

SUMMIT AT EASTWYCK

Monthly Newsletter

August 2025



THE
Manager's Message

I can't believe it has been almost two months since I took over as community manager here at Eastwyck. Thank you all for your warm welcome, continued patience, and kindness as I acclimate and work to make Eastwyck a fun, safe, and happy place to call home. Your support truly makes a difference.

We have several exciting events planned for August, and we hope to see you there!

Please join us in giving a warm welcome to our new neighbors—there have been several recent move-ins, and we look forward to seeing some new faces around the community.

Referral Reminder: If you refer someone to our community and they move in, you'll receive a **\$500 referral bonus** applied to your next month's rent! Apartment availability is limited, but we'd love to welcome your friends and family to Eastwyck.

Amanda DeSarbo

Amanda DeSarbo
Community Manager



Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

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

JEWELRY
CLASS
With Stephanie

Saturday
August 16
at 11AM

OLANA
HOUSE TOUR

TUESDAY, AUGUST 19
DEPART AT 8:30 AM
TOUR AT 10:00 AM
TICKET PRICE \$20.00

The home of 19th-century artist Frederic Church is a 250-acre masterpiece where architecture, landscape, and art merge into one immersive experience. Perched above the Hudson River with views of 4 states, it remains one of the most intact historic artist-designed environments in the U.S., celebrated as both a New York State Historic Site and a National Historic Landmark.

HAPPY
BIRTHDAY

Peggy Hoban 8/1
Jean Cicio 8/2
Deborah Smith 8/2
Donna Chamberlin 8/3
Susan Bulman 8/5
Peter McKinney 8/7
Barbara O'Brien 8/8
Nina Pepoy 8/9
Frank Williams 8/11
Rose Pemberton 8/12
Doris Collins 8/13
Norman Preston 8/19
Eleanor Weeks 8/20
Wayne Schermerhorn 8/23
Mary Crosier 8/25
Helen Rigez 8/27
George Westacott 8/28
Anita Crandall 8/31

CHAIR
DANCING

Friday, August 8th & 22nd
At 1 PM

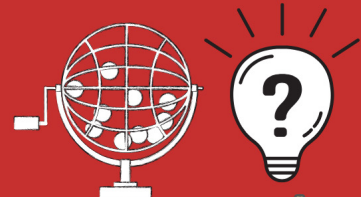
S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>COLOR KEY</div> <div>Red - Community Events</div> <div>Bold Black - Transportation Event</div> <div>Black - In-house event</div>		<div></div> <div>EVENTS MARKED WITH AN ASTERISK REQUIRE SIGN-UP IN THE OFFICE</div>	<div></div>		<div>1</div> <div>8:00 & 10:00 Grocery Stores</div> <div>1:00 Chair Dancing/Exercise</div> <div>1:00 Canasta</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—Roast ½ chicken w/ stuffing*</div> <div>7:00 Chillin’ by the fire</div>	<div>2</div> <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 Rummikub</div>
<div>3</div> <div>1:30 Mexican Train</div> <div>2:00 Triple Play</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div>	<div>4</div> <div>12:00 Let’s Do Lunch—Grilled Chicken Salad*</div> <div>1:00 Pinochle</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div> <div>4:00 Sit and Stitch</div> <div>6:00 Poker Night</div>	<div>5</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> <div>4:00 Happy Hour with Mark Mazon*</div>	<div>6</div> <div>9:00 Dr. Masias</div> <div>1:30-2:30 Writing Club</div> <div>4:00 Sit and Stitch</div> <div>5:00 Bocce</div>	<div>7</div> <div>Medical Appointments</div> <div>6:00 Liverpool Rummy</div>	<div>8</div> <div>8:00 & 10:00 Grocery Stores</div> <div>1:00 Chair Dancing/Exercise*</div> <div>1:00 Canasta</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—Homemade Meatloaf*</div> <div>7:00 Chillin’ by the fire</div>	<div>9</div> <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 Rummikub</div> <div>GREAT ROOM RESERVED</div> <div>12:00- 2:30 + 3:00-8:00</div>
<div>10</div> <div>1:30 Mexican Train</div> <div>2:00 Triple Play</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div>	<div>11</div> <div>12:00 Let’s Do Lunch—Chicken Ceasar Salad*</div> <div>1:00 Pinochle</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div> <div>4:00 Sit and Stitch</div>	<div>12</div> <div>11:00 Ukelele Lesson*</div> <div>2:00 Sing-A-Long</div> <div>3:00 Quarter BINGO</div> <div>6:00 Liverpool Rummy</div> <div>4:00 Happy Hour with Carmen Lookshire*</div>	<div>13</div> <div>11:00 Mens Brunch*</div> <div>1:00 NO Book Club</div> <div>2:00 NO Communion</div> <div>4:00 Sit and Stitch</div> <div>5:00 Bocce</div>	<div>14</div> <div>Medical Appointments</div> <div>6:00 Liverpool Rummy</div>	<div>15</div> <div>8:00 & 10:00 Grocery Stores</div> <div>1:00 Canasta</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—Stuffed Shells*</div> <div>4:00 Happy Hour with Barbara Picone*</div> <div>7:00 Chillin’ by the fire</div>	<div>16</div> <div>11:00 Jewelry Class with Stephanie*</div> <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 Rummikub</div>
<div>17</div> <div>1:30 Mexican Train</div> <div>2:00 Triple Play</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div>	<div>18</div> <div>12:00 Let’s Do Lunch—Kickin Reuben Wrap*</div> <div>1:00 Pinochle</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div> <div>4:00 Sit and Stitch</div> <div>6:00 Poker Night</div>	<div>19</div> <div>10:00 Olana House Tour*</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>	<div>20</div> <div>1:00 Ukelele Lesson*</div> <div>1:30-2:30 Writing Club</div> <div>4:00 Broadway Songs w/ Jill Smith*</div> <div>4:00 Sit and Stitch</div> <div>5:00 Bocce</div>	<div>21</div> <div>Medical Appointments</div> <div>4:00 Music Bingo and Trivia*</div> <div>6:00 Liverpool Rummy</div>	<div>22</div> <div>8:00 & 10:00 Grocery Stores</div> <div>1:00 Chair Dancing/Exercise*</div> <div>1:00 Canasta</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—Eggplant Parm*</div> <div>7:00 Chillin’ by the fire</div>	<div>23</div> <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 Rummikub</div>
<div>24</div> <div>1:30 Mexican Train</div> <div>2:00 Triple Play</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div>	<div>25</div> <div>12:00 Let’s Do Lunch—Chicken Philly Sandwich*</div> <div>1:00 Pinochle</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div> <div>4:00 Pizza and Entertainment night with the Young Winchesters*</div> <div>4:00 Sit and Stitch</div>	<div>26</div> <div>2:00 Sing-A-Long</div> <div>3:00 Quarter BINGO</div> <div>6:00 Liverpool Rummy</div>	<div>27</div> <div>1:00 Jim Cochran presents: Elmer Ellsworth: A Local Civil War Hero*</div> <div>4:00 Sit and Stitch</div> <div>5:00 Bocce</div>	<div>28</div> <div>Medical Appointments</div> <div>6:00 Liverpool Rummy</div>	<div>29</div> <div>8:00 & 10:00 Grocery Stores</div> <div>1:00 Canasta</div> <div>3:30 Rosary</div> <div>4:00 Supper Club—Taco Salad*</div> <div>7:00 Chillin’ by the fire</div>	<div>30</div> <div>1:00 Scrabble</div> <div>1:00 5Crowns</div> <div>1:00 Mahjong CTR</div> <div>3:00 Rummikub</div>
<div>31</div> <div>1:30 Mexican Train</div> <div>2:00 Triple Play</div> <div>3:00 Rummikub</div> <div>4:00 Scrabble CTR</div> <div>GREAT ROOM RESERVED</div> <div>1:00-5:00</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 & 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 & Strength</div> <div>10:00 Trifecta</div> <div>Strength/ Balance/ Flex</div> <div>11:00 Move & 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>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>					

Jim Cochran Presents: Elmer Ellsworth, A Local Civil War Hero



Wednesday,
August 27 at 1 PM

MUSIC BINGO AND TRIVIA WITH TAMMY AND PAM



Thursday, August 21st at 4:00 pm

UKULELE MUSIC LESSONS

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

**LESSONS WILL BE TAUGHT BY
DREW JACOBS**

TUESDAY, AUGUST 12TH AT 11 AM
WEDNESDAY, AUGUST 20TH AT 1 PM

Class cost will be covered by Summit -
Ukulele is residents responsibility
(can be purchased on Amazon)

BROADWAY SONGS

WITH JILL SMITH

WEDNESDAY,
AUGUST 20TH - 4:00PM

Happy Hour

Marc Mazon: August 5th at 4 PM
Carmen Lockshire: August 12th at 4 PM
Barbara Picone: August 15th at 4 PM

CHILLIN BY THE FIRE

→ EVERY FRIDAY • 7PM

POKER NIGHT

Mondays August 4th & 18th
6PM

Tai Chi Classes

Tuesday, August 5th and 19th at 1 PM

Young Winchesters Entertainment With Pizza

Monday, August 25 at 4 PM

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.

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 —

August 4th at 12:00

Grilled Chicken Sandwich -
\$19.00

August 11th at 12:00

Chicken Caesar Salad -
\$18.00

August 18th at 12:00

Kickin' Reuben Wrap - \$17.00

August 25th at 12:00

Chicken Philly Sandwich -
\$15.00

Friday Supper Club

August 1st at 4:00pm

Roast Half Chicken
w/stuffing - \$22.00

August 8th at 4:00pm

Homemade Meatloaf
\$21.00

August 15th at 4:00pm

Stuffed Shells - \$18.00

August 22nd at 4:00pm

Eggplant Parmesan -
\$21.00

August 29th at 4:00pm

Taco Salad - \$14.00

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