

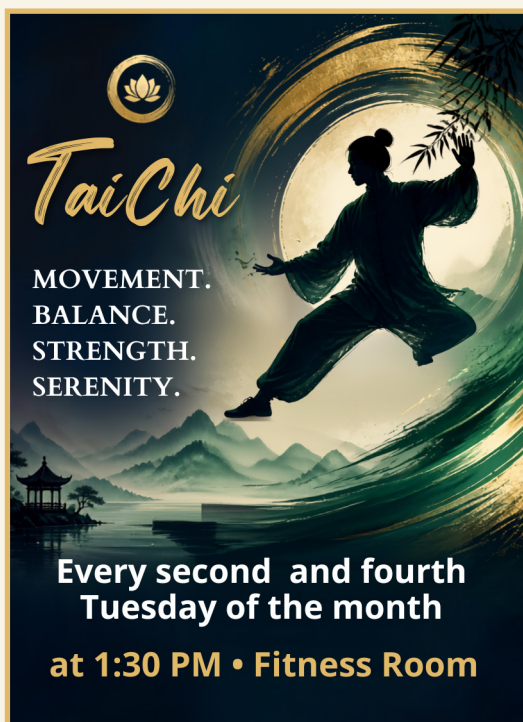
SUMMIT AT EASTWYCK

Monthly Newsletter

September 2026



Summit At Eastwyck



Staff



Community Manager

Amanda DeSarbo
adesarbo@summitseniorlife.com

Residents Service Coordinator

Nicole Squadere
nsquadere@summitseniorlife.com

Maintenance

Dave Demarest
Bill Branion
Kyle Morrison

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



Chorus is Starting up again!

★ **WE WANT YOU!** ★
PLEASE JOIN US FOR CHORAL REHEARSAL.

FRIDAY, SEPTEMBER 4TH
AT 1:30PM
ALL ARE WELCOME AND ENCOURAGED!



Guided Meditation
with Nicole

FRIDAY, SEPTEMBER 4TH AT 2:30PM

SIGN UP BY 9/1



Summits 6th Annual Bocce Tournament at Summit at Mill Hill

Friday, September 18th
9:00am Departure

Please sign up by 9/15



BINGO **TRIVIA** ***PRIZES***

with Pam and Tammy

THURSDAY, SEPTEMBER 17TH
4:00 PM

SIGN-UP IN THE GREAT ROOM BY 9/12



RESTAURANT OUTINGS

AT 11:00 (DT)	TUESDAY, SEPTEMBER 1 ST	LOG JAM
AT 12:00 (DT)	FRIDAY, SEPTEMBER 4 TH	JUNIORS BAR & GRILL
AT 12:00 (DT)	FRIDAY, SEPTEMBER 11 TH	PLUM BLOSSOM
AT 12:00 (DT)	TUESDAY, SEPTEMBER 15 TH	LAKEVIEW RESTAURANT
AT 12:00 (DT)	TUESDAY, SEPTEMBER 22 ND	MY PLACE & CO.
AT 12:00 (DT)	FRIDAY, SEPTEMBER 25 TH	IRON GATE CAFE
AT 12:00 (DT)	TUESDAY, SEPTEMBER 29 TH	OLIVE GARDEN

(DT) = DEPARTURE TIME

S M T W TH F S

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



		18:30 (DT) Pharmacy Run 9:45 (DT) Bank/Library Run 11:00 (DT) Lunch and Mini Golf Outing: Log Jam & Goony Golf 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	210:30 Line Dancing (FS) 11:00-1:00 Josh's Spring Hill Farms Mini Market (GR) 11:00 Triple Play (GMR) 1:00 Let's Do Lunch TOGETHER (GR) Selections from Hanzo's (\$16/\$18) 1:30 Rummikub (GMR) 3:00 Sit & Stitch 6:00 Bocce (CY)	3Medical Transports 1:30 Luau Party (GR) 3:30 Supper Club (GR) Four Piece Fried Chicken Dinner (\$23) 6:00 Liverpool Rummy (GMR)	48:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Juniors Bar & Grill 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GR) 2:30 Guided Meditation with Nicole (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	51:30 Rummikub (GMR)
61:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	7Happy Labor Day OFFICE CLOSED NO BREAKFAST/NO FITNESS 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 6:00 Poker Night (GMR)	8NO FITNESS CLASSES Great Room Reserved 10:30-4:00 GARAGE SALE 12:00-3:00 (see flyer) 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 6:00 Liverpool Rummy (GMR)	910:30 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)	10Medical Transports 11:00 PRN Presentation: Fall Prevention and Aging (GR) 3:30 Supper Club (GR) Broiled Jumbo Shrimp Scampi (\$26) 6:00 Liverpool Rummy (GMR)	118:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Plum Blossum 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	1211:00 Jewelry Making Class with Stephanie (GR) 1:30 Rummikub (GMR)
131:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	1411:00 Outdoor Game Day (CY) 12:00 Let's Do Lunch (GR) Chicken Quesadilla (\$15) 1:00 Beauty Bingo w/ Cathy (GR) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club Rehearsal (GR)	15NO FITNESS 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Lakeview Restaurant 1:30 Virtual Reality (GMR) 2:00 Sing-Along (GR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	1610:30 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 Berry Pickers by Amanda Perkins (GR) 3:00 Sit and Stitch (GR) 6:00 Bocce (CY)	17Medical Transports 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Veggie Lasagna (\$20) 4:00 Bingo Trivia w/ Pam & Tammy (GR) 6:00 Liverpool Rummy (GMR)	18NO SHOPPING 9:00 (DT) Bocce Tournament at Mill Hill 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 4:00 Supper Club (GR) BBQ Chicken Fundraiser (\$15) 7:00 Chillin' By The Fire (CY)	191:30 Rummikub (GMR)
201:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR) YOM KIPPUR starts at sundown	21Breakfast Will Be Served 8:30-10:00 10:00-4:00 Great Room Reserved FLU/COVID Clinic by appointment only (GR) 12:00 Let's Do Lunch (GR) Country Turkey & Ham Melt (\$16) 1:00 Pinochle (GMR) 4:30 Drama Club Rehearsal (GR) 6:00 Poker Night (GMR)	2210:00 (DT) Trader Joes 12:00 (DT) Lunch Outing: My Place & Co. 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)	2310:30 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)	24Medical Transports 1:00 Mass with Father O'Brien (GR) 1:30 Rummikub (GMR) 3:30 Supper Club (GR) Salisbury Steak (\$23) 3:30 Happy Hour with Mark Mason (GR) 6:00 Liverpool Rummy (GMR)	258:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Iron Gate Cafe 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (CY)	261:30 Rummikub (GMR)
271:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	2812:00 Let's Do Lunch (GR) Mushroom & Swiss Burger (\$17) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration (GR) 2:30 Drama Club Performance (GR) 3:00 Sit and Stitch (GR)	299:00 (DT) Walmart/Target 11:30 (DT) Lunch Outing: Olive Garden 1:00 Karaoke with Brian Zapel (GR) 1:30 Rummikub (GMR) 6:00 Liverpool Rummy (GMR)	3010:30 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 Jack Kelle (GR)		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

CONNECTED life

FITNESS

Every Monday
9:00 Sit To Be Fit
10:00 Chair Yoga

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
10:00 Aqua Fit
11:00 Sit to be Fit

Community Activities

GOONY GOLF

FOLLOWED UP BY THE LOG JAM

SEPTEMBER 1ST

BUS DEPARTS AT 11:00 AM

SIGN UP BY 8/31



PRN Presents:

Fact vs Myth

about fall prevention and aging process
your host: Denise Bilka

With fun interactive games and prizes!

THURSDAY, SEPTEMBER 10TH AT 11:00AM

SIGN UP BY 9/08

LEARN THE FACTS. BREAK THE MYTHS.
BUILD A SAFER, STRONGER TOMORROW!



GARAGE SALE 12 - 3PM

SEPTEMBER 8TH

IF YOU DON'T HAVE A GARAGE WE WILL HAVE A LIST OF OPEN GARAGES WITH TABLES SET UP FOR YOU.

BOOKS

GREAT FINDS!

PLEASE SIGN UP BY 9/5



HAPPY HOUR

MARK MASON

THURSDAY SEPTEMBER 24TH

at 3:30 PM

SIGN UP BY 9/20

CONNECT & NETWORK

GOOD VIBES ALL AROUND



KARAOKE WITH BRIAN ZAPEL

TUESDAY, SEPTEMBER 29TH AT 1:00PM

SIGN UP BY 9/25



HAPPY HOUR WITH JACK KELLE

WEDNESDAY, SEPTEMBER 30TH AT 3:30PM

SIGN UP BY 9/25

GREAT PEOPLE
GOOD DRINKS
BETTER CONVERSATIONS



Community Activities

SEPTEMBER BIRTHDAYS

Mary Ann Manley 09/01

Brenda Austin 9/04

Shawna Leigh-Roberts 09/06

Beverly Brown 09/08

Betty McKenzie 09/10

Rachel Charron 09/21

Patricia Rizzo 09/23

Lance Smith 09/24

Nancy Harrington 09/25

Bonnie Peterson 09/25

Join us Monday September 28th at 2:00pm. Birthday Treats provided
Sign up in the Great Room

BIBLE STUDY

with

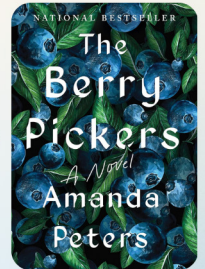
RICHARD RAWLINGS

**EVERY SUNDAY @ 4:30PM
IN THE GAME ROOM**

BOOK CLUB

The story is not a mystery to be solved, but a meditation on absence, memory, and the long, quiet work of healing. It is a poignant, character-driven exploration of how loss shapes identity and relationships across generations.

Come join us in the great room for a discussion group
Wednesday, September 16th at 1:00pm



Virtu-Well

is a great way to take someone to a whole new reality!

BROADWAY
You can go to a Broadway play,

fly an airplane

visit the country of one's family origin!

Come JOIN US in the

GAME ROOM

Tuesday, September 15th

at 1:30 pm

Sign up by 9/11.

Beauty Bingo

Game

AMAZING PRIZES!

MONDAY, SEPTEMBER 14TH

AT 1:00PM

play for some **FREE PRODUCTS,** and sample a few along the way!

PLEASE SIGN UP BY 9/10

GOODIES YOU'LL LOVE!

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:

Alexis Diner, Giuliano's, and Hanzos

LET'S DO LUNCH | SUPPER CLUB

September 2nd

Hanzos Lunch

\$16.00 / \$18.00

September 3rd

**Four Piece Fried
Chicken Dinner**

\$23.00

September 14th

Chicken Quesadilla

\$15.00

September 10th

**Broiled Jumbo Shrimp
Scampi**

\$26.00

September 21st

**Country Turkey
and Ham Melt**

\$16.00

September 17th

Veggie Lasagna

\$20.00

September 28th

**Mushroom and Swiss
Burger**

\$17.00

September 18th

**BBQ Chicken
Fundraiser**
prepared by Giuliano's

\$15.00

September 24th

Salisbury Steak

\$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.
Masis 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!