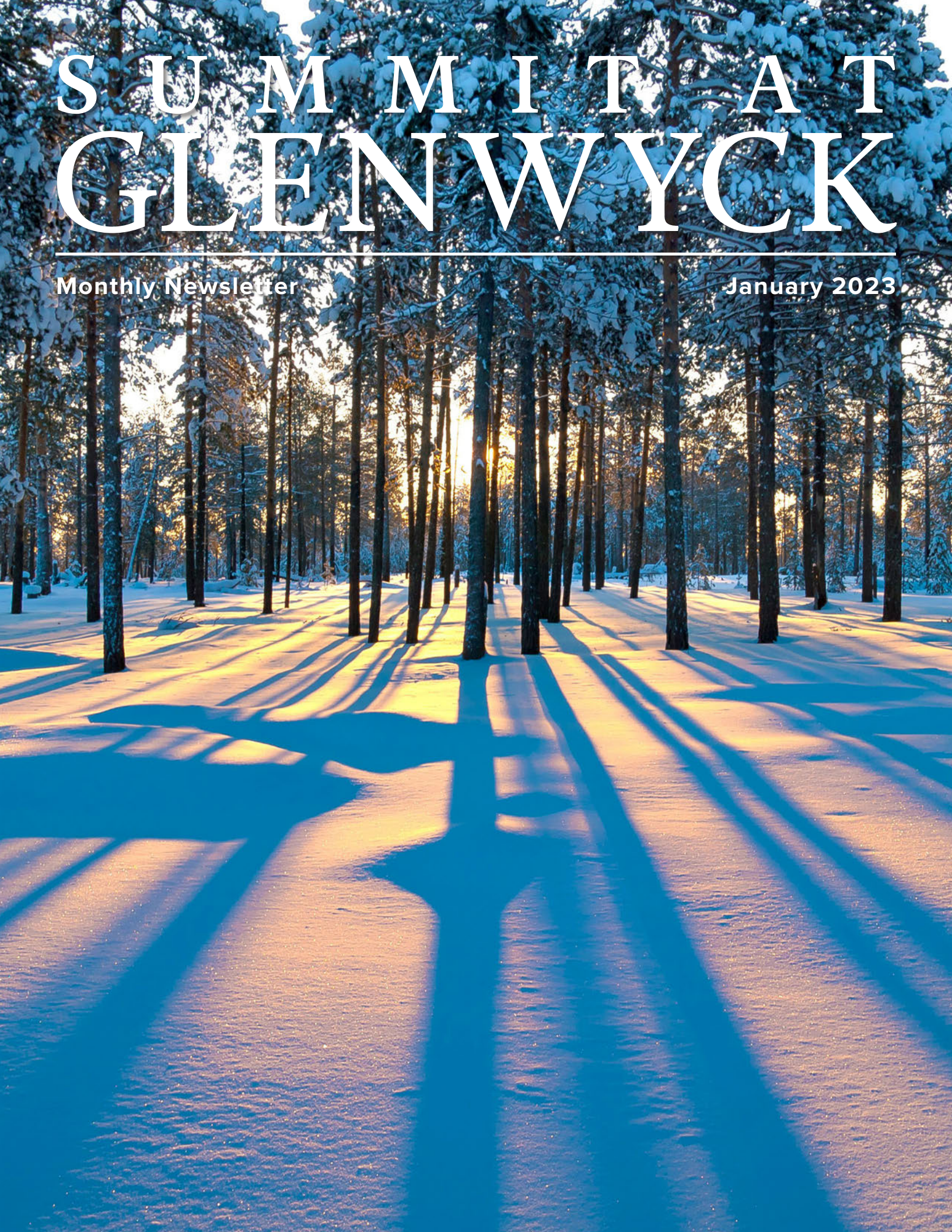


SUMMIT AT GLENWYCK

Monthly Newsletter

January 2023



THE Manager's Message



Happy New Year Wish

My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.

A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done, I wish you
Happy New Year, and many more.

By Joanna Fuchs

Happy New Year!

Laura N. Leathem
Laura Leathem
Community Manager

Thursday, January 19th
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.



New Resident mixer

**Calling all New Residents
for a Meet & Greet
and Fellowship!**

Tuesday, January 24th
2:00 pm in the Tavern



Staff

Community Manager

Laura Leathem
LLeathem@summitseniorlife.com

Resident Services Coordinator

Laurie Ignazio
LIgnazio@summitseniorlife.com

Maintenance

Dan Crowley
Thomas Nardini

Driver

Tina Licata

Weekend Concierge/Marketing Assistant

Joanne Krazit
Gloria Poston

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
Kathleen Stanley	1/13
Leslie Greenough	1/24
Ellen Funke	1/29

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

Got too much stuff?

... Stuff that you don't want anymore?
... Stuff you don't want to throw away?

INDOOR SWAP MEET

Wednesday, January 25th

Noon - 3:00 pm

In the Great Room

Residents may bring 5 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.

ONE
MAN'S TRASH
ANOTHER
MAN'S TREASURE

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

SWAP
MEET

MARIA'S MONDAY LUNCH BUNCH

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

January 2nd - Chef Salad
(Vegetable Soup, Oatmeal Raisin Cookie) \$12

January 9th - Tuna Melt
(Macaroni Salad, Brownie) \$12

January 23rd - Goulash
(Garden Salad, Cupcake) \$12

January 30th - Patty Melt
(Pasta Salad, Chocolate Chip Cookie) \$12

Orders due in the office by Noon on
Friday 1/6, 1/20, 1/27

SupperClub FOOD & FRIENDS

Wednesdays

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

January 4th - Baked Ham Dinner
(Garlic Mashed Potatoes & Gravy,
Tossed Salad, Scalloped Corn, Corn Bread,
Cherry Cobbler) \$15

January 11th - Chicken Penne Ala
Vodka Dinner
(Caesar Salad, Garlic Bread,
Vanilla Pudding) \$15

January 18th - Baked Ziti Dinner
(Meatballs, Garden Salad, Italian Bread,
Chocolate Cake) \$15

January 25th - Meatloaf Dinner
(Baked Potato, Garden Salad, Baby Carrots,
Roll, Apple Crisp) \$15

Orders due in the office by Noon on
Monday 1/2, 1/9, 1/13, 1/23



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1 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV NEW YEAR DAY - OFFICE CLOSED HAPPY BIRTHDAY CATALDO CASILLO	2 11:30 Maria's Lunch Bunch: Chef Salad \$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	3 10:00 Rivers Casino 1:30 Entertainment Meeting w/Laurie GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV HAPPY BIRTHDAY MICHELE GIBSON	4 8:30 Waffle Wednesday GR 12:00 Cooking Class w/Francesca German Potato Dumpling GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Baked Ham Dinner \$15 TAV 5:30 Cards TAV	5 10:00 Consignment Shopping Outing 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Classic Hits w/Russ Kennedy GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV	6 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 GR 6:00 Cards TAV	7 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
8 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	9 11:00 Resident Meeting w/Laura & Glenwyck Staff GR 11:00 Podiatrist Dr. Masais 11:30 Maria's Lunch Bunch: Tuna Melt \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 2:30 Painting Class w/Janelle TAV 4:00 Religious Service MOV 6:30 Scrabble TAV	10 11:30 HectotPT Presents: "How to Stay Healthy during the Cold Months"GR 12:00 Subway Orders Due 1:30 Programming Meeting w/Laurie GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	11 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 2:00 Presentation: "Artifacts and Stories from the Past"GR 4:00 Supper Club w/Maria's Café: Chicken Penne Ala Vodka Dinner \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY CYNDIE WILLIAMS	12 9:00 Breakfast at Glenville Queen Diner 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 4:00 Subway Dine-In \$5 GR	13 9:00 Grocery Shopping 12:00 Supper Club Orders Due 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 KATHLEEN STANLEY	14 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
15 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	16 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service MOV 6:30 Scrabble TAV MARTIN LUTHER KING DAY (OFFICE CLOSED NO FITNESS CLASSES)	17 11:30 Lunch at Bellevue Cafe 2:30 Docuseries: MOV 3:00 Service Club Meeting TAV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	18 8:30 Waffle Wednesday GR 2:00 "Criminals of the Capital District" w/Jill Knapp GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Baked Ziti Dinner \$15 TAV 5:30 Cards TAV	19 9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Jack Kelle Duo GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:00 Pot Luck Supper GR	20 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 6:00 Cards TAV	21 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
22 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	23 11:30 Maria's Lunch Bunch: Goulash \$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	24 2:00 New Resident Mixer TAV 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV HAPPY BIRTHDAY LESLIE GREENOUGH	25 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 12:00 Indoor Swap Meet GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 5:30 Cards TAV	26 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 1:30 Library Committee LIB 2:00 Bring a Dessert to Share Social GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV	27 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 6:00Cards TAV	28 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV
29 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY ELLEN FUNKE	30 11:30 Maria's Lunch Bunch: Patty Melt \$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	31 2:00 Birthday Party GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	CR: Craft Room CY: Courtyard FS: Fitness Studio GR: Great Room GYM	LOBBY MOV: Movie Theatre OFFICE P: Pool TAV: Tavern		
CONNECTED <i>life</i> 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)

Resident Informational Meetings

Entertainment Meeting with Laurie
Tuesday, January 3rd at 1:30 pm

Resident Meeting with Laura & Glenwyck Staff
Monday, January 9th at 11:00 am

Programming Meeting with Laurie
Tuesday, January 10th at 1:30 pm

In the Great Room.
All are Welcome.



Cooking Class with Francesca: German Potato Dumpling

Wednesday, January 4th
at 12:00 pm
In the Great Room

Sign Up in the Office



Rivers Casino Tuesday, January 3rd Bus Leaves at 10:00 am



Call the Office to Sign Up

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



SENIOR REHABILITATION SERVICES

Presentation
**"How to Stay Healthy
during the Cold
Months"**

Tuesday, January 10th
11:30 am
In the Great Room



Join Historian, Town of Ballston Rick Reynolds as he Presents: "Artifacts & Stories from the Past"

Wednesday, January 11th at 2:00 pm
In the Great Room



Do you know about an unusually compassionate past President of the United States or, for that matter, do you know who was REALLY the first President of the United States? (It's not who you think) Ever hear about some local amusement parks of the past? How about the grand mansions? In this presentation you will see many actual historical items from the area and hear stories of local places and events. You will walk away with a wealth of stories and a lot of knowledge that you never knew you had been missing.

Outings

**BREAKFAST AT
THE GLENVILLE QUEEN DINER**
Thursday, January 12th at 9:00 am



Lunch at the Bellevue Café
Tuesday, January 17th at 11:30 am

The Bellevue Café

Sign up in the Office

SUBWAY DINE-IN

Thursday, January 12th
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 10th

Consignment Shopping

Thursday, January 5th
Bus leaves at 10:00 am - Noon

We will be going to
**Worth Repeating &
Consignment Consortium**



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—Hats, Mittens, Gloves, Scarves, Socks, new items knit or crochet for The City Mission

Meeting

Tuesday, January 17th, 3:00 pm
In the Tavern

**BRING A
DESSERT
TO SHARE
SOCIAL**



**THURSDAY, JANUARY 26TH
2:00 PM IN THE GREAT ROOM
CATCH UP WITH FRIENDS AND CREATE NEW
ONES WHILE ENJOYING A SWEET TREAT!**

Criminals of the Capital District

**Wednesday, January 18th
2:00 pm
In the Great Room**

There were several criminals whose crimes held the attention of the public in the mid-1800s. Presenter, Jill Knapp will cover three of the criminals, a murderous butcher, a female abortionist responsible for the death of several women, and a dashing confidence man who swindled the public with his various con games as a naval officer, a preacher, school teacher, and more!



Come listen to your favorite Holiday tunes

Russ Kennedy - Classic Hits

Thursday, January 5th 2:00 pm

Jack Kelle Duo - 70's, 80's, 90's

Thursday, December 19th 2:00 pm

In the Great Room



Religious Service

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

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

ALL ARE WELCOME

Painting Class with Janelle



**Monday,
January 9th
at 12:30 pm
in the Tavern**

Sign up in the Office



**Friday, January 27th
at 4:00 pm Great Room
Call the office by 1/25
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.

Tuesday, Thursdays & Fridays 10:00 am - 5:00 pm

Cindy (518) 526-2262

Nail Services

Mondays

Sonia Thomas (518) 512-7479

♥ Gift Certificates Available ♥

PRICE CHOPPER



pharmacy

DELIVERY IS AVAILABLE

Monday— Friday. Call Jessica at 399-6474.



GENOA IMPORTING

Too busy to grocery shop? Too tired to cook?

Genoa Importing meals are available in the office on a first come/first serve basis. The below dishes are frozen and ready to be simply heated & enjoyed. Each 2-person serving is \$13.00.

This month's anyday choices:

Shepherd's Pie

Meat Lasagna

Beef Stew

Chicken Tortellini

Veggie & Cheese Ravioli

Chicken & Dumpling

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 Monday 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

