

SUMMIT AT GLENWYCK

Monthly Newsletter

November 2025



THE Manager's Message

When you think of November what comes to mind? Thanksgiving? Veterans Day? Preparing and shopping for the holidays? Along with hot drinks next to warm fireplaces and family and friends coming together. November is a special month filled with gratitude in our hearts and minds, and good feelings spurred on by the holidays.

We have a full calendar of events this month. Mark your calendar on November 11th for a Veteran's Potluck to honor our Glenwyck Veterans. There will be special entertainment by Stringwynde presenting an American program. You do not want to miss our annual delicious Harvest Luncheon, catered by Chef Johnny on November 13th! Experience history come alive! Meet Eleanor Roosevelt as portrayed by a historic interpreter in full costume on November 17. It is sure to be inspiring, educational, and unforgettable.

My wish for you this Thanksgiving is for you to be surrounded by the love of family and friends, blessings too many to count, and fond memories of homecomings throughout the years!

Laurie Ignazio
Community Manager



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 in
welcoming our newest
friends to the
Summit at Glenwyck.*

*Carol Piotrowski from Rotterdam,
NY, will be moving into apartment 121.*

*Nancy Maclea from Clifton Park, NY,
will be moving into apartment 129.*

NOVEMBER BIRTHDAYS

Mary Nagy	11/01
Phyllis Antenucci	11/08
Dawn Bonk	11/09
Elaine McNeilly	11/10
Nancy Migneault	11/12
Ellen Gregory	11/15
Sue Wing	11/16
Loretta Kessler	11/17
Lynn Nardi	11/24
Carmen Trombley	11/26

*Help us celebrate our monthly
birthdays on Wednesday,
November 26 at 2:30pm
in the Great Room.
Cake & ice cream for all!*

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

*This holiday season, we're
collecting donations to help
make the wishes of less
fortunate children at Jessie T.
Zoller Elementary School
come true. Residents may give
a monetary donation for the
school to purchase items such
as new clothes, toys, and
games—or, for those who love
to shop, you can receive a wish
list for a specific child to
personally fulfill.*

*Please have all donations in by
Monday, December 8 to help
brighten a child's holiday in
Schenectady County.*

Community Activities

Resident Informational Meetings

Program Meeting with Rebecca

Monday, November 3 at 11:00am

Theater How-to/Movie Committee

Tuesday, November 4 at 11:00am

Resident Meeting with Laurie & Staff

Monday, November 10 at 11:00am



VETERANS DAY TRIBUTES

All residents are invited to join in and honor our resident veterans.

THURSDAY, NOVEMBER 6 AT 12:30PM – STRINGWYNDE

Enjoy Stringwynde, a Celtic harp and flute duo, presenting patriotic favorites, Gilded Age waltzes, and classic American folk tunes.

TUESDAY, NOVEMBER 11 AT 4:00 PM – “THANK YOU, VETERANS” POTLUCK DINNER

Please sign up in the Great Room and note your entrée or side dish. Dessert provided by The Summit.

Veterans are the honored guests of fellow residents and do not need to bring a dish.



Entertainment & Fun

Stringwynde - Celtic Harp & Flute Duo

Thursday, November 6 at 12:30pm

Lucia & Levi

Thursday, November 20 at 2:00

A dynamic duo brings an incredible mix of jazz, blues, reggae, and popular favorites.

Team Trivia with Mark Hersh

Tuesday, November 25 at 2:00pm

In the Great Room



Winter on a Wine Glass Painting



Friday, November 21
11:00am - Tavern

Unleash your creativity and join for a fun “Winter on a Wine Glass” independent painting session! No experience needed—just bring your imagination and enjoy turning an ordinary glass into a festive winter masterpiece.



**Thursday,
November 13
12:00pm
Great Room**

The holiday season begins with Thanksgiving! Join us for our annual Harvest Luncheon, featuring a traditional Thanksgiving meal and dessert by Chef Johnny. Please RSVP if you haven't yet.

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

November 7: Bring an Appetizer to Share
Enjoy a refreshing white sangria, perfectly crafted for the flavors and feel of fall.

November 14: BYOB

BYOB Happy Hour—bring your favorite drink and enjoy a delicious spread of appetizers made by our ‘Cooking with Friends’ group! Soft drinks will be offered.

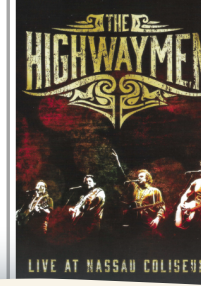
November 21: Happy Hour

Snacks, beer, wine & soda will be provided.

November 28: Pizza Party \$5

Beer, wine & soda will be provided.



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)	1 9:30am Buddy Swim 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY HAPPY BIRTHDAY MARY NAGY
2 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV DAYLIGHT SAVING TIME ENDS	3 11:00am Program Meeting with Rebecca 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Presentation: Introduction to Sound Healing & Reiki MOV 8:15pm Monday Night Football MOV	4 9:30am Transportation to Voting Poll 11:00am Theater How-to MOV 1:00pm Canasta TAV 2:30pm Movie & Popcorn MOV 4:15pm Chef Mickey's Sliced Roast Beef Dinner \$16 GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO ELECTION DAY	5 8:30am Waffle Wednesday GR 11:00am Lunch at Scotia Diner 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 3:00pm Power of Elderberry GR 4:00pm Supper Club w/Maria's Cafe: Corned Beef & Cabbage \$15 TAV 4:00pm Learn & Play Rummikub TAV	6 11:00am Mahjong TAV 12:30pm Stringwynde presents Patriotic Favorites GR 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:00pm Learn & Play Cribbage TAV 6:30pm Scrabble TAV 6:30pm Walking Group LO	7 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Bring an Appetizer to Share/ White Sangria Happy Hour GR Reminder: Next week's food orders are due today. Thank you!	8 9:30am Buddy Swim 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY HAPPY BIRTHDAY PHYLLIS ANTENUCCI
9 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 DAWN BONK	10 11:00am Resident Meeting with Laurie GR 11:30am Maria's Lunch: Pulled Pork Sandwich \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 8:15pm Monday Night Football MOV HAPPY BIRTHDAY ELAINE MCNEILLY	11 4:00pm "Thank you, Veterans" Potluck Dinner  Office is Closed - No Fitness Classes	12 8:30am Waffle Wednesday GR 10:00am Podiatrist Dr. Masias 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 4:00pm Supper Club w/Maria's Cafe: Personal Pan Pepperoni or Cheese Pizza \$15 TAV 4:00pm Rummikub TAV 6:00pm Musical Movie Night: Strike Up The Band HAPPY BIRTHDAY NANCY MIGNEAULT	13 11:00am Mahjong TAV 12:00pm Harvest Gathering GR/TAV 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:00pm Learn & Play Cribbage TAV 6:30pm Scrabble TAV 6:30pm Walking Group LO	14 9:00am Grocery Shopping 11:00am Cooking with Friends GR 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!	15 9:30am Buddy Swim 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY HAPPY BIRTHDAY ELLEN GREGORY
16 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 SUE WING	17 11:30am Maria's Lunch Bunch: Goulash 1:00pm Vintage Visitors presents Eleanor: The First Lady of the World GR 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 8:15pm Monday Night Football MOV HAPPY BIRTHDAY LORETTA KESSLER	18 9:00am Breakfast by Chef Johnny (\$11) GR 11:00am Presentation: Scotia Glenville Senior Center GR 11:15am Organ Concert by Peter Krasinski at Proctors 1:00pm Canasta TAV 2:00pm Summit Service Club Meeting GR 2:30pm Movie & Popcorn MOV 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	19 8:30am Waffle Wednesday GR 12:00-2:00pm Terrie's Treasures TAV 1:00pm Lit Club LIB 2:00pm Organic Herbal Tea Class GR 2:00pm That's All Card Game TAV 4:00pm Supper Club w/Maria's Cafe: Roasted Chicken Dinner TAV 4:00pm Rummikub TAV 6:00pm R&R Concert Night: The Highwaymen - Live at Nassau Coliseum MOV	20 11:00am Lunch at Sake Bon 11:00am Mahjong TAV 1:00pm Library Committee LIB 2:00pm Pinochle TAV 2:00pm Lucia & Levi Entertain GR 3:00pm Knitting & Crocheting Group GR 4:00pm Subway \$6 To-go GR 6:00pm Learn & Play Cribbage TAV 6:30pm Scrabble TAV 6:30pm Walking Group LO	21 9:00am Grocery Shopping 11:00am Winter on a Wine Glass Painting (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!	22 9:30am Buddy Swim 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY
23 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV	24 11:30am PRN presents Strength Training for Posture & Osteoporosis GR 11:30am Maria's Lunch Bunch: Tuna Melt \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 8:15pm Monday Night Football MOV HAPPY BIRTHDAY LYNN NARDI	25 9:30am Outing: Walking Group LO 1:00pm Canasta TAV 2:00pm Team Triva with Mark Hersh GR 2:30pm Movie & Popcorn MOV 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	26 8:30am Waffle Wednesday GR 9:00am Shopping at Boscov's or Trader Joe's 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 2:30pm Monthly Birthday Party GR4:00pm Rummikub TAV HAPPY BIRTHDAY CARMEN TROMBLEY	27  Office is Closed	28 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!	29 9:30am Buddy Swim 1:30pm Glenwyck Cinema MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat CY
30 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 4:25pm NFL Sunday Football MOV 6:00pm Mahjong TAV				 Wednesday November 12 6:00pm  Wednesday November 19 6:00pm	Location Key CY-Courtyard FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool TAV-Tavern	

Upcoming Workshops by Green Sugar Leaf Farms

In the Great Room



Wednesday, November 5 at 3:00pm

Sip, learn and taste during this hands-on workshop to explore the *Power of Elderberry*—learn its health benefits, sample delicious recipes and cocktails, and take home inspiration for boosting wellness naturally.

Wednesday, November 19 at 2:00pm



Join us for a cozy, hands-on Organic *Herbal Tea Class* to sip, learn, and discover how healing teas can support your wellness while enjoying delicious blends and light snacks!

ELEANOR: THE FIRST LADY OF THE WORLD

Monday, November 17

1:00pm

Great Room

Historic interpreter Phyllis Chapman presents notable American women through Vintage Visitors. Experience Eleanor Roosevelt's inspiring story told in the first person and in full period costume, bringing to life her remarkable journey from a shy child to a global advocate for peace and human rights.



Scotia Glenville Senior Center

**Tuesday,
November 18
11:00 am**



Great Room

Learn all about the wonderful programs, services, and opportunities our local Senior Center has to offer! Join us to discover upcoming activities and find out how easy it is to become a member and get involved.



PRN

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

**Strength
Training for
Posture &
Osteoporosis**

Monday, November 24 at 11:30am

PRN will provide strategies for staying strong and upright despite being challenged by conditions such as osteoporosis.

In the Great Room - Refreshments served!



Wednesday, November 5

Bus at 11:00am

It has a 1950's retro theme with Elvis memorabilia and other classic pop culture items. Offers a cozy atmosphere, classic American comfort food, and welcoming vibes

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

SAKE BON

HIBACHI, SUSHI & LOUNGE

Thursday, November 20

Bus at 11:00am

Sake Bon offers freshly prepared sushi, Asian dishes and entertaining Hibachi chefs.

Thanksgiving Holiday Season Music & Silent Film

Tuesday, November 18

Bus at 11:15am

Free concert with PETER KRASINSKI, the brilliant & entertaining recording artist's debut in GE Theatre.

Shopping Day

Boscov's

OR



Wednesday, November 26

Bus at 9:30am

Pick up at 12:00pm

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

--OR--

Shop Trader Joe's - a friendly, affordable neighborhood store filled with delicious, high-quality foods, unique finds, and cheerful service that makes shopping a joy

Bon Appetit — All food orders are due by 12pm the Friday before.

Dine in with Chef Mickey
Tuesday, November 4
4:15pm



Sliced roast beef, mashed potatoes,
gravy, vegetable, salad, roll.

Served in the Great Room, 15 residents minimum.

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.



Maria's LUNCH Bunch
November 10, 17, 24

NOVEMBER 10 - PULLED PORK SANDWICH

served with cole slaw, oatmeal raisin cookie

NOVEMBER 17 - GOULASH

served with garden salad, chocolate chip cookie

NOVEMBER 24 - TUNA MELT

served with macaroni salad, brownie

Orders must be submitted
by 12pm the Friday before.

\$12 Cash



Chef Johnny
invites you for
pancakes & eggs!

Start your day
with a warm,
delicious breakfast

Pancakes, Eggs,
Sausage, & Potatoes

made just for you!

\$11

Tuesday
November 18
9:00 am
Great Room
15 residents minimum



SUBWAY



Thursday,
November 20 at 4:00pm

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

PIZZA
PARTY

Friday,
November 28
4:00pm

\$5
CASH ONLY



Please sign up in the office by 11/21.

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.

November 5

Corned Beef & Cabbage

*served with potatoes, baby carrots,
tossed salad, dessert*

November 12

Personal Pan Pepperoni
or Cheese Pizza

served with tossed salad, dessert

November 19

Roasted Chicken Dinner

*served with baked potatoes, Caesar
salad, peas & carrots, 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 ♥

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, November 12th
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