

SUMMIT AT EASTWYCK

Monthly Newsletter

August 2026



Summit At Eastwyck

TRIP TO LEE OUTLETS

Monday, August 3rd



BUS DEPARTS 10:00 AM

Sign up by 8/01



ILLUSIONIST

JOSH FARLEY

AT SUMMIT AT HALFMOON



WEDNESDAY, AUGUST 12TH
BUS DEPARTS AT 10:30 AM
sign-up by 8/10

LINE DANCING WITH LINDA



Every Wednesday at 10:30am

Tai Chi

Every 2nd & 4th Tuesday



1:00 PM in the fitness studio

Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion
Deanisha Rowlett

Driver

Scott Earley

Weekend Clubhouse Attendant

Tracey Ainsworth
Elisabeth Lobdell

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

Summit At Eastwyck

August Birthdays

Peg Hoban	08/01
Deborah Smith	08/02
★ Donna Chamberlin	08/03
Jane Walker	08/03
• Susan Bulman	08/05
Barbara O'Brien	08/08
Dawn Williams	08/09
Frank Williams	08/11
Rose Pemberton	08/12
Doris Collins	08/13
Norman Preston	08/19
★ Antonio Giandolfi	08/19
Eleanor Weeks	08/20
Wayne Schermerhorn	08/23
Mary Crosier	08/25
★ Helen Rigez	08/27
George Westacott	08/28
Pamela Mills	08/28
★ Anita Crandall	08/31

Join us Monday August 31st at 2:00pm

Birthday Treats provided in the Great Room

Please sign-up by 8/28

PRN PRESENTS

SUMMER OLYMPICS

WEDNESDAY, AUGUST 12TH AT 3:00PM

WACKY SUMMER GAMES & FRIENDLY COMPETITION

PLEASE SIGN UP BY 8/11

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



pizza social

Friday, August 14th
4:00 PM

Please sign up by 8/10

BADMINTON WITH FRIENDS

August 27th at 11:00 AM

Sign up by 8/22

Let's play! Don't miss out.

ALTAMONT FAIR

Wednesday, August 19th

Free Entry! Bus Departs at 10:00am

Please sign up by 8/17

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED <i>life</i>  FITNESS	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	1 1:30 Rummikub (GMR)
2 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GR)	3 10:00 (DT) Lee Outlets 12:00 Let's Do Lunch (GR) Chicken Salad Sandwich (\$12) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 6:00 Poker Night (GMR)	4 9:00 (DT) Pharmacy 10:00 (DT) Bank/Library Run 12:00 (DT) Trader Joes 1:30 Mass with Father O'Brien (GR) 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	5 10:30 Line Dancing (FS) 11:00-1:00 Josh's Spring Hill Farms Mini Market (GR) 11:30 (DT) Trip to Empire State Plaza w/ a Performance by Belleville Swing 11:00 Triple Play (GMR) 1:30 Rummikub (GMR) 6:00 Bocce (CY)	6 Medical Transports 10:30 Resident Meeting (GR) 11:30 Prohibition Era with Jason Kramer (GR) 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Fettuccine Alfredo w/ Chicken (\$24) 6:00 Liverpool Rummy (GMR)	7 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) The Hyde Collection: Museum in Glens Falls (\$5) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	8 11:00 Jewelry Making Class with Stephanie (GR) 12:00-3:00 Great Room Reservation 1:30 Rummikub (GMR)
9 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GR)	10 12:00 Let's Do Lunch (GR) Reuben (\$18) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Happy Hour and Music with Florence "Flo" Parmelee (GR) 3:00 Sit and Stitch (GR)	11 8:00 (DT) Target/Walmart 10:00 (DT) Honest Weight/Whole Foods 12:00 (DT) Scarborough's Restaurant 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)	12 8:00 (DT) Grocery Shopping 10:30 (DT) Illusionist in Halfmoon 10:30 Line Dancing (FS) 11:00-1:00 Josh's Spring Hill Farms Mini Market (GR) 11:00 Triple Play (GMR) 3:00 PRN: Summer Olympics (GR) 6:00 Bocce (CY)	13 Medical Transports 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Roast Breast of Turkey (\$20) 6:00 Liverpool Rummy (GMR)	14 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 4:00 Pizza Social (GR) 7:00 Chillin' By The Fire (CY)	15 1:30 Rummikub (GMR)
16 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GR)	17 12:00 Let's Do Lunch (GR) Fish Fry Deluxe (\$13) 1:00 Pinochle (GMR) 2:00 Presentation with Arden Scales: Fraud Awareness (GR) 4:00 Movie: Remarkable Bright Creatures (GR) 6:00 Poker Night (GMR)	18 10:00 (DT) Target/Walmart 12:00 (DT) Lunch Outing: Solstice Kitchen 1:30 Rummikub (GMR) 2:00 Sing-Along 2:30 (DT) Lickety Split Ice Cream 3:00 Quarter Bingo 6:00 Liverpool Rummy (GMR)	19 10:00 (DT) Altamont Fair (Free Entry) 10:30 Line Dancing (FS) 11:00-1:00 Josh's Spring Hill Farms Mini Market (GR) 11:00 Triple Play (GMR) 3:00 Program/Activity Meeting (GR) 6:00 Bocce (CY)	20 Medical Transports 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Broiled Haddock (\$26) 3:30 Happy Hour w/ the Musicats (GR) 6:00 Liverpool Rummy (GMR)	21 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Five Guys 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	22 1:30 Rummikub (GMR)
23 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GR)	24 WEAR YOUR FAVORITE TEAMS ATTIRE (ex: Yankees) 12:00 Let's Do Lunch (GR) Chicken Philly Cheese Steak (\$16) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR)	25 9:00 (DT) Trader Joes 11:00 (DT) Bank/Library 12:00 (DT) Lunch Outing: Manory's 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)	26 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) 2:30 Ice Cream Social (GR) 4:00 Sit and Stitch (GR) 6:00 Bocce (CY)	27 Medical Transports 11:00 Badminton with Friends (CY) 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Homemade Meatloaf (\$22) 6:00 Liverpool Rummy (GMR)	28 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch and Ice Cream Outing: Jumpin' Jacks 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	29 1:30 Rummikub (GMR)
30 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GR)	31 12:00 Let's Do Lunch (GR) French Dip (\$16) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration (GR) 3:00 Sit and Stitch (GR)	ROOM CODES: CR- Craft Room CY- Courtyard DT- Departure Time	ROOM CODES: FS- Fitness Studio GMR- Game Room GR- Great Room	COLOR CODES: RED: OUTINGS GREEN: ENTERTAINMENT/ACTIVITY PINK: GR RESERVATIONS ORANGE: FOOD OPTIONS BLUE: SEMINARS/ PRESENTATIONS BLACK: RESIDENT RUN	 SCHOOL SUPPLY DRIVE! Donation Box Located in Clubhouse Lobby	

Community Activities

1 CORINTHIANS 16:14
DO
EVERYTHING
IN LOVE

JOIN US FOR MASS
WITH FATHER O'BRIEN

TUESDAY, AUGUST 4TH
1:30PM
ALL ARE WELCOME

The
Prohibition Era

Please sign up by 8/5

A Presentation by
Jason Kramer
August 6th | 11:30 am

ERRAND TUESDAYS



**Check the calendar for errands,
including the pharmacy run,
Walmart, Target, Trader Joe's,
the bank, the library, Honest
Weight, and Whole Foods.**

Sign up in Great Room



**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.

11:00am-1:00pm
in the Great Room
ALL ARE WELCOME

Every Wednesday until Fall



Restaurant Outings

Scarborough's Restaurant
Tuesday, August 11 at 12:00pm (DT)

Solstice Kitchen
Tuesday, August 18 at 12:00pm (DT)

Five Guys
Friday, August 21 at 12:00pm (DT)

Manory's
Tuesday, August 25 at 12:00pm (DT)

Jumpin' Jack's
Friday, August 28 at 12:00pm (DT)

Community Activities



THE HYDE COLLECTION

museum trip
to Glens Falls, NY

Friday, August 7th

bus departs 12:00pm

Please sign up in the office • \$5.00 ticket fee

FRAUD AWARENESS

with Arden Scales

AUGUST 17th

2:00 PM



Sign up by 8/15



ICE CREAM TRIP



**Tuesday,
August 18th
at 2:30pm**

Please sign up by 8/15.

HAPPY HOUR

with Florence Parmalee

**Monday, August 10th
at 2:00 PM**

SIGN UP BY 8/5



Ice Cream Social

**Wednesday,
August 26th**

2:30 pm

Sign up by 8/20



Happy Hour

with the Musicats

**Thursday,
August 20th**

3:30 pm

Sign up by 8/15

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.**



**Denise Bilka & Stephanie Brown PT
Elizabeth Maffucci OT**

NY102@prnptot.com

716-255-3674

**PRN Staff
Contact Information**

Meals Catered by:



Monday

12:00pm

— **Let's do Lunch** —

August 3rd

Chicken Salad Sandwich

\$12.00

August 10th

Reuben

\$18.00

August 17th

Fish Fry Deluxe

\$13.00

August 24th

Chicken Philly

Cheese Steak

\$16.00

August 31st

French Dip

\$16.00

Thursday

3:30pm

— **Supper Club** —

August 6th

Fettuccine Alfredo

w/ Chicken

\$24.00

August 13th

Roast Breast of

Turkey

\$20.00

August 20th

Broiled Haddock

\$26.00

August 27th

Homemade

Meatloaf

\$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!