

SUMMIT AT GLENWYCK

Monthly Newsletter

June 2025



THE
Manager's Message

Happy Father's Day

Fathers are for caring us
Wherever we are in this world
Fathers are our best nurse.

Fathers are for loving us
From the bottom of his heart
He works for us from dawn to dusk.

Whenever we are falling down
Fathers are for conducting help
He is always there for us to settle down.

Fathers are for sharing love
If we are child or adult
Fathers are always wisdom dove.

Fathers are for showering heedfulness
Whether we are boy or girl
They are always known for carefulness.

Fathers are for guiding us
Whenever we are sad or hurt
Fathers are our best nurse.

Happy Father's day to you
May you always shine
Our love for you is always new.

Naila Rais



Happy
Father's
Day to
all our
wonderful
Summit at
Glenwyck
Dads!

Laurie Ignazio
Laurie Ignazio
Community Manager

Welcome to the
Summit At Glenwyck

Mary Giannetti
From Rotterdam Junction, NY

Joshua Moss
From Irvine, CA

Catherine LaFontaine
From Oneonta, NY

Bill & Barbara Fagan
From Slingerlands, NY

Susan & Larry Lauder
From Clifton Park, NY

June Birthdays

Dolores Caruso	6/02
Katherine Ackerman	6/09
Bonnie Bunn	6/09
Rita Harris	6/12
Charlie Trombley	6/12
Dan Sistarenik	6/13
Annette Hughes	6/13
Janet Liszewski	6/15
Linda Stimpson	6/18
Mary Ann LeClair	6/23
Josephine Peconie	6/30

Help us celebrate our
monthly birthdays on
Tuesday, June 24 at 2:00pm
in the Great Room.
Cake & Ice cream for all!

Staff

Community Manager

Laurie Ignazio
LIgnazio@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

Community Activities

Simply Worship

The Summit at Glenwyck
presents
An afternoon of worship with
Jeanne Ryan



Wednesday, June 11th, 2025 @ 2:00pm
The Summit at Glenwyck
150 Dutch Meadows Lane, Glenville NY

happy Father's Day

**Glenwyck Gentlemen,
You're Invited!**

Join Us for a Father's Day Cookout!
Wednesday, June 12
12:00pm- Great Room

Come celebrate with great company and a delicious
cookout menu featuring: Hamburgers, Hot Dogs,
Pasta Salad, Baked Beans, Chips.



HAPPY HOUR 4PM

Every Friday

Join your fellow residents for a peaceful afternoon every Friday
at 4:00pm in the Great Room. Happy Hour Highlights:

June 6: BYOB-we provide appetizer

June 13: Bring an appetizer to share- Enjoy folk-rock classics
from the '50s and '60s with solo artist Alyssa Yeager, featuring
heartfelt vocals and strings. Covers include favorites by the
Everly Brothers, the Beatles, and more! Patriotic Tom Collins
cocktails will be provided in honor of Flag Day!

June 20: Welcome New Residents Happy Hour-
Come and meet our newest friends that have moved in.
Appetizer, beer, wine & soda will be provided.

June 27: Pizza Party \$5-Beer, wine & soda
will be provided.

Resident Informational Meetings

Resident Program Meeting with Rebecca
Tuesday, June 3 at 1:30pm

Theater How-to/Movie Committee
Friday, June 6 at 11:00am

Resident Meeting with Laurie
Monday, June 16 at 11:00am



**Music Bingo and Trivia
with Pam & Tammy**

Thursday, June 26
1:00 - 3:00pm • Great Room

This unique entertainment experience has the thrill of
trivia, along with the familiarity of bingo cards. That's
why Music Bingo and Trivia is designed to cater to
diverse tastes and interests. Don't miss out!



Weekly Walking Group

Looking for a gentle way to stay active,
enjoy nature, and get fresh air?
We invite you to join our Weekly Flat Hikes —
chosen especially for residents who enjoy a
relaxed pace and great company.

**When: Each Tuesday at 9:30am,
weather permitting**

Where: Local parks and scenic flat trails
No special gear needed — just
comfortable shoes, reusable
water bottle and a
love for the outdoors.

Sign up in the Office

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) 9:30 Buddy Swim (P)</div>	<div>Every Tuesday</div> <div>8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P) 9:45 Balance Class (FS)</div>	<div>Every Wednesday</div> <div>8:30 Water Aerobics (P) 9:30 Hydorriders (P) 10:00 Buddy Swim (P) 1:00 Chair Dance Exercise Class (FS)</div>	<div>Every Thursday</div> <div>8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P)</div>	<div>Every Friday</div> <div>8:30 Water Aerobics (P) 9:30 Hydorriders (P) 10:00 Buddy Swim (P)</div>	<div>Every Saturday</div> <div>9:30 Buddy Swim (P)</div>
1 <div>2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV</div>	2 <div>11:00am Scrabble TAV 1:00pm Understanding the Pelvic Floor GR 1:00pm Lit Club LIB 2:00pm Pinocle TAV 2:30pm Catholic Rosary Circle LIB HAPPY BIRTHDAY DOLORES CARUSO</div>	3 <div>9:30am Walking Group LO 12:00 Subway Orders Due 1:00pm Canasta TAV 1:30pm Program Meeting w/ Rebecca GR 3:00pm Docuseries MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO</div>	4 <div>8:30am Waffle Wednesday GR 10:00am Lac du St. Sacrement Cruise 1:00pm Lit Club LIB 4:00pm Supper Club w/Maria's Cafe: Roasted Chicken Dinner \$15 TAV 6:00pm Calamity Jane MOV</div>	5 <div>10:00am Bible Study LIB 11:00am Mahjong TAV 1:00pm Elder Financial Exploitation GR 2:00pm Movie & Popcorn MOV 2:00pm Canasta TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Subway To-go GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV</div>	6 <div>9:00am Grocery Shopping 11:00am Theater How-to/ Movie Committee Meeting MOV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: BYOB GR</div>	7 <div>10:30am Bocce Ball CY 10:30am Hearts TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:30pm Fireside Smares CY</div>
8 <div>2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV</div>	9 <div>11:00am Scrabble TAV 11:30am Maria's Lunch Bunch: Salad Croissant \$12 1:00pm Core and Breathwork GR 1:00pm Lit Club LIB 2:00pm Pinocle TAV 2:30pm Catholic Rosary Circle LIB HAPPY BRTHDAY KATHERINE ACKERMAN & BONNIE BUNN</div>	10 <div>9:30 Walking Group LO 12:30pm Marilyn Sassi presents: Native Americans MOV 1:00pm Canasta TAV 3:00 Docuseries MOV 4:00pm Summit Supper Club: Chef Johnny's Turkey Dinner GR 6:30pm Indoor Walking Group LO</div>	11 <div>8:30am Waffle Wednesday GR 10:00am Podiatrist Dr. Masias Please sign up 10:30am Lunch at Lakeside Farms 1:00pm Lit Club LIB 2:00pm Simply Worship with Jeanne GR 4:00pm Supper Club w/Maria's Cafe: Roast Beef Dinner \$15 TAV</div>	12 <div>10:00am Bible Study LIB 11:00am Mahjong TAV 12:00pm Father's Day Cookout GR 2:00pm Movie & Popcorn MOV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV HAPPY BIRTHDAY RITA HARRIS & CHARLIE TROMBLEY</div>	13 <div>9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 3:15pm Paw Time Social CY 4:00pm Happy Hour: Bring Appetizer to Share & Music by Alyssa Yeager GR HAPPY BIRTHDAY DAN SISTARENIK ANNETTE HUGHES</div>	14 <div>10:30am Bocce Ball CY 10:30am Spades TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:30pm Fireside Smares CY FLAG DAY</div>
15 <div>2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV HAPPY BIRTHDAY JANET LISZEWSKI FATHER'S DAY</div>	16 <div>11:00am Resident Meeting w/Laurie GR 11:30am Maria's Lunch Bunch: Grilled Cheese & Tomato Soup \$12 1:00pm Bladder, Bowel, Daily Wellness GR 1:00pm Lit Club LIB 2:00pm Pinocle TAV 2:30pm Catholic Rosary Circle LIB</div>	17 <div>9:30am Walking Group LO 1:00pm Canasta TAV 1:30pm Service Club Meeting GR 2:00pm Gone Gray Band Entertains GR 3:00pm Docuseries MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO</div>	18 <div>8:30am Waffle Wednesday GR 11:15am Lunch at The Ripe Tomato 12:00pm PRN Presentation: Alzheimer's Awareness GR 1:00pm Lit Club LIB 2:00pm Make Your Own Sundae Bar GR 4:00pm Supper Club w/Maria's Cafe: Spaghetti Dinner \$15 TAV HAPPY BIRTHDAY LINDA STIMPSON</div>	19 <div>OFFICE CLOSED NO FITNESS CLASSES 4:30pm Resident Potluck Dinner GR Please sign up JUNETEENTH</div>	20 <div>9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Welcome New Residents Happy Hour GR</div>	21 <div>10:30am Bocce Ball CY 10:30am Yahtzee TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:30pm Fireside Smares CY</div>
22 <div>2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV</div>	23 <div>11:00am Scrabble TAV 11:30am Maria's Lunch Bunch: Chef Salad \$12 1:00pm Living Well with Pelvic Awareness GR 1:00pm Lit Club LIB 2:00pm Pinocle TAV 2:30pm Catholic Rosary Circle LIB HAPPY BIRTHDAY MARY ANN LECLAIR</div>	24 <div>9:30am Walking Group LO 12:30pm Marilyn Sassi presents: The Hearth in America's Early Homes MOV 1:00pm Canasta TAV 1:30pm Birthday Party GR 3:00pm Docuseries MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO</div>	25 <div>8:30am Waffle Wednesday GR 12:00pm Pizza Orders Due 12:15pm Harmony at Halfmoon: A Visit from the Maestro 1:00pm Lit Club LIB 4:00pm Supper Club w/Maria's Cafe: Mac and Cheese Dinner \$15 TAV</div>	26 <div>10:00am Bible Study LIB 1:00pm Library Committee LIB 1:00pm Music Bingo & Trivia GR 2:00pm Canasta TAV 2:00pm Movie & Popcorn MOV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV</div>	27 <div>9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Pizza Party: Wine \$5 GR</div>	28 <div>10:30am Bocce Ball CY 10:30am Hearts TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:30pm Fireside Smares CY</div>
29 <div>2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV</div>	30 <div>11:00am Scrabble TAV 11:30am Maria's Lunch Bunch: ½ Turkey Bacon Panini \$12 1:00pm Pelvic Health Advocacy GR 1:00pm Lit Club LIB 2:00pm Pinocle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Paw Time Social CY HAPPY BIRTHDAY JOSEPHONE PECONIE</div>	<div>CY: Courtyard FS: Fitness Studio GR Great Room LO: LOBBY</div> <div>MOV: MOVIE THEATRE P: POOL TAV: TAVERN</div>	<div>Gone Gray Band Tuesday, June 17 2:00pm Enjoy American classics from the 50s, 60s, and 70s</div>	<div><div>BLUE: CONNECTED LIFE/PRESENTIONS RED: OUTINGS</div></div>		

SupperClub

FOOD & FRIENDS

Wednesdays with Maria's Cafe - \$15

Delivery to the Lobby at 4:00pm.

Orders due in the office by noon on Mondays

June 4 - Roasted Chicken Dinner
Potato salad, roll, dessert

June 11 - Roast Beef Dinner
Mashed potatoes, gravy, salad, dessert

June 18 - Spaghetti Dinner
Meatballs, salad, dessert

June 25 - Mac and Cheese Dinner
Salad, corn bread, dessert

Supper Club Chef Johnny-\$16

Tuesday, June 10 - Turkey Dinner
Mashed potatoes, gravy, green beans, cranberry sauce, roll, dessert

Cash preferred, please order by Thursday, 6/5.

Please specify if taking to go.

15 Resident Minimum
Served in the Great Room

SUBWAY DINE-IN \$5

Thursday, June 5
4:00pm

Enjoy a better-for-you sub sandwich from Subway!
Please sign up in the office by June 2.

Maria's LUNCH Bunch

Mondays @ 11:30am June 9, 16, 23, 20 \$12

- June 9 - Chicken salad on a croissant with tossed salad, cookie
Please order by noon on Friday, 6/6.
- June 16 - Grilled cheese and tomato soup and dessert
Please order by Noon on Friday, 6/13.
- June 23 - Chef salad and dessert
Please order by noon on Friday, 6/20.
- June 30 - 1/2 turkey bacon panini and vegetable soup
Please order by noon on Friday, 6/27.



SWEET SCOOPS & SOCIALS

Make Your Own Sundae Bar

Wednesday, June 18

2:00pm

Great Room/ Courtyard

Paw Time Social

Monday, June 30

3:00pm

Courtyard



PIZZA PARTY

Friday, June 27
4:00pm

\$5
CASH ONLY

Please sign up in the office by June 20.

Excursions



Lunch at Lakeside Farms Wednesday, June 11

Lakeside Farms — a charming lunch café, delightful bakery, and unique gift shoppe nestled in Ballston Lake. You'll love the warm atmosphere, homemade treats, and one-of-a-kind finds!

The bus will leave the Summit at 10:30am.



Lunch at The Ripe Tomato Wednesday, June 18

Join us for simple, hearty Italian and American fare prepared to order using fresh, local ingredients.

The bus will leave the Summit at 11:15am.




Harmony at Halfmoon: A Visit from the Maestro

Wednesday, June 25

The Albany Symphony Orchestra is pleased to invite Summit Senior Living residents to a special visit with Maestro David Alan Miller at The Summit at Halfmoon! He will give an engaging talk about the Symphony and his role as conductor, including video clips from recent performances. This outreach celebrates the joy and benefits orchestral music brings to all of us!

The bus will leave the Summit at 12:15pm.

Minimum 12 Residents, Maximum 14



Empower Your Health through Pelvic Education

Presented by: Danielle LeBeau
A Doctoral Candidate in Occupational Therapy
MOUNT MARY UNIVERSITY

Mondays at 1:00pm-Great Room

This five-part pelvic health workshop series educates individuals residing in independent living communities on essential aspects of pelvic wellness. Topics include pelvic anatomy, core strengthening and breathwork techniques, bladder and bowel health, self-management strategies, and pelvic health advocacy.



Elder Financial Exploitation


John Cruise
Corporate Security & Resiliency Investigations & Forensics
Thursday, June 5 at 1:00pm - Great Room

Join us for an informative and engaging seminar focused on protecting our elder community from financial scams and exploitation. You'll learn how to spot red flags, recognize various types of fraud, and understand the steps to take if you or a loved one ever encounter these situations.
Open discussion encouraged!

Presentations by Professor and Historian Marilyn Sassi at the Summit Theater:

Tuesday, June 10 at 12:30pm - Native Americans
This class explores the history and culture of the Haudenosaunee (formerly known as the Iroquois), focusing on the Six Nations who lived along the Mohawk River and hunted in Saratoga County. Beginning 10,000 years ago during the Ice Age, the course traces their journey through time up to the present day.

Tuesday, June 24 at 12:30pm - The Hearth in America's Early Homes
This class explores the central role of the hearth in early American homes, particularly in the keeping room, where the fire was never allowed to go out. The hearth served as the heart of the household—used for cooking meals, heating, and as a gathering place for families. Included will be detailed descriptions on how food was prepared, the utensils used, recipes and the kinds of gardens American homes used to grow their vegetables and herbs.



PRN
PT OT & SLP PLLC
an affiliate of The Winston Healthcare Group

Alzheimer's Awareness: Brain Games & Activities

Did you know that June is Alzheimer's Awareness Month? Join PRN Therapy for brain games, activities & ideas that will surely help keep your brain sharp!

**Wednesday, June 18
12:00pm
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
(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, June 11. 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.



Patient Service Coordinator
Gina Vandenburg

315-878-1327

Vandenburg@prnphysicaltherapy.com