



SUMMIT AT GLENWYCK

Monthly Newsletter

May 2022

THE Manager's Message

"Music is the soundtrack of our lives."

Dick Clark

With the warmth of spring and summer comes familiar sights and sounds ... top-down convertibles, backyard gatherings, county fairs, and evening breezes flowing through open windows. And, if you listen carefully to all these familiar sights, you just might hear selections from the soundtrack of your life.

If you don't own a convertible or care much for barbecue, there's still hope. Likewise, don't let an allergy to livestock or the fact that you rely on air conditioning ruin all your fun. Music venues all around us will offer a cornucopia of quality entertainment this season.

Proctors Theatre, just down the road, will bring Broadway musicals "Cats" and "My Fair Lady" to its mainstage. The wonderful Schenectady Symphony Orchestra will be there as well. For something with more volume, go see "Dark Sarcasm, a Pink Floyd Tribute Band."

Visit Cohoes Music Hall to hear Spyro Gyra or tribute bands performing the sounds of Chicago, Jerry Garcia, and Led Zeppelin.

Among many other offerings, Albany's Palace Theatre will be featuring "The Music of John Williams" and "An Evening with Alice Cooper."

Upcoming performers at the Troy Savings Bank Music Hall include Sara Evans, Richard Marx, and the Albany Symphony Orchestra.

If you head north, visit the Saratoga Performing Arts Center. Their schedule is packed with the likes of Josh Grobin, the Doobie Brothers, Steely Dan, Rod Stewart, Norah Jones, Luke Bryan, the Beach Boys, Jason Aldean, and Willie Nelson among many others.

The Capital District Region offers a soup-to-nuts musical experience with something for everyone. Make a plan to go out and enjoy!

Laura N. Leathem

Laura Leathem
Community Manager



**Tuesday, May 10th
5:00 pm in the Tavern**

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.



New Resident mixer

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

Tuesday, May 10th
2:00 pm in the Tavern



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



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
Deloress Wallin	5/18
Paul Mills	5/20
Chris Rush	5/22

Help us celebrate our monthly birthdays
 On Tuesday, May 31st at 2:00 pm
 in the Great Room
 Cake & Ice Cream for all!

HOME SAFETY EDUCATION

Monday, May 16th
 2:00 pm in the Great Room

Join us for a learning session on SAFETY AWARENESS inside your home. Attendees will learn important safety tips, ways to facilitate proper transfers, transitions, use of available assistive devices, and some simple exercises.

**SENIOR
 REHABILITATION
 SERVICES**

HECTORPT
www.hectorpt.com
 (518) 577-5214



Fireside S'mores

Every Saturday
 Night at 6:00 pm
 in the Courtyard



MARIA'S LUNCH BUNCH

May 2nd, 9th, 16th, 23rd
 Delivery to the Tavern 11:30 am

May 2nd - Patty Melt
 (Macaroni Salad, Peanut Butter Cookie) \$12

May 9th - Italian Panini
 (Pasta Salad, Brownie) \$12

May 16th - Half Roast Beef Sandwich
 w/American
 (Tomato Bisque Soup & Cupcake) \$12

May 23rd - Southwest Chicken Wrap
 (Hand Cut French Fries & Fruit Cup) \$12

Orders due in the office by Noon on
 Friday 5/6, 5/13, 5/20

SupperClub

FOOD & FRIENDS

Wednesdays
 May 4th, 11th, 18th, 25th
 Delivery to the Tavern 4:00 pm

May 4th - Roast Turkey Dinner
 (Mashed Potatoes & Gravy, Stuffing,
 Tossed Salad, Peas & Carrots, Cranberry Sauce,
 Roll, Apple Crisp) \$15

May 11th - Baked Ziti
 (Meatballs, Garden Salad, Italian Bread,
 Chocolate Cake) \$15

May 18th - Shepherd's Pie
 (Tossed Salad, Corn Bread, Cherry Cobbler) \$15

May 25th - Chicken Parmigiana Dinner
 (Angel Hair Pasta, Caesar Salad, Garlic Bread,
 Vanilla Pudding) \$15

Orders due in the office by Noon on
 Monday 5/2, 5/9, 5/16, 5/23

S	M	T	W	TH	F	S
<p>1</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p> <p>HAPPY BIRTHDAY MALEE LENNON MAY DAY</p>	<p>2</p> <p>11:30 Maria's Lunch Bunch: Patty Melt \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:00 Religious Service MOV 6:30 Scrabble TAV</p>	<p>3</p> <p>9:30 Walking Club LOBBY 2:00 Entertainment Meeting GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>4</p> <p>8:30 Waffle Wednesday GR 12:00 Cooking Class w/Francesca Spinach, Feta, Rice Casserole GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Roast Turkey Dinner \$15 TAV 5:30 Cards TAV</p> <p>HAPPY BIRTHDAY MARY LOUISE FARINA</p>	<p>5</p> <p>10:00 Bible Study LIB 12:00 Mother's Day Luncheon GR 2:00 Pianist Laura Collins GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV</p>	<p>6</p> <p>9:00 Grocery Shopping 11:30 Paige Elementary School Service Club Project GR 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Margaritas GR 6:00 Cards TAV</p>	<p>7</p> <p>10:30 Bocce Ball CY 2:00 Quarter Bingo GR 4:00 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY</p> <p>HAPPY BIRTHDAY JOHN NACE</p>
<p>8</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>  <p>HAPPY MOTHER'S DAY</p>	<p>9</p> <p>11:00 Resident Meeting GR 11:30 Maria's Lunch Bunch: Italian Panini \$12 TAV 12:00 Supper Club Orders Due 12:30 Mah Jongg Madness Tournament TAV 1:00 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:00 Religious Service MOV 6:30 Scrabble TAV</p> <p>HAPPY BIRTHDAY LOUISE FOLCH</p>	<p>10</p> <p>9:30 Walking Club LOBBY 11:00 Free Troy Music Hall Concert: Pianist Findlay Cocktrell 2:00 New Resident Mixer TAV  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:00 Pot Luck Dinner TAV 5:30 Scrabble TAV</p>	<p>11</p> <p>8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB 2:00 Folk Music w/Alyssa Yeager GR 4:00 Supper Club w/Maria's Café: Baked Ziti Dinner \$15 TAV 5:30 Cards TAV</p>	<p>12</p> <p>10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV</p>	<p>13</p> <p>9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine Bring an Appetizer to Share GR 6:00 Cards TAV</p>	<p>14</p> <p>10:30 Bocce Ball CY 2:00 Quarter Bingo GR 4:00 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY</p> <p>HAPPY BIRTHDAY BERYL DEFRANK</p>
<p>15</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>16</p> <p>10:30 Garden Club Meeting TAV 11:30 Maria's Lunch Bunch: Half Roast Beef Sandwich w/American \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:00 Catholic Rosary Circle MOV  2:00 HectorPT Presents: "Home Safety Education" GR 4:00 Religious Service MOV 6:30 Scrabble TAV</p>	<p>17</p> <p>9:30 Walking Club LOBBY 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</p> <p>HAPPY BIRTHDAY DOROTHY CARPENTER</p>	<p>18</p> <p>8:30 Waffle Wednesday GR 12:45 Museum of Innovation & Science 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Shepherd's Pie \$15 TAV 5:30 Cards TAV</p> <p>HAPPY BIRTHDAY CHERY SKOWRONEK & DELORESS WALLIN</p>	<p>19</p> <p>9:00 Sunnyview Audiology SALON 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Country Music w/Mike Miner GR 2:30 Glenwyck Cinema MOV 4:00 Subway Dine-In \$4 GR 4:00 Scrabble TAV</p>	<p>20</p> <p>9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB 6:00 Cards TAV</p> <p>HAPPY BIRTHDAY PAUL MILLS</p>	<p>21</p> <p>10:30 Bocce Ball CY 11:30 Book Folding Class w/Beth TAV 2:00 Quarter Bingo GR 4:00 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY</p>  <p>ARMED FORCES DAY</p>
<p>22</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p> <p>HAPPY BIRTHDAY CHRIS RUSH</p>	<p>23</p> <p>11:30 Maria's Lunch Bunch: Southwest Chicken Wrap \$12 TAV  11:30 Author: Ray O'Conor She Called Him Raymond GR 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:00 Religious Service MOV 6:30 Scrabble TAV</p>	<p>24</p> <p>9:30 Walking Club LOBBY 10:30 Rivers Casino  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>25</p> <p>8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Chicken Parmigiana Dinner \$15 TAV 5:15 Scotia-Glenville Memorial Day Parade 5:30 Cards TAV</p>	<p>26</p> <p>10:00 Bible Study LIB 11:30 Lunch at Jumpin Jack's Drive-In 1:00 Knitting & Crocheting GR 1:30 Library Committee LIB 2:00 Oldies Music w/Pete Jorgenson GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV</p>	<p>27</p> <p>9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party: Wine \$5 GR 6:00 Cards TAV</p>	<p>28</p> <p>10:30 Bocce Ball CY 2:00 Quarter Bingo GR 4:00 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY</p>
<p>29</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>30</p> <p>12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:00 Religious Service MOV 6:30 Scrabble TAV</p>  <p>MEMORIAL DAY (OFFICE CLOSED NO FITNESS CLASSES)</p>	<p>31</p> <p>9:30 Walking Club LOBBY 2:00 Birthday Party GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>			<p>GR: Great Room TAV: Tavern CR: Craft Room FS: Fitness Studio P: Pool</p>	<p>CY: Courtyard MOV: Movie Theatre Gym Lobby</p>
<p>CONNECTED life</p>  <p>FITNESS</p>	<p>Every Monday</p> <p>9:00 Water Aerobics (P) 3:30 Buddy Swim (P)</p>	<p>Every Tuesday</p> <p>8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P)</p>	<p>Every Wednesday</p> <p>8:30 Water Aerobics (P) 9:30 Hydridorers (P) 3:30 Buddy Swim (P)</p>	<p>Every Thursday</p> <p>8:45 Sit 2B Fit (FS) 10:00 Zumba Gold (FS) 10:00 & 3:30 Buddy Swim (P)</p>	<p>Every Friday</p> <p>8:30 Water Aerobics (P) 9:30 Hydridorers (P) 3:30 Buddy Swim (P)</p>	<p>Every Saturday & Sunday</p> <p>10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday & Sunday)</p>

Cooking Class with Francesca: Spinach, Feta, Rice Casserole

Wednesday,
May 4th
at 12:00 pm

In the
Great Room

Sign Up in the Office



Book Folding Class with Beth

Saturday,
May 21st
at 11:30 am
In the Tavern

Call the office to sign up
Limited Seating



MAH JONGG MADNESS TOURNAMENT

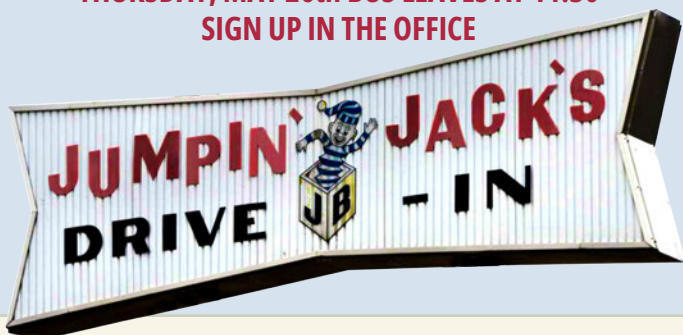
Monday, May 9th

12:30 - 4:00
In the Tavern



LUNCH AT JUMPIN JACK'S

THURSDAY, MAY 26th BUS LEAVES AT 11:30
SIGN UP IN THE OFFICE



Religious Service

Mondays at 4:00 pm
In the Theatre

Reverend Sally Heiligman
will be conducting service on Christian Tradition.

ALL ARE WELCOME

Rivers Casino

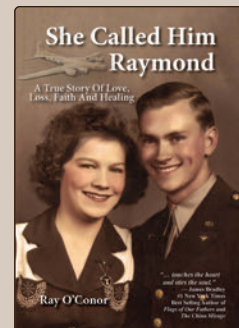
Tuesday, May 24th
Bus Leaves at 10:30 am
Call the Office to Sign Up



Local Author: Ray O'Connor

Monday, May 23rd
11:30 am in the Great Room

Ray is the author of *She Called Him Raymond*, a true story of love, loss, faith and healing. He will be at Glenwyck to share his compelling story of abandoning his career as a bank CEO to search for his namesake, a heroic B-17 pilot who died in WWII. Books will be available for sale for a \$15 softcover & \$25 hardcover.



DINE-IN

Thursday, May 19th
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, May 17th



Come listen to your favorite tunes

Laura Collins - Pianist

Thursday, May 5th 2:00 pm

Alyssa Yeager – Folk Music

Wednesday, May 11th 2:00 pm

Mike Miner - Country Music

Thursday, May 19th 2:00 pm

Pete Jorgenson - Oldies

Thursday, May 26th 2:00 pm

In the Great Room

MOTHER'S DAY LUNCHEON

**Thursday, May 5th 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 2ND

Doors Open at 11:45 am



Troy Music Hall Music at Noon Tuesday, May 10TH



Come enjoy at free concert by pianist,
Findlay Cockrell

Bus Leaves at 11:00 am

Sign up in the Office

Museum of Innovation & Science



Wednesday, May 18th

Bus leaves at 12:45 pm

Sign up in the Office

Limited Seating \$10 pp

Resident Informational Meetings

Entertainment Meeting with Laurie

Tuesday, May 3rd at 2:00 pm

**Resident Meeting with Laura
& Glenwyck Staff**

Monday, May 9th at 11:00 am

In the Great Room, All are Welcome



SCOTIA – GLENVILLE MEMORIAL DAY PARADE

Wednesday, May 25th

Bus leaves at 5:15 pm

Sign Up in the Office



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

Paige Elementary School to help
Fund Books & Emotional Learning Tools



**Friday, May 27th
at 4:00 pm Great Room**

**Call the office by 5/25
to RSVP \$5.00 pp**



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 & 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



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

