

SUMMIT AT GLENWYCK

Monthly Newsletter

October 2024



THE Manager's Message

Setting fire to the leaves,
Autumn creeps in,
unleashing her transformation;
a new season begins.

From the crunch underfoot
to the nip in the air,
Autumn goes boldly
with her bright auburn hair.

She dances with the trees
and shakes them to their core.
Autumn leaves them bare,
before opening the door
to Winter, who breezes in
coldly cooling Autumn's embers.
But until then, her majesty is in residence
through October, from September.

MS MOEM

Enjoy the fall everyone!



Laurie Ignazio
Community Manager

Medicare 101 & Medicare Updates



MEDICARE 101

Wednesday, October 2nd
1:00 pm in the Great Room

ALBANY INSTITUTE OF HISTORY & ART

Enchanting Threads: The Art of Salley Mavor

The Art of Salley Mavor showcases the exceptional detail and three-dimensional quality of her fabric relief illustrations and sculptural needlework.



Wednesday,
October 23rd
Bus leaves at
10:00 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





Bob Williams	10/2
Joan Ludwig	10/4
Carol Riordon	10/5
Dorothy Wilhem	10/13
Maria Graham	10/20

Help us celebrate our monthly birthdays on
 Tuesday, October 29th at 1:30 pm
 in the Great Room
 Cake & Ice Cream for all!



Thursday, October 31st
 2:00 pm in the Great Room
 Come in Costume & join the fun!
 Prizes will be awarded to
 Best Costume & Most Creative

*Welcome to
 The Summit At Glenwyck*

Rose Thomsen
from Schenectady, NY

Mary Ann LeClair
from Rexford, NY

MARIA'S MONDAY LUNCH BUNCH

October 7th, 21st, 28th
Delivery to the Tavern 11:30 am

October 7th - Turkey Melt
 (Macaroni Salad, Brownie) \$12

**October 21st – Chicken Salad
 on a Croissant**
 (Side Salad, Oatmeal Raisin Cookie) \$12

October 28th – Ham & Swiss on Rye
 (Potato Salad, Oatmeal Raisin Cookie) \$12

**Orders due in the office by Noon on
 Friday 10/4, 10/18, 10/25**

SupperClub FOOD & FRIENDS

Wednesdays
October 2nd, 9th, 16th, 23rd, 30th
Delivery to the Tavern 4:00 pm

October 2nd – Fried Chicken Dinner
 (Sweet Potatoes, Garden Salad, Coleslaw,
 Cornbread, Carrot Cake) \$15

October 9th – Roast Pork Dinner
 (Mashed Potatoes & Gravy, Garden Salad, Mixed
 Vegetables, Roll, Vanilla Pudding) \$15

October 16th - Baked Ziti Dinner
 (Meatballs, Tossed Salad, Italian Bread,
 Chocolate Cake) \$15

October 23rd - Beef Stroganoff
 (Over Egg Noodles, Baby Carrots, Corn Bread,
 Cherry Cobbler) \$15

October 30th - Chicken Penne Ala Vodka
 (Caesar Salad, Garlic Bread,
 Chocolate Pudding) \$15

**Orders due in the office by Noon on
 Monday 10/7, 10/14, 10/21, 10/28**

S M T W TH F S

OCTOBER

<p>6</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV</p>	<p>7</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 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Five Crowns TAV 8:00 Monday Night Football TAV</p>	<p>8</p> <p>9:30 Walking Club LOBBY 2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR</p>	<p>9</p> <p>8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB 2:00 Music with Tumblin Gap GR 4:00 Supper Club w/Maria's Café: Roast Pork Dinner \$15 TAV 5:30 Canasta TAV</p> <p>Wear Pink Wednesday!</p>	<p>10</p> <p>10:00 Bible Study LIB 11:00 Mah Jongg TAV 11:00 Lunch at Bellevue Café 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting, & Coffee Klatch GR 4:00 Game Night: Right Left Center GR</p>	<p>11</p> <p>9:00 Grocery Shopping 12:00 RSVP for Flu & Shingles Clinic 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB 6:00 Cards TAV</p>	<p>12</p> <p>10:30 Spades TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR</p>
<p>13</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Board Game Night TAV</p> <p>HAPPY BIRTHDAY DOROTHY WILHEM</p>	<p>14</p> <p>OFFICE CLOSED NO FITNESS CLASSES</p> <p>COLUMBUS DAY</p>	<p>15</p> <p>9:30 Walking Club LOBBY 12:00 Subway Orders Due 2:00 Docuseries: MOV 2:00 Country Line Dance Kickers GR 3:00 Service Club Meeting GR 4:00 Game Night: Right Left Center GR</p>	<p>16</p> <p>8:30 Waffle Wednesday GR 9:30 Autumn Explorer Train Ride 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Baked Ziti Dinner \$17 TAV 5:30 Hand & Foot TAV</p>	<p>17</p> <p>10:00 Bible Study LIB 11:00 Mah Jongg TAV 11:00 Crafts with Josie GR 2:00 Glenwyck Cinema MOV 2:00 Pianist Mark Galeo GR 3:00 Knitting, Crocheting, & Coffee Klatch GR 4:00 Game Night: Right Left Center GR 4:00 Subway Dine-In \$5 GR</p>	<p>18</p> <p>9:00 Grocery Shopping 10:00 Flu & Shingles Clinic GR 12:00 RSVP for COVID & RSV Clinic 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Witches Brew Bring an Appetizer to Share</p>	<p>19</p> <p>10:30 Yahtzee TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR</p>
<p>20</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV</p> <p>HAPPY BIRTHDAY MARIA GRAHAM</p>	<p>21</p> <p>11:30 Maria's Lunch Bunch: Chicken Salad on a Croissant \$12 TAV 12:00 Supper Club Orders Due 12:00 PRN Presents: The PRN Referral Process GR 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Five Crowns TAV 8:00 Monday Night Football TAV</p>	<p>22</p> <p>9:30 Walking Club LOBBY 2:00 Docuseries: MOV 2:00 Guitarist Russ Kennedy GR 4:00 Game Night: Right Left Center GR</p>	<p>23</p> <p>8:30 Waffle Wednesday GR 10:00 Albany Institute of History & Art 12:00 Pizza Orders Due 12:00 Indoor Swap Meet GR 1:00 Lit Club LIB 24:00 Supper Club w/Maria's Café: Beef Stroganoff \$15 TAV 5:30 Canasta TAV</p>	<p>24</p> <p>10:00 Bible Study LIB 11:00 Mah Jongg TAV 11:00 Lunch at Lakeside Farms 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>25</p> <p>9:00 Grocery Shopping 10:00 COVID & RSV Clinic GR 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party: Wine \$5 GR</p>	<p>26</p> <p>10:30 Yahtzee TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR</p>
<p>27</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Board Game Night TAV</p>	<p>28</p> <p>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 Pinocle TAV 8:00 Monday Night Football TAV</p>	<p>29</p> <p>9:30 Walking Club LOBBY 1:30 Birthday Party GR 2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR</p>	<p>30</p> <p>8:30 Waffle Wednesday GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Chicken Penne Ala Vodka \$15 TAV 5:30 Hand & Foot TAV</p>	<p>31</p> <p>10:00 Bible Study LIB 11:00 Mah Jongg TAV 1:30 Library Committee LIB 2:00 Halloween Party GR 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting, & Coffee Klatch GR</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>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) 9:45 Balance Class (FS) 10:00 & 3:30 Buddy Swim (P)</p>	<p>Every Wednesday</p> <p>8:30 Water Aerobics (P) 9:30 Hydorridders (P) 1:00 Chair Dance Exercise Class (FS) 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 Hydorridders (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>
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Resident Informational Meetings

Entertainment Meeting with Jennifer
Tuesday, October 1st at 11:30 am

Resident Meeting with Laurie & Glenwyck Staff
Monday, October 7th at 11:00 am

In the Great Room.
All are Welcome.



COUNTRY KICKERS LINE DANCING

Tuesday, October 15th
2:00 pm in the Great Room



Autumn Explorer Train Ride Wednesday, October 16th

Bus leaves at 9:30 am
Sign up in the Office • Tickets are \$28 Per Person



Saratoga Corinth & Hudson Railway



Crafts with Josie

Thursday, October 17th
11:00 am
in the Great Room
Sign up in the office



Vaccine Clinics

FLU & Shingles Vaccine Clinic

Friday, October 18th

10:00 am in the Great Room

PICK UP & COMPLETE YOUR PAPER WORK
By Friday, October 11th

COVID & RSV Clinic

Friday, October 25th

10:00 am in the Great Room

PICK UP & COMPLETE YOUR PAPER WORK
By Friday, October 18th



PRN

Physical Therapy

Rehabilitation Services

an affiliate of The Weston Healthcare Group

PRN Presents: The PRN Referral Process

PRN explains the who, what, when, where & why of the therapy referral process. With a fun interactive bingo game & prizes!

Monday, October 21st

12:00 pm in the Great Room



DINE-IN

Thursday, October 17th
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 October 15th!



LUNCH AT LAKESIDE FARMS

Wednesday, October 24th
Bus leaves at 11:00am

Come have Lunch & Shop in the Gift Shop!
Sign up in the Office



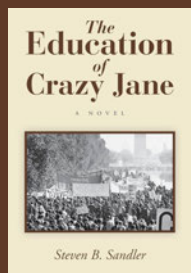
*The Charlie & Vicki
Movie Musical Series*

The first Wednesday of the month
6:00 pm in the Theater

Upcoming Features:

- Gigi
- Gold Diggers of 1933
- Romance on the High Seas
- Viva Las Vegas
- Love Me Tonight
- Showboat
- Kiss Me Kate
- South Pacific

Book Talk with Author Steve Sandler
“The Education of Crazy Jane”



It's a story of students in the late 60s protesting the War in Vietnam, falling in love, and trying to make sense of the rapidly changing social mores of the times.

Thursday, October 3rd
2:00 pm in the Great Room

Potluck Dinner

Tuesday, October 8th
5:00 pm in the Great Room
Sign up in the Office



BREAST CANCER AWARENESS MONTH

OCTOBER

Let's wear PINK in support
Wednesday, October 9th!

*Lunch at
Bellevue Café*

Thursday, October 10th
Bus leaves at 11:00 am
Sign up in the office



Come listen to your favorite tunes

Tumblin Gap - Country String Band Music

Wednesday, October 9th 2:00 pm

Mark Galeo- Pianist

Thursday, October 17th 2:00 pm

Russ Kennedy - Guitarist

Tuesday, October 22nd 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

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:

Thomas Corners Fire Department
Monetary Fund Drive

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



Friday, October 29th
at 4:00 pm Great Room

Call the office by 10/27 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.

FROZEN DINNERS

By: *Chef Johnny*



Chef Johnny is now offering frozen meals, which are available in the office any day of the week during business hours. The dinners below are \$14 each and ready to be heated.

- Chicken Parmigiana with pasta, sauce, vegetable
- Meatloaf with mashed potatoes, vegetable
- Turkey with stuffing, roasted potatoes, vegetable
- Cheese Manicotti

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