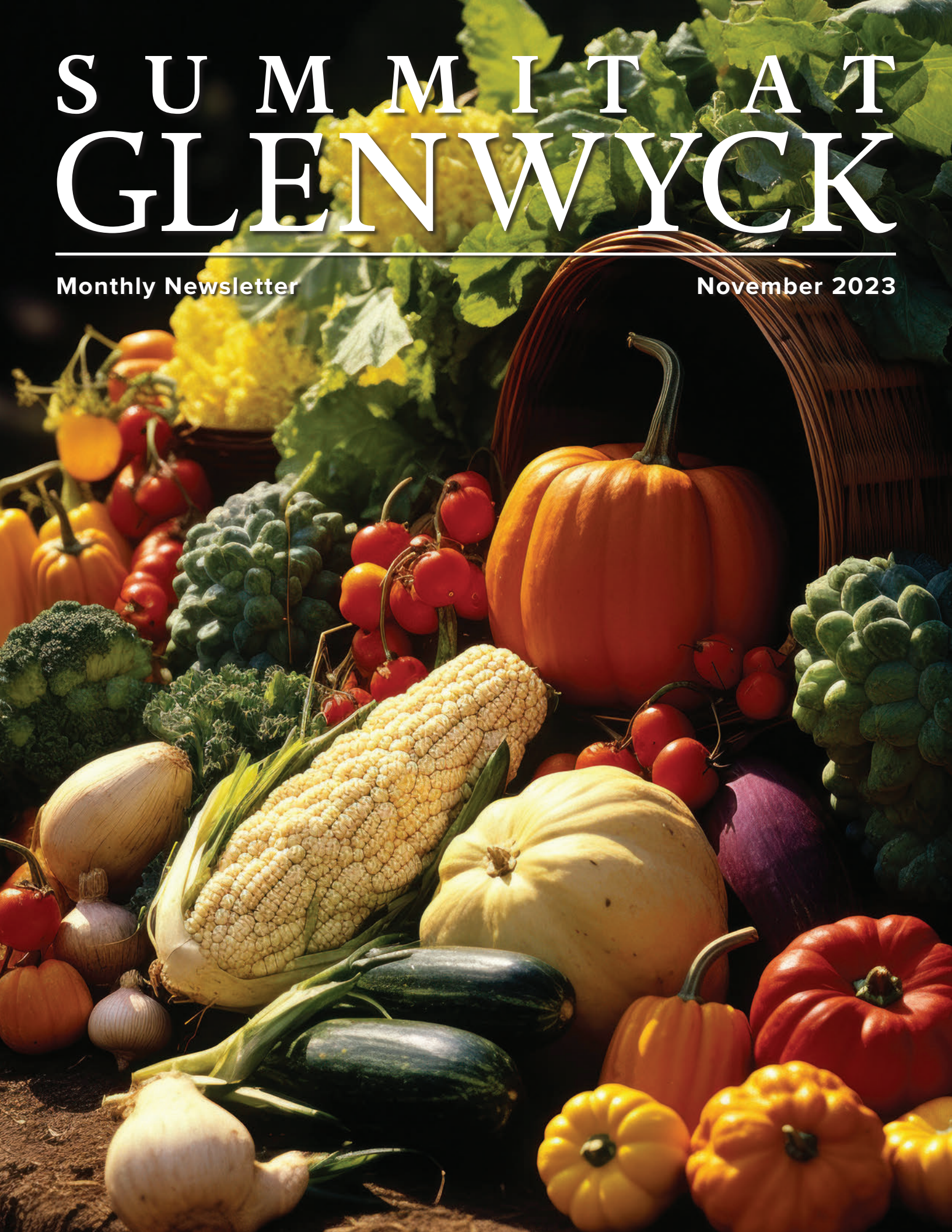


SUMMIT AT GLENWYCK

Monthly Newsletter

November 2023



THE Manager's Message

Happy Thanksgiving

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

Sincerely,

Laurie Ignazio
Laurie Ignazio
Community Manager

Lunch Outing

**Blue
Ribbon**

Family Restaurant

Tuesday, November 14th
Bus leaves at 11:00 am
Sign up in the Office

Veteran's Day Potluck Dinner

Saturday,
November 11th
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 & honor Glenwyck
Veterans.

Please RSVP to the office if you
are interested in attending and
let us know what dish you will be
providing.

VETERANS DAY!



THANK YOU FOR YOUR SERVICE!

Staff

Community Manager

Laurie Ignazio
LIgnazio@summitseniorlife.com

Resident Services Coordinator

Jennifer Hickey
JHickey@summitseniorlife.com

Maintenance

Thomas Nardini
Paul Coffin

Driver

Harold Bergeron

Housekeeper

Gabriella Pinnetti

Weekend Concierge/Marketing Assistant

Joanne Krazit
Gloria Poston
Evelyn Kauffman

Office Phone

518-280-7340

Emergency Maintenance

518-338-9562

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

November Birthdays

Mary Nagy	11/01
Renee LeBuis	11/03
Rae Girardi	11/03
Charles Shields	11/04
Phyllis Antenucci	11/08
Dawn Bonk	11/09
Elaine McNeilly	11/10
Ellen Gregory	11/15
Susan Wing	11/16
Loretta Kessler	11/17
Carmen Trombley	11/26
Janice Harris	11/29

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

Harvest Luncheon

Monday, November 20th

Catered by Carol's

11:30 Doors Open
12:00 Luncheon Served

**This meal is compliments of
Summit at Glenwyck**

Roast Turkey, Stuffing, Mashed Potatoes, Gravy,
Green Bean & Carrot Medley, Cranberry Sauce,
Roll, Pumpkin Pie

RSVP to the Office by November 10th

*Welcome to
The Summit At Glenwyck*

Ben & Dorothy Migliore
from Scotia

MARIA'S MONDAY LUNCH BUNCH

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

November 6th - Goulash
(Garden Salad, Cupcake) \$12

**November 13th – Grilled Ham & Cheese
Sandwich**
(Tomato Soup, Brownie) \$12

November 27th – Chef Salad
(Chicken Rice Soup, Chocolate Chip Cookie) \$12

**Orders due in the office by Noon on
Friday 11/3, 11/10, 11/24**

SupperClub

FOOD & FRIENDS

Wednesdays

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

November 1st – Eggplant Parmesan
(Ziti, Tossed Salad, Italian Bread, Vanilla Pudding) \$15

November 8th – Baked Ham Dinner
(Mashed Potatoes & Gravy, Tossed Salad,
Green Beans , Roll, Cherry Cobbler) \$15

**November 15th - Baked Macaroni &
Cheese**
(Tossed Salad, Peas & Carrots, Corn Bread,
White Cake w/ Chocolate Icing) \$15

November 22nd - Fried Chicken Dinner
(Sweet Potatoes, Garden Salad, Coleslaw,
Cornbread, Carrot Cake) \$15

November 29th - Chicken Penne Ala Vodka
(Caesar Salad, Garlic Bread, Chocolate Pudding) \$15

**Orders due in the office by Noon on
Monday 11/06 , 11/13, 11/20, 11/27**

S	M	T	W	TH	F	S
			1 8:30 Waffle Wednesday GR 12:00 “I Cook, You Eat & Enjoy” Italian Stew GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria’s Café: Eggplant Parmesan \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY MARY NAGY	2 9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Cole Broderick GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV	3 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Harvest Punch Bring an Appetizer to Share GR 6:00 Cards TAV HAPPY BIRTHDAY RENEE LEBUIS & RAE GIRARDI	4 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV HAPPY BIRTHDAY CHARLES SHIELDS
5 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV 	6 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 All Saints’ Day Service of Remembrance GR	7 11:00 Lunch at Jimmy’s Egg 1:30 Entertainment Meeting w/ Jennifer GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR	8 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria’s Café: Baked Ham Dinner \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY PHYLLIS ANTENUCCI	9 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 HAPPY BIRTHDAY DAWN BONK	10 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 12:00 RSVP Harvest Luncheon 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine GR 6:00 Cards TAV HAPPY BIRTHDAY ELAINE MCNEILLY	11 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 5:00 Veterans Day Potluck Dinner GR 6:00 Game Night TAV 
12 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	13 11:00 Resident Meeting w/Laurie & Glenwyck Staff GR 11:30 Maria’s Lunch Bunch: Grilled Ham & Cheese \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 8:00 Monday Night Football TAV	14 11:00 Lunch at Blue Ribbon Restaurant 12:00 Subway Orders Due  2:30 Docuseries: MOV 2:30 Service Club Meeting GR 4:00 Game Night: Right Left Center GR	15 8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB 2:00 Holiday Card Making w/Fran TAV 4:00 Supper Club w/Maria’s Café: Baked Macaroni & Cheese \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY ELLEN GREGORY	16 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 HAPPY BIRTHDAY SUSAN WING	17 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 LORETTA KESSLER	18 11:30 Flower Arranging with Ursula TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
19 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	20 11:30 Harvest Luncheon GR/TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 8:00 Monday Night Football TAV	21 11:30 Proctors Organ Concert 2:30 Service Club Meeting GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:00 Potluck Supper GR	22 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 4:00 Supper Club w/Maria’s Café: Fried Chicken Dinner \$15 TAV 5:30 Cards TAV	23  THANKSGIVING - OFFICE CLOSED (NO FITNESS CLASSES)	24 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	25 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
26 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY CARMEN TROMBLEY	27 11:30 Maria’s Lunch Bunch: Chef Salad \$12 TAV  11:30 Hector PT Presents: “Why Good Posture Matters ”GR 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 8:00 Monday Night Football TAV	28 9:30 Shopping at Clifton Park Mall 2:00 Birthday Party GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	29 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria’s Café: Chicken Penne Ala Vodka Dinner \$15 TAV 5:30 Cards TAV 1:00 Lit Club LIB HAPPY BIRTHDAY JANICE HARRIS	30 10:00 Bible Study LIB 10:30 Monet Immersive Experience 1:00 Knitting & Crocheting GR 2:00 Richie Phillips GR 2:30 Glenwyck Cinema MOV 4:00 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) 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

Italian Stew

Wednesday,
November 1st
at 12:00 pm
in the Great Room

**Sign Up in the Office -
Limited Seating**



PROCTORS

1926

Tuesday, November 21st

Organ Concert

Soloist Carl Hackert at the GE Theater

Bus leaves at 11:30 am
Sign up in the Office

**CLIFTON PARK
CENTER MALL**

Tuesday, November 28th

Bus will leave at 9:30 am & return at 12:30 pm
Sign up in the Office

HOLIDAY CARD MAKING WITH FRAN

Wednesday, November 15th
2:00 pm In the Tavern

Sign up in the office

Resident Informational Meetings

Entertainment Meeting with Jennifer
Tuesday, November 7th at 1:30 pm

Resident Meeting with Laurie & Glenwyck Staff
Monday, November 13th at 11:00 am

In the Great Room.
All are Welcome.



HECTORP

Presentation:
**"Why Good Posture
Matters"**

Monday, November 27th
11:30 am
In the Great Room

Lunch Outing

Tuesday, November 7th

Bus leaves at 11:00 am
Sign up in the Office

DINE-IN

Thursday, November 16th
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 November 14th

All Saints Day



Remembrance Service

Monday, November 6th at 4:00 pm

**In the Great Room
ALL ARE WELCOME**

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:

Collecting Monetary Donations for
Adopt a Family

**Meeting: Tuesday, November 21st at 2:30 pm
In the Great Room**



**Thursday, November 30th
Monet Immersive Experience**

Bus leaves at 10:30 am

RSVP in the Office by November 10th



Come listen to your favorite tunes

Cole Broderick - Pianist

Thursday, November 2nd at 2:00 pm

Alyssa Yeager - Folk Singer

Thursday, November 9th at 2:00 pm

Richie Phillips

Thursday, November 30th at 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

Flower Arranging with Ursula



**Saturday,
November 18th
11:30 am**

**In the Tavern
Sign up in the
Office**



Friday, November 24th

at 4:00 pm Great Room

Call the office by 11/22 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)

♥ 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

