

# SUMMIT AT GLENWYCK

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Monthly Newsletter

February 2026





# THE Manager's Message

## Valentine Gratitude

*On Valentine's Day,  
I think of people  
Who make life better,  
happier, just by being around,  
people whose good nature,  
ready smile and eagerness to help  
enrich everyone they meet.*

*On Valentine's Day,  
I remember  
what a pleasure it is to know you.*

*Happy Valentine's Day,*

*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

## St. Valentine's Party

Wednesday, February 11  
2:30pm - Great Room

Prosecco Punch,  
Chocolate Fountain  
&  
Music by Russ Kennedy



## February Birthdays

Join us in wishing the following  
residents a very Happy Birthday!

Stephen Farina	2/01
Marty Harrington	2/03
Donna Maloney	2/07
Linda Suggs	2/09
Eleanor Cronin	2/09
Ed Grinter	2/10
Joan Torello	2/18
Louise DeFabbio	2/21
Barbara Loucks	2/24
Don Ackerman	2/28

Help us celebrate our monthly  
birthdays on Wednesday, February 25  
at 2:00pm in the Great Room.

# Community Activities

## Music & Trivia

### Carmen & Life's Guilty Pleasures

**Thursday, February 5 at 2:00pm**

Enjoy an eclectic mix of jazz, soul, blues, and pop with Carmen on vocals and Joe on guitar.

### The Picon's Entertain

**Tuesday, February 17 at 3:00pm**

This duo creatively crafts arrangements that produce a fresh approach to classic feel-good songs.

### Team Trivia with Mark

**Tuesday, February 24 at 2:00pm**



## Resident Informational Meetings

### Resident Meeting with Laurie & Staff

Monday, February 9 at 11:00am

### Program Meeting with Rebecca

Thursday, February 12 at 10:30am

### Theater How-to/Movie Committee

Friday, February 27 at 11:00am



## Summit Book Club & Lit Club

**Tuesday, February 3  
1:30pm - Library**



The Book Club's first book will be *Madame Bovary* by Gustave Flaubert. Please join us for our book discussion on Tuesday, February 10 at 1:30pm in the library. All are welcome!

Lit Club meets Mondays, Wednesdays, and Fridays at 1:00pm and the book is read aloud to the group. Pick one... or enjoy both. Happy Reading!

# HAPPY HOUR

**Every Friday at 4:00pm-Great Room**

**February 6: Wear Red** Happy Hour  
Beer, wine, soda & healthy snacks will be provided.

**February 13: BYOB** Happy Hour  
Snacks & soda will be provided.

**February 20: National Margarita** Happy Hour  
Delicious margaritas, nachos & soda will be provided.

**February 27: Pizza Party \$5**  
Beer, wine & soda will be provided.

## Potluck Appetizer Party

**Sunday, February 8 at 5:30pm  
Great Room**



Super Bowl Sunday is a day of indulgence for sports fans!!

Please BYOB and an appetizer to share.

There will be sign-ups for both the appetizers and seating in the Theater.  
The BIG GAME begins at 6:30pm.



**Tuesday,  
February 17**



Two parties, one day! Tuesday, February 17, 2026 brings us both Chinese New Year — the Year of the Horse — and Mardi Gras!

Get ready for good luck, delicious food, and lots of celebration all in one fabulous Tuesday.

- Celebration Highlights begin with Paczki's at breakfast. Paczki are a classic Mardi Gras treat—rich Polish doughnuts filled with fruit or cream.
- Music by The Picon's will begin at 3:00pm, and tangerines will be shared with wishes for health and happiness as we welcome the Year of the Horse.
- Summit Supper Club is offering a Mardi Gras Dinner by Chef Johnny for \$16.

**Let the good times roll—and  
Happy Lunar New Year!**



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Location Key</b> CY-Courtyard FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool TAV-Tavern	 <b>Wednesday, February 11 6:00pm</b>	 <b>February 18</b> <b>11:00am - Great Room</b> <b>Imposition of Ashes with</b> <b>Father Tom Konopka</b>	  <b>Cookie Booth</b> <b>Thursday, February 19</b> <b>11:00am - 1:30pm</b> <b>Great Room</b>	  <b>\$6</b> Cash Only Enjoy a 6" sub served with chips and bottled water. <b>Thursday, February 19 at 3:30pm</b> Please sign up in the office by 12 pm the Friday before.	 <b>Wednesday, February 25 6:00pm</b> 
1 11:00am Docuseries: The Roosevelts MOV 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV <b>HAPPY BIRTHDAY STEPHEN FARINA</b>	2 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 6:00pm Monday Night Movie: <i>Best in Show</i> MOV <b>GROUNDHOG DAY</b>	3 1:00pm Canasta TAV 1:30pm Book Club: <i>Madame Bovary</i> LIB <b>3:00pm A Dietitian's Guide to Heart Health MOV</b> 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO <b>HAPPY BIRTHDAY MARTY HARRINGTON</b>	4 <b>11:30am United Buffet Lunch Outing</b> 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 4:00pm Maria's Gnocchi Dinner \$15 4:00pm Rummikub TAV	5 11:00am Mahjong TAV <b>2:00pm Entertainment by Carmen &amp; Life's Guilty Pleasures GR</b> 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:00pm Cribbage/6:30pm Scrabble 6:30pm Walking Group LO	6 <b>9:00am Grocery Shopping</b> <b>12:00pm Opening Ceremonies of The Milano Cortina 2026 Winter Olympics MOV</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm <b>WEAR RED</b> Happy Hour GR <b>Reminder: Next week's food orders are due today. Thank you!</b>	7 1:30pm Glenwyck Cinema & Popcorn 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR <b>HAPPY BIRTHDAY DONNA MALONEY</b>
8 11:00am Docuseries: The Roosevelts MOV 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV <b>5:30pm Potluck Appetizer Party GR</b> <b>6:30pm Super Bowl LX Kick Off MOV</b> 6:00pm Mahjong TAV	9 11:00am Resident Meeting with Laurie & Staff GR 11:30am Maria's Soup & Sandwich \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 6:00pm Monday Night Movie MOV <b>HAPPY BIRTHDAY LINDA SUGGS</b> <b>HAPPY BIRTHDAY ELEANOR CRONIN</b>	10 <b>11:00am Proctor's Theatre Noon Organ Concert: Bill Gaillard &amp; Pamela Sharpe Playing Valentine's Day Music</b> 2:00pm Popcorn Bar GR 1:00pm Canasta TAV 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO <b>HAPPY BIRTHDAY ED GRINTER</b>	11 10:00am Podiatrist Dr. Masias <b>11:00am Benefits of Exercise GR</b> <b>11:45am Bellevue Cafe Lunch Outing</b> 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV <b>2:30pm St. Valentine's Party &amp; Music by Russ Kennedy GR</b> 4:00pm Maria's Mac & Cheese \$15 4:00pm Rummikub TAV <b>6:00pm Musical Movie Night: On Moonlight Bay MOV</b>	12 10:30am Program Meeting with Rebecca GR 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Chef Mickey's Baked Shrimp Dinner \$16 GR 4:30pm Dice Game: LCR GR 6:00pm Cribbage/6:30pm Scrabble	13 <b>9:00am Grocery Shopping</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR <b>Reminder: Next week's food orders are due today. Thank you!</b>	14 1:30pm Glenwyck Cinema & Popcorn 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR <b>HAPPY VALENTINE'S DAY</b>
15 11:00am Docuseries: The Roosevelts MOV 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV	16 <b>9:00am Potluck Breakfast GR</b> <b>Office is Closed</b> <b>No Fitness Classes</b> 	17 1:00pm Canasta TAV 1:00pm Summit Service Club Meeting GR <b>3:00pm The Picon's Entertain GR</b> 4:00pm Chef Johnny's Mardi Gras Chicken Gumbo Dinner \$16 TAV 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	18 <b>11:00am Imposition of Ashes with Father Tom Konopka GR</b> 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 4:00pm Maria's Sliced Ham Dinner \$15 4:00pm Rummikub TAV <b>ASH WEDNESDAY</b> <b>HAPPY BIRTHDAY JOAN TORELLO</b>	19 <b>11:00am Girl Scout Cookie Booth GR</b> <b>11:00am Mahjong TAV</b> 1:00pm Library Committee LIB 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 3:30pm Subway Dinner GR 4:00pm Dice Game: LCR GR 6:00pm Cribbage/6:30pm Scrabble 6:30pm Walking Group LO	20 <b>9:00am Grocery Shopping</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm National Margarita Happy Hour GR <b>Reminder: Next week's food orders are due today. Thank you!</b>	21 1:30pm Glenwyck Cinema & Popcorn 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR <b>HAPPY BIRTHDAY LOUISE DEFABBIO</b>
22 11:00am Docuseries: The Roosevelts MOV 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV	23 <b>11:30am PRN presents The Heart: An Owner's Manual GR</b> 11:30am Maria's Turkey Melt \$12 LO 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB <b>3:00pm Hot Chocolate Bar GR</b> 6:00pm Monday Night Movie MOV	24 <b>9:30am Shopping at Boscov's</b> 1:00pm Canasta TAV <b>2:00pm Team Trivia with Mark Hersh GR</b> 4:00pm Chef Johnny's Chicken Parmesan Dinner \$16 GR 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO <b>HAPPY BIRTHDAY BARBARA LOUCKS</b>	25 8:30am Waffle Wednesday GR <b>10:00am Live Bird Show at Summit at Halfmoon</b> 1:00pm Lit Club LIB 2:00pm That's All Card Game TAV 2:00pm Monthly Birthday Party GR 4:00pm Maria's Spaghetti & Meatballs \$15 4:00pm Rummikub TAV <b>6:00pm R&amp;R Concert Night: Pink Floyd MOV</b>	26 11:00am Mahjong TAV 2:00pm Pinochle TAV 2:00pm Cupid Floats with Touching Hearts GR 3:00pm Knitting & Crocheting Group GR 4:00pm Chef Mickey's Baked Haddock Dinner \$16 GR 4:30pm Dice Game: LCR GR 6:00pm Cribbage/6:30pm Scrabble 6:30pm Walking Group LO	27 <b>11:00am Theater How-to/Movie Committee MOV</b> <b>9:00am Grocery Shopping</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR <b>Reminder: Next week's food orders are due today. Thank you!</b>	28 1:30pm Glenwyck Cinema & Popcorn 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR <b>HAPPY BIRTHDAY DON ACKERMAN</b>
<b>CONNECTED life</b>  <b>FITNESS</b>	<b>Every Monday</b> 8:30 Water Aerobics (P) 9:30 Buddy Swim (P)	<b>Every Tuesday</b> 8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P) 9:45 Balance Class (FS)	<b>Every Wednesday</b> 8:30 Water Aerobics (P) 9:30 Hydriders (P) 10:00 Buddy Swim (P) 1:00 Chair Dance Exercise Class (FS)	<b>Every Thursday</b> 8:45 Sit 2B Fit (FS) 9:30 Buddy Swim (P)	<b>Every Friday</b> 8:30 Water Aerobics (P) 9:30 Sit 2B Fit (FS) 10:00 Buddy Swim (P)	 <b>Thursday, February 26 2:00pm</b> Touching Hearts at Home provides compassionate, personalized home care services for seniors—stop by to learn more while enjoying festive Cupid Floats!



FEBRUARY IS  
**AMERICAN  
HEART  
MONTH**



**Tuesday  
February 3  
3:00pm  
Movie Theater**

Join us as we watch “A Dietitian’s Guide to Heart Health.” Learn simple, practical tips for eating well and taking care of your heart. American Heart Month is the perfect time to get inspired and make small changes that make a big difference!



**National Wear Red Day  
Friday, February 6**

Help us spread awareness about the importance of fighting heart disease, the No. 1 killer of women.

On the first Friday of every February, designated as American Heart Month, the nation comes together in a wave of red from coast to coast. In honor of National Wear Red Day, we invite you to wear red on Friday, February 6, to Happy Hour at 4:00pm and enjoy heart-healthy appetizers.



**The Roosevelts  
Sundays at 11am**

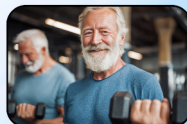
**Movie Theater**

Ken Burns chronicles the lives of Theodore, Franklin, and Eleanor Roosevelt, three members of the most prominent and influential family in American politics. It is the first time in a major documentary television series that their individual stories have been interwoven into a single narrative.



**The Heart:  
An Owner’s Manual**

**Monday, February 23  
11:30am - Great Room**



PRN will be hosting a presentation on keeping your heart healthy, the benefits of exercise, and easy activities you can do every day. Enjoy a fun, interactive Bingo game with prizes!

**Lunch Outing:**

**United Buffet**

**Wednesday, February 4**



Join us for a February Buffet! Enjoy a delicious spread of Chinese and American dishes, freshly prepared and ready for you to savor—perfect for a fun and flavorful outing with friends! The bus will leave the Summit at 11:30am.

**Lunch Outing:**

**Bellevue Cafe**

**Wednesday, February 11**



Cozy little hot spot serving up delicious comfort eats—come relax, unwind, and treat yourself at the Bellevue Café.

The bus will leave the Summit at 11:45am.

**Shopping at Boscov’s**

**Tuesday, February 24**



Join us for our monthly shopping trip to Boscov’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.

**We are invited to the  
Summit at Halfmoon for a**

**Live Bird Show with  
Whispering Willow  
Wild Care**



**Wednesday, February 25**

Whispering Willow Wild Care, a non-profit helping injured and orphaned wildlife for over 20 years, presents a live Birds of Prey program featuring owls, a raven, and a talking crow. Don’t miss this exciting educational experience!

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



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

## Maria's **LUNCH** Bunch

February 9 & 23



Sign-ups for Maria's Lunch & Suppers are due in the office by noon the Friday before.



**February 9 - Grilled cheese,**  
tomato soup, oatmeal raisin cookie

**February 23 - Turkey Melt**  
served with vegetable soup, brownie

## SupperClub

FOOD & FRIENDS

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

Delivered to the  
Lobby Wednesdays  
at 4:00pm.



**February 4**

**Homemade Gnocchi** served with  
tossed salad, roll, dessert

**February 11**

**Macaroni & Cheese** served with  
tossed salad, roll, dessert

**February 18**

**Sliced Ham Dinner** served with  
mashed potatoes, gravy, green  
beans, dessert

**February 25**

**Spaghetti & Meatballs** served with  
salad, Italian bread, dessert

## Dine in with Chef Mickey-\$16



**Thursday, February 12 @ 4:00pm**

Baked Shrimp over confetti rice mixed  
with vegetables, salad, roll

**Thursday, February 26 @ 4:00pm**

Baked Haddock, mashed potato,  
vegetable, salad, roll

Please sign up for chef dinners in the  
office and 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

## Breakfast Potluck

Monday,  
February 16  
at 9:00am



The office will be closed. Bring a breakfast dish  
and eat with your friends! Please sign up in the  
Great Room.

## Supper with Chef Johnny-\$16

**Tuesday, February 17**

**Mardi Gras Dinner**

Enjoy hearty chicken gumbo, savory shrimp  
po'boys, irresistible muffuletta deviled  
eggs, and a slice of sweet, festive king cake.



**Tuesday, February 24**

**Chicken Parmesan**

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. Please sign up in the office.**



# 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, February 11  
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**