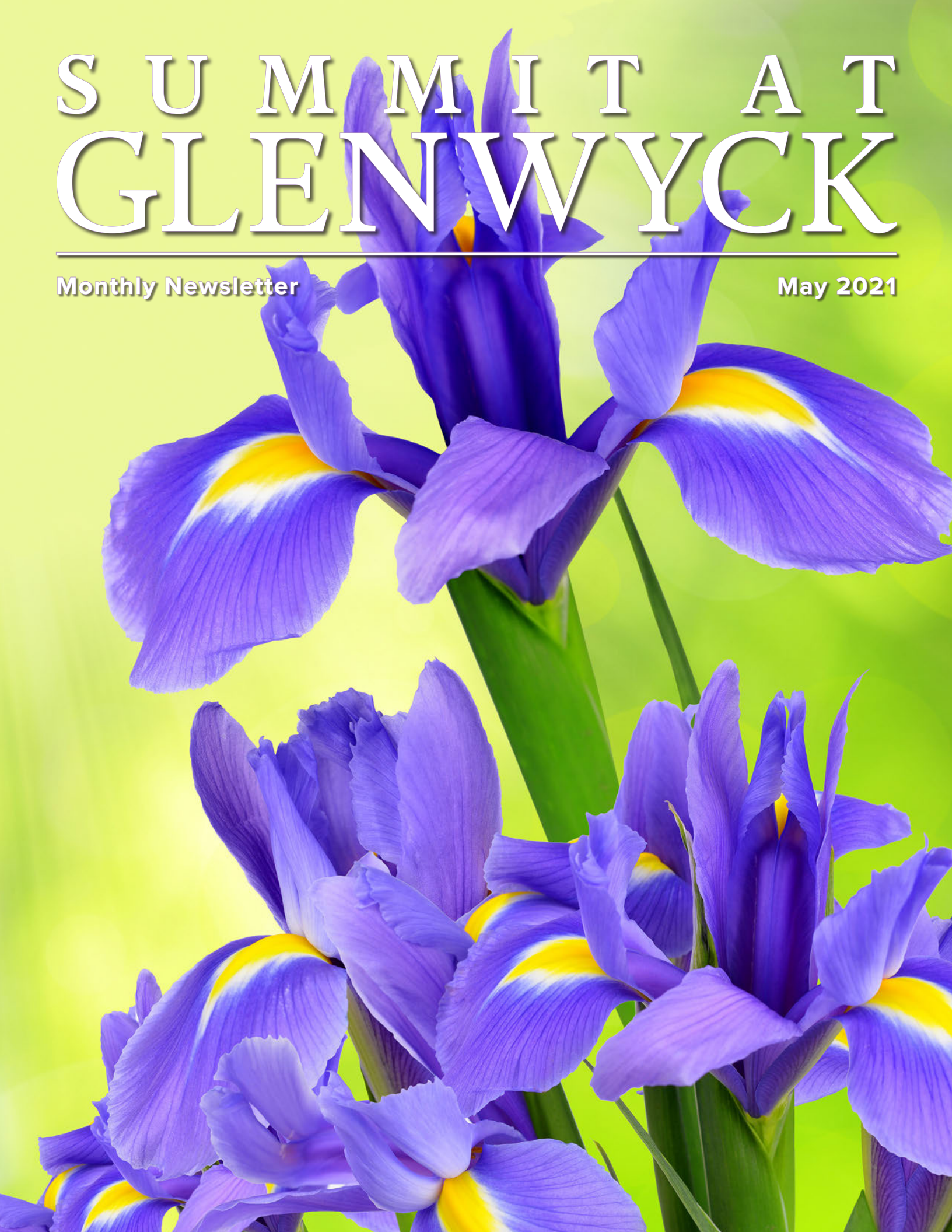


S U M M I T A T G L E N W Y C K

Monthly Newsletter

May 2021



THE Manager's Message

Finally, May! I wish I could say, "time flies when you're having fun," but over this past COVID-19 year, time has been grounded and fun has been in short supply. But, if all goes as planned, things could soon change.

With spring flowers, warmer temperatures, more daylight, Mother's Day, and Memorial Day are upon us, it is our plan to gradually and responsibly resume regular programming in accordance with public health guidelines and good common sense. We look forward to reintroducing more fitness opportunities as well as increased social interaction. As distancing and masking guidelines evolve, we anticipate welcoming more and more guest speakers and entertainers. In our best-case scenario, outings for lunch, outdoor concerts, farmers' markets and cultural experience will remain on our summer wish list.

If ever there was a month designed for optimism, May would be that month. So, keep your masks handy, your fingers crossed, and your hopes high! Finally, May!


Laura Leathem
Community Manager



Breakfast Outing

Tuesday, May 18th
Bus leaves at 8:30 am
Sign up in the Office

Staff

Community Manager

Laura Leathem

Administrative Assistant

Laurie Ignazio

Office Assistant

Kathleen Nichols

Maintenance

Dustin Harrington

Thomas Nardini

Driver/Custodian

Mike Licata

Weekend Concierge/Marketing Assistant

Linda Sloan

Office Phone

518-280-7340

Emergency Maintenance

518-338-9562

The Summit At Glenwyck
150 Dutch Meadows Lane
Glenville, NY 12302

May May

HAPPY BIRTHDAY

Malee Lennon	5/1
Mary Louise Farina	5/4
John Nace	5/7
Louise Folch	5/9
Beryl DeFrank	5/14
Dorothy Carpenter	5/17
Cheryl Skowronek	5/18
Paul Mills	5/20
Chris Rush	5/30

Help us celebrate our monthly birthdays on Tuesday, May 25th, at 2:00 pm in the Great Room. Cake & Ice Cream for all!

*Welcome to
The Summit At Glenwyck*

Charlotte Wilson
from Lyman, SC

Norma Waldbillig
from Schenectady, NY

Patricia Nacy
from Glenville, NY

SupperClub

FOOD & FRIENDS

Wednesdays

May 5th, 12th, 19th & 26th
Delivery to the Main Foyer

May 5th – Spaghetti & Meatballs

(Garden Salad, Italian Bread,
Apple Crisp) \$15

May 12th – BBQ Ribs

(Potato Salad, Baked Beans Cole slaw,
Corn Bread, Vanilla Pudding) \$15

May 19th - Chicken Penne Ala Vodka

(Garden Salad, Roll, Ginger Bread) \$15

May 26th - Meatloaf Dinner

(Mashed Potatoes & Gravy,
Green Beans, Garden Salad,
Roll, White Cake) \$15

Orders due in the office by Noon on

Monday 5/3, 5/10, 5/17 & 5/24



S	M	T	W	TH	F	S
	GR: Great Room TAV: Tavern CR: Craft Room FS: Fitness Studio P: Pool	CY: Courtyard MOV: Movie Theatre Gym Lobby				1 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY HAPPY BIRTHDAY MALEE LENNON
2 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	3 10:00 Walking Club LOBBY 12:00 RSVP for Mothers Day Luncheon 12:00 Supper Club Orders Due 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:30 Pinochle & Hand, Knee & Foot TAV 6:30 Scrabble TAV	4  1:00 Eat More of This, Less of That GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center TAV 5:30 Scrabble TAV HAPPY BIRTHDAY MARY LOUISE FARINA	5 8:30 Waffle Wednesday GR 10:00 Walking Club LOBBY 1:15 Lit Club LIB 2:00 Cinco de Mayo Party GR 2:30 Glenwyck Cinema MOV 4:00 Supper Club w/Maria's Café: Spaghetti & Meatballs \$15 TAV 5:30 Cards TAV CINCO DE MAYO	6 11:00 Bible Study LIB 12:00 Mothers Day Luncheon GR 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV	7 10:00 Walking Club LOBBY 10:30 Grocery Shopping 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine TAV/GR 6:00 Cards TAV HAPPY BIRTHDAY JOHN NACE	8 11:00 Patriotic Woodcraft Painting TAV 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY
9 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY LOUISE FOLCH HAPPY MOTHER'S DAY	10 10:00 Walking Club LOBBY 12:00 Supper Club Orders Due 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:30 Pinochle & Hand, Knee & Foot TAV 6:30 Scrabble	11 12:00 Subway Orders Due 4:00 Game Night: Right Left Center TAV  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center TAV 5:30 Scrabble TAV	12 8:30 Waffle Wednesday GR 10:00 Walking Club LOBBY 10:00 Foot Doctor 1:15 Lit Club LIB 2:30 Glenwyck Cinema MOV 4:00 Supper Club w/Maria's Café: BBQ Ribs \$15 TAV 5:30 Cards TAV	13 11:00 Bible Study LIB 11:00 Rivers Casino 4:00 Scrabble TAV 4:00 Subway Dine-In GR 5:30 Pinochle & Hand, Knee & Foot TAV	14 10:00 Walking Club LOBBY 10:30 Grocery Shopping 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Bay Breeze Music provided by Carmen & Life's Guilty Pleasures TAV/GR 6:00 Cards TAV HAPPY BIRTHDAY BERYL DEFRANK	15 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 5:00 COVID Jail release Party GR 6:00 Game Night TAV 6:00 Fireside S'mores CY ARMED FORCED DAY
16 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	17 10:00 Walking Club LOBBY 12:00 Supper Club Orders Due 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:00 Service Club TAV 5:30 Pinochle & Hand, Knee & Foot TAV 6:30 Scrabble TAV HAPPY BIRTHDAY DOROTHY CARPENTER	18 8:30 Blue Ribbon Breakfast Outing 2:00 Glenwyck Book Club LIB  2:30 Docuseries: MOV 3:00 Brian Zapel GR 4:00 Game Night: Right Left Center TAV 5:30 Scrabble TAV HAPPY BIRTHDAY CHERYL SKOWRONEK	19 8:30 Waffle Wednesday GR 10:00 Walking Club LOBBY 1:15 Lit Club LIB 2:30 Glenwyck Cinema MOV 4:00 Supper Club w/Maria's Café: Chicken Penne Ala Vodka \$15 TAV 5:30 Cards TAV	20 9:00 Sunnyview Audiology Appts SALON 11:00 Bible Study LIB 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV HAPPY BIRTHDAY PAUL MILLS	21 10:00 Walking Club LOBBY 10:30 Grocery Shopping 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Rum & Coke TAV/GR 6:00 Cards TAV	22 9:30 Exec. Board Committee Meeting CR 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY
23/30 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY CHRIS RUSH	24/31 10:00 Walking Club LOBBY 12:00 Supper Club Orders Due 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:00 Potluck Supper GR 5:30 Pinochle & Hand, Knee & Foot TAV 6:30 Scrabble TAV MEMORIAL DAY (OFFICE CLOSED-NO FITNESS CLASSES)	25  11:30 Italy to America Presentation GR 12:00 RSVP for Pizza Party 2:00 Birthday Party GR  2:30 Docuseries: MOV 2:45 GRG Meeting GR 4:00 Game Night: Right Left Center TAV 5:30 Scrabble TAV	26 8:30 Waffle Wednesday GR 10:00 Walking Club LOBBY 1:15 Lit Club LIB 2:30 Glenwyck Cinema MOV 3:00 Garden Club GR 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 5:30 Cards TAV	27 11:00 Bible Study LIB 1:30 Library Committee Meeting LIB 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV	28 10:00 Walking Club LOBBY 10:30 Grocery Shopping 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party TAV/GR 6:00 Cards TAV	29 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY
CONNECTED life  FITNESS	Every Monday 8:15 Water Aerobics (P) 3:30 Buddy Swim (P)	Every Tuesday 8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P)	Every Wednesday 8:30 Water Aerobics (P) 9:30 Hydroids (P) 3:30 Buddy Swim (P)	Every Thursday 8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P)	Every Friday 8:30 Water Aerobics (P) 9:30 Hydroids (P) 3:30 Buddy Swim (P)	Every Saturday & Sunday 10:00 Buddy Swim (P) 3:30 Buddy Swim (P)

Eat More of This, *Less of That!*

Patty McGee

**May 4th 1:00 pm
In the Great Room**

Feel fit and look vibrant with these nutrition tips.

With thousands of food options available and packaging that makes food look healthy, it can be hard to know what food is best for our bodies.

This workshop will teach you how to become a smarter consumer.

We'll cover: 5 foods to lose your gut

461 CALORIES

1380 CALORIES



**PATRIOTIC
WOOD CRAFT
PAINTING
WITH AMANDA**

Saturday, May 8th
11:00 in the Tavern
RSVP to the office by May 6th



DINE-IN

Thursday, May 13th at 4:00 pm

Join us for a fresh, healthy supper in the Great Room. Pick your choice of sub at a special Glenwyck price! Only \$4.00!

RSVP to the office by May 11th

COVID JAIL RELEASE



SATURDAY, MAY 15TH

Music by: Rockin' Rob
5:00 PM - 7:00 PM

**BYOB & and Appetizer
to share**

50/50 Raffle

RSVP by May 12th

Call

Cheryl Skowronek 518-522-1995

or

Judie Larson 518-357-3475

Sponsored by The Glenwyck Resident Group

Mothers Day Luncheon

Thursday, May 6th at Noon In the Great Room

Catered by Carols Place
Chicken Salad on a Croissant
Mixed Green Salad
Fresh Fruit Cup & Dessert

RSVP TO THE OFFICE BY MAY 3
Doors open at 11:45 am



Come listen to your favorite tunes

Carmen & Life's Guilty Pleasures

Friday, May 14th at 4:00 pm

Brian Zapel

Tuesday, May 18th at 3:00 pm

in the Great Room



ITALY TO AMERICA - my family's immigration journey -



Michael DeMasi

Join author Michael DeMasi as he presents:

'Italy to America: My Family's Immigration Journey'

Tuesday, May 25th at 11:30 am In the Great Room

'Italy to America: My Family's Immigration Journey' tells the story of Giovanni and Maria DeMasi and their two oldest children, who moved from a small town in southern Italy in 1963 and settled in Troy, New York.

Potluck Dinner Monday, May 24th 5:00 pm in the Great Room

A gathering where each guest brings a dish to be shared.

Come dine & enjoy fellowship with your neighbors

Please RSVP to the office if you are interested in attending and let us know what dish you will be providing.



PIZZA Party

Friday, May 28th at 4:00 pm Great Room Call the office by 5/25 to RSVP



Concierge Services

We're here, just for you!

At Summit At Glenwyck, we are passionate about helping you live well. Let us lend a helping hand to make it a little easier to enjoy! Looking for something to do? Looking for a doctor or specialist? Need to dry clean that winter coat? Searching for a local veterinarian? In need of transportation? We can help! Come to the office for details.



✓ Complimentary
beauty consultation
(appointment needed)

Wednesdays & Fridays • 10:00 AM—5:00 PM
Call for all your hair needs.
Cindy 518-526-2262

♥ Gift Certificates Available ♥

DELIVERY IS AVAILABLE **pharmacy**

CVS (Mohawk Ave)

Mondays and Wednesdays.

Call Patty at 347-2206, 24 hours in advance.

PRICE CHOPPER

Monday—Friday. Call Jessica at 399-6474.



THE FOOD FLORIST

• GIFTABLE COMFORT FOOD •
WHEN YOU WANT TO SEND MORE THAN FLOWERS



Too busy to grocery shop? Too tired to cook?

Food Florist meals are available in the office on a first come/first serve basis. The below dishes are frozen and ready to be simply heated. Each 2-person serving is \$11. You can also order the meal of your choice off their extensive menu.

This month's anyday choices:

- Chicken Pot Pie
- Cheesy Chicken Bake
- Bacon Swiss Quiche
- Traditional Sausage Lasagna
- Swedish Meatballs

CONTINENTAL BREAKFAST

8:30 AM until 10:15 AM in the Great Room

We are happy to offer a continental breakfast to our residents seven days a week, (with the exception of holidays when the office is closed). Start your morning off right with a healthy breakfast while enjoying each other's company.



There are complimentary copies of the newspaper located in the Great Room to read.

On-Site Podiatrist

Dr. Michael Masias, DPM

Second Wednesday of every month.

Call Doctor Masias direct at 518-320-8659 to schedule an appointment.

Friday Grocery Shopping

Fridays at 10:30 am

Call the office to sign up



Medical Appointments

Tuesday, Wednesday & Thursday, between 9:00 and 2:00 pm, unless events or urgent maintenance needs conflict.

Please notify the office at least one week ahead of time. It must be within a 10-mile radius.