

SUMMIT AT GLENWYCK

Monthly Newsletter

July 2025



THE
Manager's Message

Happy Birthday America! July is traditionally a month of patriotic displays, parades, picnics, concerts, barbeques, and fireworks. Our calendar is devoted to celebrating this wonderful summer month.

Some of our July outings and events include a presentation with historian Rick Reynolds, a trip to the Schenectady Farmers Market and a Patriotic Potluck.

Hope to see you there in your red, white, and blue! We love our ice cream and will be having an ice cream social and taking a trip to Jumpin Jack's Drive-In. We have several talented singers and musicians to perform too!

Summer is a time to sip some lemonade and take a walk along a stream or river. Take in the beauty of the season! Have a fabulous summer everyone!

Laurie Ignazio
Laurie Ignazio
Community Manager



SUMMIT SERVICE CLUB
"Volunteering is a work of heart"

Supporting the Schenectady Women's Shelter for Victims of Domestic Violence- Help Women & Children Start Fresh!
We are collecting essential items for women and their children who are leaving the shelter and taking a brave step toward independence. When women arrive at the Schenectady Women's Shelter, they often come with very little—sometimes just the clothes on their backs. As they begin rebuilding their lives, setting up a new home can be overwhelming and expensive. Your support can help give them a fresh start. List of needed items are on bulletin boards and in the Great Room.
Please drop off donations on Tuesday, July 22, from 1-2:00pm-Great Room.

| | |
|-------------------|------|
| June Grinter | 7/02 |
| Sandra Szmyr | 7/04 |
| Patricia Merchant | 7/04 |
| Nick Antenucci | 7/05 |
| Jack O'Hare | 7/07 |
| Richard Pileggi | 7/09 |
| Susan Lauder | 7/09 |
| Donna MacDonald | 7/12 |
| Charlie Stephens | 7/17 |
| Gudie Merrow | 7/20 |
| Carol Braun | 7/20 |
| Nancy Saupp | 7/21 |
| Ann Cowley | 7/24 |
| Bob Ibold | 7/25 |
| Dianne Fullam | 7/27 |
| Don Cowley | 7/28 |
| Bill Fagan | 7/31 |

Help us celebrate our monthly birthdays on Tuesday, July 29, 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

Glenwyck's Community Garden

The Garden Committee Needs You!

We're looking for enthusiastic residents to help water our fruits, veggies, and beautiful flowers for everyone to enjoy! It's a fun, rewarding way to get your hands in the dirt, connect with neighbors, and share the harvest.

If interested, please let Rebecca know.

Join Our Summit Lit Club!

Mondays, Wednesdays, & Fridays
1:00pm-2:00pm
Library (3rd Floor)

This month we are reading and discussing *Lessons in Chemistry* by Bonnie Garmus.
A gifted research chemist in the 1960s whose career takes a detour when she becomes a star in a beloved TV cooking show.

All residents are welcome! No sign-up needed. Happy Reading!

Every Friday

HAPPY HOUR

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

Happy Hour Highlights:

July 11: Pina Colada Happy Hour
In honor of National Pina Colada Day, join us for one of the most popular tropical rum cocktails of all.

July 18: BYOB
Appetizers & soft drinks will be provided.

July 25: Pizza Party \$5
Beer, wine & soda will be provided.

Resident Informational Meetings

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

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

Resident Meeting with Laurie
Monday, July 14 at 11:00am

Team Trivia

with DJ Mark Hersh
Tuesday, July 15 at 2:00pm

Join us in the Great Room, where the competition is friendly, and the trivia is fun!! Come and join the teamwork!

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

Join us in the lobby on Tuesday and Thursday evenings at 6:30pm for a relaxing indoor/outdoor walk. All are welcome! No sign-up needed.

| S | M | T | W | TH | F | S |
|---|--|---|--|--|--|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| CONNECTED <i>life</i>  FITNESS | Every Monday 8:30 Water Aerobics (P) 9:30 Buddy Swim (P) | Every Tuesday 8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P) 9:45 Balance Class (FS) | Every Wednesday 8:30 Water Aerobics (P) 9:30 Hydroriders (P) 10:00 Buddy Swim (P) 1:00 Chair Dance Exercise Class (FS) | Every Thursday 8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P) | Every Friday 8:30 Water Aerobics (P) 9:30 Hydroriders (P) 10:00 Buddy Swim (P) | Every Saturday 9:30 Buddy Swim (P) |
| CY: Courtyard FS: Fitness Studio GR: Great Room LO: LOBBY MOV: MOVIE THEATRE P: POOL TAV: TAVERN |  MOVIE NIGHT July 2 6:00pm Theater | 1 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 1:30pm Program Meeting w/ Rebecca GR 2:30pm Movie & Popcorn MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO | 2 8:30am Waffle Wednesday GR 1:00pm Lit Club LIB 2:00pm Laura Collins Performs GR 2:00pm That's All Card Game TAV 6:00pm Yankee Doodle Dandy MOV HAPPY BIRTHDAY JUNE GRINTER | 3 9:00am Grocery Shopping 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Outdoor Walking Group LO Reminder: Next week's food orders are due today. Thank you! | 4  HAPPY 4th of July OFFICE CLOSED NO FITNESS CLASSES HAPPY BIRTHDAY SANDRA SZMYR & PAT MERCHANT | 5 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 S'mores CY HAPPY BIRTHDAY NICK ANTENUCCI |
| 6 12:00pm Patriotic Potluck GR/CY 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV | 7 11:00am Scrabble TAV 11:00am-3:00pm Swap Party GR 11:30am Maria's Lunch: Chicken Bacon Wrap \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB HAPPY BIRTHDAY JACK O'HARE | 8 8:30am Omelet Breakfast \$11 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 2:30pm Movie & Popcorn MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO | 9 8:30am Waffle Wednesday GR 10:00am Podiatrist Dr. Masias 1:00pm Lit Club LIB 2:00pm Rick Reynolds presents Traveling the Mother Road, America's Route 66 GR 2:00pm That's All Card Game TAV 4:00pm Supper Club w/Maria's Cafe: Chicken Parmesan Dinner \$15 TAV HAPPY BIRTHDAY RICHARD PILEGGI & SUSAN LAUDER | 10 9:30am Shopping or Lunch at Colonie Center 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Outdoor Walking Group LO | 11 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 Pina Colada Happy Hour GR Reminder: Next week's food orders are due today. Thank you! | 12 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 S'mores CY HAPPY BIRTHDAY DONNA MACDONALD |
| 13 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV | 14 11:00am Resident Meeting w/Laurie GR 11:30am Maria's Lunch: Turkey Melt \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Ice Cream Novelty Social GR | 15 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 2:00pm Team Trivia with Mark Hersh GR 2:30pm Movie & Popcorn MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO | 16 8:30am Waffle Wednesday GR 1:00pm Lit Club LIB 1:30pm Simply Worship with Jeanne GR 2:00pm That's All Card Game TAV 4:00pm Supper Club w/Maria's Cafe: Baked Ham Dinner \$15 TAV | 17 11:00am Mahjong TAV 11:45am Lunch at Druthers Brewing Company 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Subway To-go GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Outdoor Walking Group LO HAPPY BIRTHDAY CHARLIE STEPHENS | 18 9:00am Grocery Shopping 11:00am Craft Class with Fran: Diamond Butterflies TAV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR Reminder: Next week's food orders are due today. Thank you! | 19 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 S'mores CY |
| 20 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV HAPPY BIRTHDAY GUDIE MERROW & CAROL BRAUN | 21 11:00am Scrabble TAV 11:30am Maria's Lunch Bunch: Ham & Swiss on Rye \$12 1:00pm Lit Club LIB 2:00pm Ice Cream at Jumpin' Jack's Drive-In 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB HAPPY BIRTHDAY NANCY SAUPP | 22 9:30am Outing: Walking Group LO 1:00-2:00pm Women's Shelter Donation Drop-off GR 1:00pm Canasta TAV 2:30pm Movie & Popcorn MOV 4:00pm Supper Club w/Chef Johnny: Marry Me Chicken \$16 GR 6:30pm Indoor Walking Group LO | 23 8:30am Waffle Wednesday GR 11:00am Summer Olympics: Shuffleboard 1:00pm Lit Club LIB 2:00pm Medicare 101 GR 2:00pm That's All Card Game TAV 4:00pm Supper Club w/Maria's Cafe: Fried Chicken Dinner \$15 TAV | 24 11:00am Mahjong TAV 11:15am Fo'Castle Farm Country Store and Lunch Thyme 1:30pm Library Committee LIB 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Outdoor Walking Group LO HAPPY BIRTHDAY ANN COWLEY | 25 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR Reminder: Next week's food orders are due today. Thank you! HAPPY BIRTHDAY BOB IBOLD | 26 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 S'mores CY |
| 27 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV HAPPY BIRTHDAY DIANNE FULLAM | 28 11:00am Scrabble TAV 11:30am Maria's Lunch Bunch: Patty Melt \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB HAPPY BIRTHDAY DON COWLEY | 29 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 2:00pm Birthday Party GR 2:30pm Movie & Popcorn MOV 6:30pm Indoor Walking Group LO | 30 8:30am Waffle Wednesday GR 11:00am Summer Olympics with PRN Therapy: Corn Hole GR 1:00pm Lit Club LIB 2:00pm Mother Plucker Entertains GR 2:00pm That's All Card Game TAV 4:00pm Supper Club w/Maria's Cafe: Beef Stroganoff Dinner \$15 TAV | 31 9:30am Schenectady Farmers Market 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Outdoor Walking Group LO HAPPY BIRTHDAY BILL FAGAN |  Got too much stuff? Join our Swap Party! Monday, July 7 11:00am – 3:00pm-Great Room • Bring unwanted items to donate and go “shopping” for free! • Drop off your items at 11:00am. • Pick up all remaining items by 3:00pm. | |

SupperClub

FOOD & FRIENDS

Wednesday's with

Maria's Cafe-\$15 Cash

Delivered to the Lobby at 4:00pm.
Orders must be submitted by 12pm
the Friday before.

July 9 - Chicken Parm

Angel Hair Pasta, Salad,
Italian Bread, Dessert

July 16 - Baked Ham Dinner

Mashed Potatoes, Gravy, Salad,
Green Beans, Roll, Dessert

July 23 - Fried Chicken Dinner

Mashed Potato, Cole Slaw,
Corn Bread, Dessert

July 30 - Beef Stroganoff

Egg Noodles, Peas & Carrots,
Italian Bread, Dessert

Chef Johnny's Supper Club-\$16

Tuesday, July 22

Marry Me Chicken

Creamy, flavorful chicken in a rich
sauce of garlic, sun-dried tomatoes,
heavy cream, and Parmesan cheese.
Served over rice, vegetable, dessert.

Please order by Friday, July 11.

Please specify if taking to go.

15 Resident Minimum

Served in the Great Room at 4pm.

Patriotic Potluck

Sunday, July 6

12:00pm

Great Room

*Please sign up on the Great Room
table and let us know what you
will be bringing.*

Hot Dogs and Lemonade will be provided!

Tuesday, July 8

\$11 Cash

**OMELETTE
BREAKFAST**

Omelet forms are on the Great Room table. Pick a
time between 8:30-10am and return the form with
payment to the office by Wednesday, July 2.

\$5

Cash
Only



Thursday, July 17

4:00pm

Enjoy a better-for-you sub sandwich from
Subway! Orders must be submitted by
12pm the Friday before.

Maria's LUNCH Bunch

July 7, 14, 21, 28

Orders must be submitted by
12pm the Friday before.

**July 7 - Chicken Bacon Wrap, Side Salad,
Chocolate Chip Cookie**

**July 14 - Turkey Melt, Macaroni Salad,
Brownie**

**July 21 - Ham & Swiss on Rye,
Potato Salad, Dessert**

**July 28 - Patty Melt, Pasta Salad,
Oatmeal Raisin Cookie**

**\$12 Cash
Preferred**

Per our new Lunch Outing Policy, residents
may sign up for one and add their name to
the waitlist for the other.

Bosco's

**Shopping at
Colonie Center**

Thursday, July 10

Treat yourself to a fun outing—shop at
Bosco's, enjoy lunch at The Cheesecake
Factory, or do a little of both! It's your day,
your choice!

The bus will leave the Summit at 9:30am and
return to Colonie Center at 1:00pm to pick-up.

**DRUTHERS
BREWING
COMPANY**

**Lunch at Druthers
Brewing Company**

Thursday, July 17

Druthers Brewing Company serves
up delicious craft beer and a
mouth-watering 2025 summer
menu perfect for the season.
The bus will leave the Summit at
11:45am. **This outing pertains to the
new policy mentioned above.**

**Fo'Castle Farm Country
Store & Lunch Thyme**

Thursday July 24

Fo'Castle has been a family tradition in
Burnt Hills since 1908. Enjoy your time as
you browse their charming store or grab a
bite to eat at Lunch Thyme.

The bus will leave the Summit at 11:15am.
**This outing pertains to the new policy
mentioned above.**



**Schenectady
Farmers Market**

Thursday, July 31

The bus will leave the
Summit at 9:30am.

Check Out Who's Entertaining

Pianist & Vocalist Laura Collins
Wednesday, July 2, at 2:00pm
Great Room



**Music for the Soul
Simply Worship with Jeanne**
Wednesday, July 16, at 1:30pm
Great Room



Tooty & the Mother Plucker
Wednesday, July 30, at 2:00pm
Great Room



Is Music
Good for
the Brain?

Music has
been shown
to activate
some of the
broadest
and most
diverse
networks of
the brain.

Traveling the Mother Road, America's Route 66:

An adventure presented by Joanne and Rick Reynolds

Wednesday, July 9 at 2:00pm

Great Room

US Route 66 had its official beginnings in 1926! The creation
of the road led to development of businesses all along the
route and created the American idea of "road trips." But, as
we come close to its 100th anniversary, do you know that you
can still travel most of that road? Relive the era when cars
were beginning to dominate the American scene. This
presentation is the story of our personal and professional
road trip from the beginning to the end of America's Route
66- from Chicago, Illinois to Santa Monica, California.



Medicare 101

Chris Szady

Wednesday, July 23 at 2:00pm - Great Room

Join us for a Medicare 101 talk to explore your various
Medicare plan options. Discover valuable tips that will help
you and your family navigate healthcare costs effectively.

Open discussion encouraged!



Summit Summer Olympics

**Wednesday, July 23
11:00am
Great Room
Shuffleboard 11:15am**

- Come in teams of 2, ready to play!
- Record scores.



**Wednesday, July 30
11:00am
Great Room
Corn Hole at 11:00am**

- Come in teams of 2, ready to play!
- Record your scores.

Closing Ceremony



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, July 9
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
an affiliate of The Weston Healthcare Group

Patient Service Coordinator
Gina Vandenburg

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