

SUMMIT AT GLENWYCK

Monthly Newsletter

January 2022



THE
Manager's Message

Happy New Year! Hopefully everyone welcomes the New Year with a fresh calendar and the commitment to stop writing 2021. I usually don't make the transition consistently until sometime in March. I suspect I'm not alone.

At the mall calendar kiosk, I perused a very intriguing January calendar that listed all the special days observed within the month. Most were pretty ordinary and understandable. Several, however, were totally unfamiliar and/or baffling. I jotted down a few for some future research. Feel free to join me in getting to the bottom of the mysteries. Think of it as homework revisited.

See if you can find *National First-Foot Day*. I was sure it dealt with podiatrists or bunions ... wrong. Maybe you can find *Run Up the Flagpole* and *See if Anyone Salutes Day*. Skip it if you're afraid of heights. How about *Fruitcake Toss Day*? To some of us, every day is *Fruitcake Toss Day*. As far as *Old Rock Day* goes, Elvis had to be in there somewhere ... wrong again. If you research *National Nothing Day* you'll be disappointed. There's not much there. *National Backwards Day* made me carsick.

Actually, two of my favorite days fall within the month of January. I faithfully observe *Community Manager's Day* and *Hot Buttered Rum Day*! Enjoy!

Laura N. Leathem

Laura Leathem
Community Manager



Thursday, January 6th
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.

Staff

Community Manager

Laura Leathem

Resident Services
Coordinator

Laurie Ignazio

Maintenance

Dustin Harrington

Thomas Nardini

Housekeeping

Robyn Axon

Weekend Concierge/Marketing
Assistant

Kathleen Nichols

Cheryl Skowronek

Office Phone

518-280-7340

Emergency Maintenance

518-338-9562

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

Celebrating
January Birthdays

Cataldo Casillo	1/1
Michele Gibson	1/3
Cyndie Williams	1/11
Leslie Greenough	1/24
Ellen Funke	1/29

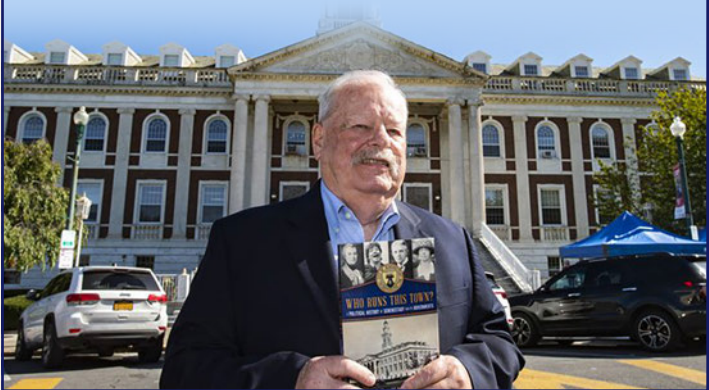
Help us celebrate our monthly birthday on
Tuesday, January 25th at 2:00 pm
in the Great Room
Cake & Ice Cream for all!

Join Author and Glenwyck Resident
Donald Ackerman as he presents:

WHO RUNS THIS TOWN?
A POLITICAL HISTORY OF
SCHENECTADY AND ITS
GOVERNMENTS

Thursday, January 20th at 11:30 am
In the Great Room

When Don Ackerman decided to write a book about the history of Schenectady politics, he knew trying to hide the fact that he is a self-described "pragmatic liberal" would be impossible. Don brings his own biasas into the book and they're pretty clear. It's a modest scope from 1661 through 2020.



SupperClub
FOOD & FRIENDS

Wednesdays
January 5th, 12th, 19th, 26th
Delivery to the Tavern

January 5th - Baked Ziti
(Meatballs, Garden Salad, Italian Bread,
Chocolate Cake) \$15

January 12th - Roast Pork Dinner
(Mashed Potatoes & Gravy, Stuffing, Tossed
Salad, Green Beans, Roll, Vanilla Pudding) \$15

January 19th
Chicken Penne Ala Vodka
(Caesar Salad, Peas, Garlic Bread, Chocolate
Chip Cookie) \$15

January 26th - Meatloaf Dinner
(Mashed Potatoes & Gravy, Baby Carrots,
Garden Salad, Roll, Cherry Cobbler) \$15

Orders due in the office by Noon on
Monday 1/3, 1/10, 1/17, 1/24

Lunch Outing



Tuesday, January 11th
Bus leaves at 11:30
Sign up in the Office

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	 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV NEWS YEAR DAY-OFFICE CLOSED HAPPY BIRTHDAY CATALDO CASILLO
2 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	3 9:00 Blood Pressure Clinic GR 12:00 Supper Club Orders Due 1:00 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 MICHELE GIBSON	4 11:30 Programming Meeting GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	5 8:30 Waffle Wednesday GR 11:30 Cooking Class w/Francesca: Vegetarian Chili GR 1:00 Lit Club LIB 2:00 Entertainment Committee GR 4:00 Supper Club w/Maria's Café: Baked Ziti \$15 TAV 5:30 Cards TAV	6 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:00 Potluck Dinner GR 5:30 Pinochle & Hand, Knee & Foot TAV	7  9:00 Grocery Shopping 11:30 presentation w/HectorPT Shoulder & Arm Exercises GR 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine Music by: Jack Kelle Duo GR 6:00 Cards TAV	8 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
9 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	10 11:00 Resident Meeting with Laura & Glenwyck Staff GR 12:00 Supper Club Orders Due 1:00 Lit Club LIB  1:30 Five Questions You Should Ask Yourself About Your Medication GR 2:00 Catholic Rosary Circle MOV 5:30 Pinochle & Hand, Knee & Foot TAV 6:00 Religious Service MOV 6:30 Scrabble TAV	11 11:30 Lunch Outing to Applebee's  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV 6:00 Oldies Music with Laurie & Bill GR HAPPY BIRTHDAY CYNDIE WILLIAMS	12 8:30 Waffle Wednesday TAV 10:00 Podiatrist Dr. Masias 12:00 Indoor Swap Meet GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Roast Pork Dinner \$15 TAV 5:30 Cards TAV	13 9:00 Sunnyview Audiology 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	14 9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB GR 6:00 Cards TAV	15 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
16 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	17 12:00 Supper Club Orders Due 1:00 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 MARTIN LUTHER KING DAY (OFFICE CLOSED NO FITNESS CLASSES)	18 12:00 Subway Orders Due 2:00 Glenwyck Book Club LIB  2:30 Docuseries: MOV 3:00 Service Club Meeting TAV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	19 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 2:00 New Resident Mixer TAV 4:00 Supper Club w/Maria's Café: Chicken Penne Ala Vodka \$15 TAV 5:30 Cards TAV	20  10:00 Bible Study LIB 11:30 Presentation: "Who Runs this Town?" GR 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Subway Dine-In GR 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV	21 9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Featured Cocktail: Cape Codder GR 6:00 Cards TAV	22 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
23/30 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	24/31 9:00 Blood Pressure Clinic GR 11:30 Fitness 2022 with Barb Howansky GR 12:00 Supper Club Orders Due 1:00 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 LESLIE GREENOUGH	25 11:30 Valentines Centerpiece Class TAV 2:00 Birthday Party GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	26 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 5:30 Cards TAV	27 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 1:30 Library Club LIB 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:30 Pinochle & Hand, Knee & Foot TAV	28 9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party: Wine 6:00 Cards TAV	29 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV HAPPY BIRTHDAY ELLEN FUNKE
CONNECTED <i>life</i>  FITNESS	Every Monday 9:00 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 Hydroriders (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 Hydroriders (P) 3:30 Buddy Swim (P)	Every Saturday & Sunday 10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday & Sunday)

New Resident mixer

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

Wednesday, January 19th
2:00 pm in the Tavern



Got too much stuff?
... Stuff that you don't want anymore?
... Stuff you don't want to throw away?

INDOOR SWAP MEET
Wednesday, January 12th
12:00 noon – 3:00 pm
In the Great Room

SWAP MEET

Residents may bring 3 unwanted items to
donate and then go "shopping" for free!

Drop off your items at 11:00 am in the Great
Room to be displayed.

You must take your items back home with you
at 3:00 if they were not chosen.

ONE
MAN'S TRASH
ANOTHER
MAN'S TREASURE



Religious Service

Mondays at 6:00 pm
In the Theatre

Our Resident Priest, Rev. Sally Heiligman
will be conducting service on Christian Tradition.

ALL ARE WELCOME



Health Presentation by Patty McGee

Five Questions You
Should Ask Yourself
About Your Medication



Monday, January 10th at 1:30 pm
In the Great Room



DINE-IN
Thursday, January 20th
at 4:00 pm
In the Great Room

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 Tuesday 18th

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.

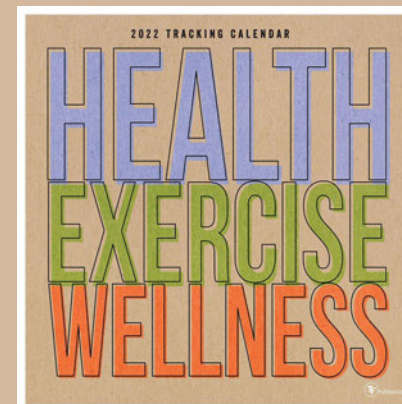
Food Drive – Local Food Pantries

Cooking Class with Francesca: Vegetarian Chili



Wednesday,
January 5th at
11:30 am
In the Great
Room

Fitness 2022 with Barb Howansky



Monday, January 24th at 11:30 am
In the Great Room



Come listen to your favorite tunes

Jack Kelle Duo
Friday, January 7th 4:00 pm

Oldies with Laurie & Bill
Tuesday, January 11th at 6:00 pm

In the Great Room



Friday, January 28th
at 4:00 pm Great Room
Call the office by 1/26
to RSVP \$5.00 pp



Valentines Centerpiece Arrangement with Lisa

Tuesday,
January 25th
at 11:30 am
In the Tavern

RSVP to the Office by
January 20th



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 & 4th Thursday 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



CVS
pharmacy

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.

SENIOR REHABILITATION SERVICES

HECTORPT
www.hectorpt.com

(518) 577-5214

