

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

Monthly Newsletter

April 2026



Summit At Eastwyck

*Lets Go to Lunch
and a Show*

Simone's & PROCTORS
Kitchen

*Tuesday, April 21st
bus departs at 10:30am*

*Lunch @ Simone's Kitchen @ 11ish
Then to the Show
featuring Helen Maksymicz &
Martha Regelmann*

SIGN UP IN THE GREAT ROOM BY 4/17

Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion
Tracey Jackson

Driver

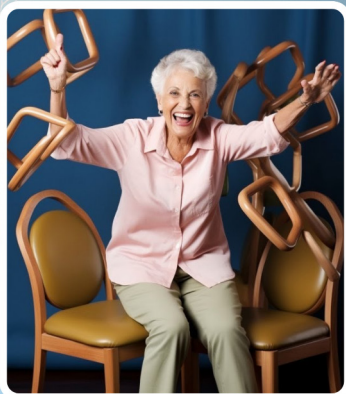
Scott Earley

Weekend Clubhouse Attendant

Tracey Ainsworth
Daisy Rojas

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

CHAIR DANCING IS BACK!



**Friday, April 3rd & April 17th
at 1:00pm in the
fitness studio**

Come Join Us for Tai Chi



**Tuesday's at 1:00pm
April 7th & April 21st**

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

Summit At Eastwyck



HANDS UP FOR SPRING

TREAT YOUR HANDS TO A LUXURIOUS PAMPERING SATIN HANDS TREATMENT FOR MEN AND WOMEN USING MARY KAY'S SHEA BUTTER SATIN HANDS SET. HELP REDUCE STRESS AND HAVE SOME FUN!

THURSDAY, APRIL 23RD AT 1:00PM
PLEASE SIGN UP BY 4/17

JOIN US FOR MEN'S LUNCH!



FRIDAY, APRIL 3RD @ 12:00 PM

SIGN UP BY 4/2



COME JOIN US FOR



The Retrobilleze Duo

HAPPY HOUR

WEDNESDAY, APRIL 22ND @ 4:00

SIGN UP IN THE GREAT ROOM BY 4/17

Happy Birthday April

Theodore Zuk	04/02
Tracey Ainsworth	04/04
Ron Haber	04/06
Janette Roberts	04/09
Karen Rant	04/11
Margaret Syvertson	04/12
Connie Fennelly	04/12
Janet Wocher	04/22
Valerie Femia	04/23
Sara Bigelson	04/24
Barry Pemberton	04/25
Margaret Pieper	04/25
Richard Rawlins	04/26
Caroline Ciraulo	04/30

Join us in celebrating our monthly birthdays

Monday, April 27th at 2:00pm

REFRESHMENTS PROVIDED

Sign up in the Great Room

S M T W TH F S

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

<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>		<p>1 10:30 Line Dancing (FS) 1:00 Writing Club (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR)</p>	<p>2 Medical Transports 1:30 Rummikub (GMR) 4:00 Supper Club (\$17) Baked Ziti Parmesan (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>3 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 Mens Lunch (GR) 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>4 1:30 Rummikub (GMR)</p>
<p>5 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>6 12:00 Let's Do Lunch (\$14) Cobb Salad (GR) 1:00 Spring Fling Luncheon (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)</p>	<p>7 9:00 (DT) Pharmacy Run: CVS/Walgreens 11:30 (DT) Lunch Outing: Off Shore Pier 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>8 10:30 Line Dancing (FS) 1:00 Book Club: The Dressmaker of London by Julia Kelly (GR) 1:30 Rummikub (GMR) 2:00 Jason Kramer Presentation: Greek Mythology: "What you need to know?" (GR) 3:00 Sit and Stitch (GR)</p>	<p>9 Medical Transports 1:30 Rummikub (GMR) 2:00 (DT) Albany Institute of History & Art 2:00 Bingo w/ Prizes (GR) 4:00 Supper Club (\$20) Shrimp in a Basket (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>10 8:00 (DT) & 10:00 (DT) Grocery Shopping 11:45 (DT) Lunch Outing: Skyline Diner 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)</p>	<p>11 11:00 Jewelry w/ Stephanie (GR) 1:30 Rummikub (GMR)</p>
<p>12 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>13 12:00 Let's Do Lunch (\$15) Turkey Melt (GR) 9:30 AARP Driver Course (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 4:30 Drama Club (GR)</p>	<p>14 9:30 (DT) Bank/Library Trip 11:30 (DT) Lunch Outing: Olive Garden 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>15 10:30 Line Dancing (FS) 1:30 Writing Club (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 3:30 Happy Hour with Angelina Valente (GR)</p>	<p>16 Medical Transports 1:00 PRN Presentation: Occupational Therapy Awareness (GR) 1:30 Rummikub (GMR) 4:00 Bingo Trivia with Pam & Tammy (GR) 4:00 Supper Club (\$23) Roast Turkey Dinner (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>17 8:00 (DT) & 10:00 (DT) Grocery Shopping 1:00 Chair Dancing (FS) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Rehearsal 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)</p>	<p>18 1:30 Rummikub (GMR)</p>
<p>19 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>20 12:00 Let's Do Lunch (\$12) Tuna Salad Sandwich (GR) 12:00-3:00 Swap Til You Drop (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)</p>	<p>21 9:00 (DT) Trader Joe's 10:30 (DT) Lunch Outing: Simones Kitchen and GE Concert featuring Helen Macsymicz & Martha Regelmann 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>22 10:30 Line Dancing (FS) 3:00 Sit and Stitch (GR) 4:00 Happy Hour with Retrobilleze Duo (GR)</p>	<p>23 Medical Transports 1:00 Pampering Hand Treatment (GR) 2:00 Bingo w/ Prizes (GR) 4:00 Supper Club (\$21) Chopped Sirlain (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>24 8:00 (DT) & 10:00 (DT) Grocery Shopping 11:45 (DT) Lunch Outing: Manory's Restaurant 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 1:30 Choral Rehearsal (GR) 3:30 Rosary (GMR) 6:00 Chillin' By The Fire (GR)</p>	<p>25 1:30 Rummikub (GMR)</p>
<p>26 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)</p>	<p>27 12:00 Let's Do Lunch (\$17) Reuben (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)</p>	<p>28 9:00 (DT) Walmart/Target 12:30 (DT) Saratoga Casino 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)</p>	<p>29 10:30 Line Dancing (FS) 11:00 Virtual Reality with Nick (GR) 1:00 New Resident Meeting (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR)</p>	<p>30 Medical Transports 1:30 Rummikub (GMR) 4:00 Supper Club (\$19) Lasagna (GR) 6:00 Liverpool Rummy (GMR)</p>		



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

JASON KRAMER PRESENTS: MYTHOLOGY



GREEK



GREEK

JOIN US IN THE GREAT ROOM
WEDNESDAY, APRIL 8TH, @ 2:00PM
PLEASE SIGN UP BY 4/8

MONDAY, APRIL 20TH

12:00PM - 3:00PM

SWAP
'TIL YOU
DROP!



BRING 1-3 GENTLY USED OR NEW ITEMS YOU WOULD LIKE TO
DONATE AND PICK UP 1-3 ITEMS YOU WOULD LIKE TO KEEP.

ANY REMAINING ITEMS AFTER 3:00 PM WILL BE DONATED.

SARATOGA
CASINO

TUESDAY 4/28

BUS DEPARTS @12:30

SIGN UP BY 4/27



DRIVER INSURANCE REDUCTION COURSE

MONDAY, APRIL 13TH
9:30AM-4:30PM

- AARP members pay \$25
- Non-AARP members pay \$30
- Bring your cash or check with you
- Sign up in the great room by 4/10

ANGELINA VALENTE- ON VOCALS
JB HUBBS - ON PIANO

SONGS
BY HEART



WEDNESDAY, APRIL 15TH 3:30 PM

SIGN UP IN GREAT ROOM BY 4/10

BINGO

TRIVIA


with Pam and Tammy

THURSDAY, APRIL 16TH
4:00 PM

SIGN-UP IN THE GREAT ROOM BY 4/12


PRIZES

Community Activities

APRIL  **Writing Club**
APRIL 1st & APRIL 15th
WRITING CHALLENGES- 1 pm
Join Us in the Card Room

My Famous Person Story
and
A Different Occupation

Writing Prompts
Writing Tips
Quick Writes
Share & Socialize




VIRTUAL REALITY

Transport to your favorite place, Ireland, the Swiss Alps, Great Wall of China, fly a plane, or go sky diving. The options are endless.

Wednesday, April 29th at 11:00am
In the Great Room - Sign up by 4/27



 **PRN**
PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

**PRN Presents:
"O.T. Awareness"**

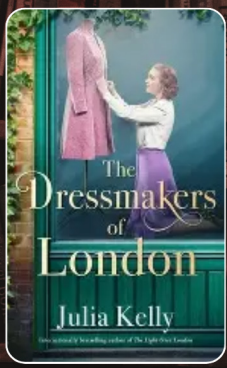
Thursday, April 16th at 1:00 pm

Come learn the benefits of Occupational Therapy! You may be surprised to learn they may not find you a new job!?!?! Learn how Occupational Therapy is essential to helping adults age in place during this interactive presentation. Refreshments served!

Sign-up in the Great Room by 4/9

Join us for BookClub
April 8th at 1:00pm in
the Great Room

We will be discussing
the Dressmakers of
London by Julia Kelly



YOU'RE INVITED TO
EASTWYCK'S

**FLING INTO
SPRING
LUNCHEON**

Monday, April 6th
at 1:00pm

SIGN UP IN THE GREAT
ROOM BY 4/3



Restaurant Outings

Off Shore Pier
TUESDAY, APRIL 7TH 11:30 AM (DT)

Skyline Diner
FRIDAY, APRIL 10TH 11:45AM (DT)

Olive Garden
TUESDAY, APRIL 14TH 11:30AM (DT)

Manory's Restaurant
FRIDAY, APRIL 24TH 11:45 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 at 12:00pm

— Let's do Lunch —

April 6th

Cobb Salad - \$14.00

April 13th

Turkey Melt with Swiss &
Tomatoes on Rye - \$15.00

April 20th

Tuna Sandwich - \$12.00

April 27th

Classic Reuben - \$17.00

Thursday at 4:00pm

— Supper Club —

April 2nd

Baked Ziti

Parmesan - \$17.00

April 9th

Fried Shrimp in a
Basket - \$20.00

April 16th

Turkey Dinner - \$23.00

April 23rd

Chopped Sirloin - \$21.00

April 30th

Lasagna - \$19.00

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.
Masias directly at (518) 320-8659.** He will come to
your apartment for the appointment.



Wednesday's Only



Hair Becky 518-424-7922

Contact directly to schedule an appointment.