

SUMMIT AT GLENWYCK

Monthly Newsletter

July 2026





Flower of the Month: Larkspur

Welcome July!

July arrives with sunshine on our shoulders, flowers in full bloom, and longer days to enjoy the beauty around us. From garden walks and laughter with friends to summer celebrations and quiet moments outdoors, this month brings so many opportunities to make memories together.

Here's to warm days, happy hearts, and all the joy July has in store!

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.

Jack & Irene Bush from Niskayuna, NY, will be in apartment 117

Dan McGinnis from Cohoes, NY, will be in apartment 120.

Dick & Nancy Flander from Schenectady, NY, will be in apartment 327.

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

Happy Birthday!

Wednesday, July 29
2:00pm - Great Room

June Grinter	7/02
Sandra Szmyr	7/04
Nick Antenucci	7/05
Pat Merchant	7/05
Jack O'Hare	7/07
Susan Lauder	7/09
Donna MacDonald	7/12
Charlie Stephens	7/17
Gudie Merrow	7/20
Carol Braun	7/20
Nancy Saupp	7/21
Dave Harris	7/21
Ann Cowley	7/24
Robert Ibold	7/25
Donald Cowley	7/28
Bill Fagan	7/31



This July brings a very special celebration as we honor America's 250th anniversary — a historic milestone filled with pride, reflection, community, and celebration. Be sure to check our July calendar for special presentations, music, movies, and events as we come together to celebrate this unforgettable chapter in our nation's history.

Community Activities



The Benefits of Massage



Thursday, July 2
11:00am
Great Room

Join June Stoddard-Finemore, LMT

A MUSICAL TRIBUTE TO AMERICA

THURSDAY, JULY 2

*The Music of Irving Berlin
and George Gershwin*



Summit Book Club & Lit Club

Tuesday, July 7 @ 1:30pm
In the Library

This month's Book Club is reading and discussing *Midnight in the Garden of Good and Evil* by John Berendt. 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!



Summer Socials are Here!



ROOTBEER
FLOATS

Tuesday, July 14
2:30pm
Great Room



ICE CREAM
NOVELTIES

Tuesday, July 21 at 2:30pm
Great Room

Happy Hour Goes Patriotic!

Patriotic Potluck - Friday, July 3 @ 4:00pm

The Great Room will be decked out in patriotic décor, and Berry Sangria, soda, and a festive red, white, and blue cake will be provided by the Summit. Please sign up and let us know what you will be bringing.

Luau Afternoon

Monday, July 20

2:00-3:00pm

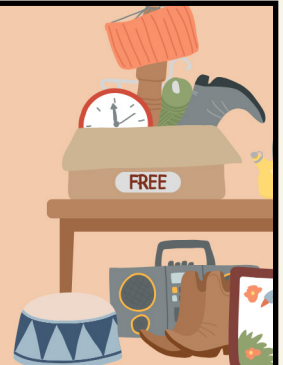
Great Room

Join us for an afternoon of island fun at our Luau Day celebration featuring music by the Jack Kelle Duo! Enjoy tropical tunes, Hawaiian-inspired bites, and refreshing tropical rum punch as we bring a little taste of the islands to the community.

SWAP MEET

Wednesday, July 15
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 pick up all left items at 3pm.



TEAM TRIVIA

with DJ Mark Hersh

Tuesday, July 28 at 2:00pm

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

Come and join the teamwork!!

S	M	T	W	TH	F	S
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 Outings - Red Presentations - Blue	1 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 2:00pm Program Meeting with Rebecca GR 4:00pm Rummikub TAV 6:00pm Movie Night: Yankee Doodle Dandy MOV	2 11:00am Benefits of Massage GR 11:00am Mahjong TAV 2:00pm Pinochle TAV 2:00pm A Musical Tribute to America 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble/Walking Group LO Happy Birthday June Grinter	3 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Patriotic Potluck Great Room/Back Patio	4  1:30pm Movie Matinee: 1776 OFFICE IS CLOSED NO FITNESS CLASSES Happy Birthday Sandra Szymr
5 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV Happy Birthday Pat Merchant Happy Birthday Nick Antenucci	6 11:00am Garden Meeting GR 11:30am Maria's Veggie Wrap \$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	7 9:30am Walking Club Outing 1:00pm Canasta TAV 1:30pm Book Club: Midnight in the Garden of Good and Evil LIB 4:10pm Chef Mickey's Pasta \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Jack O'Hare	8 10:00am Podiatrist Dr. Masias 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 2:00pm USA @ 250: Our Story GR 4:00pm Maria's Personal Pan Pizza \$15 4:00pm Rummikub TAV 6:00pm Musical Movie Night: By The Light of The Silvery Moon	9 11:00am Lunch at Lakeside Farms 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 6:30pm Scrabble/Walking Group LO Happy Birthday Susan Lauder	10 9:00am Grocery Shopping 11:00am America's Tapestry GR 12:45pm NYC Ballet at SPAC Innovators & Icons 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR	11 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: The Boys in the Boat MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
12 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV Happy Birthday Donna MacDonald	13 11:00am Resident Meeting with Laurie & Staff GR 11:30am Maria's Chicken Caesar 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	14 9:30am Walking Club Outing 1:00pm Canasta TAV 1:00pm Molly Brant: Part I MOV 2:30pm Rootbeer Float Social GR 4:00pm Chef Johnny's Chicken Cordon Bleu Dinner \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	15 12:00-3:00pmSwap Meet GR 1:00pm Lit Club LIB 4:00pm Maria's Angel Hair Pomodora \$15 4:00pm Rummikub TAV 6:00pm Opera Movie Night: The Barber of Seville MOV	16 11:00am Mahjong TAV 11:30am Lunch at Bellevue Cafe 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Roast Pork \$16 4:30pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO	17 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 Happy Birthday Charlie Stephens	18 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: The Music Man MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
19 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	20 11:30am Maria's Italian Panini \$12 1:00pm Lit Club LIB 2:00pm Luau Afternoon GR 2:00pm Pinochle TAV 3:00pm Cribbage TAV 3:15pm Catholic Rosary Circle LIB 6:15pm Line Dancing with Linda FS Happy Birthday Gudie Merrow Happy Birthday Carol Braun	21 9:30am Walking Club Outing 1:00pm Molly Brant: Part II MOV 1:00pm Canasta TAV 3:00pm Summit Service Club Meeting 2:45pm Ice Cream Novelties GR 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Nancy Saupp Happy Birthday Dave Harris	22 9:30am Shopping at Boscov's 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 4:00pm Maria's Shepherd's Pie \$15 4:00pm Rummikub TAV 6:00pm R&R Concert Night: The Beach Boys in Their Prime MOV	23 11:00am Mahjong TAV 11:00am Lunch at Grapevine Farms 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 3:30pm Subway Delivery \$6 GR 4:00pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO	24 9:00am Grocery Shopping 12:30pm Mr. Wok Chinese Take-out Delivery \$12 LO 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Welcome New Residents Happy Hour GR Happy Birthday Ann Cowley	25 10:30am Bocce Ball CY 1:30pm Glenwyck Cinema & Popcorn: A League of Their Own MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Robert Ibold
26 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 6:00pm Mahjong TAV	27 11:30am Pulled Pork Sandwich \$12 1:00pm Lit Club LIB 1:30pm PRN presents Wacky Summer Olympics GR 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS	28 9:30am Walking Club Outing 1:00pm Canasta TAV 2:00pm Team Trivia with Mark Hersh 4:00pm Chef Johnny's Shrimp Linguini Dinner \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Don Cowley	29 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 2:00pm Monthly Birthday Party GR 4:00pm Maria's Chicken Parmesan \$15 4:00pm Rummikub TAV 6:00pm R&R Concert Night: True Grit MOV	30 11:00am Mahjong TAV 2:00pm Pinochle TAV 2:00pm Hayner's Ice Cream & Country Store 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Salmon \$16 4:30pm Dice Game: LCR GR 6:30pm Scrabble TAV 6:30pm Walking Group LO	31 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR Happy Birthday Bill Fagan	
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 Hydorriders (P) 10:00 Buddy Swin (P) 1:00 Chair Dance Exercise Class (FS) No Chair Dancing 7/8 & 7/29	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)	 Wednesday, July 22 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 to Boscov's at 12:00pm to pick you up.



USA @ 250: Our Story

Wednesday, July 8

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.



America's Tapestry

Friday, July 10 at 11:00am - Great Room

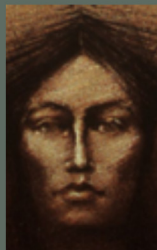
Celebrate America's 250th anniversary with America's Tapestry, a collection of 13 hand-stitched panels honoring the original colonies. Jennifer Paperman will share the story behind New York's panel, depicting the historic Birch Trials of 1783, and the remarkable year-long effort to create it.

MOLLY BRANT: A WOMAN BETWEEN TWO WORLDS

Marilyn Sassi
Professor and Historian

Tuesday, July 14 & 21

1:00pm - 2:00pm in the Theater



- Part 1: Explore Molly Brant's early life, from her birth and Christianized upbringing in the Mohawk Nation to her arrival in Sir William Johnson's household at Fort Johnson and Johnson Hall.
- Part 2: Examine how Molly Brant's life changed after Sir William Johnson's death and during the American Revolution, as New York families and the Six Nations were forced to choose sides.



PRN

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

Wacky Summer Olympics

Monday, July 27 at 1:30pm

Olympic games are always such a hit! Why not bring back the fun with our very own Summer Olympic Day! Come join us for a day of wacky summer games and friendly competition. Refreshments will be served.

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



Lunch at Lakeside Farms Thursday, July 9

Join us for a trip to Lakeside Farms, a charming café, bakery, and gift shop filled with homemade treats, delicious lunch options, and unique finds. The bus will leave the Summit at 11:00am.



Innovators & Icons New York City Ballet Friday, July 10

Experience a captivating program celebrating groundbreaking choreography and legendary performances that shaped the world of dance. Please see Rebecca if you are interested. The bus will leave the Summit at 12:45pm



Lunch at Bellevue Cafe Thursday, July 16

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 11:30am.



Lunch at Grapevine Farms Thursday, July 23

Located in Cobleskill, Grapevine Farms is a charming historic farmhouse featuring a cozy bistro, delicious bakery treats, and a unique country store filled with special finds.

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



Ice Cream Outing Thursday, July 30

Treat yourself to a visit to Hayner's Ice Cream & Country Store in Halfmoon, where delicious homemade ice cream, country charm, and unique local gifts make for a perfect summer outing. The bus will leave the Summit at 2:00pm.

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

Dine in with Chef Mickey-\$16



Tuesday, July 7 @ 4:10pm

Sliced sausage & peppers over pasta, marinara, salad, and garlic roll

Thursday, July 16 @ 4:10pm

Roast pork, mashed potatoes, gravy, vegetable, salad, and roll

Thursday, July 30 @ 4:10pm

Salmon, whole grain mustard sauce over a bed of 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, July 14 at 4:00pm

Chicken Cordon Bleu, garlic mashed potatoes, glazed green beans, roll, dessert.



Tuesday, July 28 at 4:00pm

Buttery Lemon Shrimp over linguine, salad, roll, dessert



Thursday, July 23 at 3:30pm

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

MR. WOK CHINESE TAKE-OUT

Tuesday, July 24

\$12 includes tax & tip

Take-out menus are in the lobby. Please mark your combo # on the meal form.

PIZZA PARTY

2 slices of Cheese or Hawaiian Pizza

\$5
CASH ONLY

Friday, July 31
4:00pm



Please sign up in the office with your meal form.

Marias **LUNCH** Bunch



July 6, 13, 20, 27



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

July 6 - Veggie Wrap, pasta salad, chocolate chip cookie

July 13 - Chicken Caesar Salad, roll, peanut butter cookie

July 20 - Italian Panini, potato chips, brownie

July 27 - Pulled Pork Sandwich, 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.



July 8

Personal Pan Pizza served with caprese salad, dessert

July 15

Angel Hair Pomodora served with garlic bread, dessert

July 22

Shepherd's Pie, green beans, roll, dessert

July 29

Chicken Parmesan, 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

Program Meeting with Rebecca
Wednesday, July 1 at 2:00pm



Resident Meeting with Laurie & Staff
Monday, July 13 at 11:00am



Theater How-to
Friday, July 17 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, July 8 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