

SUMMIT AT GLENWYCK

Monthly Newsletter

September 2022



THE Manager's Message

In early September 1988, my parents, grandparents, and I packed our bags and set out for an end-of-summer vacation. With school soon to reopen, Mom and Dad hurriedly crammed everything into the back of our air-conditionless Ford Taurus station wagon. I jumped into the backseat with Gram and Gramp ... assigned, as all kids are, to ride for 6 hours on that stiff, uncomfortable middle hump. Although all I was really interested in was a motel with a fun swimming pool, we were on our way to visit the Amish of Lancaster County, Pennsylvania. It turned out to be one of my most memorable trips to a point in history supposedly lost to the passage of time.

The Amish are a peace-loving, hardworking, spiritual, private, yet friendly people who have in recent years come to be our neighbors here in upstate New York. The population continues to grow in nearby Montgomery, Fulton, and Washington counties as they are attracted to purchase small, abandoned family farms left decaying by the advent of massive factory farms. Some repair old or build ... often in a single day with the help of their Amish neighbors ... brand new barns to house cattle, horses, and crops of hay, corn, and straw. Others choose to build and sell Amish sheds rather than pursue more traditional dairy farming. Just about all Amish families supplement income by selling homegrown vegetables and fruits, as well as homemade pies, bread, cookies, jams, etc. at modest roadside stands. They are famous for their beautiful handsewn aprons, placemats, and quilts. The Amish accomplish all this without the use of electricity or other modern conveniences and technology.

In a world driven by dizzying change and "progress," the Amish, with their horses, buggies, straw hats, plain clothing, and commitment to spiritual simplicity, can be a refreshing inspiration to all who sometimes feel overwhelmed by the breakneck pace of modern life. Do yourself a favor and research the history of the Amish in America. It's a compelling story. Better yet, take a ride out into the countryside and meet our newest neighbors ... except on Sunday, their day of worship. Be sure to visit an Amish roadside stand for some tasty treats. Let me recommend the peanut butter cookies. Enjoy!

Laura N. Leatham

Laura Leatham
Community Manager



**Thursday, September 8th
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.



IT'S THAT TIME OF YEAR AGAIN FLU CLINIC



Thursday, September 15th
at 11:30 am in the Great Room



Sign Up in the Office
By Friday, September 9th

Staff

Community Manager

Laura Leatham

Resident Services Coordinator

Laurie Ignazio

Maintenance

Dustin Harrington

Thomas Nardini

Driver

Tina Licata

Weekend Concierge/Marketing Assistant

Joanne Krazit

Gloria Poston

Cheryl Skowronek

Office Phone

518-280-7340

Emergency Maintenance

518-338-9562

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

September Birthdays



Ron Kosiba	9/3
Pamela Janus	9/6
Anna Casillo	9/7
Pat Rush	9/8
Nadia Lakah	9/9
Helena Dean	9/9
Shireen Gifford	9/11
Ursula Keiski	9/19
Joan Shaw	9/20
Jennie Tamasi	9/20
Gary Cardwell	9/21
Janet Staiano	9/22
Richard Osterhout	9/24
Ellen Cushing	9/24
Carol Mjaatvedt	9/25
Jane Osterhout	9/28
Jerry Stahl	9/29
Dorothy Sartori	9/30

Help us celebrate our monthly birthdays on
Tuesday, September 27th at 2:00 pm
in the Great Room
Cake & Ice Cream for all!

*Welcome to
The Summit At Glenwyck*

Eleanor Cronin
from Ballston Lake

Rachel Yazum
from Schenectady

Donna MacDonald
from Ballston Lake

MARIA'S MONDAY LUNCH BUNCH

September 12th, 19th, 26th
Delivery to the Tavern 11:30 am

September 12th -
Grilled Ham & Swiss Sandwich
(Pasta Salad, Cupcake) \$12

September 19th - Turkey Reuben
(Macaroni Salad, Brownie) \$12

September 26th - Chicken Bacon Wrap
(Vegetable Soup, Oatmeal Raisin Cookie) \$12

Orders due in the office by Noon on
Friday 9/9, 9/16, 9/23, 9/30

SupperClub

FOOD & FRIENDS

Wednesdays

September 7th, 14th, 21st, 28th
Delivery to the Tavern 4:00 pm

September 7th - Eggplant Parmesan
(Ziti, Tossed Salad, Italian Bread, Vanilla Pudding) \$15

September 14th - Roast Beef Dinner
(Mashed Potatoes & Gravy, Garden Salad, Green Beans, Roll, Chocolate Cake) \$17

September 21st -
Chicken Marsala w/Mushrooms
(Roasted Potatoes, Garden Salad, Peas, Cherry Cobbler) \$15

September 28th - Lasagna Dinner
(Caesar Salad, Italian Bread, Apple Crisp) \$15

Orders due in the office by Noon on
9/6, 9/12, 9/19, 9/26



BOCCE BALL TOURNAMENT At Mill Hill

Friday, September 23rd
Bus Leaves at 10:00 am

GO TEAM GLENWYCK!!!



S	M	T	W	TH	F	S
 SEPTEMBER	GR: Great Room TAV: Tavern CR: Craft Room FS: Fitness Studio P: Pool	CY: Courtyard MOV: Movie Theatre Gym Lobby	 Thursday, September 1st Bus will leave at 11:30	1 10:00 Bible Study LIB 11:30 Dutch Apple Cruise 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV	2 9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB GR 6:00 Cards TAV	3 10:30 Bocce Ball CY 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY HAPPY BIRTHDAY RON KOSIBA
4 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	5  1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 6:30 Scrabble TAV HAPPY LABOR DAY OFFICE CLOSED NO FITNESS CLASSES	6  9:30 Walking Club LOBBY 12:00 Supper Club Orders Due  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV HAPPY BIRTHDAY PAMELA JANUS	7 8:30 Waffle Wednesday GR 12:00 Cooking Class w/Francesca Roasted Chicken w/White Beans GR 12:00 RSVP End of Summer Party 1:00 Lit Club LIB 2:00 Entertainment Meeting w/Laurie GR 4:00 Supper Club w/Maria's Café: Eggplant Parmesan \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY ANNA CASILLO	8 10:00 Bible Study LIB 10:15 Yaddo Gardens 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:00 Pot Luck Dinner GR HAPPY BIRTHDAY PAT RUSH	9 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 12:00 Deadline to Sign Up for Flu Clinic 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Cape Codder Bring an Appetizer to Share GR 6:00 Cards TAV HAPPY BIRTHDAY NADIA LAKAH & HELENA DEAN	10 10:30 Bocce Ball CY 2:00 End of Summer Party GR 2:30 Glenwyck Cinema MOV 3:00 Music with Sean Lyons GR 6:00 Game Night TAV 6:00 Fireside S'mores CY END OF SUMMER PARTY
11 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY SHIREEN GIFFORD	12 11:00 Resident Meeting w/Laura & Glenwyck Staff GR 11:30 Maria's Lunch Bunch: Grilled Ham & Swiss Sandwich \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service MOV 6:30 Scrabble TAV	13  9:30 Walking Club LOBBY 12:00 Subway Orders Due 2:00 Pianist Laura Collins GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	14 8:30 Waffle Wednesday GR 10:00 Rivers Casino 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Roast Beef Dinner \$17 TAV 5:30 Cards TAV	15 9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 11:30 Flu Clinic GR 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Subway Dine-In \$5 GR 4:00 Scrabble TAV	16 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 GR 6:00 Cards TAV	17 10:30 Bocce Ball CY 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY
18 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	19 11:30 Maria's Lunch Bunch: Turkey Reuben \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service MOV 6:30 Scrabble TAV HAPPY BIRTHDAY URSULA KEISKI	20  9:30 Walking Club LOBBY  11:30 Health Insurance Counseling & Assistance Program w/Catholic Charities GR  2:30 Docuseries: MOV 2:00 Glenwyck Book Club LIB 3:00 Service Club Meeting TAV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV HAPPY BIRTHDAY JOAN SHAW & JENNIE TAMASI	21 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Chicken Marsala w/Mushrooms \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY GARY CARDWELL	22 9:00 Grocery Shopping 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Impersonation of Louisa May Alcott GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV FALL BEGINS HAPPY BIRTHDAY JANET STAIANO	23  10:00 Bocce Ball Tournament at Mill Hill  11:00 Alzheimer's Research Presentation w/Dr. Richard Holub GR 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Screwdriver Bring an Appetizer to Share GR 6:00 Cards TAV	24 10:30 Bocce Ball CY 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV 6:00 Fireside S'mores CY HAPPY BIRTHDAY ELLEN CUSHING & RICHARD OSTERHOUT
25 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY CAROL MJAATVEDT	26 11:30 Maria's Lunch Bunch: Chicken Bacon Wrap \$12 TAV 12:00 Supper Club Orders Due 1:00 Fall Wall Hanging Craft w/Joanne TAV 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service LIB 6:30 Scrabble TAV	27  9:30 Walking Club LOBBY 10:30 Lunch & Shopping at Lakeside Farms 2:00 Birthday Party GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	28 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 1:30 Library Committee LIB 4:00 Supper Club w/Maria's Café: Lasagna Dinner \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY JANE OSTERHOUT	29 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 1:30 Library Committee LIB 2:00 Jack Kelle Duo GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV HAPPY BIRTHDAY JERRY STAHL	30 9:00 Grocery Shopping 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 HAPPY BIRTHDAY DOROTHY SARTORI	
 CONNECTED life FITNESS	Every Monday 8:30 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 Hydridoriders (P) 3:30 Buddy Swim (P)	Every Thursday 8:45 Sit 2B Fit (FS) 10:00 Zumba Gold (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) 3:30 Buddy Swim (P) (Saturday & Sunday)

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 for local Food Pantries

Resident Informational Meetings

Entertainment Meeting with Laurie
Wednesday, September 7th at 2:00 pm

Resident Meeting with Laura & Glenwyck Staff
Monday, September 12th at 11:00 am

In the Great Room.
All are Welcome.



Cooking Class with Francesca:

Roasted Chicken with White Beans

Wednesday,
September 7th
at 2:00 pm
In the
Great Room

Sign Up in the Office



Rivers Casino
Wednesday, September 14th
Bus Leaves at 10:00 am
GET OUT AND LIVE A LOT
Call the Office to Sign Up



Religious Service

**Mondays at 4:00 pm
In the Theatre**


Reverend Sally Heiligman
will be conducting service on Christian Tradition.
ALL ARE WELCOME



DINE-IN

**Thursday, September 15th
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 \$5.00!**
RSVP to the office by Tuesday 13th



CATHOLIC CHARITIES

SENIOR & CAREGIVER SUPPORT SERVICES

PRESENTS:

**HEALTH INSURANCE COUNSELING &
ASSISTANCE PROGRAM**

**TUESDAY, SEPTEMBER 20TH AT 11:30 AM
IN THE GREAT ROOM**

LUNCH & SHOPPING AT LAKESIDE FARMS



**TUESDAY, SEPTEMBER 27TH
BUS LEAVES AT 10:30**

RSVP to the office by September 23rd

END OF SUMMER PARTY

**SATURDAY, SEPTEMBER 10TH
2:00 PM TIL ?
IN THE GREAT ROOM**

MUSIC BY SEAN LYONS 3PM – 5 PM

BBQ PROVIDED \$5.00 PP

**HOTDOG, POTATO SALAD, MACARONI
SALAD, PINEAPPLE COLESLAW, STRAWBERRY
SHORTCAKE, WATER, BEER, WINE**

RSVP TO THE OFFICE BY SEPTEMBER 7TH

DISCUSSION: Alzheimer's Disease Research

**Led by Dr. Richard Holub
Friday, September 23rd
11:00 am in the Great Room**

Please join us for an in-depth discussion and one-on-one clinical assessment of Alzheimer's with Dr. Richard Holub of Neurological Associates of Albany, P.C. Among the topics he will cover are:

- What Alzheimer's is and an overview of its history
- What early signs to look for
- Preventative tactics and different treatments
- How to get involved
- Finding A CURE!

Dr. Richard Holub is President and Director of the Alzheimer's Disease Research & Treatment Center at Neurological Associates of Albany (NAA).

Fall Wall Hanging Craft with Resident, Joanne Krazit

**Monday, September
26th at 1:00 pm
in the Tavern**

**Sign up in the Office
Limited Seating**



Come listen to your favorite tunes

Sean Lyons - 50's, 60's, 70's, 80's
Saturday, September 10th 3:00 pm

Laura Collins- Pianist
Tuesday, September 13th 2:00 pm

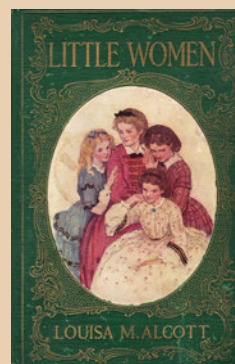
Jack Kelle Duo
Thursday, September 29th 2:00 pm

In the Great Room

Yaddo GARDENS

**Thursday,
September 8th**

Bus leaves at 10:15 am
Sign up in the Office



**Impersonation of
LOUISA MAY ALCOTT**
Thursday, September 22nd
2:00 pm
Great Room

Spend an afternoon with Louisa May Alcott, author of Little Women. She will tell you stories of her family, life, writing career, and share some of her literary works. Step back in time with historical reenactor Denise Wright while she brings the author to life through pictures, words, and stories.



**Friday, September 30th
at 4:00 pm Great Room**
Call the office by 9/28
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.

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 \$13.00. 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
Broccoli Cheddar Quiche

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.

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214

