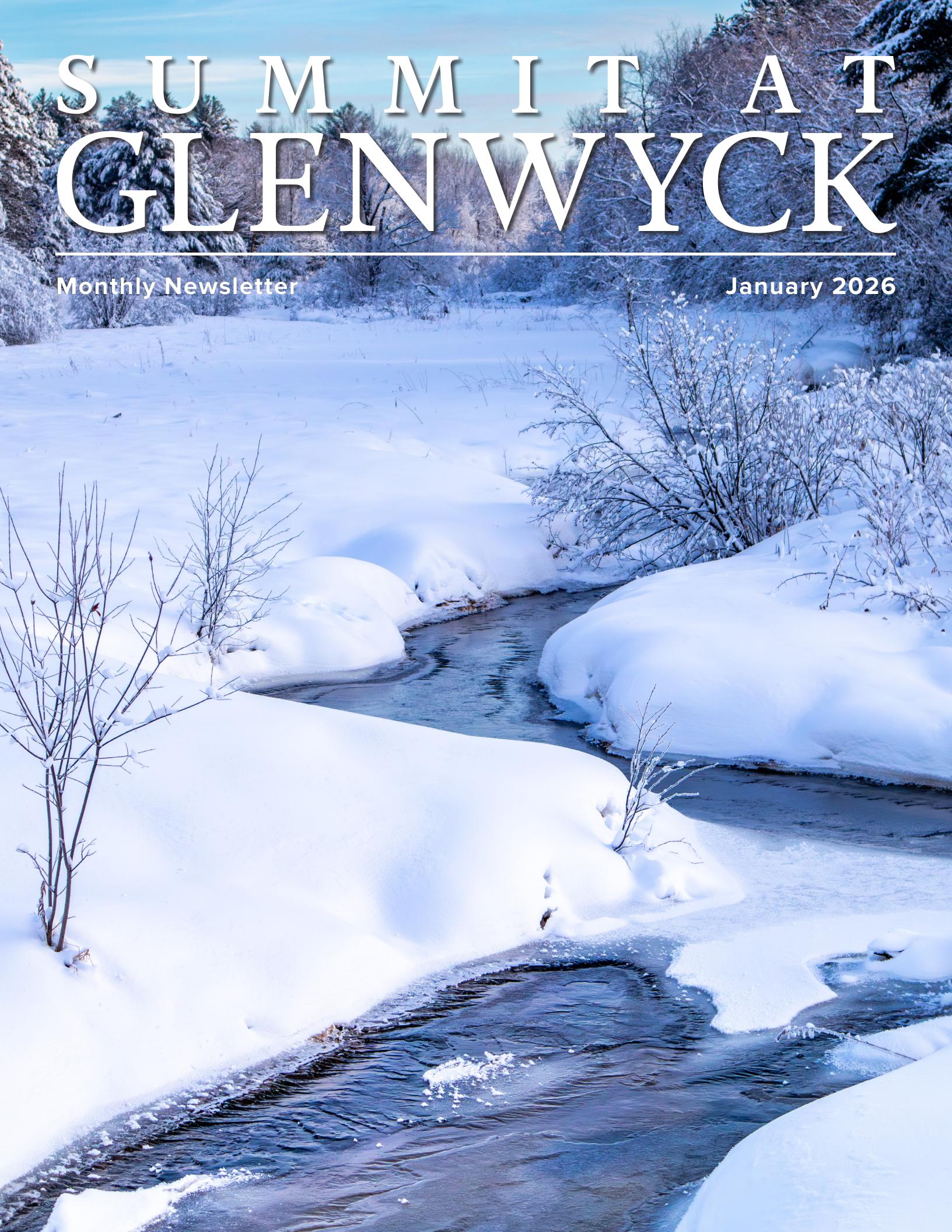


S U M M I T A T GLENWYCK

Monthly Newsletter

January 2026



THE Manager's Message

The January Gleam
The winter world is wrapped in white,
But in our hearts, a different light.
January dawns, a chapter new,
With hopes and wishes for me and you.
We've seen the seasons, watched years fly,
Beneath the same familiar sky.
Each wrinkle earned, a story told,
More precious, we, than finest gold.
For 2026, our simple prayer:
May you find comfort, free from care.
With strength in step and peace in heart,
May joy and health each day impart.
Forget the woes that years have brought,
And cherish lessons life has taught.
Here's to new moments, friendships true,
And happy days in all you do.
May God's own grace light up our way,
And bless us all, come what may.
With warmth and laughter, bright and clear,
A truly wonderful, Happy New Year!
Wishing you all the best for a blessed and joyful 2026!

Laurie Ignazio
Community Manager

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

*Carol Hanley from North Greenbush, NY, will be
in apartment 133.*

*Faun Dent from Howes Cave, NY,
will be in apartment 221.*

*Rose Sgambati from Ballston Lake, NY,
will be in apartment 238.*

Resident Showcase



All residents are invited to participate in our Resident Showcase on January 15! Share your handmade creations—paintings, quilts, carvings, and more. Please fill out the blue form found on the lobby table. Return it to Rebecca by January 9.

Winter Tea

Wednesday, January 21
2:00pm
Great Room

Join us for our Holiday Tea! Enjoy festive teas with hints of cinnamon, nutmeg, and ginger, served with savory snacks and scones to celebrate the season.

Staff

Community Manager

Laurie Ignazio

Llgnazio@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

Community Activities



<i>Mary Lou Halsdorf</i>	<i>1/01</i>
<i>Michele Gibson</i>	<i>1/03</i>
<i>Gloria Hill</i>	<i>1/08</i>
<i>Sandra Hann</i>	<i>1/10</i>
<i>David Gonyea</i>	<i>1/20</i>
<i>Rose Thomsen</i>	<i>1/22</i>
<i>Leslie Greenough</i>	<i>1/24</i>
<i>Madelyn Brennan</i>	<i>1/27</i>
<i>Carol Deiulio</i>	<i>1/28</i>
<i>Linda Vavala</i>	<i>1/28</i>

Help us celebrate our monthly birthdays on Tuesday, January 27 at 2:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Program Meeting with Rebecca

Monday, January 5 at 11:00am



Resident Meeting with Laurie & Staff

Monday, January 12 at 11:00am

Theater How-to/Movie Committee

Tuesday, January 20 at 11:00am



Music & Trivia

Jack Kelle Duo

Monday, January 5 at 3:00pm

Team Trivia with Mark

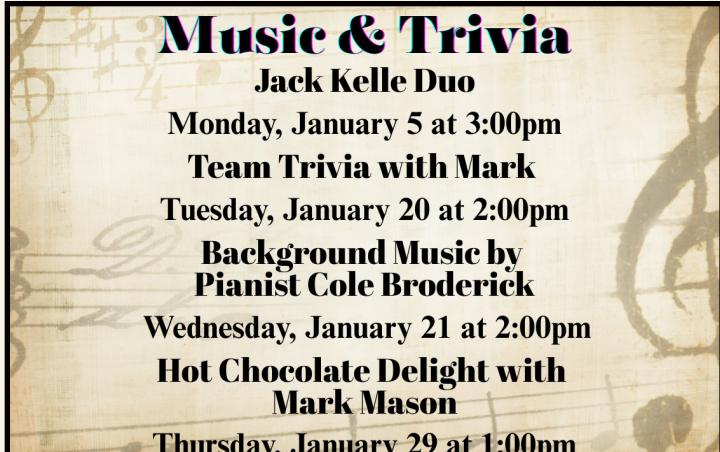
Tuesday, January 20 at 2:00pm

Background Music by Pianist Cole Broderick

Wednesday, January 21 at 2:00pm

Hot Chocolate Delight with Mark Mason

Thursday, January 29 at 1:00pm



Happy Hour Every Friday at 4:00pm Great Room

January 2: Happy Hour
Beer, wine, soda & snacks will be provided.

January 9: BYOB Happy Hour
Snacks & soda will be provided.

January 16: Hot Toddy Happy Hour
Hot Toddy, soda & snacks will be provided.

January 23: Bring an Appetizer to Share
Beer, wine & soda will be provided.

January 30: Pizza Party \$5
Beer, wine & soda will be provided.

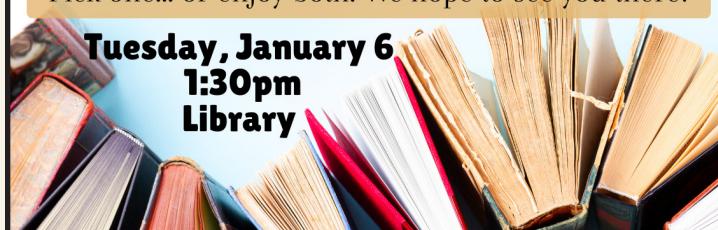


Join us for our first Book Club Meeting! We'll talk through how the club will work, choose our first book, and then have four weeks to read before gathering again for discussion. Please note, this is different from Lit Club—Lit Club meets several times a week and the book is read aloud to the group. Pick one... or enjoy both. We hope to see you there!

Tuesday, January 6

1:30pm

Library



SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Tuesday, January 20 at 1:00pm - Great Room

As we begin the new year, we encourage more residents to join our Summit Service Club.

Bring your suggestions, thoughts, and creative ideas on how we can give back to our community.

Your voice matters—come be a part of making a difference!

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F

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

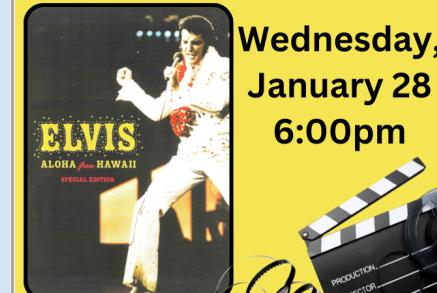
Location Key
 CY-Courtyard
 FS-Fitness Studio
 GR-Great Room
 LIB-Library
 LO-Lobby
 MOV-Movie Theatre
 P-Pool
 TAV-Tavern

Wednesday, January 14

 Join us in the Great Room.



Wednesday, January 14 6:00pm

Wednesday, January 28 6:00pm




Office is Closed - No Fitness Classes
HAPPY BIRTHDAY MARY LOU HALSDORF

1

9:00am Grocery Shopping
 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!

1:30pm Glenwyck Cinema & Popcorn
 2:00pm Quarter Bingo GR
 6:00pm Game Night TAV
 6:00pm Fireside Chat GR
HAPPY BIRTHDAY MICHELE GIBSON

4
 2:00pm Dominoes TAV
 2:30pm Quarter Bingo GR
 4:00pm Poker TAV
 4:25pm NFL Sunday Football MOV
 6:00pm Mahjong TAV

5
 11:00am Program Meeting with Rebecca GR
 11:30am Maria's Patty Melt \$12 LO
 1:00pm Lit Club LIB
 2:00pm Pinochle TAV
 2:30pm Catholic Rosary Circle LIB
3:00pm Jack Kelle Duo Entertains GR
 6:00pm Monday Night Movie MOV

6
 1:00pm Canasta TAV
1:30pm First Book Club Meeting LIB
 2:00pm Popcorn Bar GR
 4:00pm Chef Johnny's Hawaiian Chicken \$16 GR
 4:30pm Dice Game: LCR GR
 5:30pm Ten Cent Poker TAV
 6:30pm Indoor Walking Group LO

7
 8:30am Waffle Wednesday GR
10:00am Titanic: An Immersive Voyage \$24
 1:00pm Lit Club LIB
 2:00pm That's All Card Game TAV
 4:00pm Maria's Meatloaf Dinner \$15
 4:00pm Learn & Play Rummikub TAV

8
 11:00am Mahjong TAV
11:00am NABA presents: Independent Living with Aging Vision GR
12:00pm Lunch at Maxon's American Grill
 2:00pm Pinochle TAV
 3:00pm Knitting & Crocheting Group GR
 6:00pm Cribbage/6:30pm Scrabble
 6:30pm Walking Group LO
HAPPY BIRTHDAY GLORIA HILL

9
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!
Resident Showcase Forms Due

10
 1:30pm Glenwyck Cinema & Popcorn
 2:00pm Quarter Bingo GR
 6:00pm Game Night TAV
 6:00pm Fireside Chat GR
HAPPY BIRTHDAY SANDRA HANN

11
 2:00pm Dominoes TAV
 2:00pm Quarter Bingo GR
 4:00pm Poker TAV
 4:25pm NFL Sunday Football MOV
 6:00pm Mahjong TAV

12
 11:00am Resident Meeting with Laurie & Staff GR
 11:30am Maria's Turkey & Bacon Panini \$12 LO
 1:00pm Lit Club LIB
 2:00pm Pinochle TAV
 2:30pm Catholic Rosary Circle LIB
 6:00pm Monday Night Movie MOV

13
 8:30/9:15/9:45 Chef Johnny's Omelet Station \$11
 1:00pm Canasta TAV
 2:00pm Hot Chocolate Bar GR
 4:30pm Dice Game: LCR GR
 5:30pm Ten Cent Poker TAV
 6:30pm Indoor Walking Group LO

14
 8:30am Waffle Wednesday GR
11:00am Pamper Your Hands with Mary Kay! GR
12:30pm Nine Miles East & What They Offer GR
 1:00pm Lit Club LIB
 2:00pm That's All Card Game TAV
 4:00pm Maria's Personal Pan Pizza \$15
6:00pm Musical Movie Night: Elvis: Blue Hawaii

15
 11:00am Mahjong TAV
1:00-2:30pm Resident Showcase
 1:00pm Library Committee LIB
 2:00pm Pinochle TAV
 3:00pm Knitting & Crocheting Group GR
 4:00pm Chef Mickey's Baked Salmon Dinner \$16 GR
 6:00pm Cribbage/6:30pm Scrabble

16
9:00am Grocery Shopping
 1:00pm Lit Club LIB
 1:30pm Quarter Bingo GR
 4:00pm Hot Toddy Happy Hour GR
Reminder: Next week's food orders are due today. Thank you!

17
 1:30pm Glenwyck Cinema & Popcorn
 2:00pm Quarter Bingo GR
 6:00pm Game Night TAV
 6:00pm Fireside Chat GR

18
 2:00pm Dominoes TAV
 2:00pm Quarter Bingo GR
 4:00pm Poker TAV
 4:25pm NFL Sunday Football MOV
 6:00pm Mahjong TAV



19
Office is Closed - No Fitness Classes

MARTIN LUTHER KING JR. DAY
I HAVE A DREAM

20
 11:00am Theater How-to MOV
 1:00pm Canasta TAV
1:00pm Summit Service Club Meeting GR
2:00pm Team Trivia with Mark Hersh
 4:00pm Dice Game: LCR GR
 4:00pm Ming's Flavor Take-out \$13 TAV
 5:30pm Ten Cent Poker TAV
 6:30pm Indoor Walking Group LO
HAPPY BIRTHDAY DAVID GONYEA

21
 10:00am Podiatrist Dr. Masias
 1:00pm Lit Club LIB
 2:00pm That's All Card Game TAV
2:00pm Winter Tea & Background Music by Cole Broderick GR
 4:00pm Maria's Shepherd's Pie \$15 TAV
 4:00pm Rummikub TAV

22
11:30am Lunch at Redwood Diner
 11:00am Mahjong TAV
 2:00pm Pinochle TAV
 3:00pm Knitting & Crocheting Group GR
 6:00pm Cribbage/6:30pm Scrabble
 6:30pm Walking Group LO
HAPPY BIRTHDAY ROSE THOMSEN

23
9:00am Grocery Shopping
 1:00pm Lit Club LIB
 1:30pm Quarter Bingo GR
 4:00pm Happy Hour: Bring an Appetizer to Share GR
Reminder: Next week's food orders are due today. Thank you!
HAPPY BIRTHDAY LESLIE GREENOUGH

25
 2:00pm Dominoes TAV
 2:30pm Quarter Bingo GR
 4:00pm Poker TAV
 4:25pm NFL Sunday Football MOV
 6:00pm Mahjong TAV

26
11:30am Winter Olympics with PRN Therapy GR
 11:30am Maria's Chicken Salad on Croissant \$12 LO
 1:00pm Lit Club LIB
 2:00pm Pinochle TAV
 2:30pm Catholic Rosary Circle LIB
 6:00pm Monday Night Movie MOV

27
12:00pm Souper Lunch Social GR
 1:00pm Canasta TAV
 2:00pm Monthly Birthday Party GR
 4:00pm Dice Game: LCR GR
 5:30pm Ten Cent Poker TAV
 6:30pm Indoor Walking Group LO
HAPPY BIRTHDAY MADELYN BRENNAN

28
 8:30am Waffle Wednesday GR
9:30am Boscov's or Trader Joe's
 1:00pm Lit Club LIB
2:00pm Monthly Medicare Meeting GR
 2:00pm That's All Card Game TAV
 4:00pm Maria's Lasagna Dinner \$15 TAV
 4:00pm Rummikub TAV
6:00pm R&R Concert Night: Elvis: Aloha from Hawaii MOV
HAPPY BIRTHDAY CAROL DEIULO
HAPPY BIRTHDAY LINDA VAVALA

29
 11:00am Mahjong TAV
1:00pm Peppermint Hot Chocolate w/ Entertainment by Mark Mason GR
 2:00pm Pinochle TAV
 3:00pm Knitting & Crocheting Group GR
 4:00pm Chef Mickey's Salisbury Steak Dinner \$16 GR
 6:00pm Cribbage/6:30pm Scrabble
 6:30pm Walking Group LO

30
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!

31
 1:30pm Glenwyck Cinema & Popcorn
 2:00pm Quarter Bingo GR
 6:00pm Game Night TAV
 6:00pm Fireside Chat GR

CONNECTED life



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)




Independent Living
with Aging Vision

Thursday, January 8
11:00 am
Great Room

An engaging presentation designed for adults to learn about the leading causes of vision loss, early warning signs, eye health, vision rehabilitation therapy and low vision adaptive aids, such as magnifiers, large print and talking items.



Pamper Your Hands with Mary Kay!

Wednesday, January 14
11:00am - Great Room

Treat your hands to a rejuvenating Satin Hands makeover with Mary Kay Consultant Lynn Neal. Enjoy a refreshing hand treatment, with products available for purchase if you'd like to take the indulgence home!

Sign up in the Great Room to reserve your spot!

*Stay connected with Chris Szady at
our monthly Medicare Meeting!*

Wednesday, January 28
2:00pm - Great Room

Stop in to stay informed about important changes, updates, and helpful tips related to your Medicare coverage. Chris makes everything easy to understand and always brings valuable information. Don't miss out—come learn, ask questions, and stay up-to-date!



Summit at Glenwyck's Winter Olympics
Monday, January 26 - 11:30am
Great Room

Follow live action right in our Great Room as residents compete for the gold in wacky games with PRN Therapy.

Titanic

An Immersive Voyage

Wednesday, January 7

An Immersive Voyage in Schenectady offers a vivid, one-of-a-kind experience that brings the ship's history to life through life-size recreations, immersive visuals, and powerful storytelling. \$24 pp

The bus will leave the Summit at 10:00am.

Maxon's American Grill Lunch Outing

Thursday, January 8

We will head down the road to a local restaurant that is known for putting a creative twist on classic American comfort food.

The bus will leave the Summit at 12:00pm.

Redwood Diner Lunch Outing

Thursday, January 22

A casual, homey eatery serving delicious burgers, sandwiches, pies, and more.

The bus will leave the Summit at 11:30am.

Shopping Day at Boscov's or Trader Joe's

Wednesday, January 28

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 and unique finds.

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

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

Dine in with Chef Johnny-\$16

Tuesday, January 6 @ 4:00pm

Hawaiian Chicken

Tender grilled chicken glazed with a sweet and tangy pineapple sauce, served over rice, vegetable, dessert.

Dine in with Chef Mickey-\$16

Thursday, January 15 @ 4:00pm

Baked salmon topped with whole grain mustard sauce, brown rice, vegetable, salad, roll

Thursday, January 29 @ 4:00pm

Salisbury Steak, mashed potato, vegetable, 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. 15 Resident Minimum



Ming's Flavor Dinner Take-out

Tuesday, January 20 @ 4pm

Choose your Combo # and jot it on the meal form (no substitutions).

\$13 includes tax & tip

Please sign up by 1/14.



**Tuesday,
January 27
12:00pm**

Warm up with our cozy Souper Lunch Social! Bring a crockpot of your favorite soup and your own bowl, then enjoy sampling a delicious variety of soups for lunch. If you'd like to join, please sign up to bring soup, croissants, bread, crackers, or other accompaniments.

Maria's LUNCH Bunch

Mondays
11:30am

January 5, 12 & 26

Orders must be submitted by 12pm the Friday before.

\$12 Cash

January 5 - Patty Melt

served with pasta salad, brownie

January 12 - Turkey Bacon Panini

served with vegetable soup, chocolate chip cookie

January 26 - Chicken Salad on Croissant

served with macaroni salad, cookie

Supper Club

FOOD & FRIENDS

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

Delivered to the Lobby
Wednesdays at 4:00pm.

January 7

Meatloaf Dinner served with mashed potatoes, baby carrots, roll, dessert

January 14

Personal Pan Pizza served with tossed salad, dessert

January 21

Shepherd's Pie served with dessert

January 28

Lasagna served tossed salad, Italian bread, chocolate cake

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

Available Mondays, Tuesdays, and Wednesdays

Nail Technician & Waxing Specialist

Tina Mone 518-698-4693

Available Thursdays

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, January 21
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

Sign up in the Great Room



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