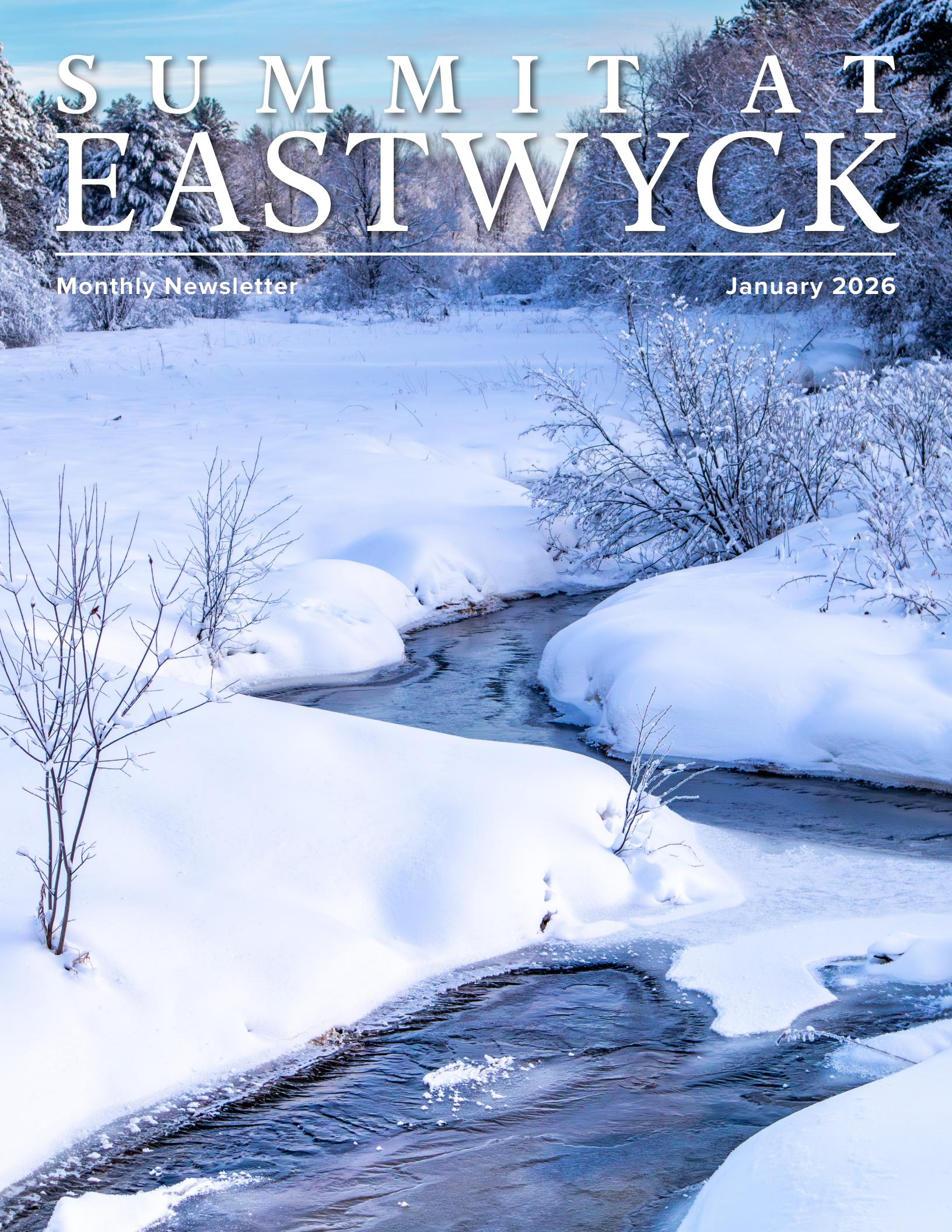


S U M M I T A T E A S T W Y C K

Monthly Newsletter

January 2026



Summit At Eastwyck

TITANIC
AN IMMERSIVE VOYAGE
Thursday, January 22nd, 2026

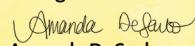
Bus departs at 3:00 PM
Tickets are \$33.00
Sign up in the office
Limited tickets available!

I want to extend my deepest and most heartfelt thanks to all our wonderful residents for the beautiful baby shower. Your kindness, generosity, and thoughtfulness truly touched my heart more than words can express. I feel incredibly blessed and grateful to be part of the Eastwyck family.

As I prepare to step away for maternity leave, I do so filled with gratitude for each of you. Thank you for making this season of my life so special and unforgettable. Your love and support mean the world to me.

I look forward to returning after my leave and continuing to serve this incredible community. From the bottom of my heart, thank you for all the warmth, kindness, and support you have shown me.

With gratitude,


Amanda DeSarbo



**RITA, OUR
BELOVED
HAIRSTYLIST IS
RETIRING.**

**PLEASE JOIN US FOR A SMALL GOODBYE GATHERING
HONORING RITA
THURSDAY, JANUARY 1ST
2:00PM-4:00 PM
PLEASE STOP BY—RITA WOULD LOVE TO SEE YOU!**

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

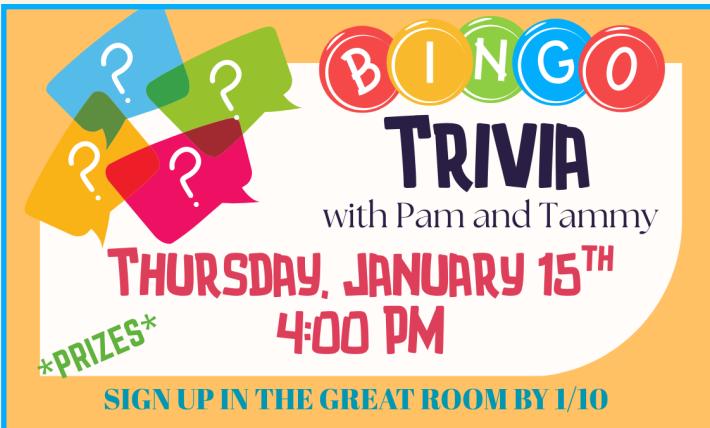


Vincent (Jimmy) Scorsone	1/02
Rose Marie Joyce	1/03
Nicole Sharpe	1/04
Venita VanNess	1/8
Colleen Hill	1/12
Pasquale Molaro	1/14
Shelia VanAlstine	1/15
Deanna Wheeler	1/21
Edwin Harding	1/22
June Kinerson	1/30

Join us in celebrating our monthly birthdays on Monday, January 26th, at 2:00pm.

REFRESHMENTS PROVIDED

Sign up in the Great Room



**PRN Presents:
Winter Olympics**

**Thursday, January 15th
11:00 am**

Join us for our very own Winter Wacky Olympic Day! Come for competition, prizes, laughs, and refreshments.

Sign up in the Great Room



*Daughter
for Hire
presentation*

**THURSDAY,
JANUARY 8TH
11:00AM**

Join us for cheese,
crackers, and a
chance to take home
a bottle of wine!



**COME JOIN US
FOR BOOK CLUB**

**Wednesday, January 14th
1:00pm**

*"Delve into the heartwarming
journey of reconciliation and
forgiveness" in Kristen
Hannah's Summer Island*

#1 New York Times bestselling author of *The Four Winds*

**KRISTIN
HANNAH**

Summer Island

"Hannah is expert at delving into the characters... pitch perfect and heartwarming." —*The Washington Post* Book World

A Novel

S

M

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F

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



COLOR CODES:
RED: OUTINGS
GREEN: ENTERTAINMENT
PINK: GR RESERVATIONS
ORANGE: FOOD OPTIONS
BLUE: SEMINARS/ PRESENTATIONS
BLACK: RESIDENT RUN

ROOM CODES:
CR- Craft Room
CY- Courtyard
DT- Departure Time
FS- Fitness Studio
GMR- Game Room
GR- Great Room



1
OFFICE CLOSED
NO BREAKFAST/NO FITNESS
1:30 Rummikub (GMR)
2:00-4:00 Rita's
Retirement Party (GR)
6:00 Liverpool Rummy (GMR)

2
8:00 (DT) & 10:00 (DT)
Grocery Shopping
1:00 Canasta (GMR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (GR)

3
1:30 Rummikub (GMR)

4
11:00-4:00 Great Room Reservation
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

5
12:00 Let's Do Lunch (\$14)
The Pilgrim (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
3:00 Sit and Stitch (GR)
4:30 Drama Club (GR)

6
9:00 (DT) Walmart/Target
11:30 (DT) Lunch Outing: Albany Buffet
1:00 Tai Chi (FS)
1:30 Rummikub (GMR)
2:00 Sing - Along (GR)
3:00 Quarter Bingo (GR)
6:00 Liverpool Rummy (GMR)

7
10:15 Line Dancing (FS)
2:30 Pizza w/ Laura M. Collins (GR)
1:30 Writing Club (GMR)
3:00 Sit and Stitch (GR)

8
Medical Transports
11:00 Daughter for Hire Presentation w/ Raffle (GR)
1:30 Rummikub (GMR)
2:00 Bingo w/ Prizes (GR)
4:00 Supper Club \$22
Single Center-Cut Pork Chop (GR)
6:00 Liverpool Rummy (GMR)

9
8:00 (DT) & 10:00 (DT)
Grocery Shopping
1:00 Canasta (GMR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (GR)

10
11:00 Jewelry Making w/ Stephanie
1:30 Rummikub (GMR)

11
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

12
12:00 Let's Do Lunch (\$14)
Reuben (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
3:00 Sit and Stitch (GR)
4:30 Drama Club (GR)
6:00 Poker Night (GMR)

13
9:00 (DT) Trader Joe's
11:30 (DT) Lunch Outing: Mighty Crab Restaurant
1:30 Writing Club (GMR)
3:00 Quarter Bingo (GR)
4:00 Sit and Stitch (GR)
6:00 Liverpool Rummy (GMR)

14
10:15 Line Dancing (FS)
11:30 Ladies Lunch (GR)
2:00 Book Club: Summer Island (GR)
1:30 Rummikub (GMR)
3:00 Sit and Stitch (GMR)

15
Medical Transports
11:00 PRN Winter Olympics (GR)
1:30 Rummikub (GMR)
4:00 Bingo Trivia w Pam & Tammy (GR)
4:00 Supper Club (\$23)
Chicken Cutlet Parmigiana (GR)
6:00 Liverpool Rummy (GMR)

16
8:00 (DT) & 10:00 (DT)
Grocery Shopping
12:15 (DT) Lunch Outing: Nic's Trattoria
1:00 Canasta (GMR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (GR)

17
1:30 Rummikub (GMR)

18
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

19
OFFICE CLOSED
NO BREAKFAST/NO FITNESS
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
3:00 Sit and Stitch (GR)
4:30 Drama Club (GR)

20
9:00 (DT) Walmart/Target
11:30 (DT) Lunch Outing: Juniors Restaurant
1:00 Tai Chi (FS)
1:30 Rummikub (GMR)
3:00 Quarter Bingo (GR)
6:00 Liverpool Rummy (GMR)

21
10:15 Line Dancing (FS)
1:30 Writing Club (GMR)
2:00 Happy Hour w/ Izzy Singer (GR)
4:00 Sit and Stitch (GR)

22
Medical Transports
1:30 Rummikub (GMR)
2:00 Bingo w/ Prizes (GR)
3:00 (DT) Titanic: An Immersive Voyage \$33
4:00 Supper Club (\$16)
Patty Melt (GR)
6:00 Liverpool Rummy (GMR)

23
8:00 (DT) & 10:00 (DT)
Grocery Shopping
1:00 Canasta (GMR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' by the Fire (GR)

24
1:30 Rummikub (GMR)

25
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

26
12:00 Let's Do Lunch (\$13)
Grilled Cheese Tomato & Bacon (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
2:00 Birthday Celebration (GR)
2:15 Drama Club Performance (GR)
3:00 Sit and Stitch (GR)

27
9:45 (DT) Bank/Library Trip
12:15 (DT) Lunch Outing: Hanzos Steakhouse
1:30 Rummikub (GMR)
3:00 Quarter Bingo (GR)
6:00 Liverpool Rummy (GMR)

28
10:15 Line Dancing (FS)
10:00 (DT) Saratoga Casino
1:00 New Resident Orientation (GR)
3:00 Sit and Stitch (GR)

29
Medical Transports
1:30 Rummikub (GMR)
2:00 Game Day (GR)
4:00 Supper Club (\$23)
Fettucine Alfredo w/ Chicken (GR)
6:00 Liverpool Rummy (GMR)

30
8:00 (DT) & 10:00 (DT)
Grocery Shopping
12:15 (DT) Lunch Outing: The Bunker North Greenbush
1:00 Canasta (GMR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (GR)

31
1:30 Rummikub (GMR)

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
11:00 Aqua Fitness Volleyball

Every Thursday

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

Every Friday

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

Community Activities

Lunch Outing: The Mighty Crab



TUESDAY, JAN. 13TH

BUS DEPARTS AT 11:30AM

SIGN UP IN THE GREAT ROOM BY 1/9



LAURA MELANIE COLLINS

Singer/Songwriter

Performing

Wednesday, Jan. 7TH

2:30pm-Pizza

3:00pm-Entertainment



Sign up in the
Great Room by 1/5

SARATOGA CASINO



WEDNESDAY, JANUARY 28TH
BUS DEPARTS AT 10:00AM

SIGN-UP IN THE
GREAT ROOM
BY 1/22



COME JOIN US FOR

DRAMA CLUB on Monday's



PRACTICE:
JANUARY 5TH, 12TH, 19TH
4:30 PM

PERFORMANCE:
JANUARY 26TH
2:15 PM



ALL ARE WELCOME

Lunch Outing: Nic's Tattoria

FRIDAY, JAN. 16TH
BUS DEPARTS
AT 12:15PM

Sign up in the
Great Room by 1/10



Weekly Adventures: Library, Bank, and Shopping!

Tuesday, January 6TH
9:00am-Walmart/Target

Tuesday, January 13TH
9:00am-Trader Joes

Tuesday, January 20TH
9:00am-Walmart/Target

Tuesday, January 27TH
9:45am-Bank*/Library

*Banks on our itinerary:

Berkshire Bank
Broadview Federal Credit Union
First NY Federal Credit Union
KeyBank
Pioneer

Sign-up in the Great Room

Community Activities



**HAPPY HOUR
WITH
IZZY SINGER**

**WEDNESDAY
JANUARY 21ST
2:00PM**

SIGN UP IN THE GREAT ROOM BY 1/16



Eastwyck
PRESENTS
Board Game Night

**JOIN US FOR GAMES AND SNACKS
THURSDAY, JANUARY 29TH, AT 2:00PM
SIGN UP IN THE GREAT ROOM BY 1/19**

LETS PLAY

Ladies Luncheon

**Join us
Wednesday, Jan. 14th
11:30am**



**Please sign up in the
Great Room by 1/9**

**LUNCH
OUTING:**

**JUNIOR'S
BAR & GRILL**

Tuesday, January 20th

Bus departs at 11:30am



*Sign up in the
Great Room by 1/16*

**Lunch Outing:
ALBANY BUFFET**

Tuesday, Jan. 6th



**Bus Departs
11:30am**

**SIGN UP IN GREAT
ROOM BY 1/5**

**LUNCH OUTING:
THE BUNKER**



Friday, January 30th

Bus Departs at 12:15pm



**Sign Up in Great
Room by 1/26**

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!**

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 SLP

NY102@prnptot.com

716-255-3674

Meals Catered by:



Thursday

— Supper Club —

January 8th at 4:00 pm
Center-Cut Pork Chop –
\$22.00

January 15th at 4:00 pm
Chicken Cutlet Parmigiana
- \$23.00

January 22nd at 4:00 pm
Patty Melt – \$16.00

January 29th at 4:00pm
Fettucine Alfredo w/
Chicken - \$23.00

Monday

— Let's do Lunch —

January 5th at 12:00 pm
The Pilgrim Sandwich –
\$14.00

January 12th at 12:00 pm
Reuben – \$14.00

January 19th
NO LUNCH MLK DAY

January 26th at 12:00 pm
Grilled Cheese, Tomato, and
Bacon – \$13.00

**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 Masisas, 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 Becky 518-424-7922

Contact directly to schedule an appointment.