

SUMMIT AT GLENWYCK

Monthly Newsletter

March 2026



Staff



Community Manager

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LIgnazio@summitseniorlife.com

Resident Services Coordinator

Rebecca Detora
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Maintenance

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518-338-9562

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

March Brings New Beginnings



*March tiptoes in with longer days,
Soft sunshine and brighter rays.
A hint of green, a hopeful start,
Fresh beginnings for every heart.
New neighbors, new stories to share,
New smiles waiting everywhere.
At Summit at Glenwyck, friendships
grow,
As winter fades and spring says hello.*

*Please join us in welcoming our newest
friend to the Summit at Glenwyck:*



*Sarah Kershaw from Amsterdam, NY,
will be in apartment 233.*

March Birthdays

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

| | |
|----------------------|------|
| Catherine Lafontaine | 3/11 |
| Bobbe Palmer | 3/14 |
| John Barry | 3/21 |
| David Cowley | 3/30 |
| Ginny Romanzo | 3/30 |

**Help us celebrate our monthly
birthdays on Tuesday, March 31
at 2:00pm in the Great Room.
Cake & ice cream for all!!**

esyō Playathon 2026



Saturday, March 21st

10:30 am - 5:15 pm at Crossgates Mall

Stop by and enjoy the PLAYATHON, a free all-day
concert by the Empire State Youth Orchestra.

Summit Senior Living is a proud sponsor of this
outstanding event. Come out and show your support
of these young stars and enjoy some beautiful music.



Community Activities

What's New???

Line Dancing with Linda

Mondays at 6:15pm ~ Fitness Studio



Line dancing is a fun and engaging way for seniors to stay active, socialize, and enjoy music while improving their physical and mental well-being.

SWAP MEET

Wednesday, March 4 - 12:00-3:00pm
Great Room

Swap Meet: Share and discover!
Bring items you no longer need and see if a neighbor has something you'll love.



HAPPY HOUR

March 6 @ 4pm: BYOB Happy Hour
Snacks & soda will be provided.

March 13 @ 4pm: Bring an Appetizer Happy Hour
Beer, Wine & soda will be provided.

March 20 @ 4pm: Jameson & Ginger Happy Hour
Irish Buck, charcuterie board & soda will be provided.

March 27 @ 4pm: Pizza Party \$5
Beer, wine & soda will be provided.



Entertainment & Trivia

Jack Kelle Duo - March 16 at 2:00pm 

A lively duo featuring drums, steel drum, and guitar creates a fun, rhythmic sound with a tropical feel.

 **Team Trivia with Mark Hersh**
Tuesday, March 24 at 2:00pm

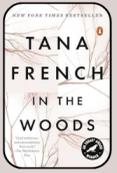
Songs by Heart - March 25 at 11:00am

Enjoy an upbeat mix of jazz favorites, Golden Age musical classics, and popular songs performed by piano and vocalist.

 **Mark Mason - March 26 at 2:00pm**
A favorite one-man show showcasing his talent, voice, and engaging stage presence.

Summit Book Club & Lit Club

Tuesday, March 3
1:30pm - Library



This month we are reading and discussing *In the Woods* by Tana French. 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!

Resident Informational Meetings

Program Meeting with Rebecca
Wednesday, March 4 at 11:00am

Theater How-to
Friday, March 6 at 11:00am

Resident Meeting with Laurie & Staff
Monday, March 9 at 11:00am

Intercom How-to
Friday, March 20 at 11:00am



St. Patrick's Festivities



Irish Cocoa Bar & Hamantaschen for Purim
Tuesday, March 3 at 2:00pm

 **Irish Coffee & Soda Bread**
Tuesday, March 10 at 2:45pm

Creme de Menthe Parfaits
Tuesday, March 17 at 2:30pm

An Clar School of Irish Dance Performs
Date TBA

Fitness at the Summit

presented by Barbara Howansky

Friday, March 27 at 1:00pm
Fitness Studio

Join us to explore the fitness classes offered at the Summit and discover how they can enhance your health and well-being!



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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|---|--|---|--|--|--|---|
| <p>1</p> <p>2:00pm Dominoes TAV</p> <p>2:00pm Quarter Bingo GR</p> <p>4:00pm Poker TAV</p> <p>6:00pm Mahjong TAV</p> | <p>2</p> <p>1:00pm Lit Club LIB</p> <p>2:00pm Pinochle TAV</p> <p>2:30pm Catholic Rosary Circle LIB</p> <p>4:00pm Cribbage TAV</p> <p>6:15pm Line Dancing with Linda FS</p> <p>PURIM BEGINS AT SUNDOWN</p> | <p>3</p> <p>1:00pm Canasta TAV</p> <p>1:30pm Book Club: <i>In the Woods</i> LIB</p> <p>2:00pm Irish Cocoa Bar & Hamantaschen for Purim GR</p> <p>4:00pm Dice Game: LCR GR</p> <p>5:30pm Ten Cent Poker TAV</p> <p>6:30pm Indoor Walking Group LO</p> <p>Meal Form Due by Noon</p> | <p>4</p> <p>8:30am Waffle Wednesday GR</p> <p>11:00am That's All Card Game TAV</p> <p>11:00am Program Meeting w/ Rebecca</p> <p>1:00pm Lit Club LIB</p> <p>12:00-3:00pm SWAP Meet GR</p> <p>4:00pm Rummikub TAV</p> <p>6:00pm Monday Night Movie: O BROTHER, WHERE ART THOU?</p> | <p>5</p> <p>11:00am Mahjong TAV</p> <p>2:00pm Pinochle TAV</p> <p>3:00pm Knitting & Crocheting Group GR</p> <p>4:00pm Chef Mickey's Italian Platter \$16</p> <p>4:30pm Dice Game: LCR GR</p> <p>6:30pm Scrabble</p> <p>6:30pm Walking Group LO</p> | <p>6</p> <p>9:00am Grocery Shopping</p> <p>11:00am Theater How-to MOV</p> <p>1:00pm Lit Club LIB</p> <p>1:30pm Quarter Bingo GR</p> <p>4:00pm BYOB Happy Hour GR</p> | <p>7</p> <p>1:30pm Glenwyck Cinema & Popcorn</p> <p>2:00pm Quarter Bingo GR</p> <p>6:00pm Game Night TAV</p> <p>6:00pm Fireside Chat GR</p> |
| <p>8</p> <p>2:00pm Dominoes TAV</p> <p>2:00pm Quarter Bingo GR</p> <p>4:00pm Poker TAV</p> <p>6:00pm Mahjong TAV</p> <p>DAYLIGHT SAVING TIME BEGINS</p> | <p>9</p> <p>11:00am Resident Meeting with Laurie & Staff GR</p> <p>11:30am Maria's Grilled Turkey Reuben \$12</p> <p>1:00pm Lit Club LIB</p> <p>2:00pm Pinochle TAV</p> <p>2:30pm Catholic Rosary Circle LIB</p> <p>4:00pm Cribbage TAV</p> <p>6:15pm Line Dancing with Linda FS</p> | <p>10</p> <p>1:00pm Canasta TAV</p> <p>2:00pm EVERHOME Presents GR</p> <p>2:45pm Irish Coffee & Soda Bread GR</p> <p>4:00pm Dice Game: LCR GR</p> <p>4:00pm Chef Johnny's Shepherd's Pie \$16 TAV</p> <p>5:30pm Ten Cent Poker TAV</p> <p>6:30pm Indoor Walking Group LO</p> | <p>11</p> <p>10:00am Podiatrist Dr. Masias</p> <p>11:00am That's All Card Game TAV</p> <p>1:00pm Lit Club LIB</p> <p>4:00pm Maria's Corned Beef \$15</p> <p>4:00pm Rummikub TAV</p> <p>6:00pm Musical Movie Night: Mary Poppins MOV</p> <p>HAPPY BIRTHDAY CATHY LAFONTAINE</p> | <p>12</p> <p>11:00am Mahjong TAV</p> <p>11:30am TJ's Flightline Pub Lunch Outing</p> <p>2:00pm Pinochle TAV</p> <p>3:00pm Knitting & Crocheting Group GR</p> <p>4:00pm Dice Game: LCR GR</p> <p>6:30pm Scrabble</p> <p>6:30pm Walking Group LO</p> | <p>13</p> <p>9:00am Grocery Shopping</p> <p>1:00pm Lit Club LIB</p> <p>1:30pm Quarter Bingo GR</p> <p>4:00pm Bring Appetizer Happy Hour GR</p> | <p>14</p> <p>1:30pm Glenwyck Cinema & Popcorn</p> <p>2:00pm Quarter Bingo GR</p> <p>6:00pm Game Night TAV</p> <p>6:00pm Fireside Chat GR</p> <p>HAPPY BIRTHDAY BOBBE PALMER</p> |
| <p>15</p> <p>2:00pm Dominoes TAV</p> <p>2:00pm Quarter Bingo GR</p> <p>4:00pm Poker TAV</p> <p>6:00pm Mahjong TAV</p> | <p>16</p> <p>11:30am Maria's Patty Melt \$12 LO</p> <p>1:00pm Lit Club LIB</p> <p>2:00pm Pinochle TAV</p> <p>2:00pm Jack Kelle Duo GR</p> <p>3:15pm Catholic Rosary Circle LIB</p> <p>4:00pm Cribbage TAV</p> <p>6:00pm Monday Night Movie MOV</p> <p>6:15pm Line Dancing with Linda FS</p> | <p>17</p> <p>1:00pm Canasta TAV</p> <p>1:00pm Summit Service Club Meeting GR</p> <p>2:30pm Creme de Menthe Parfaits GR</p> <p>4:30pm Dice Game: LCR GR</p> <p>5:30pm Ten Cent Poker TAV</p> <p>6:30pm Indoor Walking Group LO</p> <p>ST. PATRICK'S DAY</p> | <p>18</p> <p>8:30am Waffle Wednesday GR</p> <p>9:30am Rivers Casino Outing</p> <p>11-1:00pm Girl Scout Cookie Booth</p> <p>11:00am That's All Card Game TAV</p> <p>1:00pm Lit Club LIB</p> <p>4:00pm Maria's Personal Pizza \$15</p> <p>4:00pm Rummikub TAV</p> <p>6:00pm Monday Night Movie: My Octopus Teacher MOV</p> | <p>19</p> <p>11:00am Mahjong TAV</p> <p>1:00pm Library Committee LIB</p> <p>2:00pm Pinochle TAV</p> <p>2:00pm Two Million Steps GR</p> <p>3:00pm Knitting & Crocheting Group GR</p> <p>4:00pm Chef Mickey's Chicken Oscar \$16 GR</p> <p>4:30pm Dice Game: LCR GR</p> <p>6:30pm Scrabble</p> <p>6:30pm Walking Group LO</p> | <p>20</p> <p>9:00am Grocery Shopping</p> <p>11:00am Intercom How-to MOV</p> <p>1:00pm Lit Club LIB</p> <p>1:30pm Quarter Bingo GR</p> <p>4:00pm Jameson & Ginger Happy Hour GR</p> <p>FIRST DAY OF SPRING</p> | <p>21</p> <p>1:30pm Glenwyck Cinema & Popcorn</p> <p>2:00pm Quarter Bingo GR</p> <p>6:00pm Game Night TAV</p> <p>6:00pm Fireside Chat GR</p> <p>HAPPY BIRTHDAY JOHN BARRY</p> |
| <p>22</p> <p>2:00pm Dominoes TAV</p> <p>2:00pm Quarter Bingo GR</p> <p>4:00pm Poker TAV</p> <p>6:00pm Mahjong TAV</p> | <p>23</p> <p>11:30am PRN presents Stay Steady, Stay Safe GR</p> <p>11:30am Maria's Goulash \$12 LO</p> <p>1:00pm Lit Club LIB</p> <p>2:00pm Pinochle TAV</p> <p>2:30pm Catholic Rosary Circle LIB</p> <p>4:00pm Cribbage TAV</p> <p>6:15pm Line Dancing with Linda FS</p> | <p>24</p> <p>9:30am Shopping at Boscov's</p> <p>1:00pm Canasta TAV</p> <p>2:00pm Team Trivia with Mark Hersh</p> <p>4:30pm Dice Game: LCR GR</p> <p>5:30pm Ten Cent Poker TAV</p> <p>6:30pm Indoor Walking Group LO</p> | <p>25</p> <p>11:00am Songs by Heart GR</p> <p>11:00am That's All Card Game TAV</p> <p>1:00pm Lit Club LIB</p> <p>3:00pm National Potato Chip Social GR</p> <p>4:00pm Maria's Macaroni & Cheese \$15</p> <p>4:00pm Rummikub TAV</p> <p>6:00pm R&R Concert Night: Liberace Live MOV</p> | <p>26</p> <p>11:00am Mahjong TAV</p> <p>11:30am Redwood Diner Lunch Outing</p> <p>2:00pm Mark Mason Entertains</p> <p>2:00pm Pinochle TAV</p> <p>3:00pm Knitting & Crocheting Group GR</p> <p>3:30pm Subway Delivery \$6 GR</p> <p>4:00pm Dice Game: LCR GR</p> <p>6:30pm Scrabble</p> <p>6:30pm Walking Group LO</p> | <p>27</p> <p>9:00am Grocery Shopping</p> <p>1:00pm Fitness at the Summit by Barb Howansky FS</p> <p>1:00pm Lit Club LIB</p> <p>1:30pm Quarter Bingo GR</p> <p>4:00pm Happy Hour: Pizza Party \$5 GR</p> | <p>28</p> <p>1:30pm Glenwyck Cinema & Popcorn</p> <p>2:00pm Quarter Bingo GR</p> <p>6:00pm Game Night TAV</p> <p>6:00pm Fireside Chat GR</p> |
| <p>29</p> <p>2:00pm Dominoes TAV</p> <p>2:00pm Quarter Bingo GR</p> <p>4:00pm Poker TAV</p> <p>6:00pm Mahjong TAV</p> <p>PALM SUNDAY</p> | <p>30</p> <p>11:30am Maria's Grilled Cheese, Bacon & Tomato \$12 LO</p> <p>1:00pm Lit Club LIB</p> <p>2:00pm Pinochle TAV</p> <p>2:30pm Catholic Rosary Circle LIB</p> <p>4:00pm Cribbage TAV</p> <p>6:15pm Line Dancing with Linda FS</p> <p>HAPPY BIRTHDAY DAVID COWLEY</p> <p>HAPPY BIRTHDAY GINNY ROMANZO</p> | <p>31</p> <p>11:15am Proctor's Theatre Noon Organ Concert</p> <p>1:00pm Canasta TAV</p> <p>2:00pm Monthly Birthday Party GR</p> <p>4:00pm Chef Johnny's Beef Lasagna Dinner \$16 GR</p> <p>4:30pm Dice Game: LCR GR</p> <p>5:30pm Ten Cent Poker TAV</p> <p>6:30pm Indoor Walking Group LO</p> | <p>Location Key</p> <p>CY-Courtyard</p> <p>FS-Fitness Studio</p> <p>GR-Great Room</p> <p>LIB-Library</p> <p>LO-Lobby</p> <p>MOV-Movie Theatre</p> <p>P-Pool</p> <p>TAV-Tavern</p> | <p>Wednesday, March 4 6:00pm</p> <p>O BROTHER, WHERE ART THOU?</p> | <p>Wednesday, March 11 6:00pm</p> <p>Mary Poppins</p> | <p>LIBERACE LIVE</p> <p>Wednesday, March 25 6:00pm</p> <p>With the London Philharmonic Orchestra, from 1984.</p> |

HAPPY St. Patrick's Day

CONNECTED life

FITNESS

Every Monday

8:30 Water Aerobic (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 Hydroids (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 Sit 2B Fit (FS)

10:00 Buddy Swim (P)

Spring Forward to Brighter Days

Set your clocks ahead one hour before you head to bed on Saturday, March 7. While we lose an hour of sleep, we gain longer daylight hours. Why the change feels good:

- Evening sunlight boosts mood and energy
- Sunlight helps increase serotonin
- Easier to get outside, walk, socialize
- Longer days often feel more hopeful and motivating



Guidance, Advocacy, Peace of Mind

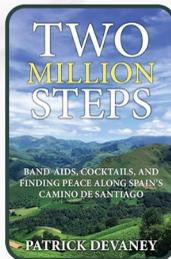
Tuesday, March 10 at 2:00pm

Join EVERHOME for an educational discussion. Life Happens.....Be Empowered
Presented by Loren Perricone-Isreal
Professional Healthcare Advisor

Two Million Steps: A Journey Across France and Spain

Thursday, March at 19 2:00pm - Great Room

Join author Patrick DeVaney to discuss his book *Two Million Steps*, a true story about his 500-mile hike through France and northern Spain. Don't miss this chance to gain unique insights into his journey and creative process.



Stay Steady, Stay Safe

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



PRN PT OT SLP PLLC is providing a fun and informative event focused on practical tips, exercises and home modifications to help residents reduce fall risk and stay independent. Free balance screenings at the conclusion of the presentation. See sign up binder for times.



Thursday, March 12

A popular pub and restaurant known for its great food, nice selection of local brews and friendly vibe.

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

Rivers Casino



Wednesday, March 18

Try your luck and enjoy a morning at Rivers Casino with friends from Summit at Glenwyck!

The bus will leave the Summit at 9:30am.

Shopping at Boscov's

Tuesday, March 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.

Redwood Diner



Thursday, March 26

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

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



**Tuesday, March 31
11:15 am**

Hudson-Mohawk American Theatre
Organ Society presents
Jayne Dozois & Susan Sager

In the Proctors GE Theatre

Please sign up in the Great Room



Bon Appetit — Please try to submit this month's food orders with the meal form and cash to the office by Tuesday, March 3.

Dine in with Chef Mickey-\$16

Thursday, March 5 @ 4:00pm

Italian Platter: two stuffed shells, one stuffed eggplant roll, two meatballs, fresh salad, and garlic bread.



Thursday, March 19 @ 4:00pm

Chicken Oscar, mashed potato, salad

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

Supper with Chef Johnny-\$16

Tuesday, March 10 @ 4:00pm

Shepherd's Pie

Enjoy his homestyle Shepherd's Pie—savory, comforting, and served with salad, a warm roll, and dessert!



Tuesday, March 31 @ 4:00pm

Beef Lasagna

Savor his classic, beef lasagna—served with a fresh salad, warm roll, and delicious dessert!



Served in the Great Room, 20 residents minimum. Please sign up in the office.

\$6
Cash Only

SUBWAY



Thursday, March 26 at 3:30pm

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

PIZZA PARTY

2 slices of Cheese Pizza or White Pizza with Broccoli



\$5
CASH ONLY

**Friday, March 27
4:00pm**

Please sign up in the office with your meal form.

Maria's LUNCH Bunch

March 9, 16, 23 & 30

Monday's 11:30am

Sign-ups for Maria's Lunch & Suppers are due with the meal form.

March 9 - Grilled Turkey Reuben
chips, chocolate chip cookie

March 16 - Patty Melt
served with pasta salad, cookie

March 23 - Goulash
garden salad, oatmeal raisin cookie

March 30 - Grilled Cheese, Bacon & Tomato
served with vegetable soup, brownie

\$12

SupperClub
FOOD & FRIENDS

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

Delivered to the Lobby Wednesdays at 4:00pm.



March 11

Corned Beef & Cabbage served with potatoes, baby carrots, tossed salad, dessert

March 18

Personal Pan Cheese Pizza served with tossed salad, dessert

March 25

Macaroni & Cheese served with tossed salad, roll, dessert

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, March 11 at 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