SUMMIT AT EASTWYCK

Monthly Newsletter

November 2025



Summit Eastwyck





Staff



Community Manager

Amanda DeSarbo adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere nsquadere@summitseniorlife.com

Maintenance

Dave Demarest Bill Branion Derek Holman

Driver

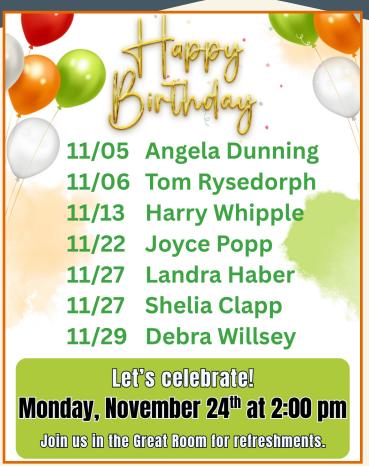
Scott Earley

Weekend Clubhouse Attendant

Tracey Ainsworth
Daisy Rojas

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

Summit At Eastwyck









Don't Miss This Live Educational Program: Birds of Prey!

Join us for an exciting visit from Whispering Willow Wild

Care, featuring live raptors including owls, a raven, and even
a talking crow that can catch Cheerios as a trick!





Tuesday, November 25th 12:00 PM departure to Mill Hill Sign-up in the Great Room by 11/20

"Whispering Willow Wild Care is a non-profit organization dedicated to wildlife rehabilitation and education. Founded by Joyce Perry, the organization has been assisting injured and orphaned wildlife for over 20 years."





Community Activities





With Drew Jacobs
Wednesday
November 5th
3:00 pm

Sign - up in the Great Room by 11/3



With John Hill Tuesday November 18th 4:30 pm

Sign - up in the Great Room by 11/14







PRN Presents:
"Strength Training for
Posture and Osteoporosis"

Thursday, November 13th 11:00 am

PRN will provide strategies for staying strong and upright despite being challenged by conditions such as osteoporosis.

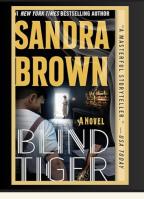
Sign-up in the Great Room

Community Activities









COME JOIN US FOR BOOK CLUB

Wednesday, November 12th 1:00 pm

In the Game Room





Unleash your creativity in a relaxed, fun atmosphere! Whether you're a seasoned artist or a total beginner, everyone is welcome. Karen will provide tracers and design aids to help you create a masterpiece—no experience necessary!

Sign-up in the office by 11/7



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!

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.

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 Staff Contact Information

Denise Bilka & Elann Izzard PT • Elizabeth Maffucci OT Jaclyn Gregg SLPh

NY102@prnptot.com

716-255-3674

Meals Catered by:



Monday — Let's do Lunch -

November 3rd at 12:00 pm Turkey & Bacon Club – \$17.00

November 10th at 12:00 pm Cobb Salad w/Chicken – \$18.00

November 17th at 12:00 pm Monte Cristo- \$15.00

November 24th at 12:00 pm Chicken Philly Cheese Steak -\$14.00

Thursday — Supper Club –

November 6th at 4:00 pm Ziti & Meatballs – \$19.00

November 13th at 4:00 pm Hot Roast Beef - \$19.00

November 20th at 4:00 pm Patty Melt – \$16.00

November 27th at 3:00 pm Turkey Dinner - \$24.00

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 On-Site Podiatry Services

Starting at 9:00 AM on the 1st Wednesday of every month, Dr. Michael Masis 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 Rita 518-495-5603
Hair Becky 518-424-7922

Contact directly to schedule an appointment.