

S U M M I T A T G L E N W Y C K

Monthly Newsletter

May 2026



Staff

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Resident Services Coordinator

Rebecca Detora
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Maintenance

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Emergency Maintenance

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

Welcome May!

May is here, bringing warmer days, blooming flowers, and always a wonderful sense of community. This month, we look forward to so much, including a Mother's Day Tea honoring all of you, the special women in our lives.

We also take time to reflect and remember on Memorial Day, paying tribute to those who have served our country with courage and sacrifice. With so much ahead this month, we hope May brings you sunshine, connection, and many happy moments.

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

Bruce Henderson from Williamstown, NJ, will be in apartment 127.

Happy Mother's Day

Monday, May 11

2:00pm

Great Room

Ladies are invited to join us for a delightful afternoon featuring an array of desserts and teas. Enjoy soft background music provided by Mark Galeo. Please sign up by Wednesday, May 6.

Happy Birthday

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

Malee Lennon	5/01
Cheryl Skowronek	5/01
Mary Louise Farina	5/04
John Nace	5/07
Louise Folch	5/09
Nancy Maclea	5/14
Chris Rush	5/22
William Edminster	5/25
Barbara Straight	5/28

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

Community Activities



Happy Hour

Unwind & Relax every Friday at 4:00pm in the Great Room.

May 1: BYOB Happy Hour
Snacks & soda will be provided.

May 8: Bring an Appetizer Happy Hour
Beer, wine & soda will be provided.

May 15: National Pinot Grigio Happy Hour
Come and enjoy crisp pinot grigio and light bites.

May 22: BYOB Happy Hour
Snacks & soda will be provided.

May 29: Pizza Party \$5
Beer, wine & soda will be provided.



Resident Informational Meetings

Program Meeting with Rebecca
Monday, May 4 at 11:00am



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



Theater How-to
Friday, May 15 at 11:00am

Summit Book Club & Lit Club

Tuesday, May 5 @ 1:30pm
In the Library



This month's Book Club is reading and discussing *The Library Book* by Susan Orlean. 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!



Tuesday, May 5
2:00pm
Great Room



Celebrate Cinco de Mayo with a festive favorite—Walking Tacos! Everything you love about tacos served right in a bag for a fun, easy, and delicious treat. Grab one and enjoy the flavor on the go! Music begins at 2:30pm.

Music & Trivia

Jack Kelle Duo - May 5 at 2:30pm

Celebrate Cinco de Mayo with music that tells a story! One of our favorite duos will bring energy, excitement and vibrant mariachi tunes.

Carmen & Life's Guilty Pleasures
Thursday, May 21 at 2:00pm

Carmen and Joe play an eclectic mix of jazz, soul, blues, and pop.

Team Trivia with Mark Hersh
Tuesday, May 26 at 2:00pm

Come and join the teamwork, where the competition is friendly and the trivia is fun!!

Tuesday's Walking Club Outing

Looking for a gentle way to stay active, enjoy nature, and get fresh air? We invite you to join our weekly walks to local parks and scenic flat trails. No special gear needed — just comfortable shoes, reusable water bottle and a love for the outdoors.

Summit bus leaves the front at 9:30am.

Please sign up in the Great Room so we can plan accordingly.
Minimum of 5 residents, weather permitting

Please remember to check the calendar, as other programs and appointments may occasionally take precedence.

CDTA STAR Program Information Session

Thursday, May 7
2:00pm
Great Room



We're excited to welcome a guest presenter to share all about CDTA's STAR Program! Learn how this shared-ride, door-to-door service supports independence and mobility. Come see what all the buzz is about!

Summit Senior Living

Annual MAH JONGG Day
Hosted by: Summit at Glenwyck
Wednesday, May 20

Meet & Greet / 10:30am
Mah Jongg / 10:45am
Spring Luncheon / 12:15pm
Mah Jongg / 1:00pm
Dessert & Prizes / 2:30pm



Please sign up by May 8 - \$5 per person due at tournament.

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Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

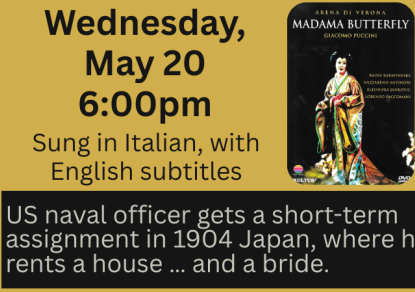
Saturday


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

Wednesday, May 6 6:00pm

TRADING PLACES

Wednesday, May 13 6:00pm

GOLD DIGGERS OF 1933

Wednesday, May 20 6:00pm

MADAMA BUTTERFLY
Sung in Italian, with English subtitles
US naval officer gets a short-term assignment in 1904 Japan, where he rents a house ... and a bride.

The Charlie & Vicki Concert Movie Series

Wednesday, May 27 6:00pm
BEE GEES
Filmed at the MGM Grand Las Vegas on Nov. 14, 1997

1 9:00am Grocery Shopping
1:00pm Lit Club LIB
1:30pm Quarter Bingo GR
4:00pm BYOB Happy Hour GR
Happy Birthday Malee Lennon
Happy Birthday Cheryl Skowronek

2 10:30am Bocce Ball CY
1:30pm Glenwyck Cinema & Popcorn: *Moonstruck MOV*
2:00pm Quarter Bingo GR
6:00pm Game Night TAV
6:00pm Fireside Chat GR

3
2:00pm Dominoes TAV
2:00pm Quarter Bingo GR
6:00pm Mahjong TAV

4
11:00am Program Meeting w/ Rebecca
1:00pm Lit Club LIB
2:00pm Pinochle TAV
2:30pm Catholic Rosary Circle LIB
3:00pm Cribbage TAV
6:15pm Line Dancing with Linda FS
Happy Birthday Mary Louise Farina

5 9:30am Walking Club Outing
1:00pm Canasta TAV
1:30pm Book Club: *The Library Book*
CINCO DE MAYO 2:00pm Walking Tacos GR
2:30pm Jack Kelle Duo GR
4:00pm Dice Game: LCR GR
5:30pm Ten Cent Poker TAV
6:30pm Indoor Walking Group LO

6
11:00am That's All Card Game TAV
1:00pm Lit Club LIB
2:30pm Craft: Spring Door Hanging TAV
4:00pm Maria's Macaroni & Cheese \$15
4:00pm Rummikub TAV
6:00pm Movie Night: Trading Places MOV

7 10:00am Trader Joe's Outing
11:00am Mahjong TAV
2:00pm Informative Session: CDTA Star Program GR
2:00pm Pinochle TAV
3:00pm Knitting & Crocheting Group GR
4:00pm Chef Mickey's Italian Platter \$15
4:15pm Dice Game: LCR GR
6:30pm Scrabble/Walking Group LO
Happy Birthday John Nace

8 9:00am Grocery Shopping
11:30am Garden Club Meeting
1:00pm Lit Club LIB
1:30pm Quarter Bingo GR
4:00pm Bring Appetizer Happy Hour GR

9 10:30am Bocce Ball CY
1:30pm Glenwyck Cinema & Popcorn: *The Quiet Man*
2:00pm Quarter Bingo GR
6:00pm Game Night TAV
6:00pm Fireside Chat GR
Happy Birthday Louise Folch

10
2:00pm Dominoes TAV
2:00pm Quarter Bingo GR
6:00pm Mahjong TAV


11 11:00am Resident Meeting with Laurie & Staff GR
11:30am Maria's Turkey Reuben \$12
1:00pm Lit Club LIB
2:00pm Mother's Day Tea GR
2:00pm Pinochle TAV
2:30pm Catholic Rosary Circle LIB
3:00pm Cribbage TAV
6:15pm Line Dancing with Linda FS

12 9:30am Walking Club Outing
1:00pm Canasta TAV
1:00pm St. Peters Health Partners presents Prevent Type 2 Diabetes GR
4:00pm Chef Johnny's Chicken Linguine \$16 GR
4:15pm Dice Game: LCR GR
5:30pm Ten Cent Poker TAV
6:30pm Indoor Walking Group LO

13 8:30am Make Your Own Waffle GR
10:00am Podiatrist Dr. Masias
11:00am That's All Card Game TAV
1:00pm Lit Club LIB
2:15pm Passport Travel Program: The Netherlands GR
4:00pm Maria's Personal Pizza \$15
4:00pm Rummikub TAV
6:00pm Musical Movie Night: Gold Diggers MOV

14 11:00am Mahjong TAV
11:30am Jumpin' Jacks Drive-In
1:00pm Library Committee LIB
2:00pm Pinochle TAV
2:00pm Living Well, Leaving Well: Pt II
3:00pm Knitting & Crocheting Group GR
3:30pm Subway Delivery \$6 GR
4:00pm Dice Game: LCR GR
6:30pm Scrabble/Walking Group LO
Happy Birthday Nancy Maclea

15 9:00am Grocery Shopping
11:00am Theater How-to MOV
1:00pm Lit Club LIB
1:30pm Quarter Bingo GR
4:00pm National Pinot Grigio
4:00pm Happy Hour GR

16 10:30am Bocce Ball CY
1:30pm Glenwyck Cinema & Popcorn: *Good Morning, Vietnam MOV*
2:00pm Quarter Bingo GR
6:00pm Game Night TAV
6:00pm Fireside Chat GR


17
2:00pm Dominoes TAV
2:00pm Quarter Bingo GR
6:00pm Mahjong TAV

18 11:30am Maria's Chicken Bacon Wrap \$12
1:00pm Lit Club LIB
2:00pm Pinochle TAV
2:00pm Restorative Sound Bath Experience by Danielea Kriete MOV
2:30pm Catholic Rosary Circle LIB
3:00pm Cribbage TAV
6:15pm Line Dancing with Linda FS

19 11:15am Organ Concert @ Proctor's
12:45pm Summit Service Club Meeting GR
1:00pm Canasta TAV
1:30pm PRN presents Better Speech and Hearing GR
2:30pm Creamsicle Ice Cream Float GR
4:00pm Chef Johnny's Pork Chop Dinner \$16 GR
4:15pm Dice Game: LCR GR
5:30pm Ten Cent Poker TAV
6:30pm Indoor Walking Group LO

20 10:00am Garden Center Outing
10:30-3:00pm Summit Senior Living Mah Jong Day TAV
1:00pm Lit Club LIB
4:00pm Maria's Spaghetti & Meatballs \$15
4:00pm Rummikub TAV
6:00pm Opera Movie Night: Madama Butterfly MOV

21 11:00am Mahjong TAV
2:00pm Pinochle TAV
2:00pm Carmen & Life's Guilty Pleasures GR
3:00pm Knitting & Crocheting Group GR
4:00pm Chef Mickey's Baked Shrimp \$16
4:15pm Dice Game: LCR GR
6:30pm Scrabble TAV
6:30pm Walking Group LO

22 9:00am Grocery Shopping
1:00pm Lit Club LIB
1:30pm Quarter Bingo GR
4:00pm BYOB Happy Hour GR
Happy Birthday Chris Rush

23 10:30am Bocce Ball CY
1:30pm Glenwyck Cinema & Popcorn: *The Best Exotic Marigold Hotel*
2:00pm Quarter Bingo GR
6:00pm Game Night TAV
6:00pm Fireside Chat GR

24
2:00pm Dominoes TAV
2:00pm Quarter Bingo GR
4:00pm Poker TAV
6:00pm Mahjong TAV

25

MEMORIAL DAY
12:00pm Memorial Day Potluck Luncheon

Happy Birthday William Edminster

26 9:30am Walking Club Outing
1:00pm Canasta TAV
2:00pm Team Trivia with Mark Hersh
4:00pm New Lucky Wok Dinner Delivery \$11 LO
4:30pm Dice Game: LCR GR
5:30pm Ten Cent Poker TAV
6:30pm Indoor Walking Group LO

27 8:30am Make Your Own Waffle GR
9:30am Shopping at Boscov's
11:00am That's All Card Game TAV
1:00pm Lit Club LIB
2:00pm Monthly Birthday Party GR
4:00pm Maria's Shepherd's Pie \$15
4:00pm Rummikub TAV
6:00pm R&R Concert Night: BeeGees-One Night Only MOV

28 11:00am Apple Barrel Store & Cafe
11:00am Mahjong TAV
2:00pm Pinochle TAV
3:00pm Knitting & Crocheting Group GR
4:00pm Dice Game: LCR GR
6:30pm Scrabble TAV
6:30pm Walking Group LO
Happy Birthday Barbara Straight

29 9:00am Grocery Shopping
1:00pm Lit Club LIB
1:30pm Quarter Bingo GR
4:00pm Happy Hour: Pizza Party \$5 GR

30 10:30am Bocce Ball CY
1:30pm Glenwyck Cinema & Popcorn: *The Second Best Exotic Marigold Hotel*
2:00pm Quarter Bingo GR
6:00pm Game Night TAV
6:00pm Fireside Chat GR

31
2:00pm Dominoes TAV
2:00pm Quarter Bingo GR
6:00pm Mahjong TAV

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 Swin (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)

CONNECTED life

FITNESS

May is Older Americans Month, and this year's theme is 'Champion Your Health.' Our Connected Life program is all about supporting your well-being—explore these cornerstones of healthy aging!



Prevent Type 2 Diabetes
presented by St. Peters Health Partners

Free Program Information Session
Tuesday, May 12 at 1:00pm in the Great Room



At this session, they will explain the Diabetes Prevention Program, review common risk factors for diabetes, offer quick eligibility assessments, and provide information on how to enroll in the free program for those who qualify.

Living Well, Leaving Well: Part II
Thursday, May 14 at 2:00pm
in the Great Room

Rita Fatula, DNP, RN (Retired), holds a Doctorate in Nursing and brings over twenty years of experience in end-of-life care.

We will carry on with part II with an open and informative discussion covering topics such as: **advance directives, quality of life, and how to talk about difficult subjects with family members.**

You're encouraged to bring your own questions – they may also be submitted anonymously.

Restorative Sound Bath Experience

Monday, May 18 at 2:00pm
Great Room



Experience the calming power of sound in this restorative Sound Bath led by Attune Wellness Coaching's Daniela Kriete. Harmonious vibrations will create space for deep relaxation, balance, and inner stillness. Daniela Kriete has a loyal following as a Sound Healer, Reiki Master, and Life Coach, offering nurturing and restorative wellness experiences for mind and body.



Tuesday, May 19 at 1:30pm

Speech Therapist **Stephanie Brown** will share valuable insights on hearing health, cognition and communication strategies, and ways to stay connected at any age—plus simple tips you can start using right away in everyday life!

Thursday, May 7

Visit Trader Joe's for a fun and affordable shopping experience, featuring unique specialty foods, fresh produce, and friendly service - all in an easy-to-navigate store perfect for a quick and enjoyable outing.



The bus will leave the Summit at 10:00am.
5 residents minimum, 14 maximum



Thursday, May 14

Jumpin' Jack's Drive-In began in the early 1950s as a simple drive-in ice cream stand, but quickly grew into a Capital Region staple. Join us for lunch at our favorite roadside eatery.

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



Tuesday, May 19

Enjoy a free noon organ concert featuring John Wiesner's family and friends—honoring the man who installed "Goldie," the theater's historic Wurlitzer organ.

The bus will leave the Summit at 11:15am.



Wednesday, May 27

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.



Thursday, May 28

Enjoy a charming lunch outing to Apple Barrel Store and Cafe, where you can savor fresh, homemade sandwiches, soups, and desserts while browsing a unique country store in the scenic Schoharie Valley.

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

Bon Appetit — Please submit this month's food orders with the meal form and cash to the office by Friday May 1.

Dine in with Chef Mickey-\$16

Thursday, May 7 @ 4:00pm

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



Thursday, May 21 @ 4:00pm

Baked shrimp, rice, vegetable, salad, and roll

Please sign up for all chef dinners on the meal form. Dine-in in the Great Room or pick up your to-go container from the tavern.
15 resident minimum for chef dinners

Supper with Chef Johnny-\$16

Tuesday, May 12 at 4:00pm

Chicken Linguine

Baked Chicken Caesar served over linguine, offered with salad, roll and dessert.



Tuesday, May 19 at 4:00pm

Pork Chop

Boneless Shake'n Bake Pork Chop, offered with garden veggies, roll and dessert.



Memorial Day Potluck Luncheon

Please sign up in the office and let us know what you will be bringing. Hot Dogs, rolls, condiments and soft drinks will be provided by the Summit!

Monday, May 25 @ 12:00pm
Great Room

New Lucky Wok Dinner Delivery

Tuesday, May 26 @ 4pm

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

\$11 includes tax & tip

Please sign up on the meal form by 5/1.



Supper Club

FOOD & FRIENDS

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

Delivered to the Lobby on Wednesdays at 4:00pm.



May 6

Macaroni & Cheese served with garden salad, roll, dessert

May 13

Personal Pan Pizza served with caprese salad, dessert

May 20

Spaghetti & Meatballs served with garden salad, garlic bread, dessert

May 27

Shepherd's Pie served with garden salad, roll, dessert

Maria's LUNCH Bunch

May 11 & 18

Sign-ups for Maria's Lunch & Suppers are due with the meal form.
May 11 - Turkey Reuben, potato chips, chocolate chip cookie



May 18 - Chicken Bacon Wrap, side salad, peanut butter cookie



Thursday, May 14 at 3:30pm

Enjoy a better-for-you sub sandwich from Subway! Please sign up in the office with your meal form no later than the Friday before.

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, May 13 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
Yang Chang

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