

# SUMMIT AT GLENWYCK

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Monthly Newsletter

March 2025





# THE Manager's Message

## March Madness

They say March Madness. But what does that mean?  
Do we take off our clothes and begin to scream?  
I think there is enough madness in this world.  
I prefer to find a warm spot to let this month unfurl.

As the sun rises higher in the sky.  
This is a month to make sure to let your soul fly.  
After all, we are trying to find a place to feel at home.  
We are moving into spring not a catacomb.

Watch the birds as they fly in to make their nests.  
Remember the more we know the less we are a conquest.  
Let the sunshine warm up your heart.  
Allow this spring to herald a new start.  
~Suzanne Wagner~

*Laurie Ignazio*

Laurie Ignazio  
Community Manager

## SUMMIT SERVICE CLUB

*"Volunteering is a work  
of heart"*

Join fellow residents as  
they develop on-going  
volunteer opportunities for  
our community!

### CURRENT PROJECT:

GIVEBack room at  
Scotia-Glenville HS

- Toothbrushes
- Toothpaste
- Deodorant (M & F)
- Shampoo/Conditioner
- Combs/Brushes
- Bodywash

### NEXT MEETING:

March 18th @ 2pm  
In the Tavern

## Staff

### Community Manager

Laurie Ignazio

Lignazio@summitseniorlife.com

### Resident Services Coordinator

Jennifer Hickey

JHickey@summitseniorlife.com

### Maintenance

Thomas Nardini

Paul Coffin

### Driver

Harold Bergeron

### 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

## Birthday's of the Month



Frances Reed	3/4
Regina Ford	3/10
Barbara Palmer	3/14
John Barry	3/21
Cassandra Rhynders	3/23
David Cowley	3/30
Virginia Romanzo	3/30

Help us celebrate our monthly birthdays on  
**Tuesday, March 25th @ 1:30pm**  
In the Great Room  
Cake & Ice Cream for all!

# SupperClub

FOOD & FRIENDS

## Wednesdays

March 5th, 12th, 19th, 26th  
Delivery to the Tavern 4:00 pm

### March 5th - Spaghetti & Meatballs

(Tossed Salad, Italian Bread, Chocolate Cake)

### March 12th - Corned Beef & Cabbage

(Potatoes, Carrots, Tossed Salad, Irish Soda Bread, Cherry Cobbler)

### March 19th - Baked Macaroni & Cheese

(Tossed Salad, Peas & Carrots, Corn Bread, White Cake w/ Chocolate Icing)

### March 26th - Chicken Penne Ala Vodka

(Caesar Salad, Garlic Bread, Chocolate Pudding)

Orders due in the office by Noon on  
Monday 3/3, 3/10, 3/17, 3/24

\$15 Each



\$5

### DINE-IN

Thursday, March 20th at 4:00 pm

Join us for a fresh, healthy supper in the Tavern

RSVP to the office by 3/18

## Maria's LUNCH Bunch

\$12

Mondays  
@ 11:30am

March 3rd, 10th, 17th, 24th, 31st

### 3RD - TUNA MELT

(Macaroni Salad, Brownie)

### 10TH - CHICKEN BACON WRAP

(Macaroni Salad, Cupcake)

### 17TH - CHEF SALAD

(Vegetable Soup, Cupcake)

### 24TH - HALF TURKEY CLUB

(Vegetable Soup, Chocolate Chip Cookie)

### 31ST - GRILLED CHICKEN SANDWICH

(Macaroni Salad, Chocolate Chip Cookie)

ORDERS DUE IN THE  
OFFICE BY NOON ON  
FRIDAY 3/7, 3/14,  
3/21, 3/28



## FOOD OUTINGS THIS MONTH

### LUNCH AT



WEDNESDAY  
MARCH 12<sup>TH</sup>

11 AM

RESERVE YOUR  
SPOT IN THE OFFICE

### LUNCH AT



TUESDAY  
MARCH 18<sup>TH</sup>

11 AM

RESERVE YOUR  
SPOT IN THE OFFICE

## PIZZA PARTY

Friday March  
28th @ 4PM

\$5

Sign Up in the Office by 3/26 to RSVP





S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CONNECTED <i>life</i></div> <div></div> <div>FITNESS</div>	Every Monday 8:30 Water Aerobics (P) 3:30 Buddy Swim (P)	Every Tuesday 8:45 Sit 2B Fit (FS) 9:45 Balance Class (FS) 10:00 & 3:30 Buddy Swim (P)	Every Wednesday 8:30 Water Aerobics (P) 9:30 Hydoriders (P) 1:00 Chair Dance Exercise Class (FS) 3:30 Buddy Swim (P)	Every Thursday 8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P)	Every Friday 8:30 Water Aerobics (P) 9:30 Hydoriders (P) 3:30 Buddy Swim (P)	1 10:30 Hearts TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV 10:00 & 3:30 Buddy Swim (P) (Every Saturday & Sunday)
2 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV	3 11:30 Maria's Lunch Bunch: Tuna Melt \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 6:30 Five Crowns TAV	4 2:00 Docuseries: MOV 2:00 Alzheimer's Presentation: Know the 10 Warning Signs 4:00 Game Night: Right Left Center GR 6:30 Indoor Walking Club LOBBY HAPPY BIRTHDAY FRAN REED	5 8:30 Waffle Wednesday GR 1:00 Lit Club LIB 2:00 Pianist Laura Collins GR 4:00 Supper Club w/Maria's Cafe: Spaghetti & Meatballs \$15 TAV 6:00 Romance on the High Seas (MOV)	6 10:00 Bible Study LIB 11:00 Mah Jongg TAV 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting & Coffee Klatch GR 4:00 Game Night: Right Left Center 6:30 Indoor Walking Club LOBBY	7 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Rum & Coke Bring an Appetizer to Share GR	8 10:30 SpadesTAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
9 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Board Game Night TAV 	10 11:00 Resident Meeting w/Laurie GR 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 6:30 Pinocle TAV HAPPY BIRTHDAY REGINA FORD	11 11:00 Flower Arranging with Ursula TAV 2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR 6:30 Indoor Walking Club LOBBY	12 8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 11:00 Lunch at Charlton Tavern 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Cafe: Corned Beef & Cabbage \$15 TAV 5:30 Canasta TAV 5:30 An Clar Irish School of Dance GR	13 10:00 Bible Study LIB 11:00 Mah Jongg TAV 2:00 Glenwyck Cinema MOV 2:00 Pianist Cole Broderick GR 3:00 Knitting, Crocheting & Coffee Klatch GR 4:00 Game Night: Right Left Center 6:30 Indoor Walking Club LOBBY	14 9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 St. Patrick's Day Party Featured Cocktail; Wine & Guinness GR HAPPY BIRTHDAY BARBARA PALMER	15 10:30 Yahtzee TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
16 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV 	17 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 6:30 Five Crowns TAV St. Patrick's Day	18 11:00 Lunch at Olive Garden 12:00 Subway Orders Due 2:00 Service Club Meeting (TAV) 2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR 6:30 Indoor Walking Club LOBBY	19 8:30 Waffle Wednesday GR 12:00 Indoor Swap Meet GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Cafe: Baked Macaroni & Cheese \$15 TAV 5:30 Hand & Foot TAV	20 9:30 Shopping at Kohl's 10:00 Bible Study LIB 11:00 Mah Jongg TAV 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting & Coffee Klatch GR 4:00 Game Night: Right Left Center 4:00 Subway Dine-In \$5 TAV 6:30 Indoor Walking Club LOBBY	21 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 HAPPY BIRTHDAY JOHN BARRY	22 10:30 Yahtzee TAV 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
23 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV HAPPY BIRTHDAY CASANDRA RHYNDERS	24 11:30 Maria's Lunch Bunch: Half Turkey Club \$12 TAV 12:00 PRN Presentation: Aquatic Therapy 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 6:30 Pinocle TAV	25 11:15 Proctors Noontime Organ Concert 1:30 Birthday Party GR 2:00 Docuseries: MOV 4:00 Game Night: Right Left Center GR 6:30 Indoor Walking Club LOBBY	26 8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 1:00 Lit Club LIB 2:00 Music w/Tumblin Gap GR 4:00 Supper Club w/Maria's Cafe: Chicken Penne Ala Vodka \$15 TAV 5:30 Canasta TAV	27 10:00 Bible Study LIB 11:00 Mah Jongg TAV 1:00 Library Committee LIB 2:00 Glenwyck Cinema MOV 3:00 Knitting, Crocheting & Coffee Klatch GR 4:00 Game Night: Right Left Center 6:30 Indoor Walking Club LOBBY	28 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	29 1:30 Glenwyck Cinema MOV 2:00 Quarter Bingo GR 6:00 Game Night TAV
30 2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Mah Jongg TAV HAPPY BIRTYHDAY DAVID COWLEY & VIRGINA ROMANZO	31 11:30 Maria's Lunch Bunch: Grilled Chicken Sandwich \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 6:30 Pinocle TAV	HELLO March		CR: Craft Room CY: Courtyard FS: Fitness Studio GR: Great Room GYM		LOBBY MOV: Movie Theatre OFFICE P: Pool TAV: Tavern





**SAINT PATRICK'S**  
DAY PARTY

FRIDAY  
MARCH 14TH  
AT 4PM  
IN THE GREAT ROOM

~ FEATURED COCKTAIL ~  
~ WINE & GUINNESS ~



*Pianist Laura Collins*

Wednesday March 5th  
@2pm  
In the Great Room



**POTLUCK DINNER**

Tuesday, March 11th

**in the Great Room**

a gathering where each guest brings a dish to share.



*Flower Arrangements with Ursula*

Tuesday, March 11<sup>th</sup> @ 11:30am

In The Tavern ~ Sign up in the office

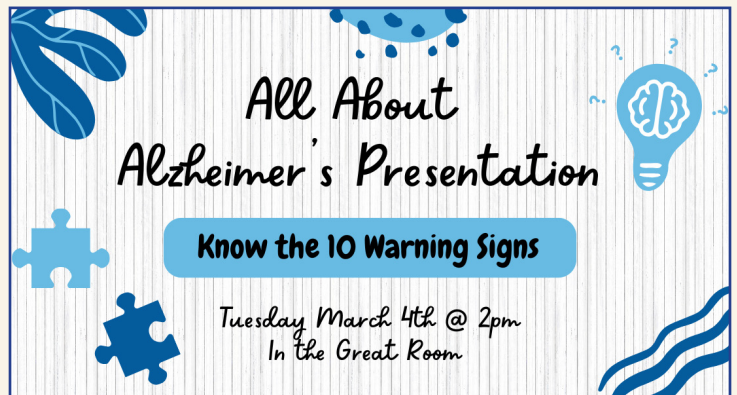


**HAPPY HOUR** 4pm

EVERY FRIDAY NIGHT

MARCH 7TH: **RUM & COKE BRING**  
MARCH 14TH: **WINE & GUINNESS**  
MARCH 21ST: **BYOB**  
MARCH 28TH: **WINE**

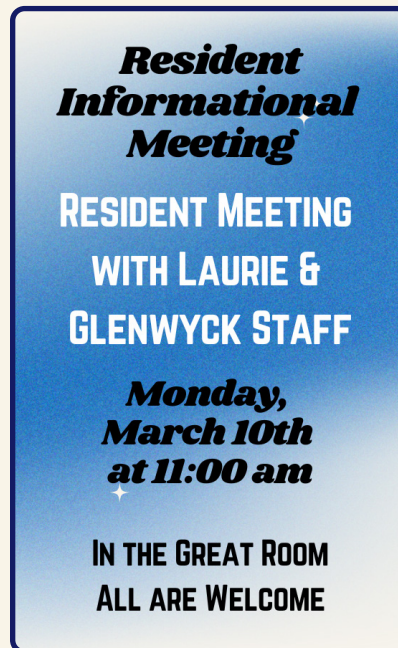
IN THE GREAT ROOM



All About  
Alzheimer's Presentation

Know the 10 Warning Signs

Tuesday March 4th @ 2pm  
In the Great Room



**Resident Informational Meeting**

RESIDENT MEETING  
WITH LAURIE &  
GLENWYCK STAFF

Monday,  
March 10th  
at 11:00 am

IN THE GREAT ROOM  
ALL ARE WELCOME



ROMANCE ON THE HIGH SEAS

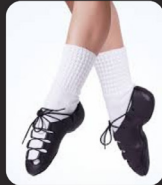
Wednesday  
March 5th  
@ 6pm

\*Glenwyck Theatre





WEDNESDAY,  
MARCH 12<sup>TH</sup>  
5:30pm  
In the Great Room



SHOPPING AT KOHL'S  
**KOHL'S**  
THURSDAY,  
MARCH 20<sup>th</sup>

**BUS LEAVES AT 9:30 AM**

SIGN UP IN THE OFFICE



PRN & FITNESS WITH BARB PRESENTS  
**AQUATIC THERAPY**

**MARCH 24<sup>TH</sup> @ 12PM IN THE GREAT ROOM**

COME LEARN HOW PRN PARTNERS WITH OUR ONSITE FITNESS TEAM  
FOR YOU TO BENEFIT FROM THE POOL! REFRESHMENTS PROVIDED!



*Free Noontime Organ Concert*

**Tuesday March 25<sup>th</sup>**

Show starts at Noon • Bus leaves at 11:15am

Please sign up in the office

**Pam Sharpe & Jayne Dozois debut Springtimes**

PIANIST  
**COLE BRODERICK**

THURSDAY  
MARCH 13<sup>TH</sup>

2pm

In the Great Room

Got too much stuff?

...Stuff that you don't want anymore

... Stuff you don't want to throw away

**INDOOR SWAP MEET**

WEDNESDAY, MARCH 19<sup>TH</sup>

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.

**TUMBLIN GAP**

Wednesday,  
March 26<sup>th</sup> @ 2pm  
in the Great Room



# 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

✓ 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

### 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.



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

**716-255-3674**