

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

Monthly Newsletter

June 2026



Summit At Eastwyck

Cruise aboard the Mohican and enjoy a scenic tour of Lake George's Southern Basin



Monday, June 15th

Bus departs at 9:30AM

Ticket Cost: \$16.00

Please sign-up with payment in office

Tickets are limited

Available During Your Cruise: Captain Narration, Snack Bar/Grill, and Cocktails are available for separate purchases

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

Elizabeth Lobdell

Summit at Eastwyck

1 Eastwyck Circle

Rensselaer, NY 12144

518.874.1638

www.summitseniorlife.com

Eastwyck@summitseniorlife.com



**Let's Play Bocce
Every Wednesday
6:00pm in the
Courtyard**

Outdoor Games

Join Us in the Courtyard
Monday, June 8th at 1:30pm
Sign-up by 6/5
(Weather Permitting)

Summit At Eastwyck

Chair Dancing



Friday, June 5th and 26th @ 1:00pm
in the Fitness Studio



Walkie Talkie



Join fellow residents for a fun and friendly walk around the community!

The "Walkie Talkie" group is open to any resident who would like to meet, walk, and socialize with neighbors.

- Please see the calendar for scheduled walk times.
- Residents should meet in the Great Room before departure.

We hope you will join us for fresh air, conversation, and community fun!

Lets Tie Dye

Thursday, June 25th at 11:00am

What you will need to bring

- Please bring an old white t-shirt
- Must be 100% cotton
- Wear clothes that can get stained
- Creativity
- If you don't have a shirt one will be provided

Sign-Up in the Great Room by 6/18

Weekly Adventures: Library, Bank, and Shopping!

Tuesday, June 2nd

9:00am-Pharmacy Run

10:00am-Bank*/Library Run

Tuesday, June 23rd

10:00am-Trader Joes

Tuesday, June 30th

9:00am-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

1 CORINTHIANS 16:14
DO
EVERYTHING
IN LOVE

JOIN US FOR MASS WITH
FATHER O'BRIEN

THURSDAY, JUNE 11TH

11:00AM

ALL ARE WELCOME



PRN Presents:
"Joint Health and
Arthritis Management"

Monday, June 22nd at 2:00 pm

"Learn practical tips for protecting your joints, managing arthritis symptoms, improving balance, strength, and maintaining independence through movement, exercise, and healthy lifestyle habits."

Sign-up in the Great Room

S

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TH

F

S

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



7
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

14
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

21
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

28
1:00 Mexican Train (GR)
1:30 Rummikub (GMR)
4:30 Bible Study (GMR)

1
12:00 Let's Do Lunch (\$17)
Ham & Swiss Club (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
2:00 (DT) Walkie Talkie (GR)
3:00 Sit and Stitch
6:00 Poker Night (GMR)

8
11:00 (DT) Walkie Talkie (GR)
12:00 Let's Do Lunch (\$16)
Patty Melt (GR)
1:00 Pinochle (GMR)
1:30 Outdoor Game Day (CY)
1:30 Rummikub (GMR)
3:00 Sit and Stitch (GR)

15
9:30 (DT) Mohican Lakefront Cruise (\$16)
12:00 Let's Do Lunch (\$13)
Pilgrim Sandwich (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
3:00 Sit and Stitch (GR)

22
12:00 Let's Do Lunch (\$15)
French Dip (GR)
1:00 PRN Presentation: "Joint Health and Arthritis Management" (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
2:00 (DT) Walkie Talkie (GR)
3:00 Sit and Stitch (GR)

29
11:00 (DT) Walkie Talkie (GR)
12:00 Let's Do Lunch (\$15)
Chicken Fajita Wrap (GR)
1:00 Pinochle (GMR)
1:30 Rummikub (GMR)
2:00 Birthday Celebration (GR)
3:00 Sit and Stitch (GR)

2
9:00 (DT) Pharmacy Run
10:00 (DT) Bank/Library Run
11:00 (DT) Lunch Outing: Cafe Madison
1:30 Rummikub (GMR)
2:00 Sing-Along (GR)
3:00 Quarter Bingo (GR)
6:00 Liverpool Rummy (GMR)

9
11:00 Buddy Swim Meeting (GR)
1:00 Tai Chi (FS)
1:30 Rummikub (GMR)
3:30 Happy Hour with Musicats (GR)
6:00 Liverpool Rummy (GMR)

16
8:00 (DT) & 10:00 (DT) Grocery Shopping
12:00 (DT) Lunch Outing: Iron Gate Cafe
1:30 Rummikub (GMR)
2:00 Sing-Along (GR)
3:00 Bingo with Prizes (GR)
6:00 Liverpool Rummy (GMR)

23
10:00 (DT) Trader Joes
12:00 (DT) Lunch Outing: Gene's Fish Fry
1:00 Karaoke with Brian Zapel (GR)
1:30 Rummikub (GMR)
6:00 Liverpool Rummy (GMR)

30
9:00 (DT) Walmart/Target
11:00 (DT) Saratoga Casino
1:30 Rummikub (GMR)
2:00 Sing-Along (GR)
3:00 Bingo with Prizes (GR)
6:00 Liverpool Rummy (GMR)

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

10
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: The Stolen Queen by Fiona Davis
3:00 Sit and Stitch (GR)
6:00 Bocce (CY)

17
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 (DT) Walkie Talkie (GR)
3:00 Sit and Stitch (GR)
6:00 Bocce (CY)

24
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)
3:30 Happy Hour with Alyssa Yeager (GR)
6:00 Bocce (CY)

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

4
Medical Transports
11:30 (DT) Moulin Rouge (RSVP Closed)
11:00 Resident Meeting (GR)
1:30 Rummikub (GMR)
2:00 (DT) Walkie Talkie (GR)
3:00 Pizza Social (GR)
3:30 Supper Club (\$21)
Eggplant Parmigiana (GR)
6:00 Liverpool Rummy (GMR)

11
11:00 Mass with Father O'Brien (GR)
1:30 Rummikub (GMR)
2:00 Jason Kramer Presentation: Prohibition Era Albany (GR)
3:30 Supper Club (\$22)
Baked Stuffed Shells (GR)
6:00 Liverpool Rummy (GMR)

18
Medical Transports
12:00 Fathers Day/Mens' Lunch (GR)
1:30 Rummikub (GMR)
3:30 Supper Club (\$19)
Lasagna
6:00 Liverpool Rummy (GMR)

25
Medical Transports
11:00 Tie Dye with Nicole (CY)
1:30 Rummikub (GMR)
3:30 Supper Club (\$22)
Four Piece Chicken (GR)
6:00 Liverpool Rummy (GMR)

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

5
8:00 (DT) & 10:00 (DT) Grocery Shopping
12:00 (DT) Lunch Outing: Lanie's Cafe
1:00 Chair Dancing (FS)
1:00 Canasta (GR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (CY)

12
8:00 (DT) & 10:00 (DT) Grocery Shopping
12:00 (DT) Lunch Outing: Skyline Diner
1:00 Canasta (GMR)
1:30 Rummikub (GMR)
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (CY)

19
OFFICE CLOSED
NO BREAKFAST/NO FITNESS
JUNE TENTH

26
8:00 (DT) & 10:00 (DT) Grocery Shopping
11:30 (DT) Lunch +Mini Golf: The Wind Chill Factory
1:00 Canasta (GMR)
1:00 Chair Dancing (FS)
1:30 Rummikub (GMR)
2:00 (DT) Walkie Talkie
3:30 Rosary (GMR)
6:00 Chillin' By The Fire (CY)



6
11:30 (DT) Hi Tea at Spring Hill Farms (\$18)
1:30 Rummikub (GMR)

13
11:00 Jewelry Making with Stephanie (GR)
1:30 Rummikub (GMR)

20
1:30 Rummikub (GMR)

27
1:30 Rummikub (GMR)

Every Monday

9:00 Sit To Be Fit
10:00 Aqua Fit

Every Tuesday

9:00 Hydro Rider
10:00 Pilates
11:00 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

CONNECTED life



FITNESS

Community Activities

JOIN US FOR
FATHER'S DAY LUNCH
All Men Welcome!
THURSDAY, JUNE 18TH AT 12:00PM
SIGN-UP IN THE GREAT ROOM BY 6/15

BUDDY SWIM MEETING
WOULD YOU SWIM MORE IF YOU HAD A BUDDY TO SWIM WITH?

JOIN US TUESDAY, JUNE 9TH AT 11:00AM IN THE GREAT ROOM

Scamming Awareness

Wednesday, June 3rd 1:30pm
 Join us for an informative presentation on scam awareness and learn how to recognize and protect yourself from common scams and fraudulent activity.

Presentation with Arden Scales from First New York Federal Credit Union

Restaurant Outings
 Cafe Madison
 TUESDAY, JUNE 2ND 11:00AM (DT)
 Lanie's Cafe
 FRIDAY, JUNE 5TH 12:00PM (DT)
 Skyline Diner
 FRIDAY, JUNE 12TH 12:00PM (DT)
 Iron Gate Cafe
 TUESDAY, JUNE 16TH 12:00PM (DT)
 Gene's Fish Fry
 TUESDAY, JUNE 23RD 12:00PM (DT)
 Sign up in the Great Room a week before departure date

MINI GOLF, LUNCH, ICE CREAM ANYONE?
FRIDAY, JUNE 26th BUS DEPARTS at 11:30 AM
SIGN UP BY 6/22

HAPPY HOUR **Music with the Musicats**

Join us Tuesday, June, 9th at 3:30pm
Sign up by 6/5

Community Activities

Happy Birthday

Mary Dlugolecki	06/03
Margaret Biernik	06/06
Marilyn Gibbs	06/06
Irene Brewer	06/06
Mary Ann Whipple	06/09
Corliss Lundy	06/09
Barbara Foote	06/12
Lois Murphy	06/13
Marion Mechler	06/14
Michael Sentiwany	06/14
Bernard Rizzo	06/19
Sylvia Garrett	06/20
John Drahushuk	06/20
Sue Taber	06/26
Trish Prashaw	06/28
Eileen Riley	06/28
Viki Steedman	06/30

Join us in celebrating our monthly birthdays on

Monday, June 29th at 2:00pm

REFRESHMENTS PROVIDED

Sign up in the Great Room

Come Join Us for Tai Chi



Tuesday, June 9th
1:00pm

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

KARAOKE PARTY W/ BRIAN ZAPEL

TUESDAY,
JUNE 23RD
1:00PM

SIGN UP IN
GREAT ROOM BY 6/18



BIBLE STUDY

in the Game Room

With Richard Rawlins



Every Sunday at 4:30pm
ALL ARE WELCOME

JASON KRAMER PRESENTS PROHIBITION ERA IN ALBANY



THURSDAY, JUNE 11TH AT 2:00PM
SIGN UP BY 6/10

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 3:30 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** —

June 1st

Ham & Swiss Cheese
Club \$17.00

June 8th

Patty Melt (burger,
onions, cheese, on rye)
\$16.00

June 15th

The Pilgrim
\$13.00

June 22nd

French Dip
\$15.00

June 29th

Chicken Fajita Wrap
\$15.00

Thursday

3:30pm

— **Supper Club** —

June 4th

Eggplant Parmigiana
\$21.00

June 11th

Baked Stuffed
Shells
\$18.00

June 18th

Lasagna
\$19.00

June 25th

Four Piece
Chicken Dinner
\$22.00

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!