

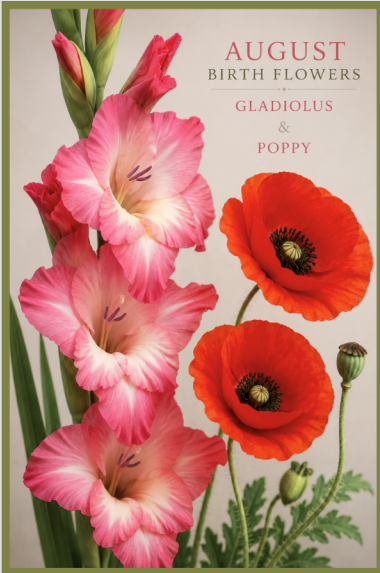
SUMMIT AT GLENWYCK

Monthly Newsletter

August 2026



Welcome August!



The month that invites us to slow down and savor the very best of summer.

The gardens are overflowing with color, butterflies drift from flower to flower, and warm sunshine encourages us to spend a little more time outdoors with neighbors and friends. Whether you're enjoying a morning cup of coffee in the garden, attending a favorite program, or simply taking a walk, August reminds us that life's sweetest moments are often the simplest ones.

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.

Howard & Ivy Wolosky from Brooklyn, NY, will be in apartment 337.



BLOOD DRIVE Monday, August 10



Scan this QR code to schedule your appointment today!

Need assistance with scheduling or interested in volunteering, please see Rebecca.

Share the Gift of Life

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



Community Activities



HAPPY Birthday TO YOU

Ken Nagy	8/04
Donna Chambers	8/15
Lorraine Linzner	8/20
Virginia Folger	8/25
Irene Bush	8/25
Barbara Biancucci	8/28

Wednesday, August 26
2:00pm - Great Room



From Their Fields to Our Community

Phlox Moon Farm will be visiting Summit at Glenwyck!
Watch for dates and times as they harvest the freshest seasonal produce.



August Art Class
Hummingbird Suncatchers

Tuesday, August 11
3:00pm - Tavern

Limited seating - please sign up in the Great Room.

SIP, STROLL & SEE

Tuesday, August 4 in the Garden
Come and go as you please between 2:00-3:00 p.m. to enjoy the gardens and refreshments. Weather depending.



WATERMELON SOCIAL

Tuesday, August 18 - 2:30pm, Great Room
Let's add a special zest to one of our favorite summer fruits. Come and sample!



with DJ Mark Hersh

Thursday, August 20 at 2:00pm

Join us in the Great Room, where the competition is friendly and the trivia is fun!

Come and join the teamwork!!

Music

Brass & Blues Band - August 6 at 2:00pm

Songs by Heart - August 11 at 2:00pm

The Picon's - August 27 at 2:00pm

Happy Hour

Unwind and relax with fellow residents every Friday at 4:00pm in the Great Room.

August 7
Peach Please HH!
August is peach season! Enjoy a peach themed happy hour.

August 14 BYOB
Snacks & soda will be provided.



August 21
Bring an Appetizer Happy Hour
Beer, wine & soda will be provided.

August 28
Pizza Party \$5
Beer, wine & soda will be provided.

STAY TUNED...COMING IN SEPTEMBER



WINE TASTING



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTED <i>life</i>  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 Hydridoriders (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)	1 9:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: <i>Remarkably Bright Creatures</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
2 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	3 11:00am Resident Meeting with Laurie & Staff GR 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	4 9:30am Walking Club Outing 1:00pm Canasta TAV 1:30pm Book Club LIB 2:00pm Sip, Stroll & See the Garden 4:10pm Chef Mickey's Chicken Dinner \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Ken Nagy	5 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 2:00pm Program Meeting with Rebecca GR 4:00pm Rummikub TAV 4:00pm Maria's Personal Pan Pizza \$15 6:00pm Movie Night: <i>Romancing the Stone</i> MOV	6 9:30am Breakfast at JT's Family Cafe 11:00am Mahjong TAV 2:00pm Pinochle TAV 2:00pm Brass & Blues Band GR 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 4:10pm Chef Mickey's Italian Platter \$16 5:30pm Scrabble/Walking Group LO	7 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Peach Please Happy Hour GR	8 9:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: <i>Fried Green Tomatoes</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
9 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	10 11:15am BLOOD DRIVE GR 11:30am Maria's Chicken Salad \$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	11 9:30am Walking Club Outing 1:00pm Canasta TAV 2:00pm Songs by Heart Entertain GR 3:00pm Art Class: Hummingbird Suncatchers TAV 4:00pm Chef Johnny's Filipino Cuisine \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	12 10:00am Podiatrist Dr. Masias 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 2:30pm Passport Program: Italy GR 4:00pm Rummikub TAV 4:00pm Maria's Homemade Gnocchi \$15 6:00pm Musical Movie Night: <i>Stormy Weather</i> MOV	13 11:00am Lunch at Glenville Queen Diner 11:00am Mahjong TAV 1:00pm Library Committee LIB 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 5:30pm Scrabble/Walking Group LO	14 9:00am Grocery Shopping 11:00am Intercom How-to MOV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR	15 9:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: <i>Gorilla Story</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Donna Chambers
16 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	17 11:30am Maria's Turkey Reuben \$12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 3:00pm Cribbage TAV 3:15pm Catholic Rosary Circle LIB 6:15pm Line Dancing with Linda FS	18 9:30am Walking Club Outing 1:00pm Canasta TAV 1:00pm Summit Service Club Meeting 2:30pm Watermelon Social GR 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	19 9:30am Shopping at Boscov's 1:00pm Lit Club LIB 2:00pm Jason Kramer presents USA @ 250: Our Story GR 4:00pm Maria's Meatloaf Dinner \$15 4:00pm Rummikub TAV 6:00pm Opera Movie Night: <i>The Magic Flute</i> MOV	20 11:00am Mahjong TAV 9:30am Tournament Tune-Up 2:00pm Pinochle TAV 2:00pm Team Trivia with Mark Hersh 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Salmon \$16 4:30pm Dice Game: LCR GR 5:30pm Scrabble TAV 6:30pm Walking Group LO Happy Birthday Lorraine Linzner	21 9:00am Grocery Shopping 11:00am Theater How-to MOV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Bring an Appetizer GR	22 9:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: <i>Song Sung Blue</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
23 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	24 11:30am Maria's Chicken Bacon Wrap \$12 1:00pm Lit Club LIB 1:30pm PRN presents From Slouch to Strength GR 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS	25 9:30am Walking Club Outing 1:00pm Canasta TAV 1:00pm Curry Freeze Ice Cream Outing 4:30pm Dice Game: LCR GR 4:00pm Chef Johnny's Crab Cakes \$16 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Ginny Folger Happy Birthday Irene Bush	26 10:00am Rivers Casino 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 2:00pm Monthly Birthday Party GR 4:00pm Maria's Mac & Cheese \$15 4:00pm Rummikub TAV 6:00pm R&R Concert Night: Jimmy Buffet MOV	27 11:00am Mahjong TAV 11:00am Lunch at The Cheesecake Factory 2:00pm Pinochle TAV 2:00pm The Picon's Entertain GR 3:00pm Knitting & Crocheting Group GR 3:30pm Subway Delivery \$6 GR 4:00pm Dice Game: LCR GR 5:30pm Scrabble TAV 6:30pm Walking Group LO	28 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR Happy Birthday Barbara Biancucci	29 9:30am Bocce Ball CY 12-3:00pm VENDOR FAIR TAV 1:30pm Glenwyck Cinema & Popcorn: <i>The Last Laugh</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
30 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	31 11:30am Maria's Tuna Melt \$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	Location Key CY-Courtyard FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool TAV-Tavern Outings - Red Presentations - Blue	Wednesday, August 5 6:00pm 	Wednesday, August 12 6:00pm 	Wednesday, August 19 6:00pm Sung in Swedish, with English subtitles 	The Charlie & Vicki Concert Movie Series Wednesday, August 26 6:00pm 

Passport Program: Italy

Wednesday, August 12
2:30pm
Great Room



Pack your imagination and join Terri Krul as we travel to Italy—no passport required!

- Discover Italian food and culinary traditions
- Explore history, culture, and famous landmarks
- Learn about art, customs, and everyday life
- Enjoy a beautiful PowerPoint presentation
- Stay afterward for a delicious Italian-inspired snack!

Travel the world one country at a time!



USA @ 250: Our Story

Wednesday, August 19
2:00pm - Great Room

Join us for a talk about America's Semiquincentennial as we explore the ideas and values that built the United States.



PRN
PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

From Slouch to Strength

Monday, August 24
1:30pm
Great Room

Come join PRN to discuss the connection between your posture and overall physical performance. Learn how posture affects body mechanics, strength, flexibility, balance and coordination. Fun interactive bingo game and prizes!

Just a Few of Our Upcoming Excursions — Please Check the Calendar & Sign-Up Sheets for More!



Breakfast at JT's Family Cafe

Thursday, August 6

Start your day with good friends, puffy pancakes, and eggs at J&T's Family Café on Sacandaga Road! The bus will leave the Summit at 9:30am.



Lunch at Glenville Queen Diner

Thursday, August 13

Join us for a delicious lunch at the Glenville Queen Diner—great food, friendly company, and a relaxing afternoon are waiting for you!

The bus will leave the Summit at 11:00am



Tournament Tune-Up

Thursday, August 20

Practice where it counts! We'll head to Mill Hill to get tournament-ready. Mark your calendars - our Annual Summit Senior Living Bocce Ball Tournament is Friday, September 18.

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



Lunch at The Cheesecake Factory

Thursday, August 27

Treat yourself to a delicious lunch at The Cheesecake Factory, where an extensive menu, generous portions, and irresistible cheesecake await!

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



Monthly Ice Cream Outing

Tuesday, August 25 at 1:00pm

Our search for the area's best ice cream continues! This month we're visiting Curry Freeze in Rotterdam. Whether you're a fan of classic cones, sundaes, or soft serve, there's something for everyone. Join us for a sweet afternoon and see what all the buzz is about!

Bon Appetit — Please submit this month's food orders with the meal form and cash to the office by Wednesday, July 30 by noon.

Dine in with Chef Mickey-\$16



Tuesday, August 4 @ 4:10pm

Herb Grilled Chicken Breast, mashed potatoes, mixed vegetable, gravy, salad, roll

Thursday, August 6 @ 4:10pm

Italian Platter (2 stuffed shells, 1 stuffed eggplant, 2 meatballs), marinara, salad, and roll

Thursday, August 20 @ 4:10pm

Salmon, whole grain mustard sauce, rice, vegetable, salad, and roll

On your meal form, please choose to either dine-in in the Great Room or pick up your labeled to-go container in the Tavern.

Supper with Chef Johnny-\$16

Tuesday, August 11 at 4:00pm

Asian Filipino Cuisine
Pancit (Filipino noodles with chicken), egg roll, leche flan for dessert.



Tuesday, August 25 at 4:00pm

Indo-Pacific Crab Cake, Joe's Crab Shack rice pilaf, Red Lobster cheddar bay biscuit, dessert



SUBWAY



Thursday, August 27 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



**Friday, August 28
4:00pm**

Please sign up in the office with your meal form.

Maria's LUNCH Bunch



August 10, 17, 24, 31

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

August 10 - Chicken Salad on Croissant
Pasta salad, chocolate chip cookie

August 17 - Turkey Rueben
Macaroni salad, peanut butter cookie

August 24- Chicken Bacon Wrap
Potato chips, brownie

August 31 - Tuna Melt
Cole slaw, oatmeal cookie



SupperClub

FOOD & FRIENDS

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

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



August 5

Personal Pan Pizza served with caprese salad, dessert

August 12

Homemade Gnocchi served with pesto and roasted tomatoes, salad, Italian bread

August 19

Meatloaf Dinner, mashed potatoes, vegetable, roll, dessert

August 26

Macaroni & Cheese, garden 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 & Wednesdays
Nail Technician & Waxing Specialist
Tina Mone 518-698-4693
Available Thursdays
Licensed Massage Therapist
June Stoddard-Finmore 518-232-7676
Appointments Required

PRICE CHOPPER



pharmacy

DELIVERY IS AVAILABLE

Monday— Friday. Call Jessica at 399-6474.

Resident Informational Meetings



Resident Meeting with Laurie & Staff
Monday, August 3 at 11:00am

Program Meeting with Rebecca
Wednesday, August 5 at 2:00pm

Intercom How-to
Friday, August 14 at 11:00am

Theater How-to
Friday, August 21 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, August 12th 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