

SUMMIT AT GLENWYCK

Monthly Newsletter

March 2024



THE Manager's Message

There is a lot to celebrate in March, and I do not just mean the holidays! I am talking about longer days, sunshine, warmer temperatures, and that zesty new spring feeling. There are so many exciting and essential holidays to celebrate, including National Employee Appreciation Day, International Day of Happiness, and National Napping Day (yes, it is an actual holiday!)

Growing up in a large Irish family of eight, St. Patrick's Day was huge. Mom always decorated like she was going to win a national prize. We had traditional corn beef & cabbage & boiled ham dinner. Dad brought us home green cupcakes from the bakery. We continue tradition here at Glenwyck with our St. Patrick's Day Party, lunch at Katie O'Byrne's Irish Pub. Plus, we welcome back dancers from An Clar School of Irish Dance.

Plus, there will be a lot of music in the Great Room this month. In addition, we will be going to see the wonderful Empire State Youth Orchestra at Crossgates Mall, and organ concert at Proctors. These things are always a treat! We will be trying a new chair dance exercise program on March 6th. Come try something new!

Every season has its turn. We will be saying goodbye to Old Man Winter and embracing Spring on March 19th. As an exceptionally good friend of mine use to say, "give yourself a good day." Whether it is having a green beer, attending a concert or a new fitness class there is always something to do at the Summit.

Sincerely,

Laurie Ignazio
Laurie Kennedy Ignazio
Community Manager



LUNCH AT

Katie O'Byrne's

IRISH PUB

Wednesday, March 13th

Bus leaves at 11:00 am

Sign up in the office



GENOA IMPORTING

*Try our frozen meal options
from Genoa!*

Veggie Lasagna

Turkey Dinner

Baked Ziti

Stuffed Shells

Meatloaf Dinner

\$13.00 dollars each

Come see what is in the office

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

Alyssa Hughes

Weekend Concierge/Marketing Assistant

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



Fran Reed	3/4
Regina Ford	3/10
John Barry	3/21
David Cowley	3/30
Tom Cushing	3/30
Virginia Romanzo	3/30

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

*Welcome to
The Summit At Glenwyck*

Barbara Simler
from Niskayuna, NY

Judith DeGere
from Adams, MA

Anthony & Josephine Peconie
from Duanesburg, NY



COLONIECENTER



Wednesday, March 27th

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

MARIA'S MONDAY LUNCH BUNCH

March 4th, 11th, 18th, 25th
Delivery to the Tavern 11:30 am

March 4th- - Patty Melt
(Pasta Salad, Brownie) \$12

**March 11th– Chicken Salad
on a Croissant**
(Side Salad, Oatmeal Raisin Cookie) \$12

March 18th – Chef Salad
(Vegetable Soup, Cupcake)\$12

March 25th – Half Turkey Club
(Vegetable Soup, Chocolate Chip Cookie) \$12

**Orders due in the office by Noon on
Friday 3/1, 3/8, 3/15, 3/22**

SupperClub FOOD & FRIENDS

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

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

March 13th - Corned Beef & Cabbage
(Potatoes, Carrots, Tossed Salad, Irish Soda Bread,
Cherry Cobbler) \$15

March 20th - Roast Pork Dinner
(Garlic Mashed Potatoes & Gravy, Garden Salad,
Mixed Vegetables, Roll, Vanilla Pudding) \$15

**March 27th– Scalloped Potatoes
& Ham Chunks**
(Peas & Carrots, Garden Salad, Corn Bread,
Vanilla Pudding) \$15

**Orders due in the office by Noon on
Monday 3/4, 3/11, 3/18, 3/25**

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: BYOB GR 6:00 Cards TAV Employee Appreciation Day	2 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
3 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	4 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 GR 6:30 Scrabble TAV HAPPY BIRTHDAY FRAN REED	5  9:30 Indoor Walking Club LOBBY 11:30 Entertainment Meeting w/ Jennifer 2:00 Violinist Tania Susi GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	6  2:00 Swaying with the Stars: Chair Dance Exercise Program with Terri Krul FS 4:00 Supper Club w/Maria's Café: Chicken Parmigiana \$15 TAV 5:30 Cards TAV	7 10:00 Bible Study LIB 1:00 Potluck Luncheon GR 2:30 Glenwyck Cinema MOV 3:00 Knitting & Crocheting GR 4:00 Game Night: Right Left Center GR	8 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 Bring an Appetizer to Share GR 6:00 Cards TAV	9 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
10 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY REGINA FORD	11 11:00 Resident Meeting w/Laurie & 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 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV National Napping Day	12  9:30 Indoor Walking Club LOBBY 12:00 Subway Orders Due 12:30 Asian Cuisine with Malee GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	13 8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 11:00 Lunch at Katie O'Byrnes Irish Pub 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Corned Beef & Cabbage \$15 TAV 5:30 Cards TAV 5:30 An Clar School of Irish Dance GR	14 9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 2:00 Pianist Cole Broderick GR 2:30 Glenwyck Cinema MOV 3:00 Knitting & Crocheting GR 4:00 Game Night: Right Left Center GR 4:00 Subway Dine-In \$5 TAV	15 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour Featured Cocktail; Luck of the Irish GR 4:00 St. Patrick's Day Party GR 6:00 Cards TAV	16 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
17 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV 	18 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 GR 6:30 Scrabble TAV	19  9:30 Indoor Walking Club LOBBY 11:30 Organ Concert at Proctors  2:30 Docuseries: MOV 2:00 Service Club Meeting GR 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV  International Day of Happiness	20 8:30 Waffle Wednesday GR 12:00 Indoor Swap Meet GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Roast Pork Dinner \$15 TAV 5:30 Cards TAV	21 10:00 Bible Study LIB 2:30 Glenwyck Cinema MOV 3:00 Knitting & Crocheting GR 4:00 Game Night: Right Left Center GR HAPPY BIRTHDAY JOHN BARRY	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 and Bring an Appetizer to share GR 6:00 Cards TAV	23 10:30 Empire State Youth Orchestra at Crossgates Mall 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
24 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	25 11:30 Maria's Lunch Bunch: Half Turkey Club \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV	26  9:30 Indoor Walking Club LOBBY  1:00 Hector PT Presents: Learning to Move as Adults TAV 2:00 Birthday Party GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV	27 8:30 Waffle Wednesday GR 9:30 Shopping at Colonie Center Mall & Lunch at Cheesecake Factory 12:00 Pizza Orders Due 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Scalloped Potatoes & Ham Chunks \$15 TAV 5:30 Cards TAV	28 10:00 Bible Study LIB 1:00 Library Committee LIB 2:00 Gone Gray Band GR 2:30 Glenwyck Cinema MOV 3:00 Knitting & Crocheting GR 4:00 Game Night: Right Left Center 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	30 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV HAPPY BIRTHDAY DAVID COWLEY, TOM CUSHING, & VIRGINIA ROMANZO
31 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV	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 Hydroriders (P) 3:30 Buddy Swim (P)	
 CONNECTED life  FITNESS		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 Hydroriders (P) 3:30 Buddy Swim (P)		Every Saturday & Sunday 10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday & Sunday)



Asian Cuisine with Malee

Thai Style
Chicken Wonton
Soup

Tuesday,
March 12th 12:30 pm
in the Great Room
Sign up in the office

HECTORP

Senior Rehabilitation Services PLLC.



Presentation
Learning Movements as Adults
Tuesday, March 26th
at 1:00 pm

(518) 577-5214 www.hectorpt.com

INDOOR SWAP MEET

Wednesday, March 20th
12:00 pm - 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.

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

SWAP MEET



**AN CLÁR
SCHOOL OF
IRISH DANCE**

WILL BE HERE
WEDNESDAY,
MARCH 13TH
5:30 PM
IN THE GREAT ROOM



Resident Informational Meetings

Entertainment Meeting with Jennifer
Tuesday, March 5th at 11:30 pm

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

In the Great Room.
All are Welcome.



Friday, March 15th 4:00 pm
In the Great Room

Potluck Luncheon

Thursday, March 7th
1:00 pm in the Great Room

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



DINE-IN
Thursday, March 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 Tuesday 3/12

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 non-perishable food items for the area food pantry.

Meeting: Tuesday, March 19th, 2:00 pm
In the Great Room



Organ Concert at Proctors

FREE CONCERT AT PROCTORS

TUESDAY, MARCH 19TH
BUS LEAVES AT 11:30 AM
SIGN UP IN THE OFFICE

esyō PLAYATHON



Saturday, March 23
10:30am-5:15pm at Crossgates Mall

Stop by and enjoy the PLAYATHON, a free all-day concert by the **Empire State Youth Orchestra**.

Bus leaves at 10:30 am and will return at 1:30 pm
Sign up in the office

Summit Senior Living is a proud sponsor of this outstanding event. Come out and show your support of these young stars and enjoy some beautiful music.



Come listen to your favorite tunes

Tania Susi - Violinist

Tuesday, March 5th 2:00 pm

Cole Broderick - Pianist

Thursday, March 14th 2:00 pm

Gone Gray Band - 60's 70's, 80's

Thursday, March 28th 2:00 pm

In the Great Room



Religious Service

Mondays at 4:00 pm

In the Great Room

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

ALL ARE WELCOME

Swaying with the Stars

Chair Dance Exercise Program
with Terri Krul



Wednesday, March 6th
2:00 pm In the Fitness Studio
Sign up in the office



Friday, March 29th
at 4:00 pm Great Room
Call the office by 3/27 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:

Veggie Lasagna
Turkey Dinner

Baked Ziti
Stuffed Shells

Meatloaf Dinner

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

