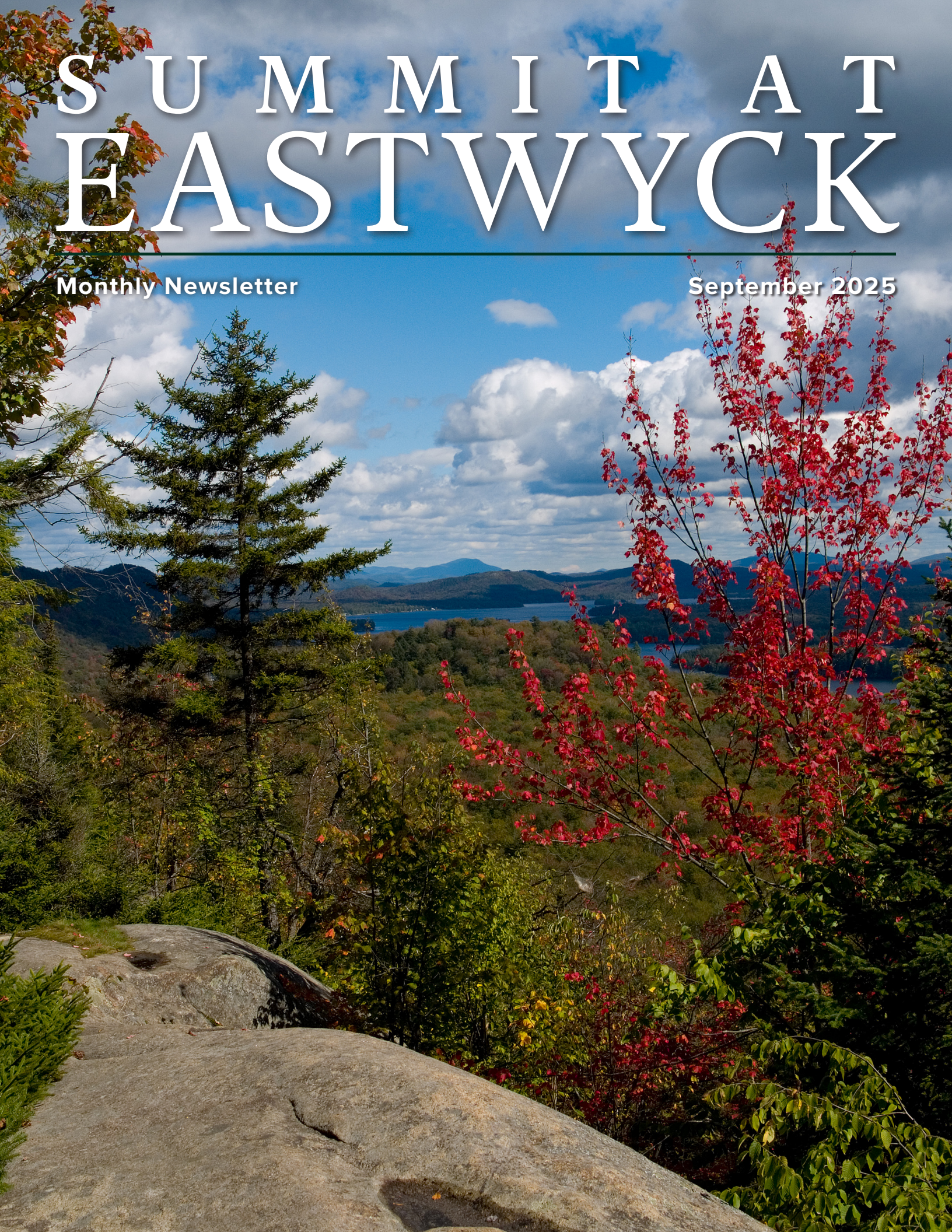


SUMMIT AT EASTWYCK

Monthly Newsletter

September 2025



THE
Manager's Message

Dear Residents,

As we welcome the start of fall, we hope everyone had a wonderful summer filled with sunshine, great memories, and meaningful connections within our community! September brings cooler weather, vibrant colors, and a fresh lineup of events to enjoy.

This month, we're excited to introduce a few additional activities and outings, including shopping trips to Walmart, Target, and visits to the local library. Whether you're looking to connect with neighbors, try something new, or simply relax and enjoy the atmosphere, there's something for everyone.

We look forward to seeing you out and about this September!

Amanda DeSarbo

Amanda DeSarbo
Community Manager

NEW RESIDENT
ORIENTATION

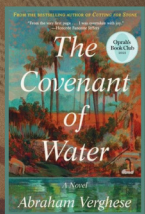
WEDNESDAY,
SEPTEMBER 24th
1:00 PM
In the Great Room

Please come and learn all
about your new home!

Book Club

The Covenant of Water
Discussion in the Game Room

Wednesday,
September 10th
1:00 pm



The story of a Malayali family living in southwest India, in the Kerala state, with the narrative spanning three generations, from 1900 to 1977. In each generation, some members of the family die by drowning because of an affliction they refer to as "The Condition"

Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion

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

Ladies Lunch

Tuesday, September 23
12:00 pm
In the Great Room

Sign up in the Great Room

Bible Study
with Richard Rawlins

Sunday's at 4:30pm
In the Game Room
ALL ARE WELCOME!



BINGO TRIVIA
In the Great Room
PRIZES THURSDAY, SEPTEMBER 18TH
4:00 PM
SIGN UP IN THE GREAT ROOM

MAGIC SHOW
WITH PHIL COSSUM
MONDAY, SEPTEMBER 8TH
2:00 PM
IN THE GREAT ROOM - SIGN UP IN THE GREAT ROOM

Summit's 5th Annual
BOCCE BALL
Tournament

FRIDAY,
SEPTEMBER 19TH

Bus leaves at 8:30 am, Event 10:00 am
Refreshments, Lunch,
Music, Friends & Fun
Sign up in the Great Room



Mary Ann Manley	9/1
Boyd West	9/3
Beverly Brown	9/8
Betty McKenzie	9/10
Ann McKinney	9/16
Rachel Charron	9/21
Lance Smith	9/24
Nancy Harrington	9/25
Bonnie Peterson	9/25
Jeffrey Kawola	9/27

Let's celebrate!
Monday, Sept 29th at 2:00 pm
Join us in the Great Room for
cupcakes and refreshments.

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  OFFICE CLOSED NO BREAKFAST/NO FITNESS 1:00 Pinochle (GMR) 3:00 Rummikub (GMR) 4:00 Sit and Stitch (GR)	2 10:00 Walmart 1:00 Tai Chi (FS) 2:00 Sing - Along (GR) 3:00 Quarter BINGO (GR) 6:00 Liverpool Rummy (GMR)	3 1:30 Writing Club (GMR) 4:00 Sit and Stitch (GR) 5:00 Bocce (CY)	4 Medical Transports at 8:00 & 10:00 6:00 Liverpool Rummy (GMR)	5 Grocery Shopping at 8:00 & 10:00 1:00 Canasta (GMR) 3:30 Rosary (GMR) 4:00 Supper Club — (\$24) Broiled Haddock (GR) 7:00 Chilli'n By The Fire (CY)	6 12:00-5:00 Great Room Reserved 1:00 Five Crowns (GMR) 1:00 Mahjong CTR (GMR) 3:00 Rummikub (GMR)
7  1:00 Mexican Train (GR) 2:00 Triple Play (GMR) 3:00 Rummikub (GMR) 4:30 Bible Study (GMR)	8 10:00 Unbridled Horse Sanctuary (Donation) 12:00 Let's Do Lunch – (\$14) Greek Salad (GR) 1:00 Pinochle (GMR) 2:00 Magic Show w/ Phil Cossum (GR) 3:00 Rummikub (GMR) 4:00 Sit and Stitch (GR)	9 10:00 Bank Trip 2:00 Sing - Along (GR) 3:00 Quarter BINGO (GR) 6:00 Liverpool Rummy (GMR)	10 1:00 Book Club (GMR) The Covenant of Water 3:00 Ukelele Lesson (GR) 4:00 Sit and Stitch (GR) 5:00 Bocce (CY)	11 Medical Transports at 8:00 & 10:00 2:00 Bingo (GR) 4:00 Happy Hour w/ Russ Kennedy (GR) 6:00 Liverpool Rummy (GMR)	12 Grocery Shopping at 8:00 & 10:00 1:00 Chair Dancing/Exercise (FS) 1:00 Canasta (GMR) 1:30 Choral Group (GR) 3:30 Rosary (GMR) 4:00 Supper Club— (\$25) Athenian Stuffed Chicken (GR) 7:00 Chilli'n By The Fire (CY)	13 1:00 Five Crowns (GMR) 1:00 Mahjong CTR (GMR) 3:00 Rummikub (GMR)
14 1:00 Mexican Train (GR) 2:00 Triple Play (GMR) 3:00 Rummikub (GMR) 4:30 Bible Study (GMR)	15 12:00 Let's Do Lunch - (\$15) Chicken Fajita Wrap (GR) 1:00 Pinochle (GMR) 3:00 Rummikub (GMR) 4:00 Sit and Stitch (GR) 6:00 Poker Night (GR)	16 10:00 Target 11:00 PRN-Fall Prevention (GR) 1:00 Tai Chi (FS) 2:00 Sing - Along (GR) 3:00 Quarter BINGO (GR) 4:00 Happy Hour w/ Allen and Azzam (GR) 6:00 Liverpool Rummy (GMR)	17 Grocery Shopping at 8:00 & 10:00 1:00 Ukelele Lesson (GR) 1:30 Writing Club (GMR) 2:00 NO Communion 4:00 Sit and Stitch (GR) 5:00 Bocce (CY)	18 Medical Transports at 8:00 & 10:00 4:00 Bingo Trivia (GR) 6:00 Liverpool Rummy (GMR)	19 NO SHOPPING 8:30 BOCCE TOURNAMENT at SUMMIT SARATOGA 1:00 Canasta (GMR) 1:30 Choral Group (GR) 3:30 Rosary (GMR) 4:00 Supper Club— (\$15) BBQ Chicken Fundraiser (GR) 7:00 Chilli'n By The Fire (CY)	20 1:00 Five Crowns (GMR) 1:00 Mahjong CTR (GMR) 3:00 Rummikub (GMR)
21 1:00 Mexican Train (GR) 2:00 Triple Play (GMR) 3:00 Rummikub (GMR) 4:30 Bible Study (GMR)	22 10:00 Hudson Athens Lighthouse (\$30) 12:00 Let's Do Lunch – (\$11) Clam Roll (GR) 1:00 Pinochle (GMR) 4:00 Sit and Stitch (GR)	23 10:00 Library 12:00 Ladies Lunch (GR) 2:00 Sing- Along (GR) 3:00 Quarter BINGO (GR) 6:00 Liverpool Rummy (GMR)	24 1:00 New Resident Orientation (GR) 4:00 Pizza Night w/ Mark Oldendorf (GR) 4:00 Sit and Stitch (GMR) 5:00 Bocce (CY)	25 Medical Transports at 8:00 & 10:00 2:00 Bingo (GR) 6:00 Liverpool Rummy (GMR)	26 Grocery Shopping at 8:00 & 10:00 1:00 Chair Dancing/Exercise (FS) 1:00 Canasta (GMR) 1:30 Choral Group (GR) 3:30 Rosary (GMR) 4:00 Supper Club— (\$22) Baked Virginia Ham (GR) 7:00 Chilli'n By The Fire (CY)	27 1:00 Five Crowns (GMR) 1:00 Mahjong CTR (GMR) 3:00 Rummikub (GMR)
28 1:00 Mexican Train (GR) 2:00 Triple Play (GMR) 3:00 Rummikub (GMR) 4:30 Bible Study (GMR)	29 12:00 Let's Do Lunch – (\$18) Bacon Cheeseburger (GR) 1:00 Pinochle (GMR) 2:00 Birthday Celebration (GR) 4:00 Sit and Stitch (GR) 5:00 Karaoke with Brian Zapel (GR)	30 11:00 Lunch at Max 410 Waters Edge Restaurant 1:00 Tai Chi (FS) 2:00 Sing - Along (GR) 3:00 Quarter BINGO (GR) 6:00 Liverpool Rummy (GMR)		OCTOBER 30TH!!! WICKED at Proctors \$58 Please sign up in the office by 9/3 Only 13 tickets available!!	COLOR CODE RED: OUTINGS GREEN: ENTERTAINMENT ORANGE: FOOD OPTIONS PINK: SIGN UP IN OFFICE BLUE-SEMINARS BLACK: RESIDENT RUN	KEY GR - Great Room GMR - Game Room FS - Fitness Studio CY - Courtyard

CONNECTED life



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 Motion
11:00 Fitness Drumming
12:00 Line Dancing

Every Thursday

9:00 Strength & Balance
10:00 Trifecta
Strength/ Balance/ Flex
11:00 Move and Groove

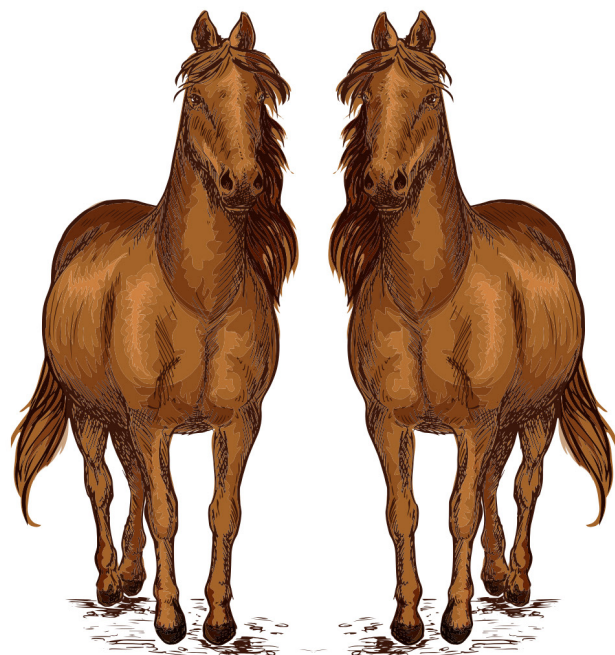
Every Friday

9:00 Sit To Be Fit
10:00 Aqua Fit
11:00 Chair Yoga

COME ALONG TO UNBRIDLED HORSE SANCTUARY!

Monday, September 8th with 10:00am departure from Eastwyck
Bring a box lunch along with you to enjoy in Unbridled's Welcome Center!

DONATIONS APPRECIATED



Please sign up in the Great Room.
13 residents max

HAPPY HOUR

9/11

RUSS KENNEDY

9/16

ALLEN & AZZAM

IN THE GREAT ROOM



Want to learn how to play the ukulele?
Sign up in the Great Room!

LESSON DATES ARE:

Wednesday, SEPT 10th at 3:00 pm

Wednesday, SEPT 17th at 1:00 pm

In the Game Room

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

Choral Group Rehearsals on Friday

September 12, 19, 26 • 1:30pm

In the Great Room

Concert In October

Errand Tuesday's 10:00 am

1st Tuesday: Walmart

2nd Tuesday: Banks*

3rd Tuesday: Target

4th Tuesday: Library

New!

A different place each week

*Banks that we will go to:

- Broadview
- Keybank
- Pioneer
- Berkshire Bank
- First NY Federal Credit Union



Please sign up in the Great Room book

PIZZA NIGHT

IN THE GREAT ROOM

Wednesday,
September 24th
4:00 pm



Sign up in the Great Room



KARAOKE
with Brian

MONDAY,
SEPTEMBER 29th

5:00 PM
IN THE GREAT ROOM

Lunch at:



Tuesday,
September 30th
11:00 am

Sign up in the Great Room

Tai Chi

Tuesday's,
September 2nd, 16th & 30th
1:00 pm

In the Fitness Studio

LET'S GO FOR A BOAT
RIDE AROUND THE
HUDSON-ATHENS
LIGHTHOUSE!

MONDAY,
SEPTEMBER 22ND
10:00 AM

\$30/ PER PERSON
SIGN UP IN THE OFFICE



PRN: Fall
Prevention & Aging

Tuesday, September 16th
11:00 am

Come join PRN for an interactive presentation
discussing fall prevention, facts verses myths of
the aging process. With a fun interactive bingo
game & prizes!

In the Great Room - Sign up in the Great Room

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: Market 32, Aldi's and Hannaford. We will leave Eastwyck at 8:00 am or 10:00 am. The bus will pick you up at your building.

Please sign up in the Great Room.

Thursday Medical Appointments

Every Thursday, we provide transportation to scheduled medical appointments. This service is available to pick up residents at 8:00 am and 10:00 am outside apartment buildings and clubhouse. Please sign up in the office.



PRN
PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

PRN Staff
Contact Information

Denise Bilka & Elann Izzard PT
Elizabeth Maffucci OT
Jaclyn Gregg SLPh
NY102@prnptot.com

716-255-3674

Supper Club

This month's Meals
will be from



— Let's do Lunch —

Sept. 8th at 12:00 pm

Greek Salad - \$14.00

Sept. 15th at 12:00 pm

Chicken Fajita Wrap - \$15.00

Sept. 22nd at 12:00 pm

Clam Roll - \$11.00

Sept. 29th at 12:00 pm

Bacon Cheeseburger - \$18.00

Friday Supper Club

Sept. 5th at 4:00 pm

Broiled Haddock -
\$24.00

Sept. 12th at 4:00 pm

Athenian Stuffed
Chicken - \$25.00

Sept. 19th at 4:00 pm

BBQ Chicken
Fundraiser - \$15.00
prepared by Giuliano's

Sept. 26th at 4:00 pm

Baked Virginia Ham -
\$22.00

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 9:00 am on the 1st Wednesday of every month, Dr. Masias will be on site. To schedule an appointment, Please call him directly and he will come to your home for the appointment.

518-320-8659.



Hair
Hair

Rita 518-495-5603

Becky 518-424-7922

Contact directly to schedule an appointment.