

# SUMMIT AT EASTWYCK

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Monthly Newsletter

January 2024



# THE Manager's Message

**A**s we look forward to another year together, we hope our residents will be healthy and happy and enjoy all the activities and happenings ahead!

Be sure to let the office know what you will attend in January, we have our annual Soup Fest, happy hours with great entertainment and Chef Johnny will be on site to prepare some delicious meals as well!

The Choral Group will resume their schedule in February, let us know if you would like to join in the fun!

On behalf of the entire Summit at Eastwyck Staff, thank you so much for your generous gifts this year!

*Kelly Ann Smith*  
Kelly Ann Smith  
Community Manager

## HAPPY NEW YEAR



## Staff



### Community Manager

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Kelly Ann Smith  
Ksmith@summitseniorlife.com

### Assistant Community Manager

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Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Maintenance

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Gani Dajko  
Mark Collins

### Driver

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Terry Lantry

### Weekend Clubhouse Attendant

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Tracey Ainsworth

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Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
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## Celebrating Our Wrinkles, Accepting Our Infirmities, and Developing Strategies for Successful Aging



**Dr. Ellen Cole**  
Emerita Professor of Psychology  
Russell Sage College

**January 17 at 2:00**

Dr. Ellen Cole will present her published research and ongoing work in the area of positive aging. She wants to change the way the world looks at old people and the way we old people look at ourselves (Ellen is nearly 83). One of her favorite quotes, from psychiatrist George Vaillant is *"The mission of positive aging is very clear: to add more life to years, not just more years to life."*

Dr. Ellen Cole is Emerita Professor of Psychology at Russell Sage College and the author of a variety of articles and books on positive aging. Her most recent book, *Older Women Who Work: Resilience, Choice, and Change*, was named to the Association of College and Research Libraries list of Outstanding Academic Titles published in 2021. She is currently co-editing a special issue of the journal *Women & Therapy* on women thriving in their 80s and 90s. She lives with her husband, Doug North, in Berlin, NY where she is proud to be an Election Inspector and a member of the 4th of July Parade Committee. Ellen and Doug have four children and a slew of grandchildren, including a lawyer, a cosmetologist, musicians, college students, a city planner who grew up in rural Vermont, and a NYC restaurant manager.



- 1/2 Jimmy Scorsone
- 1/3 Jean Cox
- 1/3 Rose Marie Joyce
- 1/4 Mary Tobin
- 1/8 Nancy Battistello
- 1/11 Elizabeth Doocey
- 1/12 Colleen Hill
- 1/14 Ed Collins
- 1/15 Sheila Van Alstine
- 1/16 Lou Bacon
- 1/21 Deanna Wheeler
- 1/23 Vivian Rossetti
- 1/23 Paula Coggeshall

**New Resident Orientation & Birthday Party.**  
Please join us for our monthly birthday celebration. The Orientation will follow the birthday celebration.

## January Book Club Wednesday, January 10th at 12:00

### **Something to Hide** by Elizabeth George

When a police detective is taken off life support after falling into a coma, only an autopsy reveals the murderous act that precipitated her death. She'd been working on a special task force within North London's Nigerian community, and Acting Detective Superintendent Thomas Lynley is assigned to the case, which has far-reaching cultural associations that have nothing to do with life as he knows it. In his pursuit of a killer determined to remain hidden, he's assisted by Detective Sergeants Barbara Havers and Winston Nkata. They must sort through the lies and the secret lives of people whose superficial cooperation masks the damage they do to one another.



**Happy New Year**  
From all of us at  
**Summit Senior Living**

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1 **Happy NEW Year**  
Office Closed  
No fitness, No Breakfast

2  
1:30 SKAT  
2:00 10,9,8 Game  
2:00 Sing A Long  
3:00 Quarter BINGO  
2:30 Cribbage  
4:00 Knitting  
6:00 Liver Pool Rummy

3  
12:00 Tea & Scones  
1:00 Movie— *May December*  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Knitting

4  
Medical Appointments  
1:00 Pinochle  
2:00 BINGO  
6:00 Liver Pool Rummy

5  
8:00 & 10:00 Grocery Stores  
1:00 Canasta  
3:30 Rosary  
4:00 Chef Johnny Meal  
6:30 Fire Side Chats BYOB

6  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

7  
3:00 RumiKub  
4:00 Scrabble CTR

8  
12:00 Let's Do Lunch  
3:00 RumiKub  
4:00 Scrabble CTR  
6:00 Poker Night

9  10:30 Hector PT  
12:00 Ladies Lunch  
1:30 SKAT  
2:00 10,9,8 Game  
2:00 Sing A Long  
2:30 Cribbage  
3:00 Quarter BINGO  
4:00 Knitting

10  
12:00 Book Club  
1:00 Movie— *Leave The World Behind*  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Knitting

11  
Medical Appointments  
12:00 Soup Festival  
1:00 Pinochle  
2:00 BINGO  
6:00 Liverpool Rummy

12  8:00 & 10:00 Grocery Stores  
1:00 Canasta  
2:00 Barbara Fitness Presentation  
3:30 Rosary  
4:00 Chef Johnny Meal  
6:30 Fire Side Chats BYOB

13  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

14  
3:00 RumiKub  
4:00 Scrabble CTR  
GR Reserved 2-5

15 **MARTIN LUTHER KING JR. DAY**  
Office Closed  
No Breakfast, No Fitness  
4:00 Supper Club

16  
1:30 SKAT  
2:00 10,9,8 Game  
2:00 Sing A Long  
3:00 Quarter BINGO  
2:30 Cribbage  
4:00 Happy Hour with Musicats  
6:00 Liver Pool Rummy


17  
2:00 Ellen Cole  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Salad Bar & Music with Laura Collins  
4:00 Knitting

18  
11:30 Albany Cathedral Tour  
1:00 Pinochle  
4:00 Wine & Cheese  
6:00 Liverpool Rummy

19  
8:00 & 10:00 Grocery Stores  
1:00 Canasta  
3:30 Rosary  
4:00 Chef Johnny Meal  
6:30 Fire Side Chats BYOB

20  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub  
5:30 St. Michaels Lasagna Dinner

21  
3:00 RumiKub  
4:00 Scrabble CTR

22  12:00 Let's Do Lunch  
1:00 Barry Loffredo "Defense Wins"  
3:00 RumiKub  
4:00 Scrabble CTR

23  
1:30 SKAT  
2:00 Holiday Sing A Long  
3:00 Quarter BINGO  
2:30 Cribbage  
4:00 Knitting  
6:00 Liver Pool Rummy

24  
1:00 Movie— *Harriet*  
2:00 10,9,8 Game  
2:00 Communion Service  
2:30 Cribbage  
4:00 Pizza Night  
4:00 Knitting

25  
Medical Appointments  
1:00 Pinochle  
2:00 BINGO  
4:00 Happy Hour with Drew Jacobs  
6:00 Liverpool Rummy

26  
8:00 & 10:00 Grocery Stores  
1:00 Canasta  
1:30 Choral Group  
3:30 Rosary  
4:00 Chef Johnny Meal  
6:30 Fire Side Chats BYOB

27  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

28  
3:00 RumiKub  
4:00 Scrabble CTR

29  
2:00 Birthday Celebration  
3:00 NEW RESIDENT Orientation  
3:00 RumiKub  
4:00 Scrabble CTR  
4:00 Supper Club

30  
1:30 SKAT  
2:00 10,9,8 Game  
2:30 Cribbage  
3:00 Quarter BINGO  
4:00 Knitting

31  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Pizza Night  
4:00 Knitting



CONNECTED *life*  
  
FITNESS

Every Monday  
9:00 Stretch & Flex  
10:00 Aqua Fit

Every Tuesday  
8:00 Hydro Bikes  
9:00 Pilates  
10:00 Thereputic Water Balance

Every Wednesday  
9:00 Sit To Be Fit  
10:00 Aqua Fit  
11:00 Fitness Drumming  
1:30 Mediation  
12:00 Line Dancing

Every Thursday  
9:00 Hydro Bikes  
9:30 Hydro Bikes  
10:30 Trifecta Strength/ Balance/ Flex  
11:30 Move & Grove

Every Friday  
9:00 Sit To Be Fit  
10:00 Aqua Fit  
11:00 Chair Yoga (all levels)  
12:00 Balance


# Community Activities

For all activities please sign up in the office.



*Tea & Scones*

January 3 at 12:00  
Warm up by the Clubhouse fire with a hot cup of tea and a fresh scone!



**Line Dancing**  
Every Wednesday at 12:00 in the Fitness Room

Come join the fun! Learn to line dance! I will be breaking down each step, slowly showing the dance moves then putting it all together. The class is for all levels. Why not check out the great time! Classes will begin in January. January 10th, 24th and 31st. Each month after that it will be every Wednesday. 12:00-12:30 in the Great Room. Hope to see you there!

**CHEF JOHNNY**  
Every Friday at 4:00  
Each meal is \$16  
Please pay when you sign up for a meal.

**JANUARY 5TH** Everything Bagel Chicken w/Scallion Cream Cheese Sauce /rice pilaf /garden veggies /roll

**JANUARY 12TH** Asian Filipino Pancit Noodles w/chicken /egg roll /roll /leche- flan dessert

**JANUARY 19TH** Boneless Shake'n Bake Pork /mashed potatoes /gravy /garden veggies /roll

**JANUARY 26TH** Beef Rigatoni /garden salad /garlic bread



*Ladies Lunch*  
January 9 at noon

**Soup Fest**  
January 11 at noon

Join your neighbors at the Clubhouse for a winter luncheon!

Pick from two different soups and a variety of different sandwiches.



**Happy Hour with The Musicats**  
January 16 at 4:00  
This fun & upbeat group will join us in the Great Room



# Community Activities



**Salad Bar & Entertainment  
by Laura Collins  
January 17 at 4:00**

*Wine & Cheese  
January 18 at 4:00*



**Lasagna Dinner**

**January 20th at 5:30**  
Meal will include: Lasagna, tossed salad, bread & dessert.  
Please contact Kathy Roberts in 1109 to pay and make your reservation. 518-203-7990  
Meals will be delivered to the Clubhouse at 5:30.



**January Movies  
in the Great Room  
by the fire place at 1:00**  
January 1 - May December  
January 10 - Leave The World Behind  
January 24 - Harriet



**Pizza Night**  
January 24 or 31  
At 4:00



*Happy Hour*  
with  
**Drew Jacobs  
on the Ukulele**  
January 25  
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 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: ShopRite, Price Chopper 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 8:00am and 1:00pm. Call the office for more details and to reserve your appointment time.

## SENIOR REHABILITATION SERVICES

# HECTORPT

[www.hectorpt.com](http://www.hectorpt.com)

(518) 577-5214

Located in the Eastwyck Clubhouse.



### — Supper Club —

January 15th at 4:00

Stuffed Shells \$13



January 29th at 4:00

French Dip \$11



### — Let's Do Lunch —

January 8th at noon

Reuben Wrap \$13



January 22nd at noon

Chicken Quesadilla \$13



Dr. Michael Masias, DPM

Starting at 10:00 on the 1st Wednesday of every month, Dr. Masias will be on site.

518-320-8659.

Renew  
DAY SPA  
at The Summit At Eastwyck

Hair

Rita

518-495-5603

Becky

518-424-7922