

SUMMIT AT EASTWYCK

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**



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**

Tai Chi

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

In the Fitness Studio



KARAOKE

Happy Hour w/ DebZep



**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

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



February



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)
HAPPY Valentine's Day

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

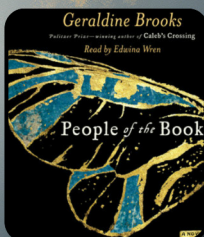
***Banks on our itinerary:**

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

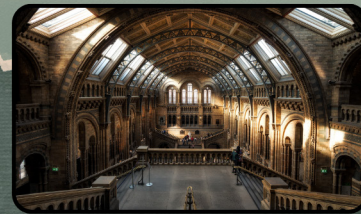
SIGN UP IN THE GREAT ROOM BY 1/6

MUSEUM TRIP

ALBANY INSTITUTE
OF HISTORY AND ART

**TUESDAY,
FEBRUARY 24TH**

BUS DEPARTS AT 12:30 PM



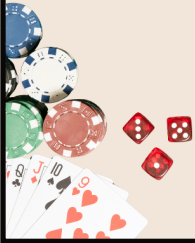
Sign up in Great Room by 2/10

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



RIVERS
CASINO
SCHENECTADY



Sign up in Great Room by 2/13

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.

BINGO

PRIZES

TRIVIA

with Pam and Tammy

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

**HAPPY HOUR
IS THE
BEST HOUR**

JOIN US WITH MARK MASON
FOR ENTERTAINMENT

WEDNESDAY, FEBRUARY 25,
4:00PM

SIGN UP IN GREAT ROOM BY 2/22

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 SLPh

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

Thursday

— Supper Club —

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 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.