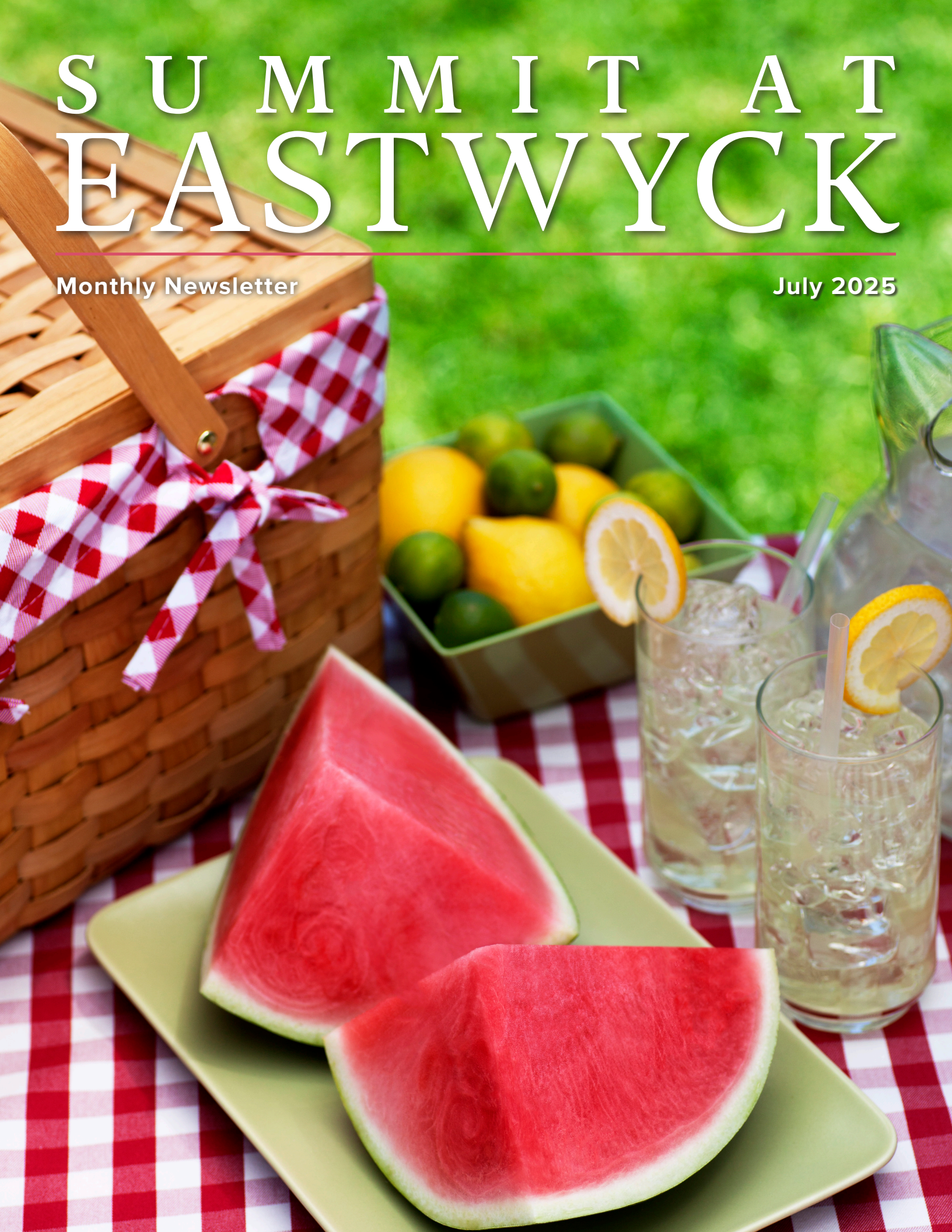


# SUMMIT AT EASTWYCK

---

Monthly Newsletter

July 2025





THE  
Manager's Message

Happy July - From Us to You!

July brings the height of summer, a great time to enjoy one another and the events offered right here in our community. Taking advantage of the season is encouraged, whether it's spending time with family and friends, enjoying the outdoors, or simply taking a break to relax. Here are some events you should know about happening right here in our community:

Our Annual 4th of July party will be on Wednesday, July 2nd starting at noon!

ALL RESIDENTS ARE WELCOME - this is an all-day event and sure to be fun for all!

On Tuesday, July 8th at 12:00, we hope you stop in the Clubhouse to hear everything about the volunteer opportunities available at Albany Stratton VA.

Happy Summer!

Amanda DeSarbo

Amanda DeSarbo  
Community Manager



### Staff



**Community Manager**  
Amanda DeSarbo  
adesarbo@summitseniorlife.com

**Residents Service Coordinator**  
Sasha Carrington  
scarrington@summitseniorlife.com

**Maintenance**  
Dave Demarest  
Todd Bartley  
Margaret Carroll

**Driver**  
Terry Lantry

**Weekend Clubhouse Attendant**  
Tracey Ainsworth  
Daisy Rojas

Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
www.summitseniorlife.com

Summit At Eastwyck



Annual Eastwyck  
4th of July Cookout

Wednesday  
July 2<sup>nd</sup> at 12:00



**Edith Wharton House Tour followed by lunch on the Terrace**

Edith Wharton (1862-1937) was a prominent American novelist and short story writer, known for her sharp social commentary and exploration of class and societal expectations, particularly within the upper class of the Gilded Age. She was also a prolific writer of non-fiction, poetry, and architectural books.

Monday, July 21<sup>st</sup> at 10:30  
Tour begins at 12:00  
Tour ticket price is \$18.00 per person

*The Mount offers handicapped parking and accessible restrooms at the Main House and Stable, and an elevator in the Main House*

Happy Birthday






Theron Post 7/7  
Sally Wojeski 7/10  
Margaret Syvertson 7/11  
Elaina Arluck 7/12  
Joan Darcy 7/13  
Jerome Popp 7/15  
Cathy Palmer 7/22  
David Vann 7/22  
Gail Manning 7/22  
Sue Taber 7/26  
Tina Groves 7/30  
Tim Baird 7/30



Happy Birthday

Let's celebrate our July birthdays together!  
Monday, July 28<sup>th</sup> 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>CONNECTED <i>life</i></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>
<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	2	3
				4	5	
				6	7	8
				9	10	11
				12	13	14
				15	16	17
				18	19	20
				21	22	23
				24	25	26
				27	28	29
				30	31	
				<div></div>		



## ALBANY STRATTON VA VOLUNTEER PROGRAM

### The Program:

- Visit a Veteran over the phone, tablet, or computer
- A "friendly visit" with NO medical or home-care duties
- Matches trained volunteers with Veterans for 1:1 socialization
- Generally 1-2 times per week for 15-60 minutes
- Manage food pantry and organize donated canned food items
- Manage inventory/stock of all clothing items and toiletries
- Assist visitors with with hospital navigation and much more..

Please join Jason Goman,  
CDCE of the Albany VA on  
**Tuesday, July 8<sup>th</sup> from 12:00-2:00**  
for an in-depth presentation and onboarding  
for interested volunteers

light fare will be provided



Music Bingo and Trivia with Tammy and Pam  
Thursday, July 17<sup>th</sup> at 4:00

## UKULELE MUSIC LESSONS

Want to learn how to play the ukulele?  
sign up in the office now!

LESSONS WILL BE TAUGHT BY  
**DREW JACOBS** LESSON DATES ARE:  
**WEDNESDAY, JULY 16<sup>TH</sup> AT 1:00**  
**WEDNESDAY, JULY 23<sup>RD</sup> AT 1:00**

## KARAOKE

with Brian

**MONDAY, JULY  
28<sup>TH</sup> AT 5:00**

## VALLEYCATS BASEBALL GAME

SIGNUP IN THE  
OFFICE TO SECURE  
YOUR SPOT  
BY 7/20  
- NO REFUNDS -

PRICE - \$15  
INCLUDES TICKET,  
HOTDOG, CHIPS & WATER

HUDSON VALLEY COMMUNITY COLLEGE  
**TUESDAY, JULY 29<sup>TH</sup>**  
**10:00 AM**  
GAME STARTS AT 11:00 AM

## HAPPY HOUR

WITH WOODY STROBECK  
**TUESDAY, JULY 22<sup>ND</sup> AT 4:00**

### Finding Meaning and Purpose (and Fun!) As We Age: Is It Possible?

The term "elderly" generally refers to those who are 65 and older. So what does advanced age mean when it comes to living our lives, how we have fun, what we care and worry and stress about? How can we feel grateful when various body parts start to let us down—sometimes causing extreme pain and debilitation? How can we feel useful when we are old or very old?

Join Ellen on Friday, July 25<sup>th</sup> at 12:00 to discuss these tough topics together and see if you can help one another find meaning, and purpose, and joy as you age

SIGN UP IN THE OFFICE



## UBER EATS/UBER/ GRUBHUB TECH WORKSHOP

**JULY 10<sup>TH</sup> AT 1:00 IN THE  
CLUBHOUSE**



## RESIDENTS Day Out

HARNEY AND SONS FINE TEA  
& LUNCH OUTING  
**TUESDAY, JULY 15<sup>TH</sup> AT 11:00**

EDITH WHARTON HOUSE TOUR  
FOLLOWED BY LUNCH ON THE TERRACE  
**MONDAY, JULY 21<sup>ST</sup> AT 10:30**

VALLEYCATS BASEBALL GAME  
**TUESDAY, JULY 29<sup>TH</sup> AT 10:00**

LUNCH AT YANNIS TOO  
**WEDNESDAY, JULY 30<sup>TH</sup> AT 11:00**

## PIZZA NIGHT

**THURSDAY, JULY 24<sup>TH</sup>  
AT 4:00**

STOP IN THE OFFICE TO SIGN UP



## LADIES LUNCHEON

Thursday, July 17<sup>th</sup> at 12:00



# Concierge Services

## Meal Options

### Continental Breakfast

Everyday from 8:30am to 10:30am

### Supper Club

You have the option of 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 —

**July 7th at 12:00**

Pilgrim Sandwich - \$12.00

**July 14th at 12:00**

Cracker Barrel  
Campfire Chicken  
\$16.00

**July 21st at 12:00**

Cracker Barrel  
Barrel Cheeseburger - \$15.00

**July 28th at 12:00**

Grilled Cheese with Fries  
\$10.00

### Friday Supper Club

**July 11th at 4:00pm**

Grilled Chicken Salad  
\$17.00

**July 18th at 4:00pm**

Cracker Barrel Country  
Fried Shrimp  
\$16.00

**July 25th at 4:00pm**

Cracker Barrel  
Chicken and  
Dumplings  
\$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.

Please contact Dr. Masias Directly

**518-320-8659.**



*Hair*  
*Hair*

Rita 518-495-5603

Becky 518-424-7922