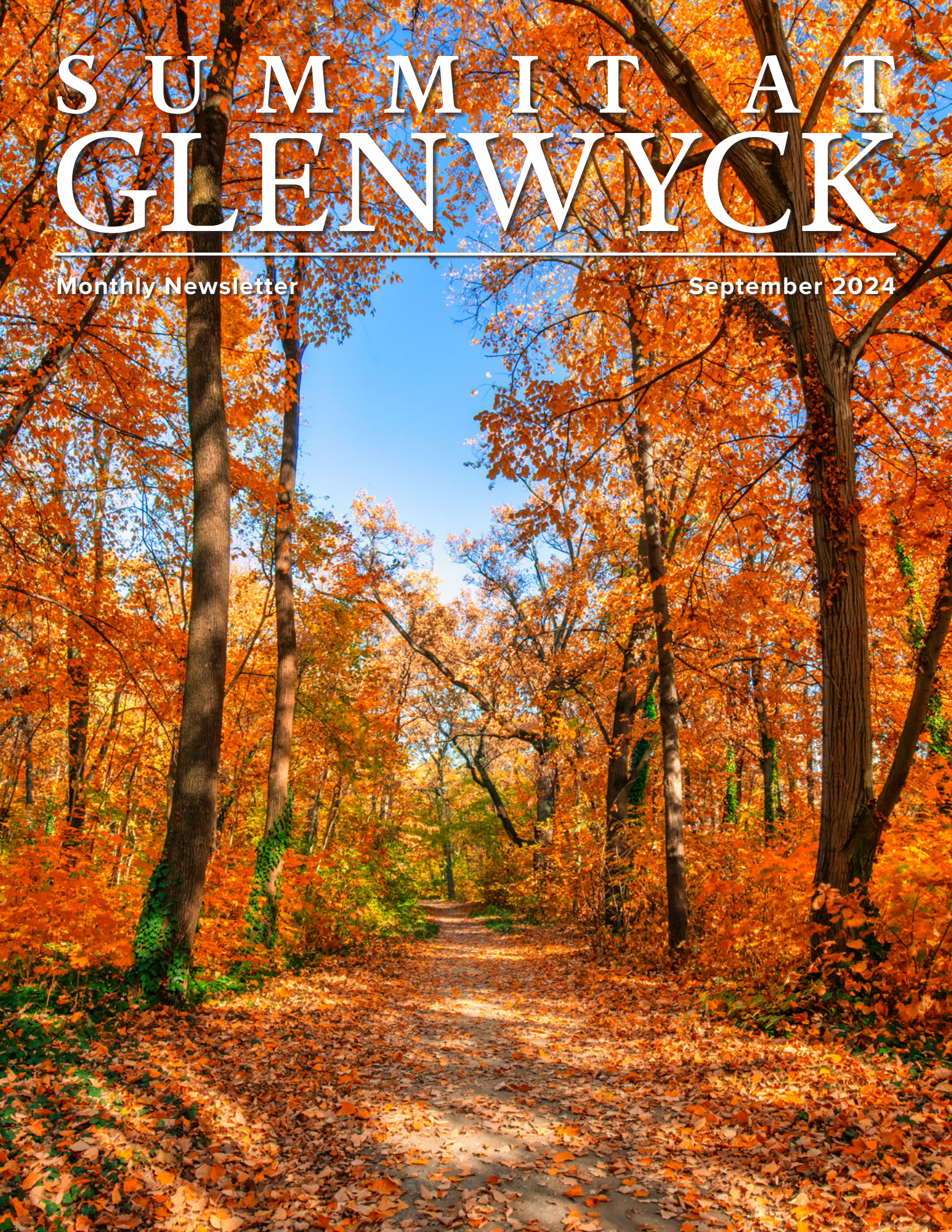


# SUMMIT AT GLENWYCK

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Monthly Newsletter

September 2024



# THE Manager's Message

Like every month, beautiful September comes and goes each year with little fanfare. We finish the school shopping, plan a quick Labor Day cookout, solemnly observe Patriot Day, and on September 22nd we experience the autumnal equinox.

We have a lot of fun activities and outings planned for September. Nothing says fall like apple picking & lunch at Indian Ladder Farms on September 18th. We will be having a picnic lunch at beautiful Thatcher State Park and enjoying the fall foliage on the 25th. We love our ice cream here at Glenwyck so mark your calendar for September 9th for an end of the summer ice cream social. We are so excited for the Bocce Ball Tournament on Friday, September 20th. We are defending champs & hope to keep the trophy on the mantel for another year! GO TEAM GLENWYCK! We have a fun musical program with the songs & stories of Broadway's best composers on September 11th along with several other musical performances throughout the month.

If you are like me, I look forward to baking an apple pie or apple crisp from my apple trees and enjoying it with a nice cup of coffee. Remember every season has its turn so embrace the magic of fall & all its beauty while it is here. We are all blessed to live in such a beautiful area this time of year. Enjoy!



Laurie Ignazio  
Community Manager

## LABOR DAY WEEKEND POTLUCK

**Sunday, September 1st  
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.



HAPPY  
LABOR DAY  
WEEKEND

## LUNCH AT



Old Country Store®

Wednesday, September 11th  
Bus leaves at 10:30 am  
Sign up 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



<b>Judith DeGere</b>	<b>9/3</b>
<b>Anna Casillo</b>	<b>9/7</b>
<b>Pat Rush</b>	<b>9/8</b>
<b>Nadia Lakah</b>	<b>9/9</b>
<b>Helena Dean</b>	<b>9/9</b>
<b>Shireen Gifford</b>	<b>9/11</b>
<b>Vicki Stephens</b>	<b>9/15</b>
<b>Ursula Keiski</b>	<b>9/19</b>
<b>Carol Harris</b>	<b>9/19</b>
<b>Joan Shaw</b>	<b>9/20</b>
<b>Jennie Tamasi</b>	<b>9/20</b>
<b>Gary Cardwell</b>	<b>9/21</b>
<b>Janet Staiano</b>	<b>9/22</b>
<b>Ellen Cushing</b>	<b>9/24</b>
<b>Blanca Giaccone</b>	<b>9/26</b>
<b>Jerry Stahl</b>	<b>9/29</b>
<b>Dorothy Sartori</b>	<b>9/30</b>

Help us celebrate our monthly birthdays on  
 Tuesday, September 24th at 1:30 pm  
 in the Great Room  
 Cake & Ice Cream for all!

*Welcome to  
 The Summit At Glenwyck*

**Annette Hughes**  
*from Scotia, NY*

## MARIA'S MONDAY LUNCH BUNCH

**September 9th, 16th, 23rd, 30th**  
 Delivery to the Tavern 11:30 am

**September 9th, 16th, 23rd, 30th**  
 Delivery to the Tavern 11:30 am

**September 9th - Half Turkey Club**  
 (Vegetable Soup, Chocolate Chip Cookie) \$12

**September 16th – Patty Melt**  
 (Pasta Salad, Brownie ) \$12

**September 23rd – Goulash**  
 (Garden Salad, Cupcake) \$12

**September 30th – Grilled Ham & Cheese  
 Sandwich**  
 (Tomato Soup, Brownie) \$12

**Orders due in the office by Noon on  
 Friday 9/6, 9/13, 9/20, 9/27**

## *SupperClub* FOOD & FRIENDS

**Wednesdays**

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

**September 4th– Chicken Parmigiana**  
 (Angel Hair Pasta, Garden Salad, Italian Bread,  
 Apple Crisp) \$15

**September 11th – Baked Macaroni &  
 Cheese**  
 (Tossed Salad, Peas & Carrots, Corn Bread,  
 White Cake w/Chocolate Icing ) \$15

**September 18th - Meatloaf Dinner**  
 (Baked Potato, Tossed Salad, Baby Carrots,  
 Roll, Chocolate Cake) \$15

**September 25th - Roast Beef Dinner**  
 (Mashed Potatoes & Gravy, Garden Salad, Green  
 Beans, Roll, Apple Crisp) \$17

**Orders due in the office by Noon on  
 Monday 9/9, 9/16, 9/23, 9/30**

S	M	T	W	TH	F	S	
<p>1</p> <p>1:00 Labor Day Weekend Potluck GR 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV</p>	<p>2</p>  <p><b>(OFFICE CLOSED — NO FITNESS CLASSES)</b></p>	<p>3</p> <p>9:30 Walking Club LOBBY 11:30 Entertainment Meeting w/Jennifer GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR</p> <p><b>HAPPY BIRTHDAY JUDITH DEGERE</b></p>	<p>4</p> <p>8:30 Waffle Wednesday GR PRN Presentation: Fall Prevention &amp; Aging GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Chicken Parmigiana Dinner \$15 TAV 6:00 Annie Get Your Gun MOV</p>	<p>5</p> <p>10:00 Bible Study LIB 11:00 Mah Jongg TAV 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting &amp; Coffee Klatch GR 4:00 Game Night: Right Left Center GR</p>	<p>6</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: Cape Codder Bring an Appetizer to Share GR</p>	<p>7</p> <p>10:30 Bocce Ball CY 10:30 Hearts TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Fireside S'mores CY</p> <p><b>HAPPY BIRTHDAY ANNA CASILLO</b></p>	
<p>8</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Board Game Night TAV</p> <p><b>HAPPY BIRTHDAY PAT RUSH</b></p>	<p>9</p> <p>11:00 Resident Meeting w/Laurie &amp; Glenwyck Staff GR 11:30 Maria's Lunch Bunch: Half Turkey Club \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 1:00 Ice Cream Social w/ Chris &amp; Janeen TAV 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 8:00 Monday Night Football TAV</p> <p><b>HAPPY BIRTHDAY NADIA LAKAH &amp; HELENA DEAN</b></p>	<p>10</p> <p>9:30 Walking Club LOBBY 12:30 Asian Cuisine with Malee GR 2:00 Music Alyssa Yeager GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR</p>	<p>11</p> <p>8:30 Waffle Wednesday GR 10:30 Lunch at Cracker Barrel 1:00 Lit Club LIB 1:00 The Songs &amp; Stories of Broadway's Best Composers GR 4:00 Supper Club w/Maria's Café: Baked Macaroni &amp; Cheese \$15 TAV 6:00 Hand &amp; Foot TAV</p> <p><b>PATRIOT DAY</b>  <b>HAPPY BIRTHDAY SHIREEN GIFFORD</b></p>	<p>12</p> <p>10:00 Bible Study LIB 10:00 Rivers Casino 11:00 Mah Jongg TAV 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting &amp; Coffee Klatch GR 4:00 Game Night: Right Left Center GR</p>	<p>13</p> <p>9:00 Grocery Shopping 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine GR 6:00 Yahtzee TAV</p>	<p>14</p> <p>10:30 Bocce Ball CY 10:30 Spades TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Fireside S'mores CY</p>	
<p>15</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV</p> <p><b>HAPPY BIRTHDAY VICKI STEPHENS</b></p>	<p>16</p> <p>11:30 Maria's Lunch Bunch: Patty Melt \$12 TAV 11:30 Complimentary Balance and Strength Screening 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</p>	<p>17</p> <p>9:30 Walking Club LOBBY 12:00 Subway Orders Due 2:00 Service Club Meeting GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR</p>	<p>18</p> <p>8:30 Waffle Wednesday GR 10:00 Lunch &amp; Apple Picking at Indian Ladder Farms 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 6:00 Canasta TAV</p>	<p>19</p> <p>9:00 Grocery Shopping 10:00 Bible Study LIB 11:00 Mah Jongg TAV 2:00 Violinist Tania Susi GR 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting &amp; Coffee Klatch GR 4:00 Subway Dine-In \$5 GR 4:00 Game Night: Right Left Center GR</p> <p><b>HAPPY BIRTHDAY URSULA KEISKI &amp; CAROL HARRIS</b></p>	<p>20</p> <p>9:00 Bocce Ball Tournament at Halfmoon  <b>GOOD LUCK TEAM GLENWYCK!</b> 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB GR</p> <p><b>HAPPY BIRTHDAY JOAN SHAW &amp; JENNIE TAMASI</b></p>	<p>21</p> <p>10:30 Bocce Ball CY 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Fireside S'mores CY</p> <p><b>HAPPY BIRTHDAY GARY CARDWELL</b></p>	
<p>22</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Board Game Night TAV</p>  <p><b>HAPPY BIRTHDAY JANET STAINO</b></p>	<p>23</p> <p>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 GR 8:00 Monday Night Football TAV</p>	<p>24</p> <p>9:30 Walking Club LOBBY 1:30 Birthday Party GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR</p> <p><b>HAPPY BIRTHDAY ELLEN CUSHING</b></p>	<p>25</p> <p>8:30 Waffle Wednesday GR 10:00 Picnic at Thatcher State Park 12:00 Pizza Orders Due 1:00 Lit Club LIB 2:00 Juan Luis Lopez Fons Presents: Emotivo Productions, a Journey of Self-Esteem &amp; Art GR 4:00 Supper Club w/Maria's Café: Roast Beef Dinner \$17 TAV</p>	<p>26</p> <p>10:00 Bible Study LIB 11:00 Mah Jongg TAV 1:30 Library Committee LIB 2:00 Pianist Cole Broderick GR 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting &amp; Coffee Klatch GR 4:00 Game Night: Right Left Center GR</p> <p><b>HAPPY BIRTHDAY BLANCA GIACCONE</b></p>	<p>27</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</p>	<p>28</p> <p>10:30 Bocce Ball CY 10:30 Yahtzee TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Fireside S'mores C</p>	
<p>29</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV</p> <p><b>HAPPY BIRTHDAY JERRY STAHL</b></p>	<p>30</p> <p>11:30 Maria's Lunch Bunch: Grilled Ham &amp; 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</p> <p><b>HAPPY BIRTHDAY DOROTHY SARTORI</b></p>					<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><b>CONNECTED life</b></p>  <p><b>FITNESS</b></p>		<p><b>Every Monday</b></p> <p>8:30 Water Aerobics (P) 3:30 Buddy Swim (P)</p>	<p><b>Every Tuesday</b></p> <p>8:45 Sit 2B Fit (FS) 10:00 &amp; 3:30 Buddy Swim (P) 1:45 Balance Class (FS)</p>	<p><b>Every Wednesday</b></p> <p>8:30 Water Aerobics (P) 9:30 Hydroriders (P) 1:00 Chair Dance Exercise Class (FS) 3:30 Buddy Swim (P)</p>	<p><b>Every Thursday</b></p> <p>8:45 Sit 2B Fit (FS) 10:00 &amp; 3:30 Buddy Swim (P)</p>	<p><b>Every Friday</b></p> <p>8:30 Water Aerobics (P) 9:30 Hydroriders (P) 3:30 Buddy Swim (P)</p>	<p><b>Every Saturday &amp; Sunday</b></p> <p>10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday &amp; Sunday)</p>

## Resident Informational Meetings

Entertainment Meeting with Jennifer  
Tuesday, September 3rd at 11:30 am

Resident Meeting with Laurie & Glenwyck Staff  
Monday, September 9th at 11:00 am

In the Great Room.  
All are Welcome.



**PRN**  
Physical Therapy  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

### Fall Prevention & Aging Presentation

An interactive presentation discussing fall prevention, facts versus myths of the aging process. Enjoy a fun interactive bingo game & prizes!

**Wednesday, September 4th**  
11:30 am in the Great Room

### Complimentary Balance & Strength Screening

**Monday, September 16th**  
11:30 am in the Great Room

**Sign up in the Office**



### Asian Cuisine with Malee

Ramen & Cabbage  
Salad

**Tuesday, September 10th**  
12:30 pm in the Great Room  
Sign up in the Office



## THE SONGS & STORIES OF BROADWAY'S BEST COMPOSERS!

Join vocalist Jill Smith and keyboardist Michael Clement for a fun and informative performance of the Broadway shows you know and love!

This program is all about the talented Broadway composer & lyricist- Lerner & Lowe! Learn how he created some of the most iconic musicals on Broadway, and enjoy performances from *My Fair Lady*, *Camelot*, *Brigadoon* and more!

**Wednesday, September 11th**  
**1:00 pm in the Great Room**



### DINE-IN

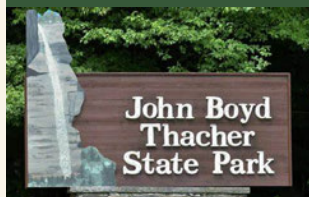
**Thursday, September 19th**  
**at 4:00 pm in the Great Room**

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 17th!

## Picnic at Thatcher State Park Bring your lunch & enjoy the nice view!



**Wednesday, September 25th • Bus leaves at 10:00 am**  
Sign up in the office

## Juan Luis Lopez Fons Presents:

Emotivo Productions,  
a Journey of Self-Esteem & Art

**emotivo**  
productions

**Wednesday, September 25th**  
**2:00 pm in the Great Room**

*ice cream social*



*Ice Cream Social  
with Chris & Janeen*

*Monday, September 9th  
1:00 pm in the Tavern*



**Come listen to your favorite tunes**

**Alyssa Yeager - Folk Music**  
Tuesday, September 10th 2:00 pm

**Tania Susi - Violinist**  
Thursday, September 19th 2:00 pm

**Cole Broderick - Pianist**  
Thursday, September 26th 2:00 pm

**In the Great Room**



**Monday Night Football  
Monday, September 9th  
8:00 pm in the Tavern**

Calling all football fans to come together to welcome the return of Monday Night Football! Bring your snacks and beverages.



New York Jets at  
San Francisco 49ers

**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 Clothes for the City Mission

Meeting: Tuesday, September 17th, 2:00 pm  
In the Great Room

**Lunch & Apple Picking  
at Indian Ladder Farms**

**Wednesday, September 18th**  
Bus leaves at 10:00 am  
Sign Up in the Office



**INDIAN  
LADDER  
FARMS**  
ALTAMONT, NY



**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.

**SUMMIT  
SENIOR LIVING  
BOCCE BALL  
TOURNAMENT**

**At Halfmoon**



**Friday, September 20th**

**Bus leaves at 9:00 am**

**GO TEAM GLENWYCK!**



**Friday, September 27th  
at 4:00 pm Great Room**

Call the office by 9/25 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)

♥ 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

Baked Ziti

Turkey Dinner

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 1:00 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.



**PRN**  
PT OT & SLP PLLC  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

Denise Bilka, Physical  
Christine Fitzgerald, Occupational  
Jaclyn Gregg, Speech

**716-255-3674**