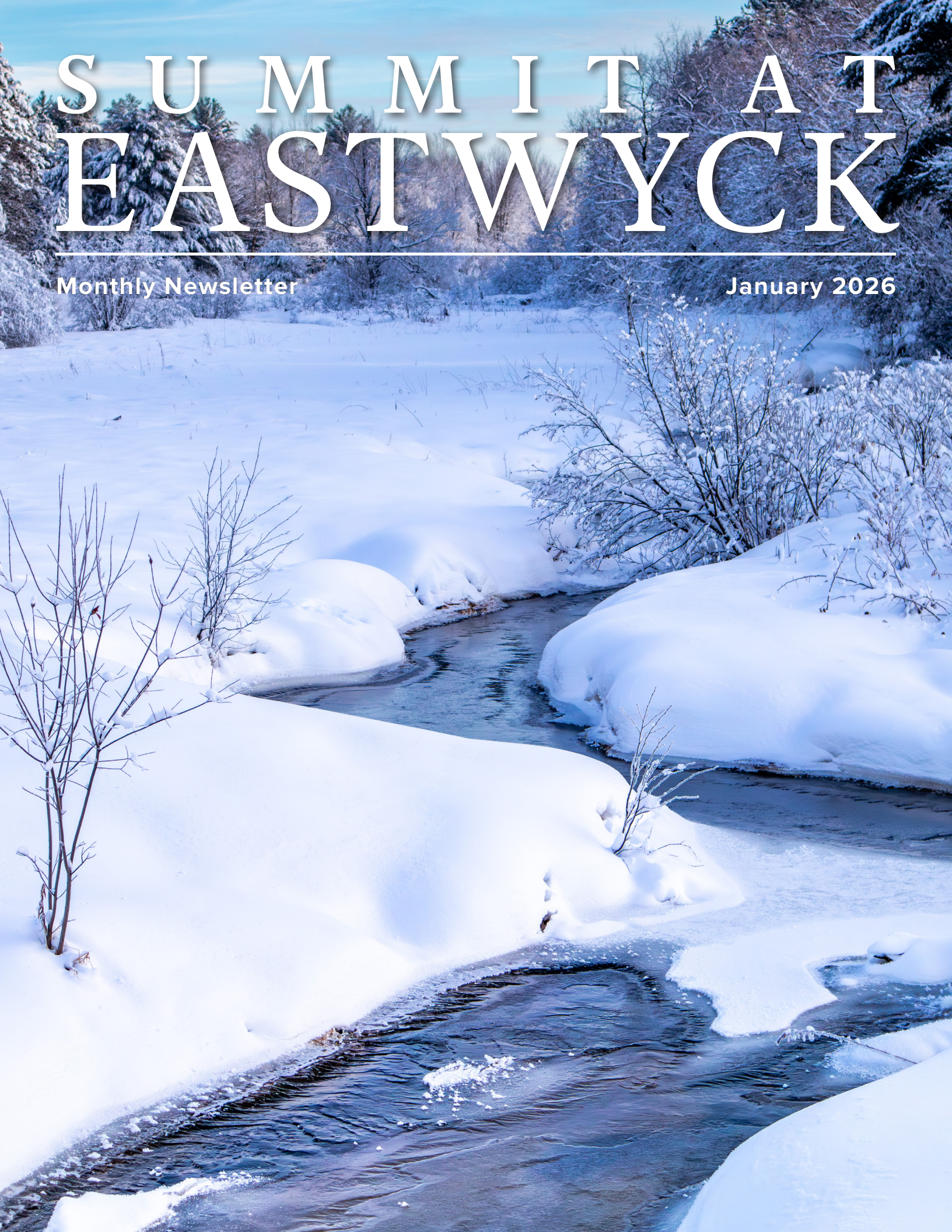


# SUMMIT AT EASTWYCK

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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*  
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 15<sup>th</sup>  
11:00 am**

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

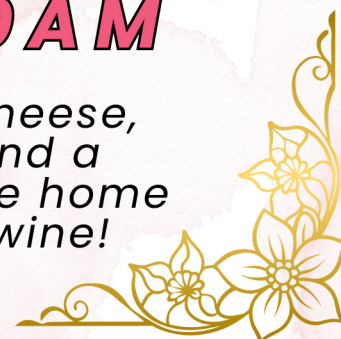
**Sign up in the Great Room**



*Daughter  
for Hire  
presentation*

**THURSDAY,  
JANUARY 8<sup>TH</sup>  
11:00 AM**

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



**BINGO TRIVIA**  
with Pam and Tammy  
**THURSDAY, JANUARY 15<sup>TH</sup>  
4:00 PM**  
**\*PRIZES\***  
**SIGN UP IN THE GREAT ROOM BY 1/10**

**COME JOIN US  
FOR BOOK CLUB**  
**Wednesday, January 14<sup>th</sup>  
1:00pm**

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



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January</div> <div></div>	<div>COLOR CODES:</div> <div>RED: OUTINGS</div> <div>GREEN: ENTERTAINMENT</div> <div>PINK: GR RESERVATIONS</div> <div>ORANGE: FOOD OPTIONS</div> <div>BLUE: SEMINARS/ PRESENTATIONS</div> <div>BLACK: RESIDENT RUN</div>	<div>ROOM CODES:</div> <div>CR- Craft Room</div> <div>CY- Courtyard</div> <div>DT- Departure Time</div> <div>FS- Fitness Studio</div> <div>GMR- Game Room</div> <div>GR- Great Room</div>	<div></div>	<div>1</div> <div>OFFICE CLOSED</div> <div>NO BREAKFAST/NO FITNESS</div> <div>1:30 Rummikub (GMR)</div> <div>2:00-4:00 Rita's Retirement Party (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>2</div> <div>8:00 (DT) &amp; 10:00 (DT)</div> <div>Grocery Shopping</div> <div>1:00 Canasta (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:30 Rosary (GMR)</div> <div>6:00 Chillin' By The Fire (GR)</div>	<div>3</div> <div>1:30 Rummikub (GMR)</div>
<div>4</div> <div>11:00-4:00 Great Room Reservation</div> <div>1:30 Rummikub (GMR)</div> <div>4:30 Bible Study (GMR)</div>	<div>5</div> <div>12:00 Let's Do Lunch (\$14)</div> <div>The Pilgrim (GR)</div> <div>1:00 Pinochle (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:00 Sit and Stitch (GR)</div> <div>4:30 Drama Club (GR)</div>	<div>6</div> <div>9:00 (DT) Walmart/Target</div> <div>11:30 (DT) Lunch Outing: Albany Buffet</div> <div>1:00 Tai Chi (FS)</div> <div>1:30 Rummikub (GMR)</div> <div>2:00 Sing - Along (GR)</div> <div>3:00 Quarter Bingo (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>7</div> <div>10:15 Line Dancing (FS)</div> <div>2:30 Pizza w/ Laura M. Collins (GR)</div> <div>1:30 Writing Club (GMR)</div> <div>3:00 Sit and Stitch (GR)</div>	<div>8</div> <div>Medical Transports</div> <div>11:00 Daughter for Hire Presentation w/ Raffle (GR)</div> <div>1:30 Rummikub (GMR)</div> <div>2:00 Bingo w/ Prizes (GR)</div> <div>4:00 Supper Club \$(22)</div> <div>Single Center-Cut Pork Chop (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>9</div> <div>8:00 (DT) &amp; 10:00 (DT)</div> <div>Grocery Shopping</div> <div>1:00 Canasta (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:30 Rosary (GMR)</div> <div>6:00 Chillin' By The Fire (GR)</div>	<div>10</div> <div>11:00 Jewelry Making w/ Stephanie</div> <div>1:30 Rummikub (GMR)</div>
<div>11</div> <div>1:00 Mexican Train (GR)</div> <div>1:30 Rummikub (GMR)</div> <div>4:30 Bible Study (GMR)</div>	<div>12</div> <div>12:00 Let's Do Lunch (\$14)</div> <div>Reuben (GR)</div> <div>1:00 Pinochle (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:00 Sit and Stitch (GR)</div> <div>4:30 Drama Club (GR)</div> <div>6:00 Poker Night (GMR)</div>	<div>13</div> <div>9:00 (DT) Trader Joe's</div> <div>11:30 (DT) Lunch Outing: Mighty Crab Restaurant</div> <div>1:30 Writing Club (GMR)</div> <div>3:00 Quarter Bingo (GR)</div> <div>4:00 Sit and Stitch (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>14</div> <div>10:15 Line Dancing (FS)</div> <div>11:30 Ladies Lunch (GR)</div> <div>2:00 Book Club: Summer Island (GR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:00 Sit and Stitch (GMR)</div>	<div>15</div> <div>Medical Transports</div> <div>11:00 PRN Winter Olympics (GR)</div> <div>1:30 Rummikub (GMR)</div> <div>4:00 Bingo Trivia w Pam &amp; Tammy (GR)</div> <div>4:00 Supper Club (\$23)</div> <div>Chicken Cutlet Parmigiana (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>16</div> <div>8:00 (DT) &amp; 10:00 (DT)</div> <div>Grocery Shopping</div> <div>12:15 (DT) Lunch Outing: Nic's Trattoria</div> <div>1:00 Canasta (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:30 Rosary (GMR)</div> <div>6:00 Chillin' By The Fire (GR)</div>	<div>17</div> <div>1:30 Rummikub (GMR)</div>
<div>18</div> <div>1:00 Mexican Train (GR)</div> <div>1:30 Rummikub (GMR)</div> <div>4:30 Bible Study (GMR)</div>	<div>19</div> <div>OFFICE CLOSED</div> <div>NO BREAKFAST/NO FITNESS</div> <div>1:00 Pinochle (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:00 Sit and Stitch (GR)</div> <div>4:30 Drama Club (GR)</div> <div></div>	<div>20</div> <div>9:00 (DT) Walmart/Target</div> <div>11:30 (DT) Lunch Outing: Juniors Restaurant</div> <div>1:00 Tai Chi (FS)</div> <div>1:30 Rummikub (GMR)</div> <div>3:00 Quarter Bingo (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>21</div> <div>10:15 Line Dancing (FS)</div> <div>1:30 Writing Club (GMR)</div> <div>2:00 Happy Hour w/ Izzy Singer (GR)</div> <div>4:00 Sit and Stitch (GR)</div>	<div>22</div> <div>Medical Transports</div> <div>1:30 Rummikub (GMR)</div> <div>2:00 Bingo w/ Prizes (GR)</div> <div>3:00 (DT) Titanic: An Immersive Voyage \$33</div> <div>4:00 Supper Club (\$16)</div> <div>Patty Melt (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>23</div> <div>8:00 (DT) &amp; 10:00 (DT)</div> <div>Grocery Shopping</div> <div>1:00 Canasta (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:30 Rosary (GMR)</div> <div>6:00 Chillin' by the Fire (GR)</div>	<div>24</div> <div>1:30 Rummikub (GMR)</div>
<div>25</div> <div>1:00 Mexican Train (GR)</div> <div>1:30 Rummikub (GMR)</div> <div>4:30 Bible Study (GMR)</div>	<div>26</div> <div>12:00 Let's Do Lunch (\$13)</div> <div>Grilled Cheese Tomato &amp; Bacon (GR)</div> <div>1:00 Pinochle (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>2:00 Birthday Celebration (GR)</div> <div>2:15 Drama Club Performance (GR)</div> <div>3:00 Sit and Stitch (GR)</div>	<div>27</div> <div>9:45 (DT) Bank/Library Trip</div> <div>12:15 (DT) Lunch Outing: Hanzos Steakhouse</div> <div>1:30 Rummikub (GMR)</div> <div>3:00 Quarter Bingo (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>28</div> <div>10:15 Line Dancing (FS)</div> <div>10:00 (DT) Saratoga Casino</div> <div>1:00 New Resident Orientation (GR)</div> <div>3:00 Sit and Stitch (GR)</div>	<div>29</div> <div>Medical Transports</div> <div>1:30 Rummikub (GMR)</div> <div>2:00 Game Day (GR)</div> <div>4:00 Supper Club (\$23)</div> <div>Fettucine Alfredo w/ Chicken (GR)</div> <div>6:00 Liverpool Rummy (GMR)</div>	<div>30</div> <div>8:00 (DT) &amp; 10:00 (DT)</div> <div>Grocery Shopping</div> <div>12:15 (DT) Lunch Outing: The Bunker North Greenbush</div> <div>1:00 Canasta (GMR)</div> <div>1:30 Rummikub (GMR)</div> <div>3:30 Rosary (GMR)</div> <div>6:00 Chillin' By The Fire (GR)</div>	<div>31</div> <div>1:30 Rummikub (GMR)</div>
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>9:00 Sit To Be Fit</div> <div>10:00 Aqua Fit</div>	<div>Every Tuesday</div> <div>8:00 Hydro Rider</div> <div>9:00 Pilates</div> <div>10:00 Strength &amp; Balance</div>	<div>Every Wednesday</div> <div>9:00 Sit To Be Fit</div> <div>9:45 Drumming</div> <div>11:00 Aqua Fitness</div> <div>Volleyball</div>	<div>Every Thursday</div> <div>9:00 Strength &amp; Balance</div> <div>10:00 Move and Groove</div> <div>11:00 Stretch and Flex</div>	<div>Every Friday</div> <div>9:00 Sit To Be Fit</div> <div>10:00 Aqua Fit</div> <div>11:00 Chair Yoga</div>	



# Community Activities

## Lunch Outing: The Mighty Crab



**TUESDAY, JAN. 13<sup>TH</sup>**

**BUS DEPARTS AT 11:30AM**  
**SIGN UP IN THE GREAT ROOM BY 1/9**

## SARATOGA CASINO

**WEDNESDAY, JANUARY 28<sup>TH</sup>**  
**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 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup>  
4:30 PM

**PERFORMANCE:**  
JANUARY 26<sup>TH</sup>  
2:15 PM



**ALL ARE WELCOME**

## Lunch Outing: Nic's Tattoria

**FRIDAY, JAN. 16<sup>TH</sup>**  
**BUS DEPARTS**  
**AT 12:15PM**

Sign up in the  
Great Room by 1/10



## LAURA MELANIE COLLINS

Singer/Songwriter

Performing  
Wednesday, Jan. 7<sup>th</sup>  
2:30pm-Pizza  
3:00pm-Entertainment

Sign up in the  
Great Room by 1/5



## Weekly Adventures: Library, Bank, and Shopping!

**Tuesday, January 6<sup>th</sup>**  
**9:00am-Walmart/Target**

**Tuesday, January 13<sup>th</sup>**  
**9:00am-Trader Joes**

**Tuesday, January 20<sup>th</sup>**  
**9:00am-Walmart/Target**

**Tuesday, January 27<sup>th</sup>**  
**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 29<sup>TH</sup>, AT 2:00PM  
SIGN UP IN THE GREAT ROOM BY 1/19

LETS PLAY

**Ladies Luncheon**

**Join us**  
**Wednesday, Jan. 14<sup>th</sup>**  
**11:30am**

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

**LUNCH  
OUTING:**

**JUNIOR'S  
BAR & GRILL**

*Tuesday, January 20<sup>th</sup>*  
*Bus departs at 11:30am*

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

**Lunch Outing:**  
**ALBANY BUFFET**

**Tuesday, Jan. 6<sup>th</sup>**

**Bus Departs  
11:30am**

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

**LUNCH OUTING:**  
**THE BUNKER**

**Friday, January 30<sup>th</sup>**  
**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!**

Meals Catered by:



### Monday

#### — Let's do Lunch —

January 5<sup>th</sup> at 12:00 pm  
The Pilgrim Sandwich –  
\$14.00

January 12<sup>th</sup> at 12:00 pm  
Reuben – \$14.00

January 19<sup>th</sup>  
NO LUNCH MLK DAY

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

### Thursday

#### — Supper Club —

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

January 15<sup>th</sup> at 4:00 pm  
Chicken Cutlet Parmigiana  
– \$23.00

January 22<sup>nd</sup> at 4:00 pm  
Patty Melt – \$16.00

January 29<sup>th</sup> at 4:00pm  
Fettucine Alfredo w/  
Chicken – \$23.00

## 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 SLP

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* **Becky 518-424-7922**

Contact directly to schedule an appointment.