

SUMMIT AT EASTWYCK

Monthly Newsletter

July 2026



Summit At Eastwyck



**FOURTH
OF JULY
PARTY**

**JULY 1ST | 1:00 PM
IN THE COURTYARD**

BRING YOUR OWN DESSERT
DJ KENNY WILL BE PROVIDING MUSIC

PLEASE SIGN UP IN GREAT ROOM



**Tai Chi
Class**

Balance | Harmony

Mindfulness | Flow

**July 14th & 28th
Tuesdays @ 1:00pm**



**CHAIR DANCING
W/ TERRI**

**FRIDAY, JULY 17th
1:00PM**

Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion

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

JULY BIRTHDAYS

Eileen Brennan 7/03
Thomas Maurer 7/03
Theron Post 7/07
Anna Maria Molaro 7/07
Sally Wojeski 7/10
Janice Noonan 7/10
Elizabeth Sherlock 7/13
Edward Ewing 7/16
Christopher Sherlock 7/17
Catherine Palmer 7/22
David Vann 7/22
Martin Stallmer 7/23
Donald Roulier 7/26
Christina Groves 7/30
Timothy Baird 7/30

Join us Monday July 27th at 2:00pm
Birthday Treats provided
Sign up in the Great Room

AQUA VOLLEYBALL

with Nicole

LET'S PLAY!

Thursday, July 2nd at 2:00pm

Meet us in the Pool

Please sign up by 7/1

BENNINGTON MUSEUM

Tuesday, July 14th

Bus departs at 9:00 am

Guided Tour - \$17.00

Lunch @ Mt. Anthony
Country Club

Tickets Are Limited!

Sign up by 7/10

Please come to the office with cash/check to sign up

WATER BALLOON TOSS GAME

WEDNESDAY, JULY 15TH
2:00 PM

PLEASE SIGN UP BY 7/10

BIBLE STUDY

with

RICHARD RAWLINGS

EVERY SUNDAY @ 4:30PM
IN THE GAME ROOM

S M T W TH F S

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	1 10:30 Line Dancing (FS) 11:00 Triple Play (GMR) 1:00 Fourth of July Party Featuring DJ Kenny (CY) 6:00 Bocce (CY)	2 Medical Transports 1:30 Rummikub (GMR) 2:00 Aqua Volleyball Game with Nicole (pool) 3:30 Supper Club (GR) Roast Breast of Turkey (\$24) 6:00 Liverpool Rummy (GMR)	3 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Off Shore Pier 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	4 OFFICE CLOSED NO BREAKFAST 
5 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	6 12:00 Let's Do Lunch (GR) Chicken Greek Salad (\$20) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 (DT) Walkie Talkie (GR) 3:00 Sit and Stitch (GR) 6:00 Poker Night (GMR)	7 9:30 (DT) Pharmacy Run 10:00 (DT) Bank/Library Run 11:00 (DT) Lunch Outing: Log Jam & Shopping at Lake George Outlets 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	8 10:30 Line Dancing (FS) 11:00-1:00 Josh's Spring Hill Farms Mini Market (GR) 11:00 Triple Play (GMR) 3:00 Sit and Stitch (GR) 3:30 Happy Hour with Jack Kelly (GR) 6:00 Bocce (CY)	9 Medical Transports 12:00 Mass with Father O'Brien (GR) 1:30 Rummikub (GMR) 2:00 PRN: Summer Olympics (GR) 3:30 Supper Club (GR) Lasagna (\$20) 6:00 Liverpool Rummy (GMR)	10 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Nic's Trattoria 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:00 Ice Cream Social (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	11 1:30 Rummikub (GMR)
12 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	13 11:00 Outdoor Game Day (CY) 12:00 Let's Do Lunch (GR) Roast Turkey Melt (\$16) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR)	14 9:00 (DT) Bennington Museum (\$17) and Lunch Outing: Mt. Anthony Country Club 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)	15 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 Water Balloon Toss (CY) 3:00 Sit and Stitch (GR) 6:00 Bocce (CY)	16 Medical Transports 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Hot Roast Beef (\$20) 4:00 Bingo Trivia with Pam & Tammy (GR) 6:00 Liverpool Rummy (GMR)	17 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (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 (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	18 1:30 Rummikub (GMR)
19 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	20 ALL DAY DRESS-UP IN YOUR FAVORITE TYE DIE 12:00 Let's Do Lunch (GR) Taco Salad (\$14) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 6:00 Poker Night (GMR)	21 9:00 (DT) Walmart/Target 12:00 (DT) Lunch Outing: Olive Garden 1:00 Sing-Along (GR) 1:30 Rummikub (GMR) 3:30 Happy Hour with Tooty and The Motherplucker (GR) 6:00 Liverpool Rummy (GMR)	22 9:00 (DT) Senior Day at Saratoga County Fair (\$5) 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) 3:00 Sit and Stitch (GR) 6:00 Bocce (CY)	23 Medical Transports 11:00 Love Thy Neighbor (GR) 1:30 Rummikub (GMR) 3:30 Supper Club (GR) New York Strip Steak (\$25) 6:00 Liverpool Rummy (GMR)	24 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Mini Golf: Fat Boys Ice Cream and Family Snack Shop 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 2:00 (DT) Walkie Talkie (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	25 11:00 Jewelry Making with Stephanie (GR) 1:30 Rummikub (GMR)
26 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	27 11:00 (DT) Walkie Talkie (GR) 12:00 Let's Do Lunch (GR) Chicken Parmagiana Roll (\$16) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration (GR) 3:00 Sit and Stitch (GR)	28 10:00 (DT) Trader Joes 12:00 (DT) Lunch Outing: Lakeview 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)	29 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)	30 Medical Transports 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Roast ½ Chicken & Dressing (\$23) 4:00 Sip and Socialize (GR) 6:00 Liverpool Rummy (GMR)	31 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) 2:00 (DT) Walkie Talkie (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	
	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 <i>life</i>  FITNESS

Community Activities



HAPPY HOUR
TOOTY AND THE
MOTHER PLUCKER

TUESDAY JULY 21ST | 3:30 PM
SIGN UP BY 7/17



ICE CREAM
SOCIAL

Friday, July 10th
at 3:00pm

Please sign up by 7/8



PRN PRESENTS
SUMMER
OLYMPICS

THURSDAY, JULY 9TH AT 2:00PM
WACKY SUMMER GAMES & FRIENDLY COMPETITION

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

PLEASE SIGN UP
BY 7/8



Restaurant
Outings

Friday, July 3rd, 12:00 (DT)
Off Shore Pier

Friday, July 10th, 12:00 (DT)
Nic's Trattoria

Tuesday, July 21, 12:00 (DT)
Olive Garden

Tuesday, July 28th, 12:00 (DT)
Lakeview Restaurant

Friday, July 31st, 12:00 (DT)
Jumping Jacks

Please sign up a week before respective date you
are signing up for



MINI-GOLF &
LUNCH OUTINGS

FRIDAY, JULY 17TH AT 12:00 PM
Lunch & Mini Golf at
The Wind Chill Factory



FRIDAY, JULY 24TH AT
12:00 PM

Fat Boys Ice Cream
and Family Fun

Please sign up one
week prior to event



Community Activities

HAPPY HOUR
JACK KELLY

 **WEDNESDAY**
JULY 8TH
3:30 PM 

 **Sign up by 7/6** 

Lunch at 

Tuesday, July 7th
Bus departs at
11:00am
Lunch at 12:30 PM



Shopping at the Lake George Outlets after lunch!

Please sign up by 7/5



Wednesday
July 22nd

Bus Departs at 9:00 AM
\$5.00 admission at the Gate

Please sign up by 7/16



Love thy Neighbor 

Thursday, July 23rd
@ 11:00am

An activity to get to know each other a little better 

Please sign up by 7/20



 **OUTDOOR** 
GAME DAY

Monday,
July 13th
11:00am

Please sign up by 7/10

 

 **BINGO** 
TRIVIA 

with Pam & Tammy

Thursday
July 16th | **4:00pm**

Please sign up by 7/13

 

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** —

July 6th

Chicken Greek Salad

\$20.00

July 13th

Roast Turkey Melt

\$16.00

July 20th

Taco Salad

\$14.00

July 27nd

Chicken Parm Roll

\$16.00

Thursday

3:30pm

— **Supper Club** —

July 2nd

Roast Breast of

Turkey

\$24.00

July 9th

Lasagna

\$20.00

July 16th

Hot Roast Beef

\$20.00

July 23rd

New York

Strip Steak - \$25.00

July 30th

**Roast ½ Chicken &
Dressing - \$23.00**

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!