

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

Monthly Newsletter

February 2026



Summit At Eastwyck

Valentine's Day Favorites at GE Theatre Pamela Sharpe & Bill Galliard

HMATOS veteran performances help melt the winter blues



Bus departs February 10th at 10:30am
Sign up in Great Room by 2/6

Walk & Talk



If you like walking and talking please join us for a meeting in the Great Room. Let's get walking and talking together!

Thursday, February 26th at 11:30am

DRAMA CLUB ALL ARE WELCOME

PRACTICES:
2/2, 2/9, 2/16
@ 4:30PM
PERFORMANCE:
2/23 @ 2:15PM

We'll be in the
Great Room!

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

February Birthdays

Judy Posila	02/03
Pauline Murphy	02/03
Irene Hagarty	02/04
Joyce Thompson	02/05
Mary Anne Jayne	02/06
Ghislaine Collard	02/08
David Borel	02/11
Marsha Mintz	02/12
Inga Pepoy	02/13
Marion Ryesdorph	02/13
Beverly Wescott	02/15
Diana Shelto	02/22
Cynthia Obidinski	02/22
Diane Eberline	02/23
Josie Fasanaro	02/25
Barry Brennan	02/26
Diane Hendricks	02/28

Join us in celebrating our monthly birthdays on **Monday, February 23rd, at 2:00pm.**
Sign up in the Great Room

REFRESHMENTS PROVIDED

KARAOKE

Happy Hour w/ Deb Zep

THURSDAY, FEB. 12TH
4:00PM

SIGN UP IN GREAT ROOM 2/8

ANGELINA VALENTE - ON VOCALS JB HUBBS - ON PIANO



SONGS BY HEART



WEDNESDAY, FEBRUARY 4TH
2:00PM

SIGN UP IN GREAT ROOM BY 2/2

Tai Chi

*Tuesday's,
February 3rd and 17th
1:00 pm*

In the Fitness Studio



Hey Fellas,
Come join us for a Men's Lunch



**Wednesday,
February 18th
at 12:00**

Sign up in the Great Room by 2/13

S	M	T	W	TH	F	S
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 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	2 12:00 Let's Do Lunch (\$14) Turkey + Ham Melt (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)	3 9:00 (DT) Pharmacy Run: CVS/Walgreens 11:30 (DT) Lunch Outing: Off Shore Pier 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	4 10:15 Line Dancing (FS) 1:30 Writing Club (GMR) 2:00 Songs from the Heart with Angelina Valente (GR) 4:00 Sit and Stitch (GR)	5 Medical Transports 1:00 PRN Presentation: "The Heart an Owners Manual" (GR) 1:30 Rummikub (GMR) 4:00 Supper Club \$(15) French Dip (GR) 6:00 Liverpool Rummy (GMR)	6 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:30 (DT) Lunch Outing: Lakeview Restaurant 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)	7 1:30 Rummikub (GMR)
8 SUPERBOWL  1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR) 5:00 Superbowl Party (GR)	9 12:00 Let's Do Lunch (\$13) BLT Club (GR) 11:00 Medicare Presentaion w/ Marcy Jewett (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club (GR)	10 9:30 (DT) Bank/Library Trip 10:30 (DT) Concert: Valentine's Day Favorites at the GE Theatre 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	11 LIMITED BREAKFAST 8:00-9:00 10:15 Line Dancing (FS) 11:00 Valentines Day Brunch (GR) 1:00 Book Club (GR) The People of the Book by Geraldine Brooks 3:00 Sit and Stitch (GR)	12 Medical Transports 1:30 Rummikub (GMR) 2:00 Bingo w/ Prizes (GR) 4:00 Supper Club \$(20) Baby Beef Liver (GR) 4:00 Happy Hour and Karaoke w/ Dep Zep (GR) 6:00 Liverpool Rummy (GMR)	13 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: My Place 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Rehearsal (GR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)	14 11:00 Jewelry Making w/ Stephanie 1:30 Rummikub (GMR) 
15 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	16 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) 6:00 Poker Night (GMR)	17 9:00 (DT) Trader Joe's 11:00 (DT) Mian's Chinese Restaurant and Rivers Casino 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	18 10:15 Line Dancing (FS) 12:00 Mens Lunch (GR) 1:30 Writing Club (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR)	19 Medical Transports 1:30 Rummikub (GMR) 4:00 Bingo Trivia w Pam & Tammy (GR) 4:00 Supper Club (\$22) Chopped Sirloin (GR) 6:00 Liverpool Rummy (GMR)	20 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:15 (DT) Lunch Outing: Lanie's Cafe 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Rehearsal (GR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)	21 1:30 Rummikub (GMR)
22 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	23 11:00 Resident Meeting (GR) 12:00 Let's Do Lunch (\$14) Gyro (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)	24 9:00 (DT) Walmart/Target 12:30 (DT) Albany Institute of History & Art 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	25 10:15 Line Dancing (FS) 1:00 New Resident Meeting (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch 4:00 Happy Hour w/ Mark Mason (GR)	26 Medical Transports 11:30 Walk & Talk (GR) 1:30 Rummikub (GMR) 2:00 Bingo w/ prizes (GR) 4:00 Supper Club (\$23) Four Piece Fried Chicken Dinner (GR) 6:00 Liverpool Rummy (GMR)	27 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:15 (DT) Lunch Outing: Olive Garden 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Rehearsal 3:30 Rosary (GMR) 6:00 Chillin' by the Fire (GR)	28 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 9:45 Stretch 10:45 Move and Groove	Every Friday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga	

Community Activities



Weekly Adventures:

Library, Bank, and Shopping!

Tuesday, February 3rd
9:00am-CVS/Walgreens

Tuesday, February 10th
9:30am-Bank/Library

Tuesday, February 17th
9:00am- Trader Joes

Tuesday, February 24th
9:00- Walmart/Target

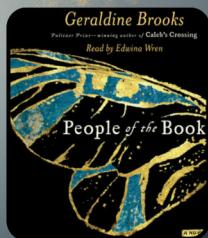
*Banks on our itinerary:

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

Sign-up in the Great Room

Join us for Book Club

**Wednesday,
February 11th
at 1:00pm**



*"One of the oldest surviving
Jewish illuminated texts"*

In the Great Room



Valentines Day BRUNCH

**Wednesday, February 11th
at 11:00am**

SIGN UP IN THE GREAT ROOM BY 1/6

MUSEUM TRIP

ALBANY INSTITUTE
OF HISTORY AND ART



**TUESDAY,
FEBRUARY 24TH**

BUS DEPARTS AT 12:30 PM



Sign up in Great Room by 2/10

Community Activities

Join us for Lunch at Mian's Chinese Restaurant and Rivers Casino and Play till your Heart's Content!

Tuesday, February 17th

Bus departs at 11:00am



Sign up in Great Room by 2/13



THURSDAY, FEBRUARY 19TH
4:00 PM

SIGN-UP IN THE GREAT ROOM BY 2/13



**PRN Presents:
"The Heart an
Owners Manual"**

Thursday, February 5th
1:00 pm

PRN provides a presentation on healthy heart, activities and benefits of exercise. With a fun interactive bingo game and prizes.

Sign-up in the Great Room by 2/3



Friday Restaurant Outings

Lakeview Restaurant
FEBRUARY 6TH 12:30 PM (DT)

My Place
FEBRUARY 13TH 12:00 PM (DT)

Lanie's Cafe
FEBRUARY 20TH 12:15 PM (DT)

Olive Garden
FEBRUARY 27TH 12:15 PM (DT)

Sign up in the great room a week before Departure date.



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:



Monday
— Let's do Lunch —

February 2nd at 12:00 pm
Turkey & Ham Melt – \$14.00

February 9th at 12:00 pm
BLT – \$13.00

February 16th at 12:00pm
NO Lunch Presidents Day

February 23rd at 12:00pm
Gyro-beef and lamb strips
\$14.00

February 5th at 4:00 pm
French Dip – \$15.00

February 12th at 4:00 pm
Baby Beef Liver – \$20.00

February 19th at 4:00 pm
Chopped Sirloin – \$22.00

February 26th at 4:00pm
Four Piece Fried Chicken
Dinner – \$23.00

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.