



SUMMIT AT EASTWYCK

Monthly Newsletter

October 2025

Summit Eastwyck

Halloween Costume Party

Friday, October 31st
2:00 pm

Sign Up in Great Room

NEW RESIDENT ORIENTATION

WEDNESDAY,
OCTOBER 29th
1:00 pm

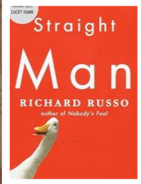
Please come and learn all about your new home!

In the Great Room

Book Club

Straight Man

Discussion in the Game Room
Wednesday,
October 8th
1:00 pm



A novel about the hilariously chaotic week of William Henry Jr. (Hank), a disillusioned English Department Chairman at a struggling Pennsylvania University who faces budget cuts, suspects his wife of infidelity, and confronts his estranged, prominent literary critic Father.

Staff

Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion
Derek Holman

Driver

Scott Earley

Weekend Clubhouse Attendant

Tracey Ainsworth
Daisy Rojas

Summit at Eastwyck
1 Eastwyck Circle
Rensselaer, NY 12144
518.874.1638
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Summit At Eastwyck

OCTOBER BIRTHDAYS

10/2	Margaret Bornick
10/4	Marlene Germanowski
10/5	Joan Costello
10/5	Florence Felt
10/8	Trudy Brunelle
10/14	Joyce Giandolfi
10/17	Marilyn Denham Keller
10/20	James Trossbach
10/23	Joanne Rettie

Let's celebrate!
Monday, October 27th at 2:00 pm
Join us in the Great Room for refreshments.

Lunch Outing Lanie's Cafe



The Classic Burger



Kicked-Up Bruschetta

Tuesday, October 14th at 11:30 am
Sign Up in the Great Room by 10/9

AARP: Getting Started with Google Photo's

Thursday, October 16th
12:00 PM


Discover how to take advantage of the essential features of Google Photos to upload, organize, edit and share your photos and videos from any device.

SIGN-UP IN THE GREAT ROOM

Jewelry Making w/Stephanie

Sunday, October 12th
11:00 am

Sign up in the Great Room




UKULELE LESSONS BY DREW JACOBS

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

LESSON DATES ARE:

Thursday, October 2nd at 2:00 pm
Friday, October 17th at 11:00 am

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



The PRN Referral Process

Thursday, October 23rd
11:00 am

Come join PRN for an interactive presentation discussing the referral process. Explains the who, what, where, & why of the therapy referral process with a fun interactive bingo game & prizes!

Sign up in the Great Room

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	COLOR CODE RED: OUTINGS GREEN: ENTERTAINMENT PINK: GR RESERVATIONS ORANGE: FOOD OPTIONS BLUE: SEMINARS/ PRESENTATIONS BLACK: RESIDENT RUN	KEY CR- Craft Room CY- Courtyard DT- Departure FS- Fitness Studio GMR- Game Room GR- Great Room	1 1:30 Writing Club (GMR) 2:30 Drama Club Meeting (GR) 4:00 Sit and Stitch (GR) 5:00 - 9:00 Great Room Reserved	2 Medical Transports 1:30 Rummikub (GMR) 2:00 Ukulele Lessons (GR) 4:00 Supper Club (\$22) Meatloaf (GR)	3 8:00 (DT) & 10:00 (DT) Grocery Shopping 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	4 11:00 Movie: When Harry Met Sally (GR) 1:30 Rummikub (GMR)
5 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	6 12:00 Let's Do Lunch (\$14) Chicken Salad Sandwich (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR) 6:00 Poker Night (GMR)	7 10:00 (DT) Walmart 12:00 (DT) Kristy's Barn Apple Picking 1:30 Rummikub (GMR) 2:00 Sing - Along (GR) 3:00 Quarter Bingo (GR)	8 1:00 Book Club (GMR) Straight Man by Richard Russo 2:00 Magic Show with Phil Cossum (GR) 4:00 Sit and Stitch (GMR) 4:00 Happy Hour w/Tooty and the Mother Pluckers (GR)	9 Medical Transports 1:30 Rummikub (GMR) 2:00 Bingo (GR) 4:00 Supper Club (\$23) Salisbury Steak (GR)	10 8:00 (DT) & 10:00 (DT) Grocery Shopping 1:00 Chair Dancing/Exercise (FS) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Group (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	11 12:15 (DT) Stable Gate Winery (\$25) 1:30 Rummikub (GMR)
12 11:00 Jewelry Making w/ Stephanie (GR) 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	13 OFFICE CLOSED NO FITNESS/ NO BREAKFAST 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR)	14 10:00 (DT) Bank Trip 12:00 (DT) Lunch Outing: Lanie's Cafe 1:00 Tai Chi (FS) 1:30 Rummikub(GMR) 2:00 Sing - Along (GR) 3:00 Quarter Bingo (GR)	15 Breakfast Will Be Served 8:30-10:00 9:00-4:00 Great Room Reserved Flu/Covid Clinic By Appointment Only (GR) 1:30 Writing Club (GMR) 4:00 Sit and Stitch (GR)	16 Medical Transports 12:00 AARP Presentation: Getting Started with Google Photos (GR) 1:30 Rummikub(GMR) 4:00 Bingo Trivia w/ Pam & Tammy (GR) 4:00 Supper Club (\$26) Broiled Salmon (GR)	17 8:00 (DT) & 10:00 (DT) Grocery Shopping 11:00 Ukulele Lessons (GR) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 4:00 Choral Concert (GR) 7:00 Chillin' By The Fire (CY)	18 1:30 Rummikub (GMR) 4:30 Fundraiser (\$17) Roast Beef Dinner (GR)
19 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	20 12:00 Let's Do Lunch (\$15) French Dip (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR) 6:00 Poker Night (GMR)	21 10:00 (DT) Target 1:30 Rummikub (GMR) 2:00 Sing - Along (GR) 3:00 Quarter Bingo (GR) 3:30 Taco Tuesday w/ Deb Zep (GR)	22 12:00 Men's Lunch (GR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR)	23 Medical Transports 11:00 PRN Referral Process (GR) 1:30 Rummikub (GMR) 2:00 Bingo (GR) 4:00 Supper Club (\$17) Baked Ziti (GR) 6:30 - 8:30 Great Room Reserved	24 8:00 (DT) & 10:00 (DT) Grocery Shopping 1:00 Chair Dancing/Exercise (FS) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' by the Fire (CY)	25 11:00 World Class Quilter Linda Hamel (GR) 1:30 Rummikub (GMR)
26 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	27 12:00 Let's Do Lunch (\$14) BLT (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration (GR) 4:00 Sit and Stitch (GR)	28 10:00 (DT) Library 12:00 (DT) Lunch Outing: The Skinny Pancake 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 2:00 Sing- Along (GR) 3:00 Quarter Bingo (GR)	29 11:00 Marvin Bubie: Revolutionary War Seals (GR) 1:00 New Resident Orientation (GR) 1:30 Writing Club (GMR) 4:00 Sit and Stitch (GR)	30 Medical Transports 12:00 (DT) Wicked Musical 4:00 Supper Club (\$22) Roasted Half Chicken (GR) 6:30 - 8:30 Great Room Reserved	31 8:00 (DT) & 10:00 (DT) Grocery Shopping 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 2:00 Halloween Costume Party (GR) 3:30 Rosary (GMR) 7:00 Chillin' by the Fire (CY)	

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
9:45 Drumming
10:15 Line Dancing
11:00 Aqua Fitness
Volleyball

Every Thursday

9:00 Strength & Balance
10:00 Move and Groove
11:00 Hydro Rider

Every Friday

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

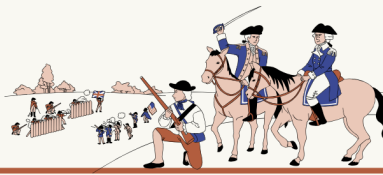
MARVIN BUBIE PRESENTS:

American Revolutionary War Seals

Wednesday, October 29th

11:00 AM

Sign up in the Great Room




Men's Lunch

Wednesday, October 22nd

at 12:00 pm

Sign up in the Great Room by 10/15



BINGO TRIVIA

with Pam and Tammy

THURSDAY, OCTOBER 16TH

4:00 PM

PRIZES

SIGN UP IN THE GREAT ROOM


Bible Study

with Richard Rawlins

Sunday's at 4:30pm

In the Game Room

ALL ARE WELCOME!



Featuring: Deb Zep

TACO TUESDAY

HAPPY HOUR!

OCTOBER 21ST

3:30 PM TACOS

4:00 PM ENTERTAINMENT



SIGN UP IN THE GREAT ROOM by 10/17

APPLE PICKING

AT:

Kristy's Barn

Tuesday, October 7th

12:00 pm

SIGN UP IN THE GREAT ROOM BY 10/5



HAPPY HOUR

10/8 TOOTY & THE MOTHER PLUCKERS

10/21 DEB ZEP

4:00 PM

SIGN UP IN THE GREAT ROOM



Featured Movie

When Harry met Sally

Saturday, October 4th

11:00 am

Sign up in the Great Room



CHAIR DANCING

Friday, October 10th

and

Friday, October 24th

1:00 pm

~IN THE FITNESS STUDIO~



World Class Quilter

Linda Hamel

Saturday, October 25th

11:00 am

Sign Up in the Great Room by 10/22



SIPPING WITH THE STARS

WITH UNA THE COSMIC MERMAID

Sign up in The Office by 10/8



STABLE GATE WINERY

Saturday, October 11th

12:15 pm

\$25.00

COMES WITH A FLIGHT OF 3 WINES AND AN ASTROLOGY WORKSHOP

MAGIC SHOW

WITH PHIL COSSUM

WEDNESDAY, OCTOBER 8TH

2:00 PM

SIGN UP IN THE GREAT ROOM



Lunch Outing: **Tuesday, October 28th**

the skinny pancake 12:00 pm

Sign up in the Great Room by 10/24



Concierge Services

Meal Options

Continental Breakfast

Enjoy a light breakfast daily from
8:30 AM to 10:30 AM in the Great Room

Let's Do Lunch! *(Pre-pay Required)*

Weekly lunch at the Clubhouse
every **Monday at 12:00 PM.**

Pre-pay at the office

Supper Club *(Pre-pay Required)*

Weekly dinner at the Clubhouse
every **Thursday at 4:00 PM.**

Pre-pay at the office

**Enjoy your meals with neighbors
in a relaxed, social setting!**

Supper Club

**This month's Meals
will be from**



Monday

— Let's do Lunch —

October 6th at 12:00 pm

Chicken Salad Sandwich -
\$14.00

October 20th at 12:00 pm

French Dip - \$15.00

October 27th at 12:00 pm

BLT - \$14.00

October 18th at 4:30 pm

American Legion Roast
Beef Dinner Fundraiser
\$17.00

Thursday

Supper Club

October 2 at 4:00 pm

Meatloaf - \$22.00

October 9 at 4:00 pm

Salisbury Steak - \$23.00

October 16 at 4:00 pm

Broiled Salmon - \$26.00

October 23 at 4:00 pm

Baked Ziti - \$17.00

October 30 at 4:00 pm

Roasted 1/2 Chicken - \$22.00

Friday Grocery Shopping



Every **Friday**, we provide transportation to the following
local grocery stores: **Aldi, Hannaford, and Market 32.**

Pick-Up Times: 8:00 AM or 10:00 AM

Pick-up is available outside your apartment building or
the Clubhouse. **Please sign up in the Great Room to
reserve your spot.** Enjoy a convenient and easy ride to
your favorite grocery store.

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



Thursday Medical Appointment Transportation

Every **Thursday**, we provide **complimentary
transportation (within 10 miles)** to scheduled medical
appointments. **Pick-Up Times: 8:00 AM or 10:00 AM**

Pick-up available outside your apartment building or
the Clubhouse. We will **take you to your appointment
and pick you up afterward.**

**Please sign up in the office in advance to reserve
your spot.**



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

Dr. Michael Masias, DPM On-Site Podiatry Services

Starting at **9:00 AM** on the **1st Wednesday** of every
month, Dr. Michael Masias will be available on-site.

To schedule an appointment, please contact Dr.
Masis directly at (518) 320-8659. He will come to
your apartment for the appointment.



Hair
Hair

Rita 518-495-5603

Becky 518-424-7922

Contact directly to schedule an appointment.