



# SUMMIT AT GLENWYCK

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Monthly Newsletter

October 2025



THE  
Manager's Message



September to December is a wonderful time, to watch leaves fall and pumpkins on a vine. From decorating our homes with spooky things to filling our bellies on Thanksgiving. The Fall is the time where the harvest begins! Apple picking, pumpkin pies, trick or treating, and hay rides are such a pleasure. Time for sweaters, scarves, boots and cool weather. The smell of cinnamon spice in the air, friends and family gather near, thankful for many reasons because fall is here!

Enjoy the Fall Everyone! **FALL IS HERE!**

*Laurie Ignazio*

Laurie Ignazio  
Community Manager



For the Benefit of the  
Thomas Corners Volunteer  
Fire Department.

October is National Fire Prevention Month, and it's a special time to thank the brave men and women who are always on call to keep us safe. If you'd like to contribute, donations (cash or check made out to Linda Suggs) can be dropped in the office box or brought to Linda in apartment 230 by October 31.

EVERY SECOND COUNTS

**Full Evacuation Fire Drill**  
Please be aware that we will be holding a full evacuation fire drill on October 14. Thomas Corners Fire Department will be present during the full evacuation.

Happy Birthday

All residents are welcome to celebrate on Wednesday, October 29 at 3:00pm.

Joan Ludwig	10/04
Carol Riordon	10/05
Lorraine Gonyea	10/10
Dorothy Wilhelm	10/13
Josh Moss	10/15
Tom Fox	10/17
Marie Graham	10/20



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

Please join us welcoming our newest friends to the Summit at Glenwyck.

Virginia Folger from Schenectady, NY  
Nancy Migneault from Schenectady, NY  
Libby Evans from Hancock, Maine  
Paul O'Brien from Schenectady, NY  
Madelyn & James Brennon from Schenectady, NY

Community Activities

Entertainment

**Laura Collins - Pianist & Vocalist**  
Wednesday, October 1 at 2:00pm - Great Room  
**The Gone Gray Band**  
Thursday, October 9 at 2:00pm - Great Room  
**Mark Galeo - Modern Keyboardist & Vocalist**  
Wednesday, October 15 at 3:00pm - Great Rm  
**Simply Worship with Jeanne**  
Wednesday, October 22 at 1:45pm - Great Room

Resident Informational Meetings

**Program Meeting with Rebecca**  
Thursday, October 2 at 10:15am  
**Theater How-to/Movie Committee**  
Tuesday, October 7 at 11:00am  
**New Resident Orientation with Rebecca**  
Tuesday, October 7 at 3:00pm  
**Resident Meeting with Laurie**  
Monday, October 20 at 11:00am

Fall Festivities

Are you ready for some football?!?!  
Join fellow residents on Sundays and Thursdays in the movie theater to see the brightest stars, the biggest NFL games, & the fiercest rivalries.  
Residents and staff are invited to compete in our **Chili Cook-off** on Wednesday, October 22. Please sign up in the Great Room if you would like to enter the contest OR to be a taste tester.  
**Pumpkin Decorating Contest**  
Sign up to get a pumpkin, decorate it with your own flair, and join the fun—voting starts October 24, with the "Best Of" winner announced at our Halloween Party!  
**Friday, October 31**  
4:00pm - Great Room  
**HALLOWEEN COSTUME PARTY**  
Witches brew, ghoulish appetizers, & costumes if you dare!

Breast Cancer

AWARENESS MONTH

Let's all wear pink on Wednesday, October 8.  
Join us for a group photo at 3:15pm in the Great Room to honor breast cancer fighters, survivors, and those we've lost.



Paint & Sip

Friday, October 17  
11:00am - Tavern

Join us for a relaxing Fall Watercolor Class and capture the beauty of autumn on canvas!

Join fellow residents every Friday at 4:00pm in the Great Room.



Happy Hour Highlights:

**October 3: Bring an Appetizer to Share**  
Celebrate National Vodka Day with us at Happy Hour - enjoy vodka tonics!

**October 10: BYOB**  
This Happy Hour we will enjoy the appetizers made by our new resident group *Cooking with Friends*. Soft drinks will be provided.

**October 17: Happy Hour**  
Snacks, beer, wine & soda will be provided.

**October 24: Pizza Party \$5**  
Beer, wine & soda will be provided.

**October 31: Halloween Party**  
Appetizers, witches brew & soda will be provided.



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CY: Courtyard FS: Fitness Studio GR: Great Room LO: LOBBY MOV: MOVIE THEATRE P: POOL TAV: TAVERN</div>	<div><div>Wednesday October 8 6:00 p.m.</div></div>	<div><div>Wednesday October 22 6:00 p.m.</div></div>	<div>1 No Continental Breakfast - Coffee &amp; Donuts will be provided 10:00am FLU VACCINE CLINIC by YOUNG'S PHARMACY GR 1:00pm Lit Club LIB 2:00pm Laura Collins Entertains GR 2:00pm That's All Card Game TAV</div>	<div>2 10:15am Program Meeting with Rebecca 11:00am Mahjong TAV 11:00am Lunch at Hungry Chicken &amp; Country Store 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO</div>	<div>3 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Vodka Tonic Happy Hour: Bring an Appetizer to Share GR Reminder: Next week's food orders are due today. Thank you!</div>	<div>4 10:30am Bocce Ball CY 10:30am Hearts TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY  HAPPY BIRTHDAY JOAN LUDWIG</div>
<div>5 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV  HAPPY BIRTHDAY CAROL RIORDON</div>	<div>6 11:30am Maria's Lunch: Chicken Salad on Croissant \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 8:15pm Monday Night Football MOV</div>	<div>7 9:30am Outing: Walking Group LO 11:00am Theater How-to MOV 12:00pm Chef Johnny's Taco Tuesday GR 1:00pm Canasta TAV 2:30pm Movie &amp; Popcorn MOV 3:00pm New Resident Orientation with Rebecca GR 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO</div>	<div>8 8:30am Waffle Wednesday GR 10:00am Podiatrist Dr. Masias 1:00pm Lit Club LIB 2:00pm Presentation: Medicare GR 2:00pm That's All Card Game TAV 3:15pm WEAR PINK FOR BREAST CANCER PHOTO GR 4:00pm Supper Club w/Maria's Cafe: Meatloaf Dinner \$15 TAV 6:00pm Musical Movie Night: An American in Paris</div>	<div>9 11:00am Mahjong TAV 2:00pm The Gone Gray Band Entertains 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:15pm Chef Mickey's Roast Pork Dinner \$16 GR 6:30pm Scrabble TAV 6:30pm Walking Group LO</div>	<div>10 9:00am Grocery Shopping 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!  HAPPY BIRTHDAY LORRAINE GONYEA</div>	<div>11 10:30am Bocce Ball CY 10:30am Yahtzee TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY</div>
<div>12 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV</div>	<div>13 <div>Office is Closed/No Fitness Classes 2:00pm Resident Potluck  HAPPY BIRTHDAY DOROTHY WILHELM</div></div>	<div>14 9:30am Outing: Walking Group LO 11:00am Presentation: Wade Tours GR 12:00-3:00pm Swap Party - Bring unwanted items to the GR, then shop other donations. 1:00pm Canasta TAV 2:30pm Movie &amp; Popcorn MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO</div>	<div>15 8:30am Waffle Wednesday GR 10:00am Apple Picking at Indian Ladder Farms 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 3:00pm Mark Galeo Entertains GR 4:00pm Supper Club w/Maria's Cafe: Chicken Penne Alla Vodka \$15 TAV  HAPPY BIRTHDAY JOSH MOSS</div>	<div>16 11:00am Mahjong TAV 11:00am Lunch at Charlton Tavern 1:00pm Library Committee LIB 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:00pm Subway \$6 To-go GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO BOSS'S DAY</div>	<div>17 9:00am Grocery Shopping 11:00am Fall Watercolor Class TAV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour GR Reminder: Next week's food orders are due today. Thank you! Pick up Pumpkins Today for Decorating HAPPY BIRTHDAY TOM FOX</div>	<div>18 10:30am Bocce Ball CY 10:30am Hearts TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY</div>
<div>19 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV</div>	<div>20 11:00am Resident Meeting w/Laurie GR 11:30am Maria's Lunch Bunch: Patty Melt 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Presentation: Introduction to Sound Healing &amp; Reiki GR 8:15pm Monday Night Football MOV  HAPPY BIRTHDAY MARIE GRAHAM</div>	<div>21 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 2:00pm Summit Service Club Meeting GR 2:30pm Movie &amp; Popcorn MOV 4:00pm Chef Johnny's Chicken Parmesan \$16 GR 6:30pm Indoor Walking Group LO</div>	<div>22 8:30am Waffle Wednesday GR 1:00pm Lit Club LIB 1:45pm Simply Worship with Jeanne GR 2:00pm That's All Card Game TAV 3:00pm Resident &amp; Staff Chili Cook-off 4:00pm Supper Club w/Maria's Cafe: Baked Sliced Ham Dinner TAV 6:00pm R&amp;R Concert Night: Neil Diamond: Love at the Greek MOV</div>	<div>23 9:00am Shopping at Boscov's 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:15pm Chef Mickey's Stuffed Peppers \$16 GR 6:30pm Scrabble TAV 6:30pm Walking Group LO</div>	<div>24 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!  Voting Begins for the Best Decorated Pumpkin LO</div>	<div>25 10:30am Bocce Ball CY 10:30am Spades TAV 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY</div>
<div>26 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV</div>	<div>27 11:30am Presentation: PRN Referral Process GR 11:30am Maria's Lunch Bunch: Chicken Bacon Wrap \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Fall Ice Cream Surprise GR 8:15pm Monday Night Football MOV</div>	<div>28 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 1:15pm Albany Area Senior Orchestra at Summit at Mill Hill 2:30pm Movie &amp; Popcorn MOV 4:00pm Dice Game: LCR GR 6:30pm Indoor Walking Group LO</div>	<div>29 8:30am Waffle Wednesday GR 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 3:00pm Monthly Birthday Party GR 4:00pm Supper Club w/Maria's Cafe: Roast Turkey Dinner \$15 TAV</div>	<div>30 9:00am Grocery Shopping 11:00am Mahjong TAV 12:45pm WICKED at Proctor's Theater 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO</div>	<div>31 <div>1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Halloween Costume Party &amp; Pumpkin Decorating Winner Revealed GR Reminder: Next week's food orders are due today. Thank you!</div></div>	
<div>CONNECTED <i>life</i>  FITNESS</div>	<div>Every Monday 8:30 Water Aerobics (P) 9:30 Buddy Swim (P)</div>	<div>Every Tuesday 8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P) 9:45 Balance Class (FS)</div>	<div>Every Wednesday 8:30 Water Aerobics (P) 9:30 Hydridoriders (P) 10:00 Buddy Swim (P) 1:00 Chair Dance Exercise Class (FS)</div>	<div>Every Thursday 8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P)</div>	<div>Every Friday 8:30 Water Aerobics (P) 9:30 Hydridoriders (P) 10:00 Buddy Swim (P)</div>	<div>Every Saturday 9:30 Buddy Swim (P)</div>



## Medicare:

Annual Enrollment Begins Soon



Wednesday, October 8 at 2:00pm - Great Room

Stay informed and prepared—join us for a helpful presentation on Medicare and learn about the important changes coming January 1. This is a great chance to get your questions answered and understand how these updates may affect you.

## Discover Your Next Adventure with

**WADE TOURS**



Tuesday, October 14 at 11:00am - Great Room

Discover exciting upcoming adventures with Wade Tours at our special presentation! Come get inspired, ask questions, and start planning your next great trip.

## Introduction to Sound Healing & Reiki

Monday,  
October 20  
3:00pm



Discover the calming power of Reiki and the soothing vibrations of sound healing in a relaxing, uplifting session. Learn how these gentle practices can reduce stress, promote balance, and leave you feeling refreshed in mind and body. Come join us for an inspiring experience of peace and renewal!



**The PRN  
Referral  
Process**

Monday, October 27 at 11:30am - Great Room

PRN explains the who, what, when, where & why of the therapy referral process. Enjoy a fun interactive bingo game & prizes!



## Thursday, October 2

Hungry Chicken is known for their apple trees, country store and farm to table menu. They support local crafters, small businesses, & farmers – and provide the local community with quality products.

The bus will leave the Summit at 11:00am.

These outings fall under the Lunch Outing Policy — sign up for one and add your name to the waitlist for the other.

## Thursday, October 16

Join us for a trip to this lively Ballston Lake restaurant, where fresh ingredients meet a warm and welcoming atmosphere.



The bus will leave the Summit at 11:00am.

## Bosco's Shopping at Bosco's Thursday, October 23

Join us for our monthly shopping trip to Bosco's in Clifton Park—sign up today to save your spot!

The bus will leave the Summit at 9:30am and return at 12:00pm to pick-up.

## Albany Area Senior Orchestra



## Tuesday, October 28

The Albany Area Senior Orchestra is performing at Summit at Mill Hill. Since 1977 they are a community ensemble of older adults who come together to share their love of music and perform for the enjoyment of others.

The bus will leave the Summit at 1:15pm. 10 resident minimum, 14 resident maximum



October 7  
12:00pm  
Great Room  
\$12

## Chef Johnny invites you to Taco Tuesday!

Enjoy a taco bar with two beef tacos—one hard, one soft—loaded with all the fixin's, plus rice, chips, & salsa!

15 residents minimum.

## Dine in with Chef Mickey-\$16

Thursday, October 9 @ 4:15pm

Sliced roast pork, mashed potatoes, gravy, vegetable, salad, roll

Thursday, October 23 @ 4:15pm

Stuffed peppers over pasta, sauce, salad, roll



When signing up, please let us know if you will be dining in or taking your meal to-go. To-go containers will be labeled with your apartment number and placed on the tavern bar.



## Potluck Dinner

Monday,  
October 13  
2:00pm  
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, October 21 at 4:00pm

## Chicken Parmesan - \$16

Breaded chicken cutlet topped with marinara sauce and melted cheese, served over pasta. Offered with salad, roll and dessert.

Served in the Great Room, 20 residents minimum. When signing up, please let us know if you will be dining in or taking your meal to-go. All to-go containers will be labeled with your apartment number and placed on the tavern bar for pickup.

## Maria's LUNCH Bunch

October 6, 20, 27

Monday's  
11:30am

Orders must be submitted by 12pm the Friday before.

October 6 - Chicken Salad on Croissant served with macaroni salad, oatmeal raisin cookie

October 20 - Patty Melt served with pasta salad, chocolate chip cookie

October 27 - Chicken Bacon Wrap served with vegetable soup, brownie

\$12 Cash

## SupperClub

FOOD & FRIENDS

## Wednesday's Supper Club with Maria's Cafe-\$15

Delivered to the Lobby  
Wednesdays at 4:00pm.

Orders must be submitted by 12pm the Friday before.

## October 8

### Meatloaf Dinner

served with baked potato, baby carrots, roll, dessert

## October 15

### Chicken Penne a la Vodka

served with salad, garlic bread, dessert

## October 22

### Sliced Ham Dinner

served with mashed potatoes, gravy, green beans, dessert

## October 29

### Roast Turkey Dinner

served with mashed potatoes & gravy, stuffing, green beans, cranberry sauce



# 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 ♥

**Stylist**  
**Vicki Grygas 518-369-1481**

**Nail Technician &  
Waxing Specialist**  
**Tina Mone 518-698-4693**

**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
- Hawaiian Chicken with fried rice, green beans

## 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, October 8th  
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 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**