

# SUMMIT AT GLENWYCK

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Monthly Newsletter

August 2025





THE  
Manager's Message

There are at least two great reasons to consult this month's calendar. The fabulous month of August is upon us, and there's an event calendar overflowing with something fun for everyone.

No matter what month we are enjoying, the fun is always best when shared with friends. Celebrate August by staying active and engaged. I'm finding it fun to check off different ways to have the best summer. I hope you do too!

Last but certainly not least, please join me in welcoming our newest friends to the Summit at Glenwyck:

Lorraine & David Gonyea from Glenville, NY.

*Laurie Ignazio*  
Laurie Ignazio  
Community Manager

SUMMIT SERVICE CLUB  
"Volunteering is a work of heart"

The Summit at Glenwyck is eager to once again make a difference for students of Jessie T. Zoller Elementary School!

We are collecting much-needed school supplies for this school located only three miles away in Schenectady.

The items will go directly to children whose families may be struggling to cover the cost of everything needed for a successful school year. Your generosity helps lighten that burden and sets these students up for success.

Please consider donating from the list in the Great Room and dropping them off in Rebecca's office.

Next Meeting: August 19 AT 2PM  
Binders  
Pencil Pouches

Happy Birthday

Ken Nagy	8/04
Lorraine Endries	8/05
Donna Chambers	8/15
Lorraine Linzner	8/20
Barbara Biancucci	8/28
Richard Lupi	8/29

Help us celebrate our monthly birthdays on Tuesday, August 26, at 1:00pm 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  
Evelyn Kauffman  
Cheryl Skowronek

Office Phone  
518-280-7340

Emergency Maintenance  
518-338-9562

The Summit At Glenwyck  
150 Dutch Meadows Lane  
Glenville, NY 12302

What's New?

Poker Night  
Wednesdays at 6:00pm  
Great Room

Join us for our brand-new Poker Night—  
an evening of fun, friendly competition,  
and plenty of laughs!

Resident Informational Meetings

Program Meeting with Rebecca  
Friday, August 8 at 11:30am

Resident Meeting with Laurie  
Monday, August 11 at 11:00am

Theater How-to/Movie Committee  
Friday, August 22 at 11:00am

Join fellow residents  
for a peaceful  
afternoon every Friday  
in the Great Room.

FRIDAY  
HAPPY  
HOUR

Happy Hour Highlights:

August 1: Bring an Appetizer to Share  
Beer, wine & soda will be provided.

August 8: Bon Voyage Cindy!  
Please join us in wishing our beloved beautician of ten years well as she begins a new endeavor—champagne punch and cake will be provided, and the party begins at 3pm with plenty of time to stay and mingle into our usual happy hour!

August 15: BYOB & Music by Brass & Blues Band  
Appetizers & soft drinks will be provided.

August 22: Rum & Coke Happy Hour  
In honor of National Rum Day, we will be offering Rum & Coke for our cocktail. Snacks & soft drinks will be provided.

August 29: Pizza Party \$5  
Beer, wine & soda will be provided.

Team Trivia

with DJ Mark Hersh  
Tuesday, August 26 at 2:00pm

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

Come and join the teamwork!

Music for the Soul

Brass & Blues Band-Trombone, Tuba, Banjo & Vocals  
Friday, August 15, at 4:00pm - Great Room

Simply Worship with Jeanne  
Wednesday, August 20, at 1:45pm  
Great Room

Roosevelt Baker  
This R&B recording artist will perform popular hits from the 1950s and 60s that you're sure to remember and enjoy.  
Wednesday, August 27, at 2:00pm - Great Room

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  
(minimum 5 residents)

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

Meet us in the lobby on Tuesday and  
Thursday evenings at 6:30pm for a relaxing  
indoor/outdoor walk.


All are welcome!



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CY: Courtyard FS: Fitness Studio GR: Great Room LO: LOBBY MOV: MOVIE THEATRE P: POOL TAV: TAVERN	 <div>Wednesday, August 13</div> <div>The Charlie &amp; Vicki Movie Musical Series State Fair</div>	 <div>Wednesday, August 27</div> <div>R&amp;R Concert Night</div> <div>Elvis '68 Comeback Special</div>		<div>Rivers Casino</div> <div>Tuesday, August 19</div> <div>Bus will leave the Summit at 9:30am.</div> <div>Pick up at 12:00pm.</div>	1 <div>9:00am Grocery Shopping</div> <div>1:00pm Lit Club LIB</div> <div>1:30pm Quarter Bingo GR</div> <div>4:00pm Happy Hour: Bring an Appetizer GR</div> <div>Reminder: Next week's food orders are due today. Thank you!</div>	2 <div>10:30am Bocce Ball CY</div> <div>10:30am Spades TAV</div> <div>1:30pm Glenwyck Cinema MOV</div> <div>2:00pm Quarter Bingo GR</div> <div>6:00pm Game Night TAV</div> <div>6:30pm Fireside Chat CY</div>
3 <div>2:00pm Dominoes TAV</div> <div>2:00pm Quarter Bingo GR</div> <div>4:00pm Poker TAV</div> <div>6:00pm Mahjong TAV</div>	4 <div>11:30am Maria's Lunch: Pulled Pork Sandwich \$12</div> <div>1:00pm Lit Club LIB</div> <div>2:00pm Pinochle TAV</div> <div>2:30pm Catholic Rosary Circle LIB</div> <div>HAPPY BIRTHDAY KEN NAGY</div>	5 <div>9:30am Outing: Walking Group LO</div> <div>12:30pm The Oldest Houses of New York by Marilyn Sassi MOV</div> <div>1:00pm Canasta TAV</div> <div>2:30pm Movie &amp; Popcorn MOV</div> <div>4:00pm Dice Game: LCR GR</div> <div>6:30pm Indoor Walking Group LO</div> <div>HAPPY BIRTHDAY LORRAINE ENDRIES</div>	6 <div>8:30am Waffle Wednesday GR</div> <div>1:00pm Lit Club LIB</div> <div>2:00pm That's All Card Game TAV</div> <div>4:00pm Supper Club w/Maria's Cafe: Personal Pizza &amp; Salad \$15 TAV</div> <div>6:00pm Poker Night GR</div>	7 <div>11:00am Mahjong TAV</div> <div>11:30am Lunch at J&amp;T's Family Cafe</div> <div>2:00pm Pinochle TAV</div> <div>3:00pm Knitting &amp; Crocheting Group GR</div> <div>4:00pm Dice Game: LCR GR</div> <div>6:30pm Scrabble TAV</div> <div>6:30pm Walking Group LO</div>	8 <div>9:00am Grocery Shopping</div> <div>11:30am Program Meeting with Rebecca</div> <div>1:00pm Lit Club LIB</div> <div>1:30pm Quarter Bingo GR</div> <div>3:00pm Bon Voyage Cindy GR</div> <div>Reminder: Next week's food orders are due today. Thank you!</div>	9 <div>10:30am Bocce Ball CY</div> <div>10:30am Yahtzee TAV</div> <div>1:30pm Glenwyck Cinema MOV</div> <div>2:00pm Quarter Bingo GR</div> <div>6:00pm Game Night TAV</div> <div>6:30pm Fireside Chat CY</div>
10 <div>2:00pm Dominoes TAV</div> <div>2:00pm Quarter Bingo GR</div> <div>4:00pm Poker TAV</div> <div>6:00pm Mahjong TAV</div>	11 <div>11:00am Resident Meeting w/Laurie GR</div> <div>11:30am Maria's Lunch: Tuna Melt \$12</div> <div>1:00pm Lit Club LIB</div> <div>2:00pm Pinochle TAV</div> <div>2:30pm Catholic Rosary Circle LIB</div> <div>5:00pm Resident Potluck Dinner</div>	12 <div>9:30am Outing: Walking Group LO</div> <div>12:00pm Chef Johnny's Taco Bar Luncheon \$12 TAV</div> <div>1:00pm Canasta TAV</div> <div>2:00pm The Erie Canal at 200 by David Brooks GR</div> <div>2:30pm Movie &amp; Popcorn MOV</div> <div>4:00pm Dice Game: LCR GR</div> <div>6:30pm Indoor Walking Group LO</div>	13 <div>8:30am Waffle Wednesday GR</div> <div>10:00am Podiatrist Dr. Masias</div> <div>1:00pm Lit Club LIB</div> <div>2:00pm That's All Card Game TAV</div> <div>4:00pm Supper Club w/Maria's Cafe: Roast Turkey Dinner \$15 TAV</div> <div>6:00pm Poker Night GR</div> <div>6:00pm Musical Movie Night: State Fair</div>	14 <div>11:00am Aging in Place by Kym Hance GR</div> <div>11:00am Mahjong TAV</div> <div>2:00pm Pinochle TAV</div> <div>3:00pm Knitting &amp; Crocheting Group GR</div> <div>4:00pm Dice Game: LCR GR</div> <div>5:30pm Thursday in the Park: Music by West Side Drive, Vendors, Ice Cream</div> <div>6:30pm Scrabble TAV</div> <div>6:30pm Walking Group LO</div>	15 <div>9:00am Grocery Shopping</div> <div>1:00pm Lit Club LIB</div> <div>1:30pm Quarter Bingo GR</div> <div>4:00pm BYOB Happy Hour &amp; Music by Brass &amp; Blues Band GR</div> <div>Reminder: Next week's food orders are due today. Thank you!</div> <div>HAPPY BIRTHDAY DONNA CHAMBERS</div>	16 <div>10:30am Bocce Ball CY</div> <div>10:30am Hearts TAV</div> <div>1:30pm Glenwyck Cinema MOV</div> <div>2:00pm Quarter Bingo GR</div> <div>6:00pm Game Night TAV</div> <div>6:30pm Fireside Chat CY</div>
17 <div>2:00pm Dominoes TAV</div> <div>2:00pm Quarter Bingo GR</div> <div>4:00pm Poker TAV</div> <div>6:00pm Mahjong TAV</div>	18 <div>11:30am Maria's Lunch Bunch: Fried Chicken Sandwich \$12</div> <div>12:00pm From Slouch to Strength by PRN Therapy GR</div> <div>2:00pm Pinochle TAV</div> <div>2:30pm Catholic Rosary Circle LIB</div> <div>3:00pm Creamsicle Float Social GR</div>	19 <div>9:30am Outings: Rivers Casino &amp; Walking Group LO</div> <div>1:00pm Canasta TAV</div> <div>2:00pm Summit Service Club Meeting GR</div> <div>2:30pm Movie &amp; Popcorn MOV</div> <div>4:00pm Chef Johnny's Hawaiian Chicken Dinner \$16 GR</div> <div>6:30pm Indoor Walking Group LO</div>	20 <div>8:30am Waffle Wednesday GR</div> <div>1:00pm Lit Club LIB</div> <div>1:45pm Simply Worship with Jeanne GR</div> <div>2:00pm That's All Card Game TAV</div> <div>4:00pm Supper Club w/Maria's Cafe: Spaghetti &amp; Meatballs Dinner \$15 TAV</div> <div>6:00pm Poker Night GR</div> <div>HAPPY BIRTHDAY LORRAINE LINZNER</div>	21 <div>10:00am Benefits of Treating Your Feet Well by Tina Mone! GR</div> <div>11:00am Mahjong TAV</div> <div>11:00am Lunch at Cracker Barrel</div> <div>1:00pm Library Committee LIB</div> <div>2:00pm Pinochle TAV</div> <div>3:00pm Knitting &amp; Crocheting Group GR</div> <div>4:00pm Subway To-go GR</div> <div>4:00pm Dice Game: LCR GR</div> <div>6:30pm Scrabble TAV</div> <div>6:30pm Walking Group LO</div>	22 <div>9:00am Grocery Shopping</div> <div>11:00am Theater How-to/ Movie Committee Meeting MOV</div> <div>:00pm Lit Club LIB</div> <div>1:30pm Quarter Bingo GR</div> <div>4:00pm Rum &amp; Coke Happy Hour GR</div> <div>Reminder: Next week's food orders are due today. Thank you!</div>	23 <div>10:30am Bocce Ball CY</div> <div>10:30am Spades TAV</div> <div>1:30pm Glenwyck Cinema MOV</div> <div>2:00pm Quarter Bingo GR</div> <div>6:00pm Game Night TAV</div> <div>6:30pm Fireside Chat CY</div>
24 <div>2:00pm Dominoes TAV</div> <div>2:00pm Quarter Bingo GR</div> <div>4:00pm Poker TAV</div> <div>6:00pm Mahjong TAV</div>	25 <div>11:30am Maria's Lunch Bunch: Cheeseburger \$12</div> <div>1:00pm Lit Club LIB</div> <div>1:30pm Ice Cream at Duck Farm Pond</div> <div>2:00pm Pinochle TAV</div> <div>2:30pm Catholic Rosary Circle LIB</div>	26 <div>9:30am Outing: Walking Group LO</div> <div>1:00pm Canasta TAV</div> <div>1:00pm Birthday Party GR</div> <div>2:00pm Team Trivia with Mark Hersh GR</div> <div>2:30pm Movie &amp; Popcorn MOV</div> <div>6:30pm Indoor Walking Group LO</div>	27 <div>8:30am Waffle Wednesday GR</div> <div>1:00pm Lit Club LIB</div> <div>2:00pm Roosevelt Baker Entertains GR</div> <div>2:00pm That's All Card Game TAV</div> <div>4:00pm Supper Club w/Maria's Cafe: Pot Roast \$15 TAV</div> <div>6:00pm Poker Night GR</div> <div>6:00pm R&amp;R Concert Night: Elvis '68 Comeback Special MOV</div>	28 <div>11:00am Mahjong TAV</div> <div>2:00pm Pinochle TAV</div> <div>3:00pm Knitting &amp; Crocheting Group GR</div> <div>4:15pm Chef Mickey's Salmon Dinner \$16 GR</div> <div>6:30pm Scrabble TAV</div> <div>6:30pm Walking Group LO</div> <div>HAPPY BIRTHDAY BARBARA BIANCUCCI</div>	29 <div>9:00am Grocery Shopping</div> <div>1:00pm Lit Club LIB</div> <div>1:30pm Quarter Bingo GR</div> <div>4:00pm Happy Hour: Pizza Party \$5 GR</div> <div>Reminder: Next week's food orders are due today. Thank you!</div> <div>HAPPY BIRTHDAY RICHARD LUPI</div>	30 <div>10:30am Bocce Ball CY</div> <div>10:30am Hearts TAV</div> <div>1:30pm Glenwyck Cinema MOV</div> <div>2:00pm Quarter Bingo GR</div> <div>6:00pm Game Night TAV</div> <div>6:30pm Fireside Chat CY</div>
31 <div>2:00pm Dominoes TAV</div> <div>2:00pm Quarter Bingo GR</div> <div>4:00pm Poker TAV</div> <div>6:00pm Mahjong TAV</div>	Every Monday <div>8:30 Water Aerobics (P)</div> <div>9:30 Buddy Swim (P)</div>	Every Tuesday <div>8:45 Sit 2B Fit (FS)</div> <div>9:30 Buddy Swim (P)</div> <div>9:45 Balance Class (FS)</div>	Every Wednesday <div>8:30 Water Aerobics (P)</div> <div>9:30 Hydroids (P)</div> <div>10:00 Buddy Swim (P)</div> <div>1:00 Chair Dance Exercise Class (FS)</div>	Every Thursday <div>8:45 Sit 2B Fit (FS)</div> <div>9:30 Buddy Swim (P)</div>	Every Friday <div>8:30 Water Aerobics (P)</div> <div>9:30 Hydroids (P)</div> <div>10:00 Buddy Swim (P)</div>	Every Saturday <div>9:30 Buddy Swim (P)</div>








**Marilyn Sassi presents**  
Tuesday, August 5 at 12:30pm  
Theater

**The Oldest Houses  
of New York**

**The Erie Canal at 200 by David Brooks**  
Schoharie Crossing State Historic Site Assistant  
Tuesday, August 12 at 2:00pm  
Great Room




The Erie Canal is celebrating its bicentennial! This program outlines the story of the canal and how it has been heralded in pop culture, folklore, and the history books. Discover how it was recognized at 100, and what celebrations the corridor has planned for its 200th!



**Aging in Place**  
Kym Hance, CMC, Client Care Services/Aging Life  
Thursday, August 14 at 11:00am - Great Room

Living in an independent living community helps make *aging in place* a positive reality—with the support, freedom, and social connection you need to thrive. This session explores steps to help you stay independent and resources to support *aging in place*. We'll also dive into funding options and how to access and navigate services that can make all the difference.



**From Slouch to Strength**  
Monday, August 18 at 12:00pm - Great Room

Come join PRN Therapy to discuss the connection between your posture and overall physical performance. Learn how posture affects body mechanics, strength, flexibility, balance, and coordination.

**Benefits of Treating Your Feet Well!**  
Thursday, August 21 at 10:00am

A relaxing pedicure isn't just pampering—it's a great way to care for your feet, boost circulation, and practice good self-care. Healthy feet help keep you moving! Join Tina and listen to how getting a pedicure can give your hardworking feet the attention they deserve!

**Why Taking Care of Your Feet is So Important**  
by Tina Mone  
Nail Technician

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



**Thursday, August 7**  
Treat yourself to this wonderful cafe tucked away in Scotia offering great food, service and atmosphere!  
The bus will leave the Summit at 11:30am.  
**This outing pertains to the new policy mentioned above.**

**Join other residents as we head to Indian Meadows Park for music, food vendors and ice cream! Bring a chair. Bus will leave the Summit at 5:30pm and return at 8:30pm.**



**Thursday Evening in the Park**  
Thursday, August 14

**Thursday August 21**



**Join for all your Southern food favorites and shop their Country Store.**  
The bus will leave the Summit at 11:00am.  
**This outing pertains to the policy mentioned above.**

**Ice Cream at Duck Pond Farms**  
Monday, August 25

Located in Altamont, Duck Pond Farms specializes in homemade ice cream with flavors like Blueberry, Peach, and Pistachio.

**The bus will leave the Summit at 1:30pm.**



**Resident Potluck Dinner**  
Monday, August 11  
5:00 pm  
Great Room




Please sign up in the Great Room to bring a dish – whether it's an entrée, side, dessert, or drinks!  
Paper plates, napkins, cups, and plasticware will be provided

**Dine in with Chef Johnny**  
Tuesday, August 12 at 12:00pm

**Make Your Own Taco Bar Luncheon-\$12**  
Enjoy a taco bar with two beef tacos—one hard, one soft—loaded with all the fixin's, plus rice, chips, & salsa!  
Served in the Great Room, 15 resident minimum.

**Tuesday, August 19 at 4:15pm**  
**Hawaiian Chicken-\$16**  
Enjoy a Hawaiian chicken dinner featuring tender grilled chicken glazed with a sweet and tangy pineapple sauce, served with pineapple fried rice and salad.  
Served in the Great Room, 20 resident minimum.

**\$5 Cash Only**



**Thursday, August 21**  
**4:00pm**

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

**Dine in with Chef Mickey-\$16**  
Thursday, August 28  
4:15pm  
Great Room



**Join us for baked salmon topped with whole grain mustard sauce, served with brown rice, vegetables, salad and a roll.**  
Served in the Great Room, 15 resident minimum.

**Maria's LUNCH Bunch**  
August 4, 11, 18, 25  
Orders must be submitted by 12pm the Friday before.

**August 4 - Pulled Pork Sandwich** served with cole slaw and chocolate chip cookie

**August 11 - Tuna Melt** served with macaroni salad, brownie

**August 18 - Fried Chicken Sandwich** (lettuce, tomato, mayonnaise) served with potato salad, oatmeal cookie

**August 25 - Cheeseburger** served with French fries, brownie

**\$12 Cash Preferred**

**SupperClub**  
FOOD & FRIENDS

**Wednesday's Supper Club with Maria's Cafe-\$15**  
Delivered to the Lobby Wednesday's at 4:00pm.  
Orders must be submitted by 12pm the Friday before.

**August 6**  
**Personal Pan Cheese Pizza**  
served with caprese salad

**August 13**  
**Roast Turkey Dinner**  
served with mashed potatoes, gravy, stuffing, green beans, cranberry sauce, roll

**August 20**  
**Spaghetti & Meatballs**  
served with salad, Italian bread

**August 27**  
**Pot Roast**  
served with vegetables, salad, roll



# 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, August 13  
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**



## Medical Appointments

Tuesday, Wednesday & Thursday, between  
9:00 am 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**