

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

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Monthly Newsletter

June 2026





# Welcome June!

*As we step into a new month, we're looking forward to the longer days, warmer weather, and all the opportunities this season brings. Our community continues to thrive through connection, kindness, and a strong sense of togetherness that makes it such a special place to call home.*



*We are excited to extend a warm welcome to our new residents who will be joining us this month—we look forward to meeting you.*

*Edrie Griffin from Lake George, NY, will be in apartment 103.*

*Bob & Pat Obrecht from Schenectady, NY, will be in apartment 203.*

Flower of the Month: Rose



## 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

## LET'S CELEBRATE!

Tuesday, June 23 at 2:00pm  
Great Room

Dolores Caruso	6/02
Marie Meza	6/02
Kay Ackerman	6/09
Bonnie Bunn	6/09
Rita Harris	6/12
Charlie Trombley	6/12
Annette Hughes	6/13
Mary Giannetti	6/13
Janet Liszewski	6/15
Linda Stimpson	6/18
Barbara Fagan	6/21
Mary Ann LeClair	6/23



Monday, June 22 at 11:45am  
Great Room

Join us for a special Men's Cookout as we celebrate the wonderful men in our community! In honor of Father's Day and the many fathers among us, we invite all the men in our community to gather for great food, good company, and an afternoon of fun together.

# Community Activities

## Voices of Poetry at Glenwyck

Wednesday, June 10  
2:00pm  
Great Room



**“Voices of Poetry at Glenwyck”** is a showcase of contemporary poetry featuring published and award-winning poets, including some of our own residents from the Hudson Valley and Capital Region. The program will include a variety of styles and themes, with brief musical interludes adding to the experience. Guests can enjoy an engaging and thoughtful presentation of poetry, with opportunities for informal conversation with poets following the program.

## Entertainment & Trivia

### Retrobilleze - June 11 at 2:30pm

They blend rockabilly, doo-wop, and classic country into a fun, nostalgic sound reminiscent of sock hops, tiki bars, and drive-in movies.

### Raphael & Barbara Picon

Thursday, June 25 at 2:00pm

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

### Team Trivia with Mark Hersh

Tuesday, June 30 at 2:00pm

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

### Summit Book Club & Lit Club

Tuesday, June 2 @ 1:30pm  
In the Library

This month's Book Club is reading and discussing *Guinevere: Bright Shadow* by resident Sarah Provost. All are welcome!



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

## SWAP MEET

Wednesday, June 3  
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. Please see guidelines on the sign-up.



### Happy Hour Fridays at 3:00pm - Great Room

June 5: BYOB Happy Hour-Snacks & soda will be provided.

June 12: Bring an Appetizer Happy Hour  
Beer, wine & soda will be provided.

June 19: Office is closed, no planned Happy Hour but residents are welcome to gather together, bring their own favorite drinks and snacks to enjoy.

June 26: Pizza Party \$5  
Beer, wine & soda will be provided.



### Medicare Updates, Answers, and Ice Cream

Thursday, June 17 at 2:00pm - Great Room



Learn about the latest Medicare news from Chris Szady while enjoying ice cream and social time with friends. Advance sign-up required.

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>Location Key</b> CY-Courtyard FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool TAV-Tavern</p>	<p><b>1 11:00am CBD for Wellness &amp; Comfort GR</b> 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 3:30pm Program Meeting w/ Rebecca 6:15pm Line Dancing with Linda FS</p>	<p><b>2 9:30am Walking Club Outing</b> 1:00pm Canasta TAV 1:30pm Book Club <i>Guinevere: Bright Shadow</i> LIB 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO <b>Happy Birthday Dolores Caruse</b> <b>Happy Birthday Marie Meza</b></p>	<p><b>3 8:45am Valley Cats at HVCC</b> 11:00am That's All Card Game TAV <b>12:00-3:00pm Swap Meet GR</b> 1:00pm Lit Club LIB 4:00pm Maria's Beef Stroganoff \$15 4:00pm Rummikub TAV <b>6:00pm Movie Night: Beetlejuice MOV</b> <b>NO FITNESS CLASSES</b></p>	<p><b>4 11:30am Lunch at Pizza Works</b> 11:00am Mahjong TAV <b>2:00pm CDTA Star Program GR</b> 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble/Walking Group LO</p>	<p><b>5 9:00am Grocery Shopping</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR</p>	<p><b>6</b> 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema &amp; Popcorn: <i>5 Flights Up</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR</p>
<p><b>7</b> 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV</p>	<p><b>8</b> 11:00am Resident Meeting with Laurie &amp; Staff GR 11:30am Maria's Patty Melt \$12 1:00pm Lit Club LIB <b>2:00pm Ice Cream at Control Tower</b> 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS</p>	<p><b>9 9:30am Walking Club Outing</b> 1:00pm Canasta TAV 2:30pm Popcorn Social GR 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO <b>Happy Birthday Kay Ackerman</b> <b>Happy Birthday Bonnie Bunn</b></p>	<p><b>10</b> 10:00am Podiatrist Dr. Masias 11:00am That's All Card Game TAV 1:00pm Lit Club LIB <b>2:00pm Voices of Poetry at Glenwyck GR</b> 4:00pm Maria's Personal Pizza \$15 4:00pm Rummikub TAV <b>6:00pm Musical Movie Night: Carousel MOV</b></p>	<p><b>11</b> 11:00am Mahjong TAV 1:00pm Library Committee LIB 2:00pm Pinochle TAV <b>2:30pm Retrobilleze Entertains GR</b> 3:00pm Knitting &amp; Crocheting Group GR 4:00pm Chef Mickey's Meatloaf \$16 4:30pm Dice Game: LCR GR 6:30pm Scrabble/Walking Group LO</p>	<p><b>12 9:00am Grocery Shopping</b> <b>11:00am Intercom How-to LO</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Bring Appetizer Happy Hour GR <b>Happy Birthday Rita Harris</b> <b>Happy Birthday Charlie Trombley</b></p>	<p><b>13</b> 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema &amp; Popcorn: <i>The First Wives Club</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR <b>Happy Birthday Annette Hughes</b> <b>Happy Birthday Mary Giannetti</b></p>
<p><b>14</b> 2:00pm Dominoes TAV 2:00pm Quarter Biingo GR 6:00pm Mahjong TAV  <b>Flag Day</b></p>	<p><b>15 10:00am Scam Prevention &amp; Community Safety GR</b> 11:30am Maria's Chicken Salad on Croissant \$12 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 <b>Happy Birthday Janet Liszewski</b></p>	<p><b>16 9:30am Walking Club Outing</b> <b>11:00am Sip Smart: The Power of Hydration GR</b> 1:00pm Summit Service Club Meeting GR 1:00pm Canasta TAV 4:00pm Chef Johnny's Roasted Turkey \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO</p>	<p><b>17 9:00am Grocery Shopping</b> 1:00pm Lit Club LIB <b>2:00pm Medicare Updates, Answers, &amp; Ice Cream GR</b> 4:00pm Maria's Macaroni &amp; Cheese \$15 4:00pm Rummikub TAV <b>6:00pm Opera Movie Night: The Pirates of Penzance MOV</b></p>	<p><b>18 11:00am Lunch at Tops</b> 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 3:30pm Subway Delivery \$6 GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO <b>Happy Birthday Linda Stimpson</b></p>	<p><b>19 9:15am Potluck Breakfast GR</b> 1:30pm Movie Matinee: <i>Hidden Figures</i> 4:00pm Independent Happy Hour GR <b>OFFICE IS CLOSED</b> <b>NO FITNESS CLASSES</b> <b>Juneteenth</b> </p>	<p><b>20</b> 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema &amp; Popcorn: <i>The Boys in the Boat</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR <b>First Day of Summer</b></p>
<p><b>21</b> 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Poker TAV 6:00pm Mahjong TAV <b>Happy Birthday Barbara Fagan</b> </p>	<p><b>22</b> 11:30am Maria's Grilled Bacon, Cheese, Tomato \$12 <b>11:45am Men's Cookout GR</b> 1:00pm Lit Club LIB <b>1:45pm PRN presents: Joint Health and Arthritis Management GR</b> 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS</p>	<p><b>23 11:15am Free Organ Concert @ Proctor's</b> 1:00pm Canasta TAV <b>2:00pm Monthly Birthday Party GR</b> 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO <b>Happy Birthday Mary Ann LeClair</b></p>	<p><b>24 9:30am Shopping at Boscov's</b> 11:00am That's All Card Game TAV 1:00pm Lit Club LIB <b>2:00pm Susan B. Anthony: The Road to the 19th Amendment GR</b> 4:00pm Maria's Homemade Gnocchi \$15 4:00pm Rummikub TAV <b>6:00pm R&amp;R Concert Night: Eric Clapton Unplugged MOV</b></p>	<p><b>25</b> 11:00am Mahjong TAV <b>2:00pm The Picon's Entertain GR</b> 2:00pm Pinochle TAV 3:00pm Knitting &amp; Crocheting Group GR 4:00pm Chef Mickey's Baked Haddock \$16 4:30pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO</p>	<p><b>26 9:00am Grocery Shopping</b> 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR</p>	<p><b>27</b> 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema &amp; Popcorn: <i>Moving On</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR</p>
<p><b>28</b> 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR <b>4:15pm Freedom Park Concert Outing</b> 6:00pm Mahjong TAV</p>	<p><b>29 11:30am Hudson River Dutch Apple Cruise</b> 11:30am Maria's 1/2 Turkey Club \$12 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</p>	<p><b>30</b> 8:30am Pre-ordered Omelet Breakfast \$11 GR <b>9:30am Walking Club Outing</b> 1:00pm Canasta TAV <b>2:00pm Team Trivia with Mark Hersh</b> 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO</p>	<p> <b>Wednesday, June 3 6:00pm</b></p>	<p><b>Wednesday, June 10 6:00pm</b> </p>	<p><b>Wednesday, June 17 6:00pm</b>  Britons Gilbert &amp; Sullivan composed this opera in 1879.</p>	<p> <b>The Charlie &amp; Vicki Concert Movie Series</b> <b>Wednesday, June 24 6:00pm</b> Probably the most famous of the MTV Unplugged series, from 1992.</p>

2026 Summer Concert Freedom Park in Scotia

**Sunday, June 28**  
Bus will leave the Summit at 4:15pm. Must sign up!

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 Hydroriders (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

**CBD for Wellness & Comfort**

**Monday, June 1  
11:00am  
Great Room**



Curious about CBD wellness products? Join us for an educational presentation featuring balms, tinctures, oils, powders, and soft gel tablets. Learn how these products are commonly used for comfort and wellness in a relaxed, informative setting.



**Scam Prevention & Community Safety**  
Monday, June 15 at 10:00am - Great Room

Join us for an informative and engaging presentation with Lieutenant Kaiser and K9 Waylon as they discuss how to recognize and avoid common scams, Waylon's important role while on duty, and helpful ways we can all work together to keep our community safe. Don't miss this special opportunity to meet one of our local police K9 teams!

**Sip Smart: The Power of Hydration**  
Tuesday, June 16 at 11:00am  
Great Room

In honor of National Hydration Day, Home Instead will present an engaging and informative discussion on the importance of staying hydrated. Learn how proper hydration supports energy, memory, and overall wellness while enjoying helpful tips and refreshing conversation. Don't miss this opportunity to discover simple ways to feel your best every day!



**Joint Health and Arthritis Management**

Monday, June 22 at 1:45pm

Learn practical tips for protecting your joints, managing arthritis symptoms, improving balance, strength, and maintaining independence through movement, exercise, and healthy lifestyle habits.

**SUSAN B. ANTHONY – THE ROAD TO THE 19TH AMENDMENT**

**Wednesday, June 24 at 2:00pm  
Great Room**



Step back in time with historic interpreter Phyllis Chapman as she brings Susan B. Anthony to life in this engaging presentation. Hear the inspiring story of the women's suffrage movement, the determination of its leaders, and the fascinating journey that led to women earning the right to vote. A captivating and educational program history lovers won't want to miss!

**Wednesday, June 3**



Take us out to the ball game! Join us for a fun morning cheering on the ValleyCats at HVCC. For just \$13, enjoy the game, a hotdog, chips, and water while spending time with friends and soaking in the excitement of America's favorite pastime. Game time is 10:00 a.m.!

The bus will leave the Summit at 8:45am.



**Thursday, June 4**

When it comes to homemade Italian goodness, no one does it like Pizza Works. That's because we're more than just a pizzeria.

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

*Ice Cream Outing*

**Monday, June 8**



We're excited to begin our monthly visits to local ice cream parlors, starting in June with a resident favorite, Control Tower Ice Cream!

The bus will leave the Summit at 2:00pm



**Thursday, June 18**

This lunch bunch will leave the Summit at 11:15am.



**Tuesday, June 23**

Enjoy a free noon organ concert featuring Malcolm Kogut & "15 Minutes of Fame" guest players.

The bus will leave the Summit at 2:00pm



**Hudson River Dutch Apple Cruise**  
Monday, June 29

Residents are invited to enjoy a scenic Hudson River Cruise featuring narrated highlights of Albany and surrounding river sights, followed by music and relaxing views along the water. Boarding begins at 12:30pm. A full bar and concessions will be available for purchase. Bagged lunches welcomed. Please sign up and pay in office by June 2. Non-refundable tickets are \$30 per resident.

The bus will leave the Summit at 11:30am.  
5 residents minimum, 14 maximum



**Bon Appetit** – Please submit this month’s food orders with the meal form and cash to the office by Monday June 1.

**Dine in with Chef Mickey-\$16**

**Thursday, June 11@ 4:10pm**  
Meatloaf, mashed potatoes, vegetable, gravy, salad, roll

**Thursday, June 25 @ 4:10pm**  
Baked Haddock, mashed potatoes, 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, June 16 at 4:00pm**



**Roasted Turkey Dinner**  
served with gravy, dressing, roasted potatoes, carrots, cranberry sauce, roll and dessert.

**\$6**  
Cash Only



**Thursday, June 18 at 3:30pm**

Enjoy a better-for-you sub sandwich from Subway! Please sign up in the office with your meal form.

**PIZZA PARTY**

2 slices of Cheese or Sausage Pizza



**\$5**  
\*CASH ONLY\*

**Friday, June 26  
4:00pm**

Please sign up in the office with your meal form.

**Tuesday, June 30  
\$11 Cash**

**OMELETTE BREAKFAST**

Omelet forms are in the Lobby. Pick a time between 8:30–10am, fill out the omelet form completely and then return it with the meal form.

*SupperClub*

FOOD & FRIENDS

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

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



**June 3**

**Beef Stroganoff** served with egg noodles, peas & carrots, corn bread

**June 10**

**Personal Pan Pizza** served with garden salad, dessert

**June 17**

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

**June 24**

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

Marias **LUNCH** Bunch

**\$12**

**June 8, 15, 22, 29**

*Monday's 11:30am*

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

**June 8 - Patty Melt**, pasta salad, chocolate chip cookie

**June 15 - Chicken Salad on Croissant**, macaroni salad, peanut butter cookie

**June 22 - Grilled Bacon, Cheese, Tomato**, potato chips, brownie

**June 29 - ½ Turkey Club**, vegetable soup, oatmeal cookie

# 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.

## Resident Informational Meetings

### Program Meeting with Rebecca

Monday, June 1 at 3:30pm

### Resident Meeting with Laurie & Staff

Monday, June 8 at 11:00am

### Intercom How-to

Friday, June 12 at 11:00am



## 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, June 10 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**

**920-397-3777**

**Vandenburg@prnphysicaltherapy.com**