



SUMMIT AT GLENWYCK

Monthly Newsletter

April 2024

THE Manager's Message

*"You're only here for a short visit. Don't hurry, Don't Worry.
And be sure to smell the flowers along the way."*

Walter C. Hagen

We survived another long Upstate New York winter! If you are like me, you are longing for a beautiful spring day and a later sunset. It always amazes me how the daffodils emerge from the cold ground like magic. The birds are singing and looking forward to creating new homes.

I love taking long leisurely walks in my neighborhood with the warmth of the sun on my pale face or riding my bike like I was seventeen without a worry in the world. One of my favorite springtime things to do is spend the day fishing with my husband Rob. New York is blessed with an abundance of freshwater streams, lakes & rivers, allowing for a memorable fishing experience. We have a top-secret place in Brant Lake we visit with a waterfall & abundant wildlife. You are guaranteed to catch a native brook trout! Take advantage of the hike, bike, walking trails and take in the beauty of spring!

Laurie Ignazio

Laurie Ignazio
Community Manager

Lunch at The Whistling Kettle

Thursday, April 25th
Bus will leave at 10:30 am
Sign up in the office



THE WHISTLING
KETTLE

Saratoga County Historical
Society Presentation :
Native New York

SCHS

Saratoga County Historical Society
@ Brookside Museum

Thursday, April 4th
1:00 pm in the Great Room

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



APRIL Birthdays

Corinne Kowalski	4/6
Mary Kay Porter	4/7
Marge Gabriel	4/9
Laura Demercurio	4/9
Lyna Bennett	4/10
Margaret Spielman	4/12
Barbara Cardwell	4/15
Christine Gershon	4/18
Charlotte Ibold	4/21
Florence Brothers	4/27
Patricia Zemanek	4/30

Help us celebrate our monthly birthdays on Tuesday, April 30th at 2:00 pm in the Great Room
Cake & Ice Cream for all!

Swaying with the Stars Chair Dance Exercise Program with Terri Krul



*Friday, April 12th at 12:30 pm
 in the Great Room and
 Wednesday, April 24th at 2:00 pm
 in the Fitness Studio.
 Sign up in the office*

MARIA'S MONDAY LUNCH BUNCH

**April 1st, 8th, 15th, 22nd, 29th
 Delivery to the Tavern 11:30 am**

April 1st- Chicken Bacon Wrap
 (Side Salad, Chocolate Chip Cookie) \$12

April 8th– Turkey Melt
 (Vegetable Soup, Brownie) \$12

April 15th– Chef Salad
 (Chicken Rice Soup, Cupcake) \$12

April 22nd – Ham & Swiss on Rye
 (Potato Salad, Oatmeal Raisin Cookie) \$12

April 29th – Goulash
 (Garden Salad , Chocolate Chip Cookie) \$12

**Orders due in the office by Noon on
 Friday 4/5, 4/12, 4/19, 4/26**

SupperClub FOOD & FRIENDS

Wednesdays

**April 3rd, 10th, 17th, 24th
 Delivery to the Tavern 4:00 pm**

April 3rd - Lasagna Dinner
 (Garden Salad, Italian Bread, Chocolate Cake) \$15

April 10th - Baked Ham Dinner
 (Mashed Potatoes & Gravy, Tossed Salad, Green Beans, Roll, Cherry Cobbler) \$15

April 17th - Roasted Chicken Dinner
 (Baked Potato, Caesar Salad, Peas & Carrots, Roll, Apple Crisp) \$15

April 24th - Roast Beef Dinner
 (Mashed Potatoes & Gravy, Garden Salad, Green Beans, Roll, Apple Crisp) \$17

**Orders due in the office by Noon on
 Monday 4/1, 4/8, 4/15, 4/22**

S	M	T	W	TH	F	S					
											
1	<p>11:30 Maria's Lunch Bunch: Chicken Bacon Wrap \$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</p> 	2	<p>9:30 Walking Club LOBBY 11:30 Entertainment Meeting w/Jennifer GR  2:00 Docuseries: MOV 2:30 Service Club Meeting GR 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	3	<p>8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 11:30 Wine Glass Painting w/Janelle TAV 1:00 Lit Club LIB 2:00 Pianist Laura Collins GR 4:00 Supper Club w/Maria's Café: Lasagna Dinner \$15 TAV 5:30 Cards TAV  HAPPY FIND A RAINBOW DAY</p>	4	<p>10:00 Bible Study LIB  1:00 Saratoga Historical Society: Presentation on Native New York GR 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting, & Coffee Klatch GR 4:00 Game Night: Right Left Center GR</p>	5	<p>12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine Bring an Appetizer to Share GR 6:00 Cards TAV</p>	6	<p>10:30 Bocce Ball CY 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV HAPPY BIRTHDAY CORINNE KOWALSKI</p>
7	8	9	10	11	12	13					
<p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY MARY KAY PORTER</p>	<p>11:00 Resident Meeting w/Laurie & Glenwyck Staff GR 11:30 Maria's Lunch Bunch: Turkey Melt \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:00 Total Solar Eclipse Watch Party GR 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV</p>	<p>9:30 Walking Club LOBBY  2:00 Ellen Cole Presentation: Positive Aging GR  2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV HAPPY BIRTHDAY MARGE GABRIEL & LAURA DEMERCURIO</p>	<p>8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB 2:00 Folk Music w/ Alyssa Yeager GR 4:00 Supper Club w/Maria's Café: Baked Ham Dinner \$15 TAV 5:30 Cards TAV HAPPY BIRTHDAY LYNNA BENNETT</p>	<p>10:00 Bible Study LIB 10:00 Rivers Casino 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting, & Coffee Klatch GR 4:00 Game Night: Right Left Center GR 5:00 Pasta Potluck Dinner GR</p>	<p> 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 12:30 Swaying with the Stars: Chair Dance Exercise Program with Terri Krul GR 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Screwdriver GR 6:00 Cards TAV HAPPY BIRTHDAY MARGARET SPIELMAN</p>	<p>10:30 Bocce Ball CY 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV</p>					
14	15	16	17	18	19	20					
<p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>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 HAPPY BIRTHDAY BARBARA CARDWELL</p>	<p>9:30 Walking Club LOBBY 10:30 Lunch at Bellevue Café 12:00 Subway Orders Due 2:00 Service Club Meeting GR  2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>8:30 Waffle Wednesday GR 9:30 NYS Museum 1:00 Lit Club LIB 2:00 Ice Cream Novelty GR 4:00 Supper Club w/Maria's Café: Roasted Chicken Dinner \$15 TAV 5:00 Game Night GR 5:30 Cards TAV</p>	<p>9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 2:00 Ukulele Entertainer Drew Jacobs GR 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting, & Coffee Klatch GR 4:00 Game Night: Right Left Center GR 4:00 Subway Dine-In \$5 TAV HAPPY BIRTHDAY CHRISTINE GERSHON</p>	<p>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</p>	<p>10:30 Bocce Ball CY 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV</p>					
21	22	23	24	25	26	27					
<p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV HAPPY BIRTHDAY CHARLOTTE IBOLD</p>	<p>10:00 Earth Day Clean Up 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 GR 6:30 Scrabble TAV  Earth Day</p>	<p>9:00 Shopping at Marshalls & HomeGoods 9:30 Walking Club LOBBY  2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB  1:00 Hector PT Wellness Presentation GR 2:00 New Resident Mixer TAV  2:00 Swaying with the Stars: Chair Dance Exercise Program with Terri Krul FS 4:00 Supper Club w/Maria's Café: Roast Beef Dinner \$17 TAV 5:30 Cards TAV</p>	<p>10:00 Bible Study LIB 10:30 Lunch at the Whistling Kettle 1:30 Library Committee LIB 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting, & Coffee Klatch GR 4:00 Game Night: Right Left Center GR</p>	<p>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</p>	<p>10:30 Bocce Ball CY 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV HAPPY BIRTHDAY FLORENCE BROTHERS</p>					
28	29	30	<p>CR: Craft Room CY: Courtyard FS: Fitness Studio GR: Great Room GYM</p>		<p>LOBBY MOV: Movie Theatre OFFICE P: Pool TAV: Tavern</p>						
<p>CONNECTED life</p>  <p>FITNESS</p>											
<p>Every Monday</p> <p>8:30 Water Aerobics (P) 3:30 Buddy Swim (P)</p>		<p>Every Tuesday</p> <p>8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P) 1:45 Balance Class (FS)</p>		<p>Every Wednesday</p> <p>8:30 Water Aerobics (P) 9:30 Hydroriders (P) 3:30 Buddy Swim (P)</p>		<p>Every Thursday</p> <p>8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P)</p>		<p>Every Friday</p> <p>8:30 Water Aerobics (P) 9:30 Hydroriders (P) 3:30 Buddy Swim (P)</p>		<p>Every Saturday & Sunday</p> <p>10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday & Sunday)</p>	



Wine Glass Painting with Janelle

Wednesday, April 3rd

11:30 am

In the Tavern

Sign up in the office

Lunch at Bellevue Café

Tuesday, April 16th
Bus leaves at 10:30

Sign up in the office




Rivers Casino
Thursday, April 11th
Bus Leaves at 10:00 am

GET OUT AND LIVE A LOT

Sign up in the office

Clean Up



the World

Earth Day Clean Up
Monday, April 22nd

We will be picking up garbage around Dutch Meadows Lane .

Disposal gloves & trash bags will be provided.

Meet in the Lobby at 10:00 am.

Sign up in the office

Resident Informational Meetings

Entertainment Meeting with Jennifer
Tuesday, April 2nd at 11:30 pm

Resident Meeting with Laurie & Glenwyck Staff
Monday, April 8th at 11:00 am

In the Great Room.
All are Welcome.



Shopping at

Marshalls *HomeGoods*

Tuesday, April 23rd

Bus will leave at 9:00am & return at 12:00 pm

Sign up in the Office



Ice Cream Novelty

Come join us for some delicious ice cream!

Wednesday,
April 17th

2:00 pm
in the Great Room



DINE-IN
Thursday, April 18th
at 4:00 pm
In the Tavern

Join us for a fresh, healthy supper in the Tavern.
Pick your choice of sub at a special Glenwyck price!

Only \$5.00!

RSVP to the office by Tuesday 16th!
Tuesday March 7th

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:

Stuffed animal donations for Things of My Very Own

Meeting: Tuesday, April 16th, 2:00 pm
In the Great Room



Come listen to your favorite tunes

Laura Collins - Pianist

Wednesday, April 3rd 2:00 pm

Alyssa Yeager - Folk Music

Wednesday, April 10th 2:00 pm

Drew Jacobs - Ukulele Entertainer

Thursday, April 18th 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

April 8, 2024
Total Solar Eclipse
Albany, NY, USA

Total Solar Eclipse Watch Party!

Begins Monday, Apr 8th 2024 at 2:12 pm
The Solar Eclipse will last until 4:36 pm
Solar Eclipse Sunglasses will be provided.
Meet in the Great Room at 2:00 pm

New Resident mixer

Wednesday,
April 24th
2:00 pm in the
Tavern



Older Women
Who Work



Ellen Cole

Presentation on Positive Aging

Tuesday, April 9th
2:00 pm in the Great Room

MAH JONGG TOURNAMENT

If interested, please sign up in the office by April 15th



New York State Museum

Wednesday, April 17th

Bus leaves at 9:30 am

Sign up in the office



Friday, April 26th

at 4:00 pm Great Room

Call the office by 4/24 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



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

