

SUMMIT AT GLENWYCK

Monthly Newsletter

September 2026



Welcome September!

September brings a fresh start, cooler days, and the beautiful colors of a new season. As we transition from summer to fall, we look forward to enjoying new experiences, familiar traditions, and time spent together as a community. Our calendar is filled with opportunities to connect, learn, laugh, and celebrate—from engaging programs and live entertainment to outings and social gatherings. We hope you'll join us as we embrace all that this wonderful season has to offer.



BOCCE BALL TOURNAMENT



September 18 - Summit at Mill Hill

Spectators Welcome!

Come cheer on your friends for our annual tournament! Folding chairs will be available, or you're welcome to bring your own lawn chair for added comfort.

Please note that seating on the bus is limited, and tournament players will have first priority.

Schedule

- **Bus departs the Summit: 8:30am**
- **Tournament begins: 10:00am**
- **Lunch: Players will receive wristbands that allow priority access to the lunch line between games.**

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

Thank You!



A heartfelt thank you to everyone who donated blood, volunteered, and helped make our **Red Cross Blood Drive** a success.

Community Activities

HAPPY Birthday



Monthly Birthday Party

Wednesday, September 30

2:00pm Great Room

Judy DeGere	9/03
Rose Sgambati	9/05
Pat Rush	9/08
Nadia Lakah	9/09
Helena Dean	9/09
Larry Lauder	9/11
Ray Thornton	9/13
Vicki Stephens	9/15
Carol Piotrowski	9/15
Ursula Keiski	9/19
Carol Harris	9/19
Faun Dent	9/19
Nancy Flanders	9/19
Joan Shaw	9/20
Janet Staiano	9/22
Blanca Giaccone	9/26
Jerry Stahl	9/29



Phlox Moon Farm Dates

Stop by to shop for seasonal fruits and vegetables while supporting a wonderful local farm! Tuesday, September 1, 15, and 29 at 11:00am in the Great Room.



September 4 BYOB
Snacks & soda will be provided.

September 11
Bring an Appetizer
Happy Hour
Beer, wine & soda will be provided.

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



September 18
Fall is in the Air
Apple-inspired cocktail, apple cider & seasonal bites!

September 25
Pizza Party \$5
Beer, wine & soda will be provided.

SWAP MEET

Tuesday, September 8
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.



**Come for the Wine,
Stay for the Company!**

-Wine Tasting Event-

Wednesday, September 16
3:00pm
Great Room

Please sign up in the Great Room to participate and get details-limited seats.



Favorite Poems Poetry Circle



Every Other Sunday
7:00pm - Great Room

Join us for an informal gathering to read aloud and share a favorite poem of your choosing—whether written by you or by a favorite poet.

End of Summer Celebration

Tin Roof Blues will fill the Great Room & Patio with lively Dixieland music from 1:00-2:00 PM.

Strawberry shortcake & refreshments will be served.

Sunday, September 13



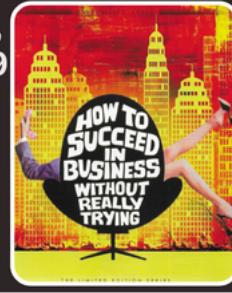
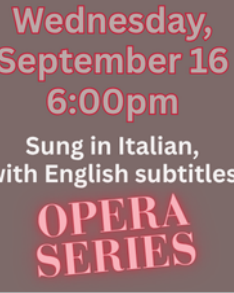


with DJ Mark Hersh

Tuesday, September 22 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 Outings - Red Presentations - Blue CY-Courtyard FS-Fitness Studio GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre P-Pool TAV-Tavern	Wednesday, September 2 6:00pm	1 MEAL FORMS DUE 9:30am Walking Club Outing 11:00am Phlox Moon Farm GR 1:00pm Canasta TAV 1:30pm Book Club LIB 2:30pm Program Meeting GR 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO NO FITNESS CLASSES TODAY	2 11:00am Lunch at The Mill on Round Lake 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 4:00pm Rummikub TAV 6:00pm Movie Night: Crazy Heart MOV	3 11:00am Mahjong TAV 2:00pm Monarch Watch GR 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 5:30pm Scrabble 6:30pm Walking Group LO Happy Birthday Judy DeGere	4 9:00am Grocery Shopping 11:00am Intercom How-to LO 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR	5 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>And So It Goes</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Rose Sgambati
6 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV 7:00pm Favorite Poems Poetry Circle GR	7 2:00pm Pot Luck Dinner	8 9:30am Walking Club Outing 12-3:00pm Swap Meet GR 1:00pm Canasta TAV 4:00pm Chef Johnny's Turkey Dinner \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Pool Closed for Resurfacing – Until Further Notice Happy Birthday Pat Rush	9 10:00am Podiatrist Dr. Masias 11:00am That's All Card Game TAV 12:30pm Guptill's Ice Cream Outing 1:00pm Lit Club LIB 4:00pm Rummikub TAV 4:00pm Maria's Personal Pan Pizza \$15 6:00pm Musical Movie Night: How to Succeed in Business Without Really Trying MOV Happy Birthday Nadia Lakah & Helena Dean	10 10:15am NYS Capitol Tour GR 11:00am Mahjong TAV 1:00pm Library Committee LIB 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Haddock \$16 4:30pm Dice Game: LCR GR 5:30pm Scrabble 6:30pm Walking Group LO	11 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Bring an Appetizer GR Happy Birthday Larry Lauder Patriot Day Rosh Hashanah begins at sundown	12 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>The Guernsey Literary and Potato Peel Society</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
13  1:00pm - 2:00pm End of Summer Party 2:00pm Dominoes TAV 3:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV Happy Birthday Ray Thornton Grandparents' Day	14 11:00am Resident Meeting with Laurie & Staff GR 11:30am Maria's Soup & Sandwich LO 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	15 9:30am Walking Club Outing: Cohoes Falls *Walk, Learn, Explore* 11:00am Phlox Moon Farm GR 1:00pm Canasta TAV 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Vicki Stephens & Carol Piotrowski	16 11:00am Lunch at Maxon's American Grill 1:00pm Lit Club LIB 3:00pm Wine Tasting GR 4:00pm Maria's Ham Dinner \$15 4:00pm Rummikub TAV 6:00pm Opera Movie Night: La Boheme MOV	17 9:00am Grocery Shopping 11:00am Mahjong TAV 2:00pm Allen & Azzam Entertain GR 2:00pm Pinochle TAV 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	18 8:30am Annual Summit Bocce Tournament at Mill Hill 11:00am Theater How-to MOV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Fall is in the Air	19 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>Arthur The King</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Ursula Keiski, Carol Harris, Faun Dent, & Nancy Flanders
20 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV 7:00pm Favorite Poems Poetry Circle GR Happy Birthday Joan Shaw Yom Kippur begins at sundown	21 11:30am Maria's Pulled Pork Sandwich \$12 1:00pm Lit Club LIB 1:30pm PRN presents Fall Prevention & Aging GR 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS	22 9:30am Walking Club Outing 1:00pm Canasta TAV 2:00pm Team Trivia with Mark Hersh 4:00pm Chef Johnny's Beef Stroganoff \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Janet Staiano First Day of Fall	23 10:00am Lake George Gatsby Roaring 20's Luncheon Cruise 11:00am That's All Card Game TAV 1:00pm Lit Club LIB 4:00pm Maria's Penne & Meatballs \$15 4:00pm Rummikub TAV 6:00pm R&R Concert Night: Fleetwood Mac MOV	24 11:00am Mahjong TAV 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Baked Shrimp \$16 4:30pm Dice Game: LCR GR 5:30pm Scrabble TAV 6:30pm Walking Group LO	25 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR	26 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>Marty - Life is Short</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Blanca Giaccone
27 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV	28 11:30am Maria's Fried Chicken Sandwich \$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	29 9:30am Walking Club Outing 11:00am Phlox Moon Farm GR 1:00pm Canasta TAV 2:00pm Russ Kennedy Entertains GR 4:10pm Chef Mickey's Sliced Roast Beef \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Jerry Stahl	30 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 Mac & Cheese \$15 4:00pm Rummikub TAV 6:00pm Movie Night Night: A Mighty Wind MOV	Wednesday, September 9 6:00pm 	Wednesday, September 16 6:00pm 	The Charlie & Vicki Concert Movie Series Wednesday, September 23 6:00pm
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 Hydoriders (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)	Wednesday, September 30 6:00pm



Monarch Watch

Thursday, September 3
2:00pm - Great Room

Presented By : Resident Paul Zemanek

Enjoy Paul's firsthand experience with Monarch Watch, exploring the incredible journey of monarch butterflies, the importance of tagging, and efforts to protect these amazing pollinators.



Join Us!



NEW YORK STATE CAPITOL TOUR

THURSDAY, SEPTEMBER 10



A National Historic Landmark, the New York State Capitol has served as the seat of government for New York since the 1880's. Join us for a trip to Albany's State Street for a free tour where every corner tells a story.



60-minute Guided Tour Begins-11:00am
Bus leaves the Summit at 10:15am.
10 residents Minimum, 14 Maximum



Cohoes Falls

Walk • Learn • Explore

Tuesday, September 15 - Bus Leaves at 9:30am



**Monday,
September 21 @ 1:30pm
Great Room**

Fall Prevention & Aging

An interactive presentation that separates fall prevention facts from myths about the aging process. Learn practical tips to stay safe, test your knowledge with fun games, and win prizes along the way!

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



Lunch at The Mill on Round Lake

Wednesday, September 2

The Mill on Round Lake, known for its welcoming atmosphere and setting!!

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



Lunch at Maxon's American Grill

Wednesday, September 16

Enjoy a delicious lunch close to home at Maxon's American Grill, a local favorite offering classic American fare in a welcoming atmosphere!

The bus will leave the Summit at 11:00am



Luncheon Cruise

Wednesday, September 23

Step back into the Roaring '20s for a Gatsby-themed luncheon cruise aboard the Lac du Saint Sacrement, featuring lunch, beautiful Lake George views, and plenty of vintage flair! Please see Rebecca if interested.

The bus will leave the Summit at 10:00am.



Shopping at Boscov's

Wednesday, September 30

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.

GUPTILL'S ICE CREAM

I SCREAM, YOU SCREAM...
LAST CALL FOR ICE CREAM



Wednesday, September 9 - 12:30pm

Known for its huge selection of flavors and generous portions, Guptill's is the perfect place to end our summer ice cream outings!

Bon Appetit — Please submit this month's food orders with the meal form and cash to the office by Tuesday, September 1, by noon.



Labor Day Potluck

**Monday,
September 7
2:00pm**

Please sign up in the Great Room to bring a dish — whether it's an entrée, side, or dessert! Paper plates, napkins, cups, plasticware, & drinks will be provided.

Supper with Chef Johnny-\$16

Tuesday, September 8 at 4:00pm

Turkey, gravy, stuffing, mashed potatoes, corn, cranberry sauce, roll, dessert



Tuesday, September 22 at 4:00pm

Beef Stroganoff, wide egg noodles, salad, roll, dessert

Dine in with Chef Mickey-\$16

Thursday, September 10 @ 4:10pm

Baked Haddock, mashed potatoes, vegetable, salad, and roll

Thursday, September 24 @ 4:10pm

Baked Shrimp, rice with vegetables, salad, and roll

Tuesday, September 29 @ 4:10pm

Sliced Roast Beef, mashed potatoes, vegetable, gravy, 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.



SUBWAY



Thursday, September 17 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 White Garlic Broccoli Pizza

**Friday, September 25
4:00pm**

\$5

CASH ONLY



Please sign up in the office with your meal form.

Maria's LUNCH Bunch



September 14, 21, 28

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

September 14 - Soup & Sandwich

½ Turkey Club, vegetable soup, chocolate chip cookie

September 21 - Pulled Pork Sandwich

Cole Slaw, peanut butter cookie

September 28 - Fried Chicken Sandwich

Potato salad, brownie



SupperClub

FOOD & FRIENDS

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

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



September 9

Personal Pan Pizza served with caprese salad, dessert

September 16

Ham Dinner served with mashed potatoes, gravy, green beans, roll, dessert

September 23

Penne & Meatballs, garden salad, garlic bread, dessert

September 30

Macaroni & Cheese, Italian stewed tomatoes, 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

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

Tuesday, September 1 at 2:30pm

Intercom How-to

Friday, September 4 at 11:00am

Resident Meeting with Laurie & Staff

Monday, September 14 at 11:00am

Theater How-to

Friday, September 18 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, September 9 at 10:00am

To make your appointment, sign up in the binder on the conversation table. 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