a delicious spaghetti dinner! We have a special Mother's Day lunch planned for all the women in our community, and ending the month with a Memorial Day cookout on the 23rd. Let summer begin!

It's hard to find the right words to say goodbye after 14 incredible years, but I wanted to take a moment to express my deepest gratitude as I prepare to close this chapter and begin a new one with my family.

From the moment I walked through the doors in July of 2011, I knew this was more than just a place to work it was a community, a second home, and a family. I have been lucky to work alongside some of the most passionate, kind, and dedicated people I've ever met. Together, we've shared laughter, challenges, growth, and so many meaningful moments that I will carry with me for the rest of my life.

Leaving isn't easy. This place and each of you have left a permanent mark on my heart. I'm incredibly proud of what we've accomplished together, and even more grateful for the relationships I've built along the way. I could probably write a book with all the stories & memories!

While I'm excited for what's ahead, more time with my family and the opportunity to explore new adventures, I will always look back on my time here with immense pride and affection. Please know that this goodbye is not the end, just a new beginning.

Thank you for the support, the memories, and the love. I'll miss you all more than words can say.

With all my heart,

Tarah Lobdell  
Tarah Lobdell  
Community Manager

Staff

Community Manager

Tarah Lobdell  
TLobdell@summitseniorlife.com

Residents Service Coordinator

Sasha Carrington  
SCarrington@summitseniorlife.com

Maintenance

Mark Lobdell  
Bill Branion  
Margaret Carroll

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


Summit At Eastwyck



The History of Proctor's as told by Marilyn Sassi

We took the tour the fascination of the history of Proctor's remains. **Please join us on Tuesday, May 6<sup>th</sup> at 1:00** to listen as Marilyn dives deep into the history of this with a power point presentation

Built in 1926 by F. F. Proctor, the "Dean of Vaudeville," Proctors on State Street in Schenectady was a popular theatre that used a method of continuous performance to draw huge crowds and numerous famous vaudevillians of that era. For nearly 100 years, Proctors has been a part of downtown Schenectady's landscape. Starting as a vaudeville and movie house in 1926, and shifting throughout the years, it is now the Capital Region's only place to see premier Broadway shows live.



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**Speech Therapy  
Awareness Month**

May is National Speech Therapy Month and we are excited to tell you how vital this profession is. Learn all the ways Speech Therapy can help with language, swallowing, organization, brain health and speech. Refreshments served!

**Friday, May 9th**  
**12:00pm. Great Room**



**CINCO DE MAYO**  
**WALKING TACO BAR**

Please join us in the Clubhouse  
on Monday, May 5<sup>th</sup> at 12:00 and  
enjoy our walking taco bar

Taco ingredients, chips and refreshments  
will be available - sign up in the office





**HAPPY  
Birthday**

**Marion Gardner 5/1**  
**Marilyn Cook 5/7**  
**Carol Francis 5/7**  
**Mabel Hall 5/8**  
**Ellie Rescott 5/11**  
**Virginia Cornell 5/17**  
**Lucy Sherman 5/22**  
**Mary Ghent 5/25**  
**Barbara Welch 5/27**  
**Sandra Liptak 5/29**  
**Maria Williams 5/29**  
**Lois Anderson 5/30**  
**Frank Germanowski 5/30**





**HAPPY  
Birthday**

LET'S CELEBRATE OUR MAY BIRTHDAYS TOGETHER!  
MONDAY, MAY 19TH AT 2:00  
JOIN US IN THE CLUBHOUSE FOR CUPCAKES AND REFRESHMENTS





S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>COLOR KEY</div> <div>Red - Community Events</div> <div>Bold Black - Transportation Event</div> <div>Black - In-house event</div>	<div>COLOR KEY</div> <div>Green - Games</div> <div>Blue - Leisure &amp; Recreation</div> <div>White - Daily Fitness Class</div>			1 <div>Medical Appointments</div> <div>2:00 BINGO</div> <div>6:00 Liverpool Rummy</div> <div>4:00 Pizza Night</div>	2 <div>8:00 &amp; 10:00 Grocery Stores</div> <div>1:00 Chair Dancing/Exercise</div> <div>1:30 Choral Rehearsal</div> <div>1:00 Canasta</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—*</div> <div>Stuffed Mushrooms over Rice</div> <div>7:00 Chillin' by the fire</div>	3 <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 RumiKub</div>
4 <div>1:30 MexicanTrain</div> <div>2:00 Triple Play</div> <div>3:00 RumiKub</div> <div>4:00 Scrabble CTR</div>	5 <div>1:00 Pinochle</div> <div>3:00 RumiKub</div> <div>12:00 Walking Taco Bar*</div> <div>4:00 Scrabble CTR</div> <div>4:00 Sit and stitch</div> <div>6:00 Poker Night</div> <div>CINCO DE MAYO</div>	6 <div>1:00 Marilyn Sassi presents: PROCTORS History*</div> <div>2:00 Sing-A-Long</div> <div>3:00 Quarter BINGO</div> <div>6:00 Liverpool Rummy</div>	7 <div>Dr. Masias</div> <div>1:30-2:30 Writing Club</div> <div>4:00 Sit and Stitch</div>	8 <div>12:00 Mother's Day Luncheon*</div> <div>Medical Appointments</div> <div>2:00 BINGO</div> <div>6:00 Liverpool Rummy</div>	9 <div>8:00 &amp; 10:00 Grocery Stores</div> <div>12:00 PRN presents Speech Therapy Awareness</div> <div>1:00 Canasta</div> <div>1:30 Choral Rehearsal</div> <div>3:30 Rosary</div> <div>4:00 Happy Hour with Mark Oldendorf*</div> <div>4:00 Supper Club—*</div> <div>Roast Breast of Turkey Sandwich</div> <div>7:00 Chillin' by the Fire</div>	10 <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 RumiKub</div>
11 <div>GREAT ROOM RESERVED</div> <div>1:00-5:00</div> <div>1:30 MexicanTrain</div> <div>2:00 Triple Play</div> <div>3:00 RumiKub</div> <div>4:00 Scrabble CTR</div> <div>MOTHER'S DAY</div>	12 <div>12:00 Let's Do Lunch—*</div> <div>Grilled Chicken Salad</div> <div>1:00 Pinochle</div> <div>3:00 RumiKub</div> <div>3:00 Drama Club Dress Rehearsal</div> <div>4:00 Scrabble CTR</div> <div>4:00 Sit and stitch</div>	13 <div>11:00 Tech Workshop*</div> <div>1:00 Tai Chi</div> <div>2:00 Sing-A-Long</div> <div>3:00 Drama Club Presentation*</div> <div>3:00 Quarter BINGO</div> <div>6:00 Liverpool Rummy</div>	14 <div>10:00 Dakota Ridge Llama Farm*</div> <div>1:00 Book Club—</div> <div>4:00 Sit and Stitch</div>	15 <div>Medical Appointments</div> <div>2:00 BINGO</div> <div>3:00 Resident meeting with Tarah and Sasha</div> <div>6:00 Liverpool Rummy</div>	16 <div>8:00 &amp; 10:00 Grocery Stores</div> <div>1:00 Canasta</div> <div>1:00 Chair Dancing/Exercise</div> <div>1:30 Choral Rehearsal</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—*</div> <div>Lasagna</div> <div>7:00 Chillin' by the fire</div>	17 <div>GREAT ROOM RESERVED</div> <div>12:00-5:00</div> <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 RumiKub</div>
18 <div>1:30 MexicanTrain</div> <div>2:00 Triple Play</div> <div>3:00 RumiKub</div> <div>4:00 Scrabble CTR</div>	19 <div>12:00 Let's Do Lunch—*</div> <div>Chicken Fingers with Fries</div> <div>1:00 Pinochle</div> <div>2:00 Birthday Celebration</div> <div>3:00 RumiKub</div> <div>4:00 Scrabble CTR</div> <div>4:00 Happy Hour with The Young Winchesters*</div> <div>4:00 Sit and stitch</div> <div>6:00 Poker Night</div>	20 <div>11:00 Garden Club Shopping*</div> <div>2:00 Sing-A-Long</div> <div>3:00 Quarter BINGO</div> <div>6:00 Liverpool Rummy</div>	21 <div>1:30-2:30 Writing Club</div> <div>4:00 Sit and Stitch</div>	22 <div>Medical Appointments</div> <div>2:00 BINGO</div> <div>4:00 Music Bingo &amp; Trivia*</div>	23 <div>8:00 &amp; 10:00 Grocery Stores</div> <div>1:00 Canasta</div> <div>12:00 Memorial Day Cookout*</div> <div>1:30 Choral Rehearsal</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—*</div> <div>Roast Beef Sandwich</div> <div>7:00 Chillin' by the fire</div>	24 <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 RumiKub</div>
25 <div>1:30 MexicanTrain</div> <div>2:00 Triple Play</div> <div>3:00 RumiKub</div> <div>4:00 Scrabble CTR</div>	26 <div>OFFICE CLOSED</div> <div>1:00 Pinochle</div> <div>3:00 RumiKub</div> <div>4:00 Scrabble CTR</div> <div>4:00 Sit and stitch</div> <div>6:00 Poker Night</div> <div>MEMORIAL DAY</div>	27 <div>11:00 Albany Buffet Lunch Outing*</div> <div>1:00 Tai Chi</div> <div>2:00 Sing-A-Long</div> <div>3:00 Quarter BINGO</div> <div>6:00 Liverpool Rummy</div>	28 <div>10:00 Basketball Hall of Fame Visit*</div> <div>1:00 New Resident Orientation</div> <div>4:00 Sit and Stitch</div> <div>4:00 Happy Hour with Mark Munzert*</div>	29 <div>Medical Appointments</div> <div>2:00 BINGO</div> <div>3:00 Rabbi Abraham Laber Chabad of Rensselaer *</div> <div>6:00 Liverpool Rummy</div>	30 <div>8:00 &amp; 10:00 Grocery Stores</div> <div>1:00 Canasta</div> <div>1:30 Choral Concert</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—*</div> <div>Hamburger Deluxe</div> <div>7:00 Chillin' by the fire</div>	31 <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 RumiKub</div>
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>9:00 Sit To Be Fit</div> <div>10:00 Aqua Fit</div>	<div>Every Tuesday</div> <div>8:00 Hydro Rider</div> <div>9:00 Pilates</div> <div>10:00 Strength &amp; Balance</div>	<div>Every Wednesday</div> <div>9:00 Sit To Be Fit</div> <div>10:00 Aqua Motion</div> <div>11:00 Fitness Drumming</div> <div>12:00 Line Dancing</div>	<div>Every Thursday</div> <div>9:00 Balance &amp; Strength</div> <div>10:00 Trifecta</div> <div>Strength/ Balance/ Flex</div> <div>11:00 Move &amp; Grove</div>	<div>Every Friday</div> <div>9:00 Sit To Be Fit</div> <div>10:00 Aqua Fit</div> <div>11:00 Chair Yoga</div>	<div></div> <div>EVENTS MARKED WITH AN ASTERISK REQUIRE SIGN-UP IN THE OFFICE</div>



# Mother's Day

Join us in the Clubhouse on Thursday,  
May 8<sup>th</sup> at 12:00 for our annual

Mother's Day Luncheon

sign up in the office

## MEMORIAL DAY COOKOUT

JOIN US FOR EASTWYK'S  
ANNUAL MEMORIAL DAY COOKOUT  
FRIDAY, MAY 23<sup>RD</sup> AT 12:00  
EASTWYCK WILL PROVIDE HOT DOGS, HAMBURGERS, ROLLS,  
PAPER PRODUCTS AND REFRESHMENTS  
RESIDENTS ARE WELCOME TO BRING SIDE DISHES  
SIGN UP IN THE OFFICE

### CLUBHOUSE RESERVED

SUNDAY  
MAY 11<sup>TH</sup>  
1:00-5:00  
&  
SATURDAY  
MAY 17<sup>TH</sup>  
12:00-5:00

## Summit of Eastwyck Drama Club

cordially invites you to a  
performance  
of  
**THE SPAGHETTI WESTERN**  
at The Hoot'nHoller Hotel

with LINDA our Director

**TUESDAY**  
**MAY 13, 2025**  
**3 PM**  
At the Clubhouse

## Tech Support & Workshops for Seniors.

**Tech Help Clinics:** A dedicated drop-in session  
where residents can get one-on-one support  
for their devices, apps, and digital needs.

**Workshops & Group Training:** Interactive  
sessions on topics like online safety, video  
calling, organizing photos, and using  
smart devices.

**One-on-One Tech Support:**  
Personalized assistance for seniors who need  
extra help with their technology. Scam  
Awareness & Digital Security: Helping seniors  
recognize scams, protect personal information,  
and stay safe online.

Andrew Batista with Towne Techs  
will be onsite on **Tuesday, May 13<sup>th</sup> at  
11:00** for a presentation and one on one  
assistance with your tech devices and  
any questions you may have

sign up in the office



Music Bingo and Trivia with Tammy and Pam  
Thursday, May 22nd at 4:00

## RESIDENTS Day Out

DAKOTA RIDGE LLAMA FARM  
WEDNESDAY, MAY 14<sup>TH</sup> AT 10:00

GARDEN CLUB SHOPPING AT HEWITTS  
TUESDAY, MAY 20<sup>TH</sup> AT 11:00

LUNCH AT ALBANY BUFFET  
TUESDAY, MAY 27<sup>TH</sup> AT 11:00

BASKETBALL HALL OF FAME VISIT  
WEDNESDAY, MAY 28<sup>TH</sup> AT 10:00

## Book Club

Book Club Discussion  
The Women  
by: Kristin Hannah  
Wednesday, May 14<sup>th</sup> at 1:00

## HAPPY HOUR

WITH MUSICAL PERFORMANCES BY:  
MARK OLDENDORF - FRIDAY, MAY 9<sup>TH</sup> AT 4:00  
THE YOUNG WINCHESTERS- TUESDAY, MAY 19<sup>TH</sup> AT 4:00  
MARK MUNZER - WEDNESDAY, MAY 28<sup>TH</sup> AT 4:00



### Dakota Ridge Llama Farm Private Tour

Come and visit approximately 60 llamas on a working farm, they  
are very gentle and easy to love. We will give you basic  
information on the many uses and care of llamas. The tours are  
private, so you will not be in a large group. You will have a  
personal hands-on experience as we bring out a llama for you to  
pet, brush, feed and walk. We will bring you in all the barns, so  
you can see and interact with the animals, including taking  
photographs. Selfies are encouraged. The tour will last 1 hour.

**Wednesday, May 14<sup>th</sup> at 10:00**

cost is \$20.00 per visitor

Sign up in the office





# 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**  
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**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 —

**May 5th at 12:00**

Walking Taco Party

**May 12th at 12:00**

Grilled Chicken Salad \$17.00

**May 19th at 12:00**

Chicken Fingers with Fries  
\$12.00

**May 26th at 12:00**

OFFICE CLOSED

### Friday Supper Club

**May 2nd at 4:00pm**

Stuffed Mushrooms  
over Rice \$15.00

**May 9th at 4:00pm**

Roast Breast of Turkey  
Sandwich \$17.00

**May 16th at 4:00pm**

Lasagna \$17.00

**May 23rd at 4:00pm**

Roast Beef Sandwich  
\$17.00

**May 30th at 4:00pm**

Hamburger Deluxe  
\$13.00

### 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