

SUMMIT AT GLENWYCK

Monthly Newsletter

November 2021



THE Manager's Message



May this Thanksgiving find you surrounded by the love of family and friends, blessings too many to count, and fond memories of homecomings throughout the years.

Sincerely,

Laura Leathern
Community Manager

Staff

Community Manager

Laura Leathern

Administrative Assistant

Laurie Ignazio

Maintenance

Dustin Harrington

Thomas Nardini

Driver/Custodian

Weekend Concierge/Marketing Assistant

Kathleen Nichols

Cheyli Skowronek

Office Phone

518-280-7340

Emergency Maintenance

518-338-9562

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

Breakfast Outing

Blue Ribbon

Family Restaurant

Monday, November 15th
Bus leaves at 8:30
Sign up in the Office

Veterans Potluck Dinner

Thursday, November 11th
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 & honor our Glenwyck Veterans!

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

VETERANS DAY!



THANK YOU FOR YOUR SERVICE!



Mary Nagy	11/1
Donald Brothers	11/4
Charles Shields	11/4
Phyllis Antenucci	11/8
Dawn Bonk	11/9
Elaine McNeilly	11/10
Patricia Nacy	11/10
Ellen Gregory	11/15
Loretta Kessler	11/17
Charlotte Wilson	11/27
Janice Harris	11/29

Harvest Luncheon



TUESDAY, NOVEMBER 16TH
- CATERED BY CAROL'S

11:30 DOORS OPEN
12:00 LUNCHEON SERVED

**THIS MEAL IS COMPLIMENTS OF
SUMMIT AT GLENWYCK**

ROAST TURKEY, STUFFING, MASHED
POTATOES, GRAVY,
GREEN BEAN & CARROT MEDLEY,
CRANBERRY SAUCE, ROLL, PUMPKIN PIE

PLEASE CALL THE
OFFICE BY 11/9
TO RSVP 518-280-7340



Resident Informational Meetings

Resident Meeting with Laura
& Glenwyck Staff
Monday, November 1st at 11:00



Entertainment Committee Meeting
Wednesday, November 3rd at 12:00

In the Great Room, All are Welcome

SupperClub FOOD & FRIENDS

Wednesdays
November 3rd, 10th, 17th
Delivery to the Tavern

November 3rd— Roast Pork Dinner

Mashed Potatoes & Gravy, Stuffing,
Green Beans, Garden Salad,
Roll, Apple Crisp) \$15

November 10th - Baked Ziti

(Meatballs, Tossed Salad,
Italian Bread, Chocolate Cake) \$15

November 17th - Meatloaf

(Baked Potato, Peas & Carrots,
Garden Salad, Roll, Cherry Cobbler) \$15

**Orders due in the office by Noon on
Monday 11/1, 11/8, 11/15**

*Welcome to
The Summit At Glenwyck*



Carol Farrar

from Columbia, MD

Robert & Cyndie Williams

from Glenville NY

Jerry Stahl & Cathy Mart

from Shokan, NY

S	M	T	W	TH	F	S
	1 11:00 Resident Meeting with Laura & Glenwyck Staff GR 12:00 Supper Club Orders Due 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 3:00 All Saints Day Service GR 5:30 Pinochle & Hand, Knee & Foot TAV 6:00 Religious Service MOV 6:30 Scrabble TAV ALL SAINTS' DAY HAPPY BIRTHDAY MARY NAGY	2 9:30 Walking Club Outing LOBBY 10:30 Trip to the Polls, Glenville Senior Center 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV ELECTION DAY	3 8:30 Waffle Wednesday GR 10:30 Rivers Casino 12:00 Entertainment Committee GR 1:15 Lit Club LIB 4:00 Supper Club w/Maria's Café: Roast Pork Dinner \$15 TAV 5:30 Cards TAV	4 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Lycaeides GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV HAPPY BIRTHDAY DON BROTHERS & CHARLIE SHIELDS	5  9:00 Grocery Shopping 11:30 The Benefits of Good Posture GR 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: WINE GR 6:00 Cards TAV	6 10:30 Bocce Ball CY 1:00 Zumba Gold FS 2:30 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
7 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV 	8 9:00 Blood Pressure Clinic GR 12:00 Supper Club Orders Due 12:00 RSVP to Office for Harvest Luncheon 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:30 Pinochle & Hand, Knee & Foot TAV 6:00 Religious Service MOV 6:30 Scrabble TAV HAPPY BIRTHDAY PHYLLIS ANTENUCCI	9 9:30 Walking Club Outing LOBBY 11:00 Holiday Card Making Class TAV 12:00 Letters to our Veterans Due to office  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV HAPPY BIRTHDAY DAWN BONK	10 8:30 Waffle Wednesday GR 10:00 Foot Doctor 1:15 Lit Club LIB 4:00 Supper Club w/Maria's Café: Baked Ziti Dinner \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY ELAINE MCNEILLY & PATRICIA NACY	11  4:00 Veterans Day Potluck Supper GR VETERANS DAY - OFFICE CLOSED (NO FITNESS CLASSES)	12 9:00 Grocery Shopping 12:00 Subway Orders Due 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB 6:00 Cards TAV	13 10:30 Bocce Ball CY 2:30 Quarter Bingo GR 2:30 Glenwyck Cinema MO 6:00 Game Night TAV
14 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	15 8:30 Breakfast at Blue Ribbon Restaurant 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 6:00 Religious Service MOV 6:30 Scrabble TAV HAPPY BIRTHDAY ELLEN GREGORY	16 9:30 Walking Club Outing LOBBY 11:30 Harvest Luncheon GR 12:00 Subway Orders Due  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	17 8:30 Waffle Wednesday GR 1:15 Lit Club LIB  2:00 Wildlife Institute Presentation GR 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$17 TAV 5:30 Cards TAV HAPPY BIRTHDAY LORETTA KESSLER	18 9:00 Sunnyview Audiology 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR  1:00 5 Things you need to know about your Medication GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 4:00 Subway Dine-In GR 5:30 Pinochle & Hand, Knee & Foot TAV	19 9:00 Grocery Shopping 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Screw Drivers Music with John Hill GR 6:00 Cards TAV	20 10:30 Bocce Ball CY 1:00 Zumba Gold FS 2:30 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
21 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	22 9:00 Blood Pressure Clinic GR 9:30 Shopping at Colonie Center 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:30 Pinochle & Hand, Knee & Foot TAV 6:00 Religious Service MOV 6:30 Scrabble TAV	23 9:30 Walking Club Outing LOBBY 12:00 Pizza Orders Due 2:00 Glenwyck Book Club LIB  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	24 8:30 Waffle Wednesday GR 1:15 Lit Club LIB 2:00 New Resident Mixer TAV 5:30 Cards TAV	25 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV THANKSGIVING - OFFICE CLOSED (NO FITNESS CLASSES)	26 9:00 Grocery Shopping 1:15 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party: Wine GR 6:00 Cards TAV	27 10:30 Bocce Ball CY 2:30 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV HAPPY BIRTHDAY CHARLOTTE WILSON
28 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY JANICE HARRIS	29 11:00 Caring Wellness Pharmacy GR 12:00 Supper Club Orders Due 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:30 Pinochle & Hand, Knee & Foot TAV 6:00 Religious Service MOV 6:30 Scrabble TAV HANUKKAH BEGINS AT SUNDOWN	30 9:30 Walking Club Outing LOBBY  2:30 Docuseries: MOV 2:00 Birthday Party GR 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	GR: Great Room TAV: Tavern CR: Craft Room FS: Fitness Studio P: Pool	CY: Courtyard MOV: Movie Theatre Gym Lobby		
 CONNECTED life FITNESS	Every Monday 8:15 Water Aerobics (P) 3:30 Buddy Swim (P)	Every Tuesday 8:45 Sit 2B Fit (FS) 9:30 Balance & Strength Class (FS) 10:00 & 3:30 Buddy Swim (P)	Every Wednesday 8:30 Water Aerobics (P) 9:30 Hydridoriders (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 Hydridoriders (P) 3:30 Buddy Swim (P)	Every Saturday & Sunday 10:00 Buddy Swim (P) 1:00 Zumba Gold (FS) (Sundays only 11/6 & 11/20) 3:30 Buddy Swim (P)

New Resident mixer

Calling all New Residents
for a Meet & Greet
and fellowship!

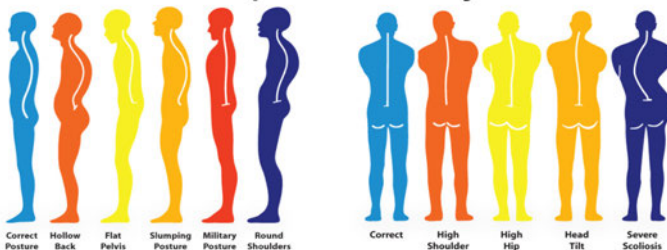
Wednesday, November 24th
2:00 pm in the Tavern



The Benefits of Good Posture

Friday, November 5th
11:30 am in the Great Room

Which posture are you?



Join HectorPT for a learning session on the benefits of maintaining good posture. You will learn simple exercises to remain safe and independent

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214



Religious Service

**Mondays at 6:00 pm
In the Theatre**

Our Resident Priest, Rev. Sally Heiligman will be conducting a Christian tradition service.

All Saints Day Service
Monday, November 1st at 3:00 pm
In the Great Room

ALL ARE WELCOME

HEALTH PRESENTATION BY PATTY MCGEE

**5 Questions You Should Ask Yourself
about Your Medication**

Thursday, November 18th at 1:00pm
In the Great Room



DINE-IN

**Thursday, November 18th
at 4:00 pm
In the Great room**

Join us for a fresh, healthy supper in the tavern. Pick your choice of sub at a special Glenwyck price! Only \$4.00!
RSVP to the office by Tuesday 16th

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Join fellow residents as they develop on-going volunteer opportunities for our community!
The meeting will be hosted in the Tavern.

Current Projects:

Bottle Deposit Donations for our local
Animal Protective Foundation.

Winter Clothing Drive – Coats, Hats,
Mittens, Gloves

Meeting
Monday, November 15th, 4:00 pm
In the Tavern



Friday, November 26th
at 4:00 pm Great Room

Call the office by 11/23
to RSVP
\$5.00 pp



Holiday Card Making with Angela

Tuesday, November 9th
at 11:00 am
In the Tavern



Come listen to your favorite tunes

Lycaeides - Quintet World Music
Thursday, November 4th at 2:00 pm

John Hill - 60'S, 70'S, 80'S
Friday, November 19th at 4:00 pm

In the Great Room

WILDLIFE INSTITUTE PRESENTATION

WEDNESDAY, NOVEMBER 17TH AT 2:00 PM
IN THE GREAT ROOM

SILENT WINGS
RAPTOR REHAB AND EDUCATION

Silent Wings Rapture Rehab and Education
will be introducing exotic species of animals
indigenous to their own ecosystem. Learn
about their unique behaviors and conservation
issues that impact them.



Letters to our Veterans

If you are interested in
writing a letter to our
Veterans, pick up writing
supplies 10:00 am Monday,
November 1st
in the Tavern.

Letters due in the office by 10:00 am
Tuesday, November 9th
We will be delivering them to the VA in Albany.

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)

Call for all your hair/waxing needs.

Wednesdays & Fridays • 10:00 AM—5:00 PM

Cindy (518) 526-2262

Massage Therapy

2nd Saturday of the Month by Appt.

Laura Brown (518) 867-2262

Nail Services

Mondays

Sonia Thomas (518) 512-7479

♥ Gift Certificates Available ♥

PRICE CHOPPER



pharmacy

DELIVERY IS AVAILABLE

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 9:00 am

Call the office to sign up



TARGET



Walmart

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.

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