

SUMMIT AT EASTWYCK

Monthly Newsletter

November 2025



Summit Eastwyck



Happy Friendsgiving

Join your Eastwyck neighbors for a delicious Thanksgiving Dinner at the Clubhouse.
Please bring a dessert to share.

**WEDNESDAY
NOVEMBER 19TH
2:00PM**

SIGN-UP IN THE GREAT ROOM BY 11/12

Meal Includes:
Roasted Turkey, Mashed Potatoes, Stuffing, Vegetables, and all the fixin's.



VETERANS DAY

**Friday
November 14th
11:30 am**

In the Great Room

SIGN-UP IN GREAT ROOM BY 11/7

WE WOULD LIKE TO HONOR ALL VETERANS THAT RESIDE HERE AT 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

Happy
Birthday

11/05 Angela Dunning
11/06 Tom Rysedorph
11/13 Harry Whipple
11/22 Joyce Popp
11/27 Landra Haber
11/27 Shelia Clapp
11/29 Debra Willsey

Let's celebrate!

Monday, November 24th at 2:00 pm

Join us in the Great Room for refreshments.

SARATOGA
Casino

TUESDAY
NOVEMBER 18TH
12:00 PM

Sign-up in the Great
Room By 11/14

Lunch Outing:



Friday
November 7th
12:00 pm

Sign-up in the Great Room by 11/5

Live Bird Show with Whispering Willow Wild Care



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."

BINGO
TRIVIA

with Pam and Tammy

THURSDAY, NOVEMBER 20TH
4:00 PM

PRIZES

SIGN-UP IN THE GREAT ROOM

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED <i>life</i>  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	1 11:00 Movie : The Pursuit of Happyness (GR) 1:30 Rummikub (GMR)
2 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	3 12:00 Let's Do Lunch (\$17) Turkey & Bacon Club (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR) 4:30 Drama Club (GR) 6:00 Poker Night (GMR)	4 10:00 (DT) Walmart/Target 12:00 (DT) Voting Polls 1:30 Rummikub (GMR) 2:00 Sing - Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	5 11:00 Resident Meeting (GR) 1:30 Writing Club (GMR) 3:00 Happy Hour w/ Drew Jacobs (GR) 4:00 Sit and Stitch (GR)	6 Medical Transports 1:30 Rummikub (GMR) 2:00 Tech Workshop (GR) 4:00 Supper Club (\$19) Ziti w/ Meatballs (GR) 6:00 Liverpool Rummy (GMR)	7 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Skyline Diner 1:00 Chair Dancing/Exercise (FS) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (GR)	8 11:00 Jewelry Making w/ Stephanie (GR) 1:30 Rummikub (GMR)
9 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	10 12:00 Let's Do Lunch (\$18) Cobb Salad w/ Chicken (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Learn Triple Play (GMR) 4:00 Sit and Stitch (GR) 4:30 Drama Club (GR)	11 OFFICE CLOSED NO BREAKFAST/NO FITNESS 	12 10:00 (DT) Trader Joes/Colonie Center 1:00 Book Club (GMR) The Blind Tiger by Sandra Brown 1:00 Tai Chi (FS) 4:00 Sit and Stitch (GMR)	13 Medical Transports 11:00 PRN Strength Training for Posture and Osteoporosis (GR) 1:30 Rummikub (GMR) 2:00 Bingo (GR) 4:00 Supper Club (\$19) Hot Roast Beef (GR) 6:00 Liverpool Rummy (GMR)	14 8:00 (DT) & 10:00 (DT) Grocery Shopping 11:30 Veteran's Lunch (GR) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Group (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (GR)	15 11:00 Paint n Sip w/ Karen (GR) 1:30 Rummikub (GMR)
16 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	17 10:00 (DT) Watercolors w/ Sue 12:00 Let's Do Lunch (\$15) Monte Cristo (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR) 4:30 Drama Club (GR) 6:00 Poker Night (GMR)	18 10:00 (DT) Walmart/Target 12:00 (DT) Saratoga Casino 1:30 Rummikub (GMR) 2:00 Sing - Along (GR) 3:00 Quarter Bingo (GR) 4:30 Happy Hour w/ John Hill (GR) 6:00 Liverpool Rummy (GMR)	19 1:30 Writing Club (GMR) 2:00 Friendsgiving Dinner (GR) 4:00 Sit and Stitch (GR)	20 Medical Transports 1:30 Rummikub (GMR) 3:00 Tai Chi (FS) 4:00 Bingo Trivia w/ Pam & Tammy (GR) 4:00 Supper Club (\$16) Patty Melt (GR) 6:00 Liverpool Rummy (GMR)	21 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing : Plum Blossum 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 (GR)	22 11:00 Movie: Wine Country (GR) 1:00 Rummikub (GMR) 2:00-6:00 Great Room Reserved
23 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	24 12:00 Let's Do Lunch (\$14) Chicken Philly Cheese Steak (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration (GR) 4:00 Sit and Stitch (GR) 4:30 Drama Club Performance (GR)	25 10:00 (DT) Library/ Bank Trip 12:00 (DT) Exotic Bird Presentation 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	26 12:00 Ladies Lunch (GR) 1:30 Rummikub (GMR) 4:00 Sit and Stitch (GR)	27 OFFICE CLOSED NO BREAKFAST/NO FITNESS 3:00 Supper Club (\$24) Turkey Dinner (GR) 	28 NO FITNESS 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 (GR)	29 11:00 Movie: The Fundamentals of Caring (GR) 1:30 Rummikub (GMR)
30 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)			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	Gratitude changes everything 	

Community Activities

NOVEMBER MOVIES

11:00
AM

SATURDAY, NOVEMBER 1ST
THE PURSUIT OF
HAPPYNESS



SATURDAY, NOVEMBER 22ND
WINE COUNTRY

SATURDAY, NOVEMBER 29TH
THE
FUNDAMENTALS
OF CARING



SIGN-UP IN THE GREAT ROOM

We would be
delighted
if you could join
us for

Ladies Lunch

Wednesday
November 26th
12:00pm

Sign-up in the
Great Room by 11/19

Happy Hour

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

Water Colors with Sue
at Halmoon Summit
Monday, November 17th
12:00 pm
SIGN-UP IN THE GREAT ROOM BY 11/12



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

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

TOWNE TECHS

Technology, Simplified

Friendly, Local Tech Support in Rensselaer County

- ✓ Seniors & Families
- ✓ Community Tech Support
- ✓ Small Businesses
- ✓ Digital Self Defense

Tech Support Workshop-Need help with your phone, computer, or tablet or have a tech question? Towne Techs are ready to help!

THURSDAY, NOVEMBER 6TH AT 2:00PM

SIGN-UP IN THE GREAT ROOM BY 11/4

COME JOIN US FOR

DRAMA CLUB

MONDAYS,
NOVEMBER 3RD, 10TH, 17TH, 24TH
4:30 PM

ALL ARE WELCOME

Jewelry Making with Stephanie

**Saturday
November 8th
11:00 am**

Sign-up in the Great Room by 11/6

NEW YORK TIMES BESTSELLING AUTHOR

SANDRA BROWN

"A MASTERFUL STORYTELLER" - USA TODAY

BLIND TIGER

A NOVEL

COME JOIN US FOR BOOK CLUB

Wednesday,
November 12th
1:00 pm

In the Game Room

YOUR VOICE. YOUR VOTE.

TUESDAY NOVEMBER 4TH 12:00PM

Trip to the Voting Polls

Sign-up in the Great Room by 11/3

Paint and Sip with Karen

✦ Come for the painting, stay for the fun! ✦

**Saturday
November 15th
11:00am**

\$35

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

LUNCH OUTING:

PLUM BLOSSOM CHINESE RESTAURANT

**FRIDAY
NOVEMBER 21ST
12:00PM**

**SIGN-UP IN THE
GREAT ROOM BY 11/18**

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!

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

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

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

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 Masias will be available on-site.

To schedule an appointment, **please contact Dr.
Masias 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.