

SUMMIT AT EASTWYCK

Monthly Newsletter

March 2026



Summit At Eastwyck



TUESDAY, MARCH 24TH
BUS DEPARTS @ 12:30PM

THE CLARK INSTITUTE ART MUSEUM

SIGN UP IN THE GREAT
ROOM BY 3/18



JOIN US FOR A
**FITNESS
PRESENTATION**
with Barbara
Howansky
Summits Fitness
Guru

Monday, March 23rd
@ 2:00pm
in the Great Room

Come Join Us for Tai Chi



Tuesday's at 1:00pm
March 3rd & March 17th

*One who gives freely
and without attachment
gets a full life in return.
Lao Tzu*

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

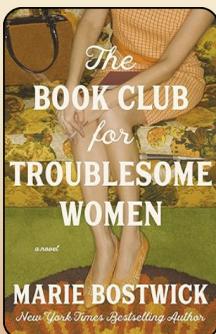
Summit at Eastwyck
1 Eastwyck Circle
Rensselaer, NY 12144
518.874.1638
www.summitseniorlife.com

Summit At Eastwyck

MARCH BIRTHDAYS

GREGORY HAMILIN	3/02
DAVID TAYLOR	3/07
STEPHEN AINSWORTH	3/08
DOLORES LYMAN	3/09
JOHN MANDEL	3/19
HELEN MURRAY	3/19
LORRAINE HENNIGE	3/22
LOREEN WHEELER	3/24
THEA EISEN	3/25

Join us in celebrating our monthly birthdays on
Monday, March 30th, at 2:00pm.
Sign up in the Great Room



“Four dissatisfied sixties-era housewives form a book club turned sisterhood that will hold fast amid the turmoil of a rapidly changing world and alter the course of each of their lives.”

Join us in the Great Room
Wednesday, March 11th
@ 1:00pm

MARCH  **Eastwyck Writing Club**
JOIN US
MARCH 4th & MARCH 18th
1 pm in the Card Room

WRITING CHALLENGES-

My Teenage Years
and
A STRANGE OR SCARY Experience

  Writing Prompts
Writing Tips
Quick Writes
Share and Socialize

Ladies Luncheon



Thursday, March 26th
at 12:30pm
Sign-up by 3/20

BINGO

TRIVIA

with Pam and Tammy

THURSDAY, MARCH 19TH
4:00 PM

PRIZES

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>2 12:00 Let's Do Lunch (\$13) Taco Salad w/ Tortilla Bowl (GR)</p> <p>1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club (GR) 6:00 Poker Night (GMR)</p>	<p>3 9:00 (DT) Pharmacy Run: CVS/Walgreens</p> <p>11:30 (DT) Lunch Outing: 76 Diner</p> <p>1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>4</p> <p>10:15 Line Dancing (FS) 1:00 Writing Club (GMR) 2:00 Game Day (GR) 4:00 Sit and Stitch (GR)</p>	<p>5 Medical Transports</p> <p>1:00 PRN Presentation: "Stay Steady, Stay Safe!" (GR) 1:30 Rummikub (GMR) 4:00 Supper Club \$(22) Salisbury Steak with onions and peppers(GR) 6:00 Liverpool Rummy (GMR)</p>	<p>6 8:00 (DT) & 10:00 (DT) Grocery Shopping</p> <p>1:00 Chair Dancing (FS) 1:00 Canasta (GMR) 1:30 Charal Rehearsal (GR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)</p>	<p>7</p> <p>1:30 Rummikub (GMR)</p>
<p>8</p> <p>1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>9 12:00 Let's Do Lunch (\$14) Philly Cheese Steak Wrap (GR)</p> <p>11:00 Workshop with Towne Tech (GR)</p> <p>1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club (GR)</p>	<p>10 9:30 (DT) Bank/Library Trip</p> <p>11:30 (DT) Lunch Outing: Katie O'Byrne's</p> <p>1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 4:00 John Hill for Happy Hour 6:00 Liverpool Rummy (GMR)</p>	<p>11</p> <p>10:15 Line Dancing (FS) 1:00 Book Club (GR) The Book Club for Troublesome Women by Marie Botswick 3:00 Sit and Stitch (GR)</p>	<p>12 Medical Transports</p> <p>1:30 Rummikub (GMR) 2:00 Bingo w/ Prizes (GR) 4:00 Supper Club \$(20) Meatloaf with potatoes and veggies (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>13 8:00 (DT) & 10:00 (DT) Grocery Shopping</p> <p>11:45 (DT) Lunch Outing: Plum Blossum</p> <p>1:00 Canasta (GMR) 1:30 Rummikub (GMR) 2:00 Choral Concert (GR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)</p>	<p>14</p> <p>1:30 Rummikub (GMR)</p>
<p>15</p> <p>11:00 Bethlehem Traditional Irish Dance (GR)</p> <p>1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>16 12:00 Let's Do Lunch (\$16) Turkey Bacon Club (GR)</p> <p>1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 St Patricks Day Dinner (GR) 4:30 Drama Club (GR)</p>	<p>17 9:30 (DT) Trader Joe's</p> <p>11:30 (DT) Lunch Outing: Scarborough's</p> <p>1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>18 10:15 Line Dancing (FS)</p> <p>1:00 Writing Club (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:00 Happy Hour with Tootie and the Mother Pluckers (GR)</p>	<p>19 Medical Transports</p> <p>1:00 Fitness Presentation: Barb Howansky (GR) 4:00 Bingo Trivia w Pam & Tammy (GR) 4:00 Supper Club \$(22) Baked Virginia Ham w/ potatoes and veggies 6:00 Liverpool Rummy (GMR)</p>	<p>20 8:00 (DT) & 10:00 (DT) Grocery Shopping</p> <p>1:00 Chair Dancing (FS) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)</p>	<p>21</p> <p>1:30 Rummikub (GMR)</p>
<p>22</p> <p>1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>23 12:00 Let's Do Lunch (\$12) Clam Roll (GR)</p> <p>1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Fitness Presentation: Barb Howansky (GR) 3:00 Sit and Stitch (GR) 4:30 Drama Club (GR) 6:00 Poker Night (GMR)</p>	<p>24 9:00 (DT) Walmart/Target</p> <p>12:30 (DT) The Clark Institute</p> <p>1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>25</p> <p>10:15 Line Dancing (FS)</p> <p>1:00 New Resident Meeting (GR) 1:30 Rummikub (GMR) 2:00 Crafts with Nicole (GR) 3:00 Sit and Stitch</p>	<p>26 Medical Transports</p> <p>12:30 Ladies Lunch (GR) 1:30 Rummikub (GMR) 2:00 Bingo w/ prizes (GR) 4:00 Supper Club \$(23) Filet of Haddock w/ rice pilaf (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>27 9:00 (DT) Proctors: "They Built America: Workers of the Erie Canal"</p> <p>1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 6:00 Chillin' by the Fire (GR)</p>	<p>28</p> <p>Great Room Reservation 1:00pm-5:00pm</p> <p>1:30 Rummikub (GMR)</p>
<p>29 12:00pm (DT) Bingo at Brunswick</p> <p>Elks Club</p> <p>Great Room Reservation 1:00pm-4:00pm</p> <p>1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>30 12:00 Let's Do Lunch (\$14) Grilled Chicken Caesar Wrap (GR)</p> <p>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)</p>	<p>31 9:30 (DT) Bank/Library Trip</p> <p>11:00 Trader Joe's</p> <p>1:00 Karaoke w/ Brian Zapal (GR) 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>COLOR CODES: RED: OUTINGS GREEN: ENTERTAINMENT PINK: GR RESERVATIONS ORANGE: FOOD OPTIONS BLUE: SEMINARS/ PRESENTATIONS BLACK: RESIDENT RUN</p>	<p>ROOM CODES: CR- Craft Room CY- Courtyard DT- Departure Time FS- Fitness Studio GMR- Game Room GR- Great Room</p>		

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

Happy Hour with Tootie and the
Mother Pluckers



Wednesday, March 18th
@ 4:00pm

Sign-up in the Great Room by 3/16



Do you need a little help with your iphone,
computer, tablet, etc.?
Come to our Towne Tech workshop with the
thing you need help with and they will help you!

**COME TO THE GREAT ROOM
MONDAY, MARCH 9TH @ 11:00AM
SIGN UP IN GREAT ROOM BY 3/8**

**“Stay Steady, Stay Safe”
PRN Presentation w/Denise**

Thursday, March 5th @ 1:00pm

A fun and informative event focused on
practical tips, exercises and home
modifications to help residents reduce fall risk
and stay independent. Free balance screenings
at the conclusion of the presentation

Sign-up in the Great Room

**PROCTORS
PRESENTS:**

**“They Built America:
Workers of the Erie Canal”**

By Maggie Mancinelli-Cahill Directed by Margaret E. Hall



**Friday,
March 27th
at 9:00 (DT)**

Sign up in Great Room by 3/23

**KARAOKE
PARTY
W/ BRIAN ZAPAL**

**TUESDAY
MARCH 31ST
1:00PM**

**SIGN UP IN GREAT ROOM
BY 3/27**



Chair Dancing is BACK!



**Friday, March 6th and 20th @1:00pm
in the fitness studio**

Community Activities

BINGO AT THE ELKS CLUB

G
47

N
43

BUS DEPARTS

SUNDAY, MARCH 29TH

@ 12:00PM

21

B
1

PLEASE SIGN UP BY 3/23

John Hill



Tuesday, March 10th

4:00 pm

Sign-up by 3/6

Craft Corner with NICOLE

WEDNESDAY, MARCH 25TH
2:00 PM IN THE GREAT ROOM

Sign-up in the great room by 3/20

St. Patrick's Day Dinner

Monday, March 16th at 3:00pm
in the Great Room
sign-up by 3/12

BETHLEHEM TRADITIONAL IRISH DANCERS

PERFORMANCE SUNDAY
MARCH 15TH @ 11:00AM (GR)

GAME DAY

WEDNESDAY, MARCH 4TH AT
2:00PM
IN THE GREAT ROOM

Sign-up by 3/1

Restaurant Outings

76 Diner

TUESDAY, MARCH 3RD 11:30 AM (DT)

Katie O'Byrne's

TUESDAY, MARCH 10TH 11:30AM (DT)

Plum Blossom

FRIDAY, MARCH 13TH 11:45AM (DT)

Scarborough's

TUESDAY, MARCH 17TH 11:30 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!**

Meals Catered by:



Monday

— **Let's do Lunch** —

- March 2nd at 12:00 pm
Taco Salad w/ Tortilla
Bowl - \$13.00
- March 9th at 12:00 pm
Philly Steak Cheese Wrap
- \$14.00
- March 16th at 12:00pm
Turkey Bacon Club-
\$16.00
- March 23rd at 12:00pm
Clam Roll - \$12.00
- March 30th at 12:00pm
Grilled Chicken Caesar
Wrap \$14.00

Thursday

— **Supper Club** —

- March 5th at 4:00 pm
Salisbury Steak w/ onions
& peppers - \$22.00
- March 12th at 4:00 pm
Meatloaf w/ potatoes &
vegetables - \$20.00
- March 19th at 4:00 pm
Baked Virginia Ham w/
potatoes and veggies -
\$22.00
- March 26th at 4:00pm
Filet of Haddock w/ rice
pilaf - \$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.

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



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

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.
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.