

# SUMMIT GLENWYCK

Monthly Newsletter

June 2022





# THE Manager's Message



*"All in all, it was a never-to-be-forgotten summer... one of those summers which, in a fortunate combination of delightful weather, delightful friends, and delightful doing, come as near perfection as anything can come in this world."* – L.M. Montgomery

Wishing you all a wonderful summer!

Laura Leathem  
Community Manager

## PRESENTATION

### Can Light Help Older Adults Sleep Better?

Dr. Rohan Nagarre, from the Light and Health Research Center will be here to discuss the importance of light, sleep, and health.

**Wednesday, June 29th 1:00 pm**  
**In the Great Room**



Icahn School of Medicine  
at Mount Sinai



**Tuesday, June 7th**  
**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, June 7th**  
**2:00 pm in the Tavern**



## Staff



### Community Manager

Laura Leathem

### Resident Services Coordinator

Laurie Ignazio

### Maintenance

Dustin Harrington

Thomas Nardini

### Driver

Tina Licata

### Housekeeping

Robyn Axon

### Weekend Concierge/Marketing Assistant

Kathleen Nichols

Cheryl Skowronek

Gloria Poston

### Office Phone

518-280-7340

### Emergency Maintenance

518-338-9562

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

# june BIRTHDAYS

Dolores Caruso	6/2
Harry Graham	6/6
Kay Ackerman	6/9
Bonnie Bunn	6/9
Rita Harris	6/12
Janet Liszewski	6/15
Linda Stimpson	6/18
Mary Wendorf	6/19
Annie Salvatore	6/26
Rosemary Kosiba	6/26
Kathleen Pultorak	6/29

Help us celebrate our monthly birthdays  
on Tuesday, June 28th at 2:00 pm  
in the Great Room  
Cake & Ice Cream for all!

## EXERCISE & MOBILITY PRESENTATION

Join HectorPT to learn exercises to maintain daily  
function, that are relevant to our daily mobility.

Thursday, June 9th  
11:30 am in the Great Room

**SENIOR  
REHABILITATION  
SERVICES**

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

## HELP US OUT IN THE GARDEN

6:00 PM NIGHTLY  
WEATHER PERMITTING



## MARIA'S MONDAY LUNCH BUNCH

June 6th, 13th, 20th, 27th  
Delivery to the Tavern 11:30 am

**June 6th - Chicken Salad on a Croissant**  
(Garden Salad, Fruit Cup, Sugar Cookie) \$12

**June 13th - Chef Salad**  
(Chicken Noodle Soup, Brownie) \$12

**June 20th - Grilled Chicken Sandwich**  
(Macaroni Salad, Oatmeal Cookie) \$12

**June 27th - Cheeseburger**  
(French Fries & Peanut Butter Cookie) \$12

Orders due in the office by Noon on  
Friday 6/3, 6/10, 6/17, 6/24

## SupperClub

### FOOD & FRIENDS

**Wednesdays**

June 1st, 8th, 15th, 22nd, 29th  
Delivery to the Tavern 4:00 pm

**June 1st - Chicken & Biscuits Dinner**  
(Garlic Mashed Potatoes, Scalloped Corn,  
Tossed Salad, Chocolate Chip Cookie) \$15

**June 8th - Roast Beef Dinner**  
(Mashed Potatoes & Gravy, Garden Salad,  
Green Beans, Roll, Chocolate Cake) \$17

**June 15th - Lasagna Dinner**  
(Caesar Salad, Italian Bread, Apple Crisp) \$15

**June 22nd - Meatloaf Dinner**  
(Baked Potato, Tossed Salad, Baby Carrots, Roll,  
Vanilla Pudding) \$15

**June 29th - Roast Pork Dinner**  
(Mashed Potatoes & Gravy, Stuffing, Tossed  
Salad, Mixed Vegetables, Cherry Cobbler) \$15

Orders due in the office by Noon on  
Monday 6/6, 6/13, 6/20, 6/27

S	M	T	W	TH	F	S
			1 8:30 Waffle Wednesday GR 12:00 Cooking Class w/Francesca Double Berry French Toast GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Chicken & Biscuit Dinner \$15 TAV 5:30 Cards TAV	2 10:00 Bible Study LIB 1:00 Ice Cream Doggie Treats CY 1:00 Knitting & Crocheting GR 2:00 Guitarist John Hill GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV <b>HAPPY BIRTHDAY DOLORES CARUSO</b>	3 <b>9:00 Grocery Shopping</b> 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Screwdrivers GR 6:00 Cards TAV	4 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
5 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	6 11:00 Resident Meeting w/Laura & Glenwyck Staff GR 11:30 Maria's Lunch Bunch: Chicken Salad on a Croissant \$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 <b>HAPPY BIRTHDAY HARRY GRAHAM</b>	7 9:30 Walking Club LOBBY 12:00 Subway Orders Due 2:00 New Resident Mixer TAV  <b>2:30 Docuseries: MOV</b> 4:00 Game Night: Right Left Center GR 5:00 Pot Luck Dinner TAV 5:30 Scrabble TAV	8 8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 12:30 - 4:00 Mah Jongg Madness Tournament TAV 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Roast Beef Dinner \$17 TAV 5:30 Cards TAV	9  10:00 Bible Study LIB <b>11:30 HectorPT Presents: "Exercise &amp; Mobility" GR</b> 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Subway Dine-In \$4 GR 4:00 Scrabble TAV <b>HAPPY BIRTHDAY KAY ACKERMAN &amp; BONNIE BUNN</b>	10 <b>9:00 Grocery Shopping</b> 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	11 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
12 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV  <b>HAPPY BIRTHDAY RITA HARRIS</b>	13 10:30 Garden Club Meeting TAV 11:30 Maria's Lunch Bunch: Chef Salad \$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	14 9:30 Walking Club LOBBY  <b>11:30 Where There's a Will There's Probate Presentation GR</b>  12:00 RSVP Father's Day BBQ <b>2:30 Docuseries: MOV</b> 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV 	15 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 2:00 Entertainment Meeting w/Laurie GR 4:00 Supper Club w/Maria's Café: Lasagna Dinner \$15 TAV 5:30 Cards TAV <b>HAPPY BIRTHDAY JANET LISZEWSKI</b>	16 9:00 Sunnyview Audiology SALON 10:00 Bible Study LIB 12:00 Father's Day BBQ TAV 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV	17 <b>9:00 Grocery Shopping</b> 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB GR 6:00 Cards TAV	18 10:30 Bocce Ball CY 2:00 Quarter Bingo GR 4:00 Glenwyck Cinema MOV 5:00 DJ Rockin Rob Bring an Appetizer to Share GR 6:00 Game Night TAV 6:00 Fireside S'mores CY  <b>HAPPY BIRTHDAY LINDA STIMPSON</b>
19 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV  <b>HAPPY BIRTHDAY MARY WENDORF</b>	20  11:30 Maria's Lunch Bunch: Grilled Chicken Sandwich \$12 TAV <b>11:30 "Foot Care &amp; Shoe Gear" Presentation w/Dr. Masias GR</b> 12:00 Supper Club Orders Due 12:00 RSVP Strawberry Shortcake Social 1:00 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:00 Religious Service MOV 6:30 Scrabble TAV	21 9:30 Walking Club LOBBY <b>10:30 Rivers Casino</b> 2:00 Glenwyck Book Club LIB  <b>2:30 Docuseries: MOV</b> 3:00 Service Club Meeting TAV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV  <b>FIRST DAY OF SUMMER</b>	22 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 2:00 Patriotic Wreath Making w/Judie TAV 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 5:30 Cards TAV	23 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 1:30 Library Committee LIB 2:30 Glenwyck Cinema MOV 2:30 Strawberry Shortcake Social GR 4:00 Scrabble TAV	24 <b>9:00 Grocery Shopping</b> 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party: Wine \$5 GR 6:00 Cards TAV	25 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
26 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV  <b>HAPPY BIRTHDAY ANNIE SALVATORE &amp; ROSEMARY KOSIBA</b>	27 11:30 Maria's Lunch Bunch: Cheeseburger w/French Fries \$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	28 9:30 Walking Club LOBBY <b>11:30 Lunch at Maxon's American Grill</b> 2:00 Birthday Party GR  <b>2:30 Docuseries: MOV</b> 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	29  8:30 Waffle Wednesday GR 1:00 Lit Club LIB <b>1:00 Can Light Help Older Adults Sleep Better? w/Dr. Rohan Nagarre GR</b> 4:00 Supper Club w/Maria's Café: Roast Pork Dinner \$15 TAV 5:30 Cards TAV <b>HAPPY BIRTHDAY KATHLEEN PULTORAK</b>	30 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Judi's Jokes Stand-Up Comedy Show GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV	<div>GR: Great Room TAV: Tavern CR: Craft Room FS: Fitness Studio P: Pool</div> <div>CY: Courtyard MOV: Movie Theatre Gym Lobby</div>	
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>9:00 Water Aerobics (P) 3:30 Buddy Swim (P)</div>	<div>Every Tuesday</div> <div>8:45 Sit 2B Fit (FS) 10:00 &amp; 3:30 Buddy Swim (P)</div>	<div>Every Wednesday</div> <div>8:30 Water Aerobics (P) 9:30 Hydridoriders (P) 3:30 Buddy Swim (P)</div>	<div>Every Thursday</div> <div>8:45 Sit 2B Fit (FS) 10:00 Zumba Gold (FS) 10:00 &amp; 3:30 Buddy Swim (P)</div>	<div>Every Friday</div> <div>8:30 Water Aerobics (P) 9:30 Hydridoriders (P) 3:30 Buddy Swim (P)</div>	<div>Every Saturday &amp; Sunday</div> <div>10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday &amp; Sunday)</div>



## Cooking Class with Francesca: Double Berry French Toast

Wednesday,  
June 1st  
at 12:00 pm

In the  
Great Room  
Sign Up in the Office



## Patriotic Wreath Making Class with Judie

Wednesday,  
June 22nd  
at 2:00 pm  
In the Tavern

Sign up in the Office  
Limited Seating



## MAH JONGG MADNESS TOURNAMENT

Wednesday  
June 8th

12:30 - 4:00  
In the Tavern



## LUNCH AT MAXON'S AMERICAN GRILL

TUESDAY, JUNE 28th 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**

## Resident Informational Meetings

Resident Meeting with Laura  
& Glenwyck Staff  
Monday, June 6th at 11:00 am



Entertainment Meeting with Laurie  
Wednesday, June 15th at 2:00 pm

In the Great Room. All are Welcome.



**Revolutionary**  
FINANCIAL PLANNING  
An Office of Halliday Financial

## PRESENTATION

### Where There's a Will There's Probate

Tuesday, June 14th at 11:30 am  
In the Great Room

## DJ ROCKIN ROB

SATURDAY, JUNE 18TH  
5:00 PM - ?

In the Great Room

Bring an Appetizer to Share - Soda,  
Wine & Beer Provided



**50/50  
Raffle**



## DINE-IN

Thursday, June 9th  
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, June 7th

# HAPPY Father's DAY Lunch

**THURSDAY, JUNE 16TH  
NOON IN THE TAVERN**

Gentlemen of Glenwyck, sign up for this special lunch meant to honor you!

Please **RSVP** to the office by June 14th



## STRAWBERRY SHORTCAKE SOCIAL

**THURSDAY,  
JUNE 23RD AT 2:30 PM  
GREAT ROOM**

**RSVP TO THE OFFICE BY  
JUNE 20TH**



**Call the Office to Sign Up**

## 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



Come listen to your favorite tunes

**John Hill - Guitarist**

Thursday, June 2nd 2:00 pm

**DJ Rockin Rob**

Saturday, June 18th 5:00 pm

**In the Great Room**

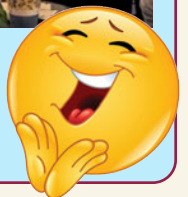
## Judi's Jokes

Thursday, June 30th

2:00 pm

In the Great Room

Enjoy some Stand-Up Comedy and belly laughs!



## Foot Care & Shoe Gear Presentation with Michael Masias, DPM

Monday, June 20th

11:30 am

in the Great Room



**Friday, June 24th  
at 4:00 pm Great Room**

Call the office by 6/22  
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.

Tuesday, Thursdays & 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.



### *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](http://www.hectorpt.com)

**(518) 577-5214**

