

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

Monthly Newsletter

May 2026



Summit At Eastwyck

Lets Go To Tulip Festival
Saturday, May 9th
Bus Departs at 10:30am

Tulip Festival is Albany's signature spring event with nearly one hundred artisans selling their handmade crafts, a fine arts show, and delicious food and more than 140,000 tulips in 150 different varieties, the Tulip Festival is a sparkling showcase of local culture and business.

Please sign-up by 5/6

Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion
Tracey Jackson
Chris Dockery

Driver

Scott Earley

Weekend Clubhouse Attendant

Tracey Ainsworth

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



**SpringHill is
bringing
the farm to you!**

Spring Hill Farms was established in 2023 with a simple goal in mind: to provide the freshest, highest quality, and most sustainable produce to support a strong and cohesive community.

Beginning Wednesday, May 6th
11:00am-1:00pm
in the Great Room

Every Wednesday until Fall



Summit At Eastwyck



**VOTER
REGISTRATION
PRESENTATION
WITH CHRISTINE**

**YOUR VOTE IS YOUR VOICE
BE HEARD**

**FRIDAY, MAY 29TH AT 11:00AM
IN THE GREAT ROOM**



**PERMANENT
HANDICAP PARKING
RENEWALS**

**Monday, May 18th
11:00am
in the Great Room**


**CHECK BULLETIN
FOR MORE
INFORMATION** **PLEASE SIGN-UP BY 5/15**



**1 CORINTHIANS 16:14
DO
EVERYTHING
IN LOVE**

**JOIN US FOR MASS WITH
FATHER O'BRIEN**

**TUESDAY, MAY 19TH
2:00PM
ALL ARE WELCOME**




**PRN Presents:
"Speech"**

Thursday, May 7th at 2:00 pm

Speech Therapy is more than just talking!
Come learn ways Speech Therapy can help
with speech, language, swallowing,
organization and brain health!
Refreshments served!

Sign-up in the Great Room



**Drama Club
Monday's**

PRACTICE: MAY 4TH & 11TH AT 4:30 PM

**PERFORMANCE:
MAY 18TH
2:15 PM**

ALL ARE WELCOME



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

**Tuesday, May 5th
9:00am- CVS/Walgreens**

**Thursday, May 7th
11:30am- Library/Bank**

**Tuesday, May 12th
9:00am- Trader Joes**

**Friday, May 15th
11:45am- Bank/Library Run**

**Tuesday, May 19th
9:00am- Walmart/Target**

**Tuesday, May 26th
10:00am- TJMaxx/Homegoods**

***Banks on our itinerary:
Berkshire Bank
Broadview Federal Credit Union
First NY Federal Credit Union
KeyBank
Pioneer**

Sign-up in the Great Room

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



ROOM CODES:
 CR- Craft Room
 CY- Courtyard
 DT- Departure Time
 FS- Fitness Studio
 GMR- Game Room
 GR- Great Room

COLOR CODES:
RED: OUTINGS
GREEN: ENTERTAINMENT
PINK: GR RESERVATIONS
ORANGE: FOOD OPTIONS
BLUE: SEMINARS/ PRESENTATIONS
BLACK: RESIDENT RUN

3
 1:00 Mexican Train (GR)
 1:30 Rummikub (GMR)
 4:30 Bible Study (GMR)

4
 12:00 Let's Do Lunch (\$14)
 Philly Cheese Steak (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)

5
 9:00 (DT) Pharmacy Run:
 CVS/Walgreens
 10:00 (DT) Breakfast at Cracker Barrel
 1:30 Rummikub (GMR)
 1:30 Cinco De Mayo:
 Margaritas and Nachos (GR)
 6:00 Liverpool Rummy (GMR)

6
 10:30 Line Dancing (FS)
 11:00-1:00 Josh's Spring Hill Farms
 Mini Market (GR)
 11:00 Triple Play (GMR)
 3:30 Pizza Social (GR)
 6:00 Bocce (CY)

7
 9:00 (DT) Becker's Farm
 11:30 (DT) Library/Bank
 1:00 (DT) Lickety Split (Ice Cream)
 1:00 Rummikub (GMR)
 2:00 PRN Presentation: "Speech" (GR)
 4:00 Supper Club (\$22)
 Roast Chicken and Dressing (GR)
 6:00 Liverpool Rummy (GMR)

8
 8:00 (DT) & 10:00 (DT)
 Grocery Shopping
 12:00 (DT) Metro 7 Diner
 1:00 Canasta (GMR)
 1:30 Choral Rehearsal (GR)
 1:30 Rummikub (GMR)
 3:30 Rosary (GMR)
 6:00 Chillin' By The Fire (CY)

9
 1:30 Rummikub (GMR)
 10:30 (DT) Tulip Festival
 1:30 Rummikub (GMR)

10
 1:00 Mexican Train (GR)
 1:30 Rummikub (GMR)
 4:30 Bible Study (GMR)
 HAPPY Mother's Day

11
 12:00 Let's Do Lunch (\$15)
 Grilled Chicken A la Alexi (GR)
 1:00 Mothers Day Luncheon (GR)
 1:00 Pinochle (GMR)
 1:30 Rummikub (GMR)
 3:00 Sit and Stitch (GR)
 4:30 Drama Club (GR)

12
 9:00 (DT) Trader Joes
 11:30 (DT) Lunch Outing: Al Punto Picante
 1:00 Tai Chi (FS)
 1:30 Rummikub (GMR)
 3:00 Happy Hour with Deb Zep (GR)
 6:00 Liverpool Rummy (GMR)

13
 10:30 Line Dancing (FS)
 11:00-1:00 Josh's Spring Hill
 Farms Mini Market (GR)
 11:00 Triple Play (GMR)
 1:00 Book Club: "Promises"
 by Belva Plain
 3:00 Sit and Stitch (GR)
 6:00 Bocce (CY)

14
 Medical Transports
 1:30 Rummikub (GMR)
 2:00 Jason Kramer Presentation (GR)
 4:00 Supper Club (\$22)
 Filet of Haddock (GR)
 6:00 Liverpool Rummy (GMR)

15
 8:00 (DT) & 10:00 (DT)
 Grocery Shopping
 11:45 (DT) Bank/Library Run
 1:00 Canasta (GMR)
 1:30 Chorus Concert (GR)
 1:30 Rummikub (GMR)
 3:30 Rosary (GMR)
 6:00 Chillin' By The Fire (CY)

16
 11:00 Jewelry Making
 with Stephanie (GR)
 1:30 Rummikub (GMR)

17
 1:00 Mexican Train (GR)
 1:30 Rummikub (GMR)
 4:30 Bible Study (GMR)

18
 11:00 Handicap Renewal (GR)
 12:00 Let's Do Lunch (\$13)
 Pilgrim Sandwich (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)
 6:00 Poker Night (GMR)

19
 9:00 (DT) Walmart/Target
 11:30 (DT) Lunch Outing:
 Cheesecake Factory
 1:30 Rummikub (GMR)
 2:00 Mass with Father O'Brien (GR)
 3:00 Quarter Bingo (GR)
 4:00 Bingo Trivia w/ Pam & Tammy
 6:00 Liverpool Rummy (GMR)

20
 10:30 Line Dancing (FS)
 11:00-1:00 Josh's Spring Hill
 Farms Mini Market (GR)
 11:00 Triple Play (GMR)
 1:30 Rummikub (GMR)
 2:00 Game Day (GR)
 3:00 Sit and Stitch (GR)
 6:00 Bocce (CY)

21
 Medical Transports
 12:00 Memorial Day Cookout (CY)
 1:30 Rummikub (GMR)
 4:00 Supper Club (\$21)
 Salisbury Steak
 6:00 Liverpool Rummy (GMR)

22
 8:00 (DT) & 10:00 (DT)
 Grocery Shopping
 1:00 Canasta (GMR)
 1:30 Rummikub (GMR)
 3:30 Rosary (GMR)
 6:00 Chillin' By The Fire (CY)

23
 1:30 Rummikub (GMR)

24
 1:00 Mexican Train (GR)
 1:30 Rummikub (GMR)
 4:30 Bible Study (GMR)

25 OFFICE CLOSED
 NO BREAKFAST/NO FITNESS



26 10:00 (DT) TJ Maxx/Home Goods
 12:30 (DT) Norman Rockwell Museum
 and Rockwell's Studio Tour (\$33)
 1:00 Tai Chi (FS)
 1:30 Rummikub (GMR)
 2:00 Sing-Along (GR)
 3:00 Bingo with Prizes (GR)
 6:00 Liverpool Rummy (GMR)


27 10:30 Line Dancing (FS)
 11:00-1:00 Josh's Spring Hill
 Farms Mini Market (GR)
 11:00 Triple Play (GMR)
 1:00 New Resident Meeting (GR)
 1:30 Rummikub (GMR)
 3:00 Sit and Stitch (GR)
 6:00 Bocce (CY)

28 11:00 Lipstick Bar with
 Cathy StClair (GR)
 Medical Transports
 1:30 Rummikub (GMR)
 4:00 Supper Club (\$24)
 Pork Chops (GR)
 6:00 Liverpool Rummy (GMR)

29 8:00 (DT) & 10:00 (DT)
 Grocery Shopping
 11:00 Voter Registration Presentation
 with Christine (GR)
 1:00 Canasta (GMR)
 1:30 Rummikub (GMR)
 3:30 Rosary (GMR)
 6:00 Chillin' By The Fire (CY)

30
 1:30 Rummikub (GMR)

31
 1:00 Mexican Train (GR)
 1:30 Rummikub (GMR)
 4:30 Bible Study (GMR)

<p>Every Monday 9:00 Sit To Be Fit 10:00 Aqua Fit</p>	<p>Every Tuesday 9:00 Hydro Rider 10:00 Pilates 11:00 Strength & Balance</p>	<p>Every Wednesday 9:00 Sit To Be Fit 9:45 Drumming 11:00 Aqua Fitness Volleyball</p>	<p>Every Thursday 9:00 Strength & Balance 9:45 Stretch 10:45 Move and Groove</p>	<p>Every Friday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga</p>	<p>CONNECTED <i>life</i></p>  <p>FITNESS</p>
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Community Activities

Restaurant Outings

Metro 7 Diner
FRIDAY, MAY 1ST 12:00PM (DT)

Cracker Barrel
TUESDAY, MAY 5TH 10:00AM (DT)

Al Punto Picante
TUESDAY, MAY 12TH 11:30AM (DT)

Cheesecake Factory
TUESDAY, MAY 19TH 11:30AM (DT)

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

Lets Go for Ice Cream at Lickety Split
Thursday, May 7th at 1:00pm



Please sign-up by 5/6



Memorial Day Cookout

Thursday, May 21st at 12:00pm

We will be serving hot dogs, burgers, and drinks.
Please sign up to bring a dish to share.

REMEMBER AND HONOR



HAPPY HOUR



Join us with Deb Zep for singing, dancing, and karaoke!

Tuesday, May 12th
3:00pm in the Great Room

PLEASE SIGN UP BY 5/9



Norman Rockwell Museum

Tuesday, May 26th
Bus Departs at
12:30pm
Please sign up in the office and pay \$33



Happy

MOTHER'S DAY LUNCHEON

Monday, May 11th
1:00pm

Sign-up by 5/8



Community Activities

HAPPY BIRTHDAY

Marion Gardner	05/01
Marilyn Cook	05/07
Carol Francis	05/07
Joan Grimes	05/07
Mabel Hall	05/08
Robert Riley	05/12
Virginia Cornell	05/17
Lucy Sherman	05/22
Barbara Welch	05/27
Maria Williams	05/29
Lois Anderson	05/30
Jean Lonczak	05/31

Join us in celebrating our monthly birthdays on

Monday, May, 18th at 2:00pm

REFRESHMENTS PROVIDED

Sign up in the Great Room

Come Join Us for Tai Chi



Tuesday's
May 12th & May 26th
1:00pm

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

CINCO DE MAYO

Join us as we celebrate Mexican heritage and culture with delicious nachos and margaritas.

Event Details:

May 5th at 1:30pm in the Great Room
Please sign up by 5/4

BOOK CLUB

We will be discussing
"Promises"
by Belva Plain

WEDNESDAY, MAY 13TH

1:00PM

GREAT ROOM

BIBLE STUDY

in the Game Room

With Richard Rawlins

Every Sunday at 4:30pm

ALL ARE WELCOME

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
12:00pm**

— **Let's do Lunch** —

May 4th

**Philly Cheese Steak
\$14.00**

May 11th

**Grilled Chicken A
La Alexi
\$15.00**

May 18th

**The Pilgrim
\$13.00**

May 25th

Holiday/Office Closed

**Thursday
4:00pm**

— **Supper Club** —

May 7th

**Roast Chicken &
Dressing
\$22.00**

May 14th

**Filet of Haddock
\$22.00**

May 21st

**Salisbury Steak
\$21.00**

May 28th

**Pork Chops
\$24.00**

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 Stylist Available - Wednesday's Only
Treat yourself to a fresh new look at
Renew Day Spa!

Call Becky at 518-424-7922 to book your
spot!