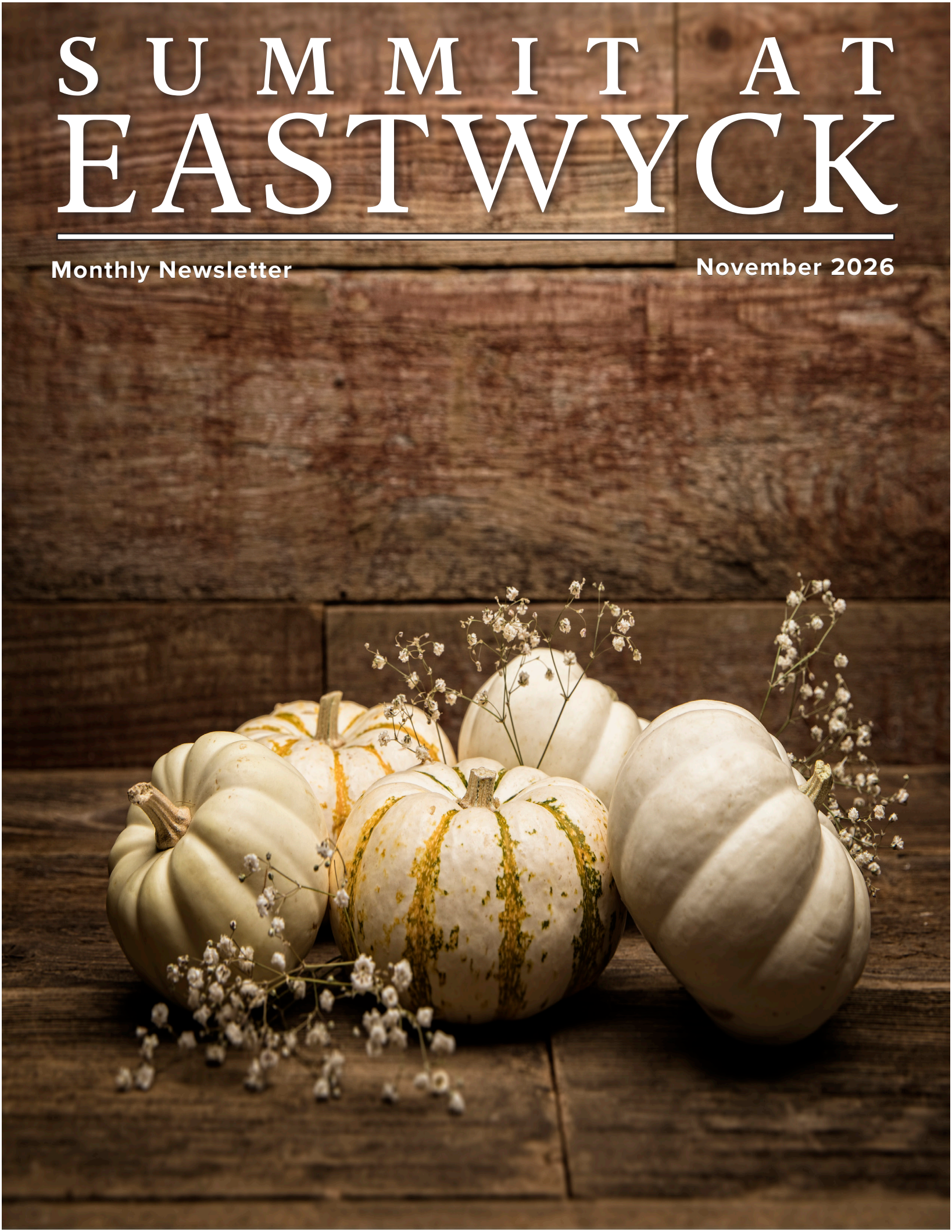
SUMMIT AT EASTWYCK

Monthly Newsletter

November 2026



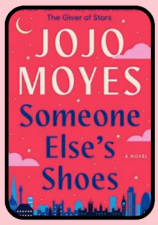
Summit At Eastwyck



This Week's Book Club Reading

Someone Else's Shoes

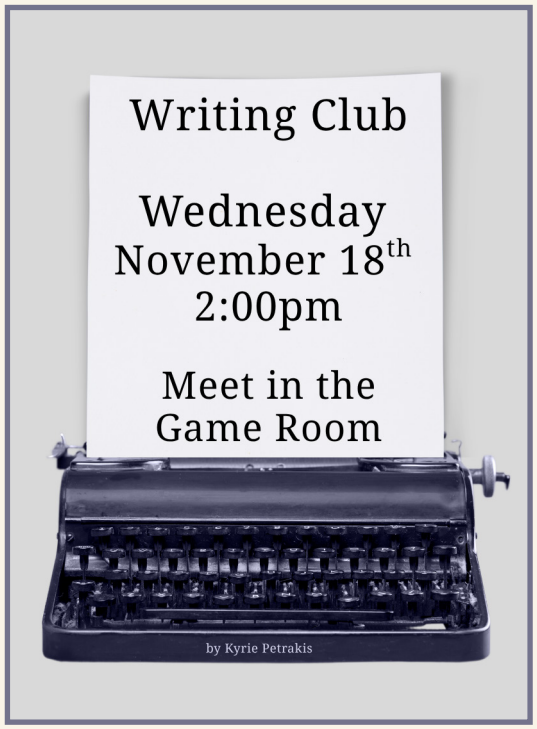
Jojo Meyers





Wednesday, November 18th at 1:00pm

Meet in the Great Room to discuss. All are Welcome!



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
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Summit At Eastwyck













NOVEMBER 2026

WWW.SUMMITSENIORLIFE.COM

Summit At Eastwyck Office Phone: 518.874.1638 | Emergency Maintenance Phone: 518.338.7441

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED life FITNESS	**Every Monday** 9:00 Sit To Be Fit 10:00 Aqua Fit	**Every Tuesday** 9:00 Hydro Rider 10:00 Stretch & Flex 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 Chair Yoga 10:00 Sit to be Fit 11:00 Aqua Fit	
1 1:00 Mexican Train (GR) 1:30 Rummikub (GMR)	**2** 12:00 Let's Do Lunch (GR) Hamburger Deluxe ($16) 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)	**3** 9:00 (DT) Walmart/Target 11:30 (DT) Lunch Outing: Lionheart on the Green 1:30 Rummikub (GMR) 2:30 (DT) Voting Polls 3:00 Quarter Bingo (GR) 6:00 Liverpool Rummy (GMR)	**4** 10:30 Line Dancing (FS) 11:00-1:00 Josh's Spring Hill Farms Mini Market (GR) 11:00 Triple Play (GMR) 1:00 Card Making with Jo (GR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:00 Happy Hour with Ed Salvo (GR)	**5** Medical Transports 1:30 Rummikub (GMR) 2:00 Sing-Along (GR) 3:30 Supper Club (GR) Lasagna ($20) 6:00 Liverpool Rummy (GMR)	**6** 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Pizzeria Mari 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GR) 3:30 Rosary (GMR) 4:15 Bible Study (GR) 6:00 Chillin' By The Fire (GR)	**7** 1:30 Rummikub (GMR)
8 1:00 Mexican Train (GR) 1:30 Rummikub (GMR)	**9** 11:00 Herzog Law Firm Presentation Trusts vs Wills (GR) 12:00 Let's Do Lunch (GR) Chicken Fajita Wrap ($16) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Mass with Father O'Brien (GR) 4:30 Drama Club Rehearsal (GR)	**10** 10:00 (DT) Walmart/Target 11:00 Flag Ceremony (Outside) 12:00 (DT) Lunch Outing: Olive Garden 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 3:00 Bingo with Prizes (GR) 6:00 Liverpool Rummy (GMR)	**11** OFFICE CLOSED NO BREAKFAST/NO FITNESS 	**12** Medical Transports 11:30 Veteran's Day Lunch (GR) 2:00 Sing-Along (GR) 3:30 Supper Club (GR) Roast Top Sirloin ($24) 6:00 Liverpool Rummy (GMR)	**13** WORLD KINDESS DAY 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:30 (DT) Lunch Outing: Skyline Diner 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GMR) 3:30 Rosary (GMR) 4:00 Wine and Cheese (GR) 6:00-8:00 Great Room Reserved	11:00 Jewelry Making Class with Stephanie (GR) 1:30 Rummikub (GMR)
15 1:00 Mexican Train (GR) 1:30 Rummikub (GMR)	**16** 11:00 Guided Meditation with Nicole (GMR) 12:00 Let's Do Lunch (GR) Reuben ($18) 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)	**17** 10:00 (DT) Trader Joes 12:30 (DT) Lunch and Rivers Casino 4:00 Happy Hour with Cliff Allen (GR) 6:00 Liverpool Rummy (GMR)	**18** 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: Someone Else's Shoes by Jojo Moyes (GR) 2:00 Writing Club (GMR) 3:00 Sit and Stitch (GR)	**19** Medical Transports 11:00 PRN Strength and Osteoporosis Prevention (GR) 1:30 Rummikub (GMR) 2:00 Friendsgiving-BYOD Bring Your Own Dessert (GR) 3:30 Supper Club (GR) Two Center-Cut Pork Chops ($26) 6:00 Liverpool Rummy (GMR)	**20** 8:00 (DT) & 10:00 (DT) Grocery Shopping 12:00 (DT) Lunch Outing: Hollow Bar & Kitchen and USS Slater Tour ($10) 1:00 Canasta (GMR) 1:30 Choral Rehearsal (GR) 3:30 Rosary (GMR) 4:15 Bible Study (GR) 6:00 Chillin' By The Fire (GR)	**21** 1:30 Rummikub (GMR)
22 12:00-5:00 Great Room Reserved 1:30 Rummikub (GMR)	**23** 12:00 Let's Do Lunch (GR) Chicken Parmigiana Sandwich ($16) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 3:00 Sit and Stitch (GR) 4:30 Drama Club Rehearsal (GR)	**24** 8:30 (DT) Pharmacy Run/Bank 9:45 (DT) Library Run 11:00 (DT) Grocery Shopping 1:00 Tai Chi (FS) 1:30 Rummikub (GMR) 3:00 Bingo with Prizes (GR) 6:00 Liverpool Rummy (GMR)	**25** 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)	**26** OFFICE CLOSED NO BREAKFAST/NO FITNESS 3:00 Supper Club (GR) Turkey Dinner ($22) 	**27** 1:00 Canasta (GMR) 1:30 Rummikub (GMR) 2:00 Grateful Games (GR) 3:30 Rosary (GMR) 4:15 Bible Study (GR) 6:00 Chillin' By The Fire (GR)	**28** 1:30 Rummikub (GMR)
29 1:00 Mexican Train (GR) 1:30 Rummikub (GMR)	**30** 12:00 Let's Do Lunch (GR) Taco Salad ($14) 1:00 Pinochle (GMR) 1:30 Rummikub (GMR) 2:00 Birthday Celebration and Drama Club Performance (GR) 3:00 Sit and Stitch (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

Community Activities











RESTAURANT OUTINGS



- Tuesday, November 3rd at 11:30AM (DT)
  Lionheart on the Green
- Friday, November 6th at 12:00PM (DT)
  Pizzeria Mari
- Tuesday, November 10th at 12:00PM (DT)
  Olive Garden
- Friday, November 13th at 12:30PM (DT)
  Skyline Diner
- Friday, November 20th at 12:00PM (DT)
  Hollow Bar and Kitchen

Please Sign Up Before the Trip

Guided Meditation

with Nicole

MONDAY, NOVEMBER 16TH AT 2:00PM
PLEASE ARRIVE EARLY
SIGN UP BY 11/14

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

PRN Presents:

Strength Training for Posture & Osteoporosis

Thursday, November 19th at 11:00am

PRN will provide strategies for staying strong and upright despite being challenged by conditions such as osteoporosis.

Refreshments served!!

Please sign up by 11/18

Trip to the

USS SLATER

Lunch at the Hollow Bar and Kitchen



November 20th | Bus departs at 12:00 PM | Tour Ticket: $10

Please sign up in the office by 11/15

Happy Hour *with* Ed Salvo

Wednesday, November 4th @ 4:00pm

Sign up by 11/3

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

PRN Staff Contact Information

Denise Bilka & Stephanie Brown PT
Elizabeth Maffucci OT

NY102@prnptot.com

716-255-3674

MEALS CATERED BY:

Alexis Diner

— LET'S DO LUNCH — SUPPER CLUB—

November 2nd
Hamburger Deluxe
$16.00

November 5th
Lasagna
$20.00

November 9th
Chicken Fajita Wrap
$16.00

November 12th
Roast Top Sirloin
$24.00

November 16th
Reuben
$18.00

November 19th
Two Center-Cut Pork Chops
$26.00

November 23rd
Chicken Parmigiana Sandwich
$16.00

November 26th
Turkey Dinner
3:00pm
$22.00

November 30th
Taco Salad
$14.00

Dr. Michael Masias, DPM

On-Site Podiatry Services

Starting at **9:00 AM on the 1st Wednesday of every month,** Dr. Michael Masis 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.

Renew DAY SPA
at The Summit At Eastwyck



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!