

A close-up photograph of several large, rounded mounds of chrysanthemum flowers. The flowers are in various stages of bloom, showing a rich palette of autumn colors: bright orange, sunny yellow, and deep red. The background is filled with more flowers, creating a dense and colorful scene.

SUMMIT AT GLENWYCK

Monthly Newsletter

September 2023

THE Manager's Message

As fall approaches, it brings some of my favorite things! Cool nights, the smell of autumn leaves, apple pie and the change of seasons, a new chapter.

Well, speaking of change and a new chapter, I have changed roles at Glenwyck from the Resident Services Coordinator to the Community Manager! I am excited to tackle my new role!! Not much will be different for you, life here at Glenwyck will not miss a beat and as I have been with the Summit for 5 years, I know your faces well and will just be "down the hall" from my old desk. My heart is full from all the well wishes, hugs and kind words that I have received. I thank you for in advance for your patience and support. I will fill my old position soon and thanks to Joanne, Gloria, Tom & Paul for helping me till then..

We have a lot of fun things planned for September. The Labor Day Potluck and BBQ, the Erie Canal Cruise and lunch at the Waterfront Grill, as well as many great musical performances and presentations. Scroll through the calendar, find some things that interest you and sign up!! Maybe support the Glenwyck Bocce team at the annual Bocce Tournament on September 8th!

Enjoy the fall everyone!

Laurie Ignazio

Community Manager

COME JOIN US FOR BALANCE CLASS

EVERY TUESDAY AFTERNOON
1:45 pm – 2:30 pm
IN THE FITNESS STUDIO!



Labor Day Potluck & BBQ

Monday, September 4th
2:00 pm in the Great Room

A gathering where each guest brings a dish to be shared. Come dine & enjoy fellowship with your neighbors.



Summit will be providing Hotdogs & Buns

Staff

Community Manager

Laurie Ignazio

Lignazio@summitseniorlife.com

Maintenance

Thomas Nardini

Paul Coffin

Driver

David Hungerschafer

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

September Birthdays



Anna Casillo	9/7
Pat Rush	9/8
Nadia Lakah	9/9
Helena Dean	9/9
Shireen Gifford	9/11
Vicki Stephens	9/15
Ursula Keiski	9/19
Carol Harris	9/19
Joan Shaw	9/20
Jennie Tamasi	9/20
Gary Cardwell	9/21
Janet Staiano	9/22
Ellen Cushing	9/24
Jerry Stahl	9/29
Dorothy Sartori	9/30

Help us celebrate our monthly birthdays on
Tuesday, September 26th at 2:00 pm
in the Great Room
Cake & Ice Cream for all!



Monday, September 11th
8:00 pm in the Tavern

Calling all football fans to come together to welcome the return of Monday Night Football! Bring your snack and beverages & get ready to talk some "smack" about your favorite team. Week one is promising to be a good game!



Buffalo Bills
At
New York Jet



MARIA'S MONDAY LUNCH BUNCH

September 11th, 18th, 25th
Delivery to the Tavern 11:30 am

September 11th - Grilled Chicken Sandwich
(Macaroni Salad, Chocolate Chip Cookie) \$12

September 18th – Ham & Swiss on Rye
(Vegetable Soup, Brownie) \$12

September 25th – Goulash
(Garden Salad, Cupcake) \$12

Orders due in the office by Noon on
Friday 9/8, 9/15, 9/22

SupperClub

FOOD & FRIENDS

Wednesdays
September 6th, 13th, 20th, 27th
Delivery to the Tavern 4:00 pm

September 6th– Chicken Parmigiana
(Angel Hair Pasta, Garden Salad, Italian Bread, Apple Crisp) \$15

September 13th – Roast Turkey Dinner
(Mashed Potatoes & Gravy, Stuffing, Tossed Salad, Green Beans, Cranberry Sauce, Roll, Cherry Cobbler) \$15

September 20th - Meatloaf Dinner
(Baked Potato, Tossed Salad, Baby Carrots, Roll, Chocolate Cake) \$15

September 27th - Scalloped Potatoes & Ham
(Peas & Carrots, Garden Salad, Corn Bread, Vanilla Pudding) \$15

Orders due in the office by Noon on
Monday 9/1, 9/11, 9/18, 9/25

S	M	T	W	TH	F	S
			CR: Craft Room CY: Courtyard FS: Fitness Studio GR: Great Room GYM	LOBBY MOV: Movie Theatre OFFICE P: Pool TAV: Tavern	1 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Screwdrivers Bring an Appetizer to Share GR 6:00 Cards TA	2 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
3 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	4 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:00 Labor Day Potluck GR 2:30 Catholic Rosary Circle LIB 4:00 Religious Service MOV 2:00 Labor Day Potluck & BBQ GR  OFFICE CLOSED NO FITNESS CLASSES	5  8:30 Attentive Care Service GR 9:30 Walking Club LOBBY  11:30 HectorPT Presents: "Q & A with Occupational Therapy" GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR	6 7:45 Bronx Zoo Trip 8:30 Waffle Wednesday GR 12:00 "I Cook, You Eat & Enjoy" Swedish Meatballs & Noodles GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Chicken Parmigiana Dinner \$15 TAV 5:30 Cards TAV	7 9:00 Grocery Shopping 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Pianist Cole Broderick GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV HAPPY BIRTHDAY ANNA CASILLO	8 8:30 Bocce Ball Tournament at Saratoga 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine GR 6:00 Cards TAV GOOD LUCK TEAM GLENWYCK! HAPPY BIRTHDAY PAT RUSH	9 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 NADIA LAKAH & HELENA DEAN
10 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	11 11:00 Resident Meeting w/Laurie & Glenwyck Staff GR 11:30 Maria's Lunch Bunch: Grilled Chicken 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 8:00 Monday Night Football TAV HAPPY BIRTHDAY SHIREEN GIFFORD	12 9:30 Walking Club LOBBY 10:30 Rivers Casino 12:00 Subway Orders Due  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR	13 8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB 2:00 Singer Laura Collins GR 4:00 Supper Club w/Maria's Café: Roast Turkey Dinner \$15 TAV 5:30 Cards TAV	14 10:00 Bible Study LIB 10:15 Erie Canal Cruise & Lunch at Waterfront Grille 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 4:00 Subway Dine-In \$5 GR	15 9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB GR 6:00 Cards TAV HAPPY BIRTHDAY VICKI STEPHENS	16 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
17 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY LORRAINE LINZNER	18 11:30 Maria's Lunch Bunch: Ham & Swiss on Rye \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service 8:00 Monday Night Football TAV	19 9:30 Walking Club LOBBY 11:30 HectorPT Presents: "Rehab Tools for Daily Living" GR  1:00 Presentation: Kenneth Blatt "The Great American Song Book"  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR HAPPY BIRTHDAY URSULA KEISKI & CAROL HARRIS	20 8:30 Waffle Wednesday GR 11:15 Lunch at Chez Nous 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY JOAN SHAW & JENNIE TAMASI	21 9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 1:30 Library Committee LIB 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV HAPPY BIRTHDAY GARY CARDWELL	22 9:00 Grocery Shopping 12:00 Lunch Bunch 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 JANET STAINO	23 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  FIRST DAY OF FALL
24 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY ELLEN CUSHING	25 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 8:00 Monday Night Football TAV	26 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	27 9:00 Indian Ladder Farms 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Scalloped Potatoes & Ham \$15 TAV 5:30 Cards TAV	28 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Folk Singer Alyssa Yeager GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV 5:00 Pot luck Dinner GR	29 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 JERRY STAHL	30 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 DOROTHY SARTORI
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) 1:45 Balance Class (FS)	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)

I Cook, You Eat & Enjoy with Francesca

Swedish Meatball with Noodles

Wednesday, September 6th

at 12:00 pm in the Great Room

Sign Up in the Office - Limited Seating



Resident Informational Meetings

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

In the Great Room.
All are Welcome.



Fireside S'mores

Every Saturday
Night at 6:00 pm
in the Courtyard



Lunch at Chez Nous

Wednesday, September 20th

Bus leaves at 11:15 am • Sign up in the office



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



Presentation: "Q & A with Occupational Therapy"

Tuesday, September 5th

11:30 am In the Great Room

Ask your Occupational Therapists
all your burning questions about therapy!

Presentation: "Rehab Tools for Daily Living"



Tuesday, September 19th

11:30 am In the Great Room

Learn & Practice with Occupational Therapy
tools to make self care easier.



Rivers Casino

Tuesday, September 12th

Bus Leaves at 10:00 am

Call the Office to Sign Up



**Wednesday,
September 27th**
Bus leaves at 9:00 am
Sign Up in the Office



DINE-IN
Thursday,
September 14th
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 September 12th



Erie Canal Cruise & Dining At Waterfront Grille Thursday, September 14th

Boat leaves at 10:15 am \$25 pp for Cruise.
Sign up in the office



BOCCE BALL TOURNAMENT At Summit at Saratoga

Friday, September 8th
Bus Leaves at 8:30 am

GO TEAM GLENWYCK!!!

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 Great Room.

Current Projects:

Bottle Deposit Donations for our local Animal Protective Foundation
Clothing Drive for the City Mission

Meeting: Tuesday, September 15th at 2:30 pm
In the Great Room



The Great American Song Book

Tuesday, September 18th
1:00 pm in the Great Room

A lecture and performance piece presented by

Ken Blatt (PhD, MFA, DMD)

The "Great American Songbook" is the canon of the most important and influential American popular songs and jazz standards from the early 20th century that have stood the test of time in their life and legacy.



Come listen to your favorite Holiday tunes

Cole Broderick - Pianist

Thursday, September 7th 2:00 pm

Laura Collins - Classics Favorites

Thursday, September 13th 2:00 pm

Alyssa Yeager - Folk Music

Thursday, September 28th 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 a service in the Christian Tradition.

ALL ARE WELCOME

Denise Rafferty From Attentive Care Service

Tuesday

September 5th

8:30 -10:00 am

In the Great Room



Denise will be providing information on Homecare Service.

Coffee & donuts to be provided



**Friday, September 29th
at 4:00 pm Great Room**

Call the office by 9/27
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)

♥ Gift Certificates Available ♥

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

Massage Therapy

2nd Saturday of the month by appointment

Charlene Watson, LMT (518) 813-3347

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

Chicken Tortellini

Meat Lasagna

Veggie & Cheese Ravioli

Beef Stew

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 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

