

# SUMMIT AT GLENWYCK

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Monthly Newsletter

May 2025





THE  
Manager's Message

May is a month of rebirth, of renewed vitality and energy.” John Burroughs

Hello May! Let’s make this month a great one. As our weather improves, opportunities to enjoy ourselves are everywhere. For starters, we have a busy Glenwyck May calendar full of events & fun!

Among our special events this month, we have planned a trip to Apple Barrel Store & Café in beautiful Schoharie County. Closer to home we will be going to the Aquarium and Veteran’s Park and having lunch at 99 Restaurant & Dairy Circus. Along with shopping outings and plenty of musical performances, we are having our Mother’s Day Breakfast catered by Chef Johnny to honor our mothers & ladies of Glenwyck. Mother’s Day is so important, it is the one day of the year dedicated to those who have given so much of themselves. We are all so grateful to all the mothers.

We are having a Memorial Day Cookout on Monday, May 26th to honor our veterans. We owe you a debt of gratitude, but more than that, we owe you our freedom.

*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:  
Collecting monetary donations for The Schenectady Foundation’s Weekend Backpack Fund.  
The Weekend Backpack Fund sends healthy food home every Friday with students from Schenectady County elementary schools. Donations to the fund improve children’s health & prevent childhood hunger. If interested in donating, please give resident Linda Suggs (apt. 230) cash or a check made out to cash.

Next Meeting:  
Tuesday, May 20 at 1:30pm  
Great Room

Birthdays of  
the Month

|                    |      |
|--------------------|------|
| Malee Lennon       | 5/1  |
| Mary Lousie Farina | 5/4  |
| John Nace          | 5/7  |
| Val D’Andrea       | 5/8  |
| Louise Folch       | 5/9  |
| Beryl DeFrank      | 5/14 |
| Deloress Wallin    | 5/18 |
| Chris Rush         | 5/22 |
| Bill Edminster     | 5/25 |

Help us Celebrate our monthly birthdays on  
Tuesday, May 27 at 1:30 pm  
in the Great Room.  
Cake & Ice cream for all!

Staff

Community Manager

Laurie Ignazio  
Llgnazio@summitseniorlife.com

Resident Services  
Coordinator

Rebecca Detora  
rdetora@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


Maria's **LUNCH** Bunch

Mondays @ 11:30am May 5. 12. 19 \$12

MAY 5 - CINCO DE MAYO BEEF TACO. SIDE SALAD. COOKIE  
PLEASE ORDER BY NOON ON FRIDAY. 5/2.

MAY 12- GRILLED HAM & CHEESE SANDWICH. TOMATO SOUP. BROWNIE  
PLEASE ORDER BY NOON ON FRIDAY. 5/9.

MAY 19 - PATTY MELT. PASTA SALAD. BROWNIE  
PLEASE ORDER BY NOON ON FRIDAY. 5/16.



Mother's Day  
Breakfast

All ladies are invited to kick off  
Mother's Day with a tasty breakfast by Chef Johnny!

Wednesday, May 7  
9:00am Great Room  
Please sign up in the office.

**SUBWAY**  **DINE-IN \$5**

Thursday, May 15  
4:00pm

Enjoy a better-for-you sub sandwich from Subway!  
Please sign up in the office by May 13.

**Memorial Day  
Potluck**

Monday, May 26  
3:00pm  
Great Room

Please sign up in the office and  
let us know what you will be bringing.  
Hot Dogs Provided!

**SupperClub**  
FOOD & FRIENDS

**Maria's Cafe - \$15**  
Wednesday- May 7, 14, 28  
Delivery to the Lobby at 4:00pm

**May 7 - Meatloaf Dinner**  
Baked Potato, Garden Salad,  
Peas & Carrots, Cupcake

**May 14 - Lasagna Dinner**  
Tossed Salad, Italian Bread  
Chocolate Cake

**May 28- Scalloped Potatoes & Ham**  
Peas & Carrots, Garden Salad  
Corn Bread, Vanilla Pudding

Orders due in the office by Noon on  
Monday 5/5, 5/12, 5/26

**Dine-in  
w/Chef Johnny-\$16  
Great Room**  
15 Resident Minimum

**Tuesday, May 13 - Chicken Parmesan**  
Served over pasta, side salad, garlic bread

**Thursday, May 29 - Beef Stroganoff**  
Served over noodles, side salad  
Orders are due the Friday prior.

**PIZZA  
PARTY**

**Friday May 30  
4:00pm** **\$5**

Please sign up in the office by May 28.





| 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>  | <div>Every Monday</div> <div>8:30 Water Aerobics (P)<br/>9:30 Buddy Swim (P)</div>   | <div>Every Tuesday</div> <div>8:45 Sit 2B Fit (FS)<br/>9:30 Buddy Swim (P)<br/>9:45 Balance Class (FS)</div>   | <div>Every Wednesday</div> <div>8:30 Water Aerobics (P)<br/>9:30 Hydorriders (P)<br/>10:00 Buddy Swim (P)<br/>1:00 Chair Dance Exercise Class (FS)</div>  | <div>Every Thursday</div> <div>8:45 Sit 2B Fit (FS)<br/>9:30 Buddy Swim (P)</div>  | <div>Every Friday</div> <div>8:30 Water Aerobics (P)<br/>9:30 Hydorriders (P)<br/>10:00 Buddy Swim (P)</div>   | <div>Every Saturday</div> <div>9:30 Buddy Swim (P)</div>  |
|  | <div>CY: Courtyard<br/>FS: Fitness Studio<br/>GR Great Room<br/>LO: LOBBY<br/>MOV: MOVIE THEATRE<br/>P: POOL<br/>TAV: TAVERN</div>   | <div>PAW TIME SOCIAL</div> <div>Calling all dog lovers and resident dog owners!! All happy dogs are welcome to the courtyard on Friday, May 9 at 3:15pm for Frosty Paws.</div> <div></div>   | <div></div> <div>MOVIE NIGHT</div> <div>May 7<br/>6:00PM<br/>Theater</div>  | <div>1</div> <div>10:00am Bible Study LIB<br/>11:00am Mahjong TAV<br/>2:00pm Movie &amp; Popcorn MOV<br/>2:00pm Canasta TAV<br/>3:00pm Knitting &amp; Crocheting Group GR<br/>4:00pm Dice Game: Right Left Center<br/>6:30pm Scrabble TAV</div> <div>HAPPY BIRTHDAY MALEE LENNON</div>   | <div>2</div> <div>9:00am Grocery Shopping</div> <div>11:30am Loom Hat Making w/Barbara GR<br/>1:00pm Lit Club LIB<br/>1:30pm Quarter Bingo GR<br/>4:00pm Happy Hour: Margaritas</div>  | <div>3</div> <div>10:30am Bocce Ball CY<br/>10:30am Hearts TAV<br/>1:30pm Glenwyck Cinema MOV<br/>2:00pm Quarter Bingo GR<br/>6:00pm Game Night TAV<br/>6:30pm Fireside Smares CY</div>   |
| <div>4</div> <div>2:00pm Dominoes TAV<br/>2:00pm Quarter Bingo GR<br/>4:00pm Poker TAV<br/>6:00pm Mahjong TAV</div> <div>HAPPY BIRTHDAY<br/>MARY LOUISE FARINA</div> | <div>5</div> <div>11:00am Scrabble TAV<br/>11:30am Maria's Lunch Bunch: Tacos \$12<br/>1:00pm Lit Club LIB<br/>2:00pm Pinocle TAV<br/>2:30pm Catholic Rosary Circle LIB</div> <div>Cinco de Mayo</div>   | <div>6</div> <div>9:30am Walking Club LOBBY</div> <div>11:30am Program Meeting w/ Rebecca GR<br/>1:00pm Canasta TAV<br/>1:30pm Book Talk w/ Sarah Provost GR<br/>2:00pm Docuseries: MOV<br/>4:00pm Dice Game: Right Left Center GR<br/>6:30pm Indoor Walking Group LO</div>                              | <div>7</div> <div>9:00am Mother's Day Breakfast GR<br/>10:00am Cards: That's All TAV<br/>11:00am Theater How-to MOV<br/>1:00pm Lit Club LIB<br/>4:00pm Supper Club w/Maria's Cafe: Meatloaf Dinner \$15 TAV<br/>6:00pm Calamity Jane MOV</div> <div>HAPPY BIRTHDAY JOHN NACE</div>  | <div>8</div> <div>10:00am Bible Study LIB<br/>11:00am Mahjong TAV<br/>11:00am Lunch at Dairy Circus<br/>2:00pm Canasta TAV<br/>2:00pm Movie &amp; Popcorn MOV<br/>3:00pm Knitting &amp; Crocheting Group GR<br/>4:00pm Dice Game: Right Left Center<br/>6:30pm Scrabble TAV</div> <div>HAPPY BIRTHDAY VAL D'ANDREA</div>   | <div>9</div> <div>9:00am Grocery Shopping</div> <div>11:30am Loom Hat Making w/Barbara GR<br/>1:00pm Lit Club LIB<br/>1:30pm Quarter Bingo GR<br/>3:15pm Paw Time Social CY<br/>4:00pm Happy Hour: BYOB</div> <div>HAPPY BIRTHDAY LOUISE FOLCH</div> | <div>10</div> <div>10:30am Bocce Ball CY<br/>10:30am Spades TAV<br/>1:30pm Glenwyck Cinema MOV<br/>2:00pm Quarter Bingo GR<br/>6:00pm Game Night TAV<br/>6:30pm Fireside Smares CY</div>  |
| <div>11</div> <div>2:00pm Dominoes TAV<br/>2:00pm Quarter Bingo GR<br/>4:00pm Poker TAV<br/>6:00pm Mahjong TAV</div> <div></div>                                     | <div>12</div> <div>11:00am Resident Meeting w/Laurie GR<br/>11:30am Maria's Lunch Bunch: Grilled Ham &amp; Cheese \$12<br/>1:00pm Lit Club LIB<br/>2:00pm Pinocle TAV<br/>2:30pm Catholic Rosary Circle LIB</div>  | <div>13</div> <div>9:30 Walking Club LOBBY</div> <div>12:00 Subway Orders Due<br/>1:00pm Canasta TAV<br/>2:00 Music by Erin Powers GR<br/>2:00 Docuseries: MOV<br/>4:00pm Dine-in w/Chef Johnny: Chicken Parm Dinner GR<br/>5:30pm Dice Game: Right Left Center<br/>6:30pm Indoor Walking Group LO</div> | <div>14</div> <div>8:30am Waffle Wednesday GR<br/>10:00am Podiatrist Dr. Masias-Please sign up<br/>10:00am Cards: That's All TAV<br/>11:00am Via Aquarium<br/>1:00pm Lit Club LIB<br/>2:00pm Ice Cream Sundae Bar GR<br/>4:00pm Supper Club w/Maria's Cafe: Lasagna Dinner \$15 TAV</div> <div>HAPPY BIRTHDAY BERYL DEFRANK</div> | <div>15</div> <div>10:00am Bible Study LIB<br/>11:00am Mahjong TAV<br/>2:00pm Canasta TAV<br/>2:00pm Movie &amp; Popcorn MOV<br/>3:00pm Knitting &amp; Crocheting Group GR<br/>4:00pm Dice Game: Right Left Center<br/>4:00pm Subway Dine-In \$5 GR</div>  | <div>16</div> <div>9:00am Grocery Shopping</div> <div>11:30am Loom Hat Making w/Barbara GR<br/>1:00pm Lit Club LIB<br/>1:30pm Quarter Bingo GR<br/>4:00pm Happy Hour GR</div>  | <div>17</div> <div>10:30am Bocce Ball CY<br/>10:30am Yahtzee TAV<br/>1:30pm Glenwyck Cinema MOV<br/>2:00pm Quarter Bingo GR<br/>6:00pm Game Night TAV<br/>6:30pm Fireside Smares CY</div> |
| <div>18</div> <div>2:00pm Dominoes TAV<br/>2:00pm Quarter Bingo GR<br/>4:00pm Poker TAV<br/>6:00pm Mahjong TAV</div> <div>HAPPY BIRTHDAY DELORESS WALLIN</div>       | <div>19</div> <div>10:00am Watercolor Class with Sue Peters TAV<br/>11:00am Scrabble TAV<br/>11:30am Maria's Lunch Bunch: Patty Melt \$12<br/>12:00pm PRN Presentation: Speech Therapy Awareness GR<br/>1:00pm Lit Club LIB<br/>2:00pm Pinocle TAV<br/>2:30pm Catholic Rosary Circle LIB</div> | <div>20</div> <div>9:30am Walking Club LOBBY</div> <div>1:00pm Canasta TAV<br/>2:00pm Docuseries: MOV<br/>1:30pm Service Club Meeting GR<br/>2:00pm Team Trivia with Mark Hersh GR<br/>4:30pm Dice Game: Right Left Center GR<br/>6:30pm Indoor Walking Group LO</div>                                   | <div>21</div> <div>8:30am Waffle Wednesday GR<br/>10:00am Cards: That's All TAV<br/>10:00am Trip to Veteran's Park<br/>1:00pm Lit Club LIB<br/>2:00pm Music w/ Mark Mason GR<br/>4:00pm Supper Club w/Maria's Cafe: Roasted Beef Dinner \$15 TAV</div>  | <div>22</div> <div>9:00am Shopping at Trader Joes<br/>10:00am Bible Study LIB<br/>11:30 Long Term Care Presentation GR<br/>1:00pm Library Committee LIB<br/>2:00pm Canasta TAV<br/>2:00pm Movie &amp; Popcorn MOV<br/>3:00pm Knitting &amp; Crocheting Group GR<br/>4:00pm Dice Game: Right Left Center<br/>6:30pm Scrabble TAV</div> <div>HAPPY BIRTHDAY CHRIS RUSH</div> | <div>23</div> <div>9:00am Grocery Shopping</div> <div>11:30am Loom Hat Making w/Barbara GR<br/>1:00pm Lit Club LIB<br/>1:30pm Quarter Bingo GR<br/>4:00pm Happy Hour: Bocce Ball Cocktail<br/>Bring an Appetizer to Share GR</div>                   | <div>24</div> <div>10:30am Bocce Ball CY<br/>10:30am Hearts TAV<br/>1:30pm Glenwyck Cinema MOV<br/>2:00pm Quarter Bingo GR<br/>6:00pm Game Night TAV<br/>6:30pm Fireside Smares CY</div>  |
| <div>25</div> <div>2:00pm Dominoes TAV<br/>2:00pm Quarter Bingo GR<br/>4:00pm Poker TAV<br/>6:00pm Mahjong TAV</div> <div>HAPPY BIRTHDAY BILL EDMINSTER</div>        | <div>26</div> <div></div> <div>OFFICE CLOSED - NO FITNESS CLASSES<br/>3:00pm Memorial Day Potluck Dinner GR</div>  | <div>27</div> <div>9:30am Walking Club LOBBY</div> <div>1:00pm Canasta TAV<br/>1:30pm Birthday Party GR<br/>2:00pm Docuseries: MOV<br/>4:00pm Dice Game: Right Left Center GR<br/>6:30pm Indoor Walking Group LO</div>   | <div>28</div> <div>8:30am Waffle Wednesday GR<br/>10:00am Cards: That's All TAV<br/>11:00am Lunch at Apple Barrel Store &amp; Cafe<br/>12:00pm Pizza Orders Due<br/>1:00pm Lit Club LIB<br/>4:00pm Supper Club w/Maria's Cafe: Scalloped Potatoes &amp; Ham \$15 TAV</div>  | <div>29</div> <div>10:00am Bible Study LIB<br/>9:00am Mahjong Tournament at Summit at Saratoga<br/>2:00pm Glenwyck Cinema MOV<br/>2:00pm Movie &amp; Popcorn MOV<br/>3:00pm Knitting &amp; Crocheting Group GR<br/>4:00pm Dine-in w/Chef Johnny: Beef Stroganoff GR<br/>5:30pm Dice Game: Right Left Center<br/>6:30pm Scrabble TAV</div>                                  | <div>30</div> <div>9:00am Grocery Shopping</div> <div>11:30am Loom Hat Making w/Barbara GR<br/>1:00pm Lit Club LIB<br/>1:30pm Quarter Bingo GR<br/>4:00pm Pizza Party: Wine \$5 GR</div>   | <div>31</div> <div>10:30am Bocce Ball CY<br/>10:30am SpadesTAV<br/>1:30pm Glenwyck Cinema MOV<br/>2:00pm Quarter Bingo GR<br/>6:00pm Game Night TAV<br/>6:30pm Fireside Smares CY</div>   |

BLUE: CONNECTED LIFE/PRESENTIONS


RED: OUTINGS



### Excursions

#### Lunch at Dairy Circus

Thursday, May 8




Welcome Spring in a casual restaurant offering breakfast, burgers, and ice cream, in a family-friendly setting.

Please be in the lobby no later than 10:50am.  
The bus will leave the Summit at 11:00am.


#### Apple Barrel Store & Cafe

Wednesday, May 28




Embark on a journey with Joshua Loden-Bray, where each story unveils the essence of our business. From seasonal menu highlights to design inspiration, discover how Apple Barrel transforms into an enchanting haven.

Please be in the lobby no later than 10:50am.  
The bus will leave the Summit at 11:00am.



**Wednesday, May 14**  
The bus will leave the Summit at 11:00am.  
Please sign up in the office.



**Thursday, May 22**  
The bus will leave the Summit at 9:00am.  
Please sign up in the office.

### Summit Senior Living Mahjong Tournament

Thursday, May 29

Meet & greet / 10:30am  
Mahjong / 10:45am  
Spring Luncheon / 12:15pm  
Mahjong / 1:00pm  
Dessert & Prizes / 2:30pm

The bus will leave the Summit at 9:30am.  
\$5 per person.  
Please sign up in the office.

### Book Talk with Author Sarah Provost

Tuesday, May 6 at 1:30pm  
Great Room



We're excited that resident, poet, playwright, and novelist Sarah Provost will be sharing her captivating book, *Guinevere: Bright Shadow*, with us all! Sarah brings her unique voice to this story, making it a compelling read.



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

### Speech Therapy Awareness Month

May is National Speech Therapy Month and we are excited to tell you how vital this profession is. Learn all the ways Speech Therapy can help with language, swallowing, organization, brain health and speech. Refreshments served!

**Monday, May 19**  
12:00pm. Great Room

### Long Term Care Presentation

Would you like to understand Long Term Care? This presentation will focus on the different types of care available, associated costs and levels of care. There will be a review of funding options available to help pay for care that include VA benefits, long term care (LTC) insurance and Medicaid.

**Thursday, May 22**  
11:30am  
Great Room  
Please sign up in the office.

PRESENTATION BY RENEE BIRNBAUM

## TRIP TO VETERAN'S PARK

**Wednesday, MAY 21**  
The bus will leave the Summit at 10:00am.

Sign up in the Office

★ ★ ★ ★ ★

### Resident Informational Meetings

Resident Program Meeting with Rebecca  
Tuesday, May 6 at 11:30am  
Great Room

Theater How-To/Movie Committee  
Wednesday, May 7 at 11:00am  
Movie Theater

Resident Meeting with Laurie  
Monday, May 12 at 11:00am  
Great Room

## HAPPY HOUR

4PM

### Every Friday Night

Join your fellow residents for a peaceful afternoon every Friday at 3:00pm in the Great Room. Take a break, share some smiles, and enjoy a little time to unwind together.

**MAY 2: Margaritas**  
**May 9: BYOB**  
**May 16: Beer, Wine & Soda**  
**May 23: Bocce Ball**  
**May 30: Wine**



### Fireside Smores

Every Saturday  
6:30pm  
Courtyard

## MUSIC THIS MONTH

**Erin Powers - 50'S, 60'S, 70'S**  
Tuesday, May 13 @ 2pm

**Mark Mason - Guitarist**  
Wednesday, May 21 @ 2pm

**TUMBLIN GAP - STRING BAND**  
Thursday, May 29 @ 2pm

JOIN US IN THE GREAT ROOM!

## IT'S TIME FOR... Bocce Ball

Saturdays 10:30am

Weather permitting, all levels welcome!  
Appropriate sneakers required.

## Spring Watercolor Glass with Sue

**Monday, May 19**  
**10:00am**  
**Tavern**

Please sign up in the office - limit of 12 residents!



# 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

**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

Wednesday, May 14 at 10:00am.

To make your appointment, sign up in the office. He will visit you in your apartment.

## 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  
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Patient Service Coordinator  
Gina Vandenburg

**315-878-1327**

**Vandenburg@prnphysicaltherapy.com**