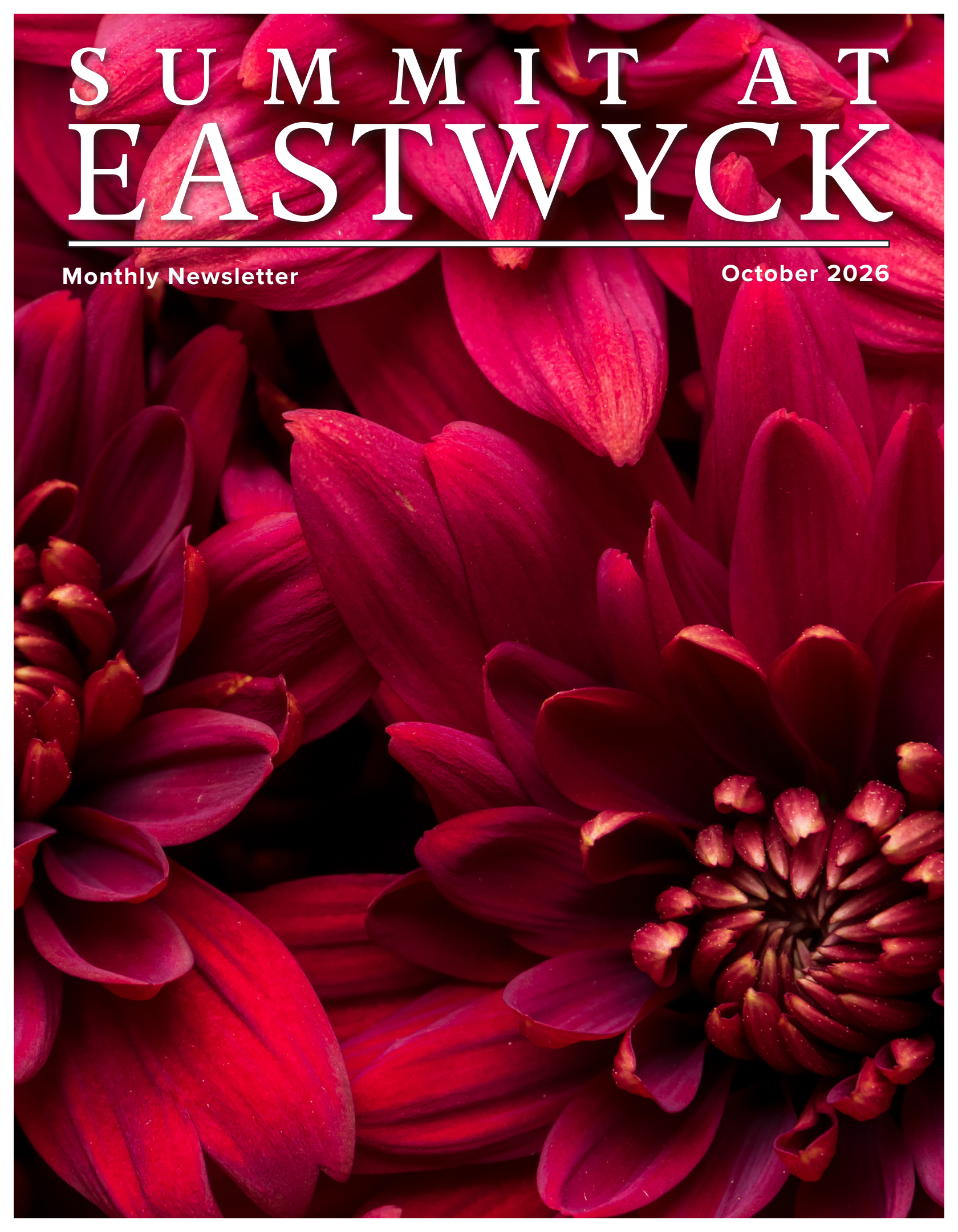




SUMMIT AT EASTWYCK

Monthly Newsletter

October 2026

Summit At Eastwyck



GINGER MILLER
A famous 90-year-old drummer
HALLOWEEN PARTY AND GREAT MUSIC!

COME JOIN US IN THE GREAT ROOM 3:00PM FRIDAY, OCTOBER 30TH

PLEASE SIGN UP BY 10/26

WRITERS CLUB IS BACK!
ALL ARE WELCOME!
COME CHECK US OUT!

WEDNESDAY
2:00PM
OCTOBER 21ST



WE MEET IN THE GAMEROOM!

JOIN OUR
Book Club!



Wednesday,
October 21st at 1:00pm

THIS MONTH WE ARE READING
THE WOMEN OF OAKRIDGE,
MICHELLE SHOCKLEE

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

Sign up by 10/26



Guided Meditation

with
Nicole Squadere

Tuesday, October 27th
at 2:30pm

PLEASE COME EARLY, LATE ARRIVALS WILL HAVE
TO WAIT TILL NEXT SESSION**NAMASTE*

Happy Hour

with
Alyssa Yeager

Tuesday, October 20th
at 4:00pm

Please sign up by 10/15



1 CORINTHIANS 16:14
DO
EVERYTHING
IN LOVE

JOIN US FOR MASS
WITH FATHER O'BRIEN

**MONDAY, OCTOBER
19TH @ 2:00PM**

ALL ARE WELCOME

★ Let's ★
EAT TOGETHER
IN THE GREAT ROOM

La Capital
Tacos
Real Tacos by Real Mexicans

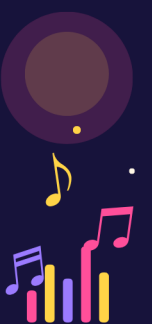
THURSDAY
OCTOBER 29TH
@12:30PM

**PUT YOUR ORDER IN
ON THE SUPPER CLUB FORM**



SING-ALONG HAS A NEW DAY AND TIME

Come join Mike and the gang
on Thursdays at 2:00pm



Jason Kramer presents:



The 25 Most Influential Works of American Culture

Thursday, October 15th at 11:00am.

Please sign up by 10/14

SARATOGA CASINO

**TUESDAY,
OCTOBER 6TH**

**BUS DEPARTS
@11:00AM**



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 Medical Transports 2:00 Sing-Along (GR) 3:30 Supper Club (GR) Philly Cheese Steak (\$16) 6:00 Liverpool Rummy (GMR)	2 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Apple Picking/Farm Stand: Golden Harvest 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (GR)	3 10:00-4:00 Great Room Reserved 1:30 Rummikub (GMR)
4 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	5 12:00 Let's Do Lunch (GR) Chef Salad (\$15) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club Rehearsal (GR) 6:00 Poker Night (GMR)	6 8:30 (DT) Pharmacy Run 9:45 (DT) Bank/Library Run 11:00 (DT) Saratoga Casino 1:30 Rummikub (GMR) 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	7 10:30 Line Dancing (FS) 11:30 Pumpkin Painting (GR) 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)	8 Medical Transports 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:30 Happy Hour with Larry Hooker (GR) 3:30 Supper Club (GR) Baked Virginia Ham (\$24) 6:00 Liverpool Rummy (GMR)	9 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Hill Creek Tavern 1:00 Canasta (GMR) 1:30 Choral Concert (GR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (GR)	10 11:00 Jewelry Making Class with Stephanie (GR) 1:30 Rummikub (GMR)
11 10:30-3:00 Great Room Reserved 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	12 OFFICE CLOSED NO BREAKFAST/NO FITNESS 1:00 Pinochle (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club Rehearsal (GR) 	13 8:00 (DT) Walmart/Target 10:30 (DT) Dollar Tree 12:00 (DT) Lunch Outing: Josie's Table 1:00 Tai Chi (FS) 3:00 Bingo with Prizes (GR) 6:00 Liverpool Rummy (GMR)	14 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) 4:00 Pizza Party (GR)	15 Medical Transports 11:00 Jason Kramer Presents: The 25 Most Influential Works of American Culture (GR) 12:30 (DT) Boop! The Musical (RSVP CLOSED) 2:00 Sing-Along (GR) 3:30 Supper Club (GR) Meatloaf (\$19) 6:00 Liverpool Rummy (GMR)	16 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:30 (DT) Afternoon Tea at Spring Hill Farms (\$18) 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (GR)	17 1:30 Rummikub (GMR)
18 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	19 12:00 Let's Do Lunch (GR) Chicken Tenders and Fries (\$13) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Mass with Father O'Brien (GR) 4:30 Drama Club Rehearsal (GR) 6:00 Poker Night (GMR)	20 9:30 (DT) Trader Joes 12:00 (DT) Lunch Outing: Applebees 4:00 Happy Hour with Alyssa Yeager (GR) 6:00 Liverpool Rummy (GMR)	21 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 Woman of Oakridge, Michelle Shocklee (GR) 2:00 Writing Club (GMR) 3:00 Sit and Stitch (GR)	22 Medical Transports 11:00 Marvin Bubie Presents: Covered Bridges 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:30 Supper Club (GR) Baked Ziti (\$18) 6:00 Liverpool Rummy (GMR)	23 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Dinosaur BBQ 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 3:30 Rosary (GMR) 7:00 Chillin' By The Fire (GR)	24 12:00-3:00 Great Room Reservation 1:30 Rummikub (GMR)
25 1:00 Mexican Train (GR) 1:30 Rummikub (GMR) 4:30 Bible Study (GMR)	26 12:00 Let's Do Lunch (GR) The Pilgrim (\$15) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration and Drama Club Performance (GR) 3:00 Sit and Stitch (GR)	27 9:00 (DT) Walmart/Target 11:30 (DT) Albany History & Art Museum Private Highlight Tour (\$12) 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 2:30 Guided Meditation w/ Nicole (GMR) 3:00 Bingo with Prizes (GR) 6:00 Liverpool Rummy (GMR)	28 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)	29 Medical Transports 11:00 PRN Presents: Stay Strong, Sharp, and Safe (GR) 12:30 LET'S DO LUNCH TOGETHER La Capital Tacos (GR) (\$13/15) 2:00 Sing-Along (GR) 3:30 Supper Club (GR) Open Faced Roast Beef with Gravy (\$20) 6:00 Liverpool Rummy (GMR)	30 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) 3:00 Halloween Party with Ginger Miller and Band (GR) 7:00 Chillin' By The Fire (GR)	31 1:30 Rummikub (GMR)

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
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Community Activities



HAPPY HOUR
WITH
Larry Hooker
THURSDAY, OCTOBER 8TH @ 3:30PM
PLEASE SIGN UP BY 10/6

**Let's
Have Lunch
Together!**

RESTAURANTS WE'RE HEADED TO:

- Hill Creek Tavern**
Friday, October 9th @ 12:00 (DT)
- Josies Table**
Tuesday, October 13th @ 12:00 (DT)
- Applebees**
Tuesday, October 20th @ 12:00 (DT)
- Dinosaur BBQ**
Friday, October 23rd @ 12:00 (DT)
- Off Shore Pier**
Friday, October 30th @ 12:00 (DT)



**GOLDEN
Harvest
FARMS**

**Summit at Eastwyck is going
to Golden Harvest!**

Bring your shopping bags!!

**So many goodies pumpkins, pies, apples and
more!!**

Friday, October 2nd bus departs at 12:00

Afternoon Tea at Spring Hill Farms
Friday October 16th
Bus Departs @ 12:30pm

*Please sign up in
the office by 10/12
tickets are \$18*



**IT'S A
PIZZA PARTY**

PIZZA PARTY

PIZZA PARTY

**WEDNESDAY, OCTOBER 14TH
AT 4:00PM**

PLEASE SIGN UP BY 10/12



Community Activities

PRN presents:

STAY STRONG, **SHARP**, AND SAFE.

Learn practical strategies to stay Strong in your body, Sharp in your mind, and Safe in your daily routine!

Strong
Sharp
Safe

Join us in the Great Room
Thursday, October 29th at 11:00am
sign up by 10/25

CHOIR CONCERT

Friday, October 9th @
1:30pm in the Great Room

Come support the choir
and have some snacks!

BIBLE STUDY

in the Game Room

With Richard Rawlins

Every Sunday at 4:30pm
ALL ARE WELCOME

LEARN ALL ABOUT COVERED BRIDGES

with Marvin Bubie

Thursday, Oct. 22nd
at 11:00am
in the Great Room

Before the birthday celebration

Drama Performance

Monday
October 26th
★ 2:00 PM ★

Don't miss the show!

Happy Birthday

Celebrating our October birthdays

Joan Costello	10/05
Florence Felt	10/05
Joyce Giandolfi	10/14
Marilyn Dunham Keller	10/17
James Trossbach	10/20
Mundy Zullo	10/20
Deborah Saffan	10/21
Joanne Rettie	10/23
Michael Lonczak	10/28

Please come join us in the Great Room for
Birthday Treats and a Drama Club
Performance Monday October 26th at 2:00pm
sign up by 10/23

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 and La Capital Tacos

— LET'S DO LUNCH — SUPPER CLUB —

October 5th

Chef Salad
\$15.00

October 19th

Chicken Tenders and
Fries
\$13.00

October 26th

The Pilgrim
\$15.00

October 29th

La Capital Tacos
\$13.00/\$15.00

October 1st

Philly Cheese Steak
\$16.00

October 8th

Baked Virginia Ham
\$24.00

October 15th

Meatloaf
\$19.00

October 22nd

Baked Ziti
\$18.00

October 29th

Open Faced Roast
Beef with Gravy
\$20.00

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!