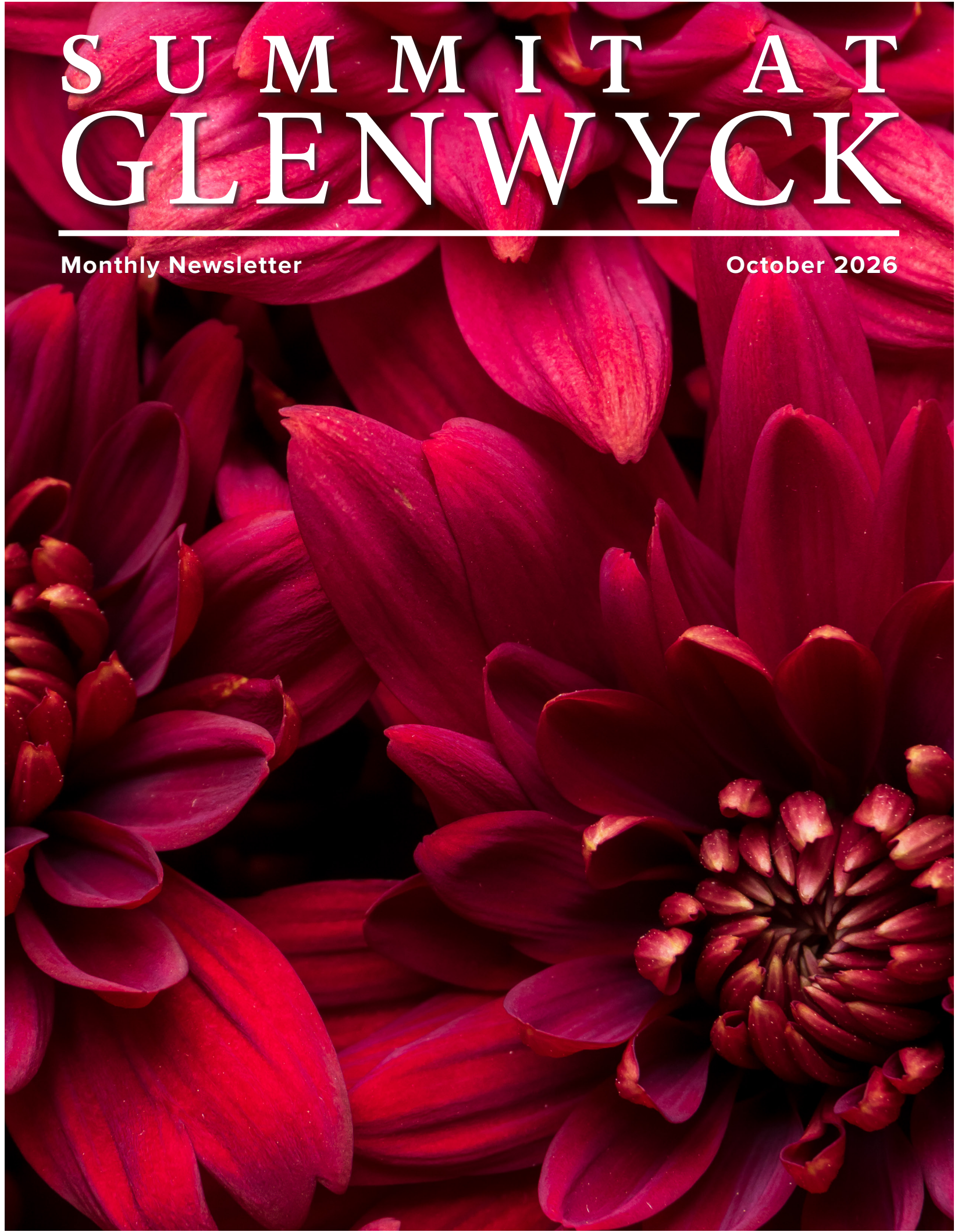


SUMMIT AT GLENWYCK

Monthly Newsletter

October 2026



Staff



Community Manager

Laurie Ignazio

Lignazio@summitseniorlife.com

Resident Services

Coordinator

Rebecca Detora

rdetora@summitseniorlife.com

Maintenance

Thomas Nardini

Paul Coffin

Housekeeper/

Community Assistant

Alyssa Hughes

Driver

Harold Bergeron

Weekend Concierge

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

October is here, bringing beautiful fall colors and plenty of programs to enjoy! This month, we're embracing the season with outings like a scenic fall ride and lunch at The Carrot Barn, along with opportunities to explore history, art, and culture. We'll take a virtual step back in time with a Zoom presentation on The Surrender of General Burgoyne, a pivotal event that followed the Battles of Saratoga and helped turn the tide of the Revolutionary War. We'll also enjoy a trip to The Hyde Collection for an afternoon surrounded by art and history. As always, we encourage you to join us at the Program Meeting and share your ideas, or simply send us an email. We love hearing what interests you and planning programs that you'll love to be part of!

And finally, a very warm welcome to our newest residents. We're so happy to have you as part of the Summit at Glenwyck community!



Larry Forneris from Ballston Lake, NY, will be in apartment 129.

Jacquie Flanigan from Wevertown, NY, will be in apartment 134.

Happy Birthday

Join us for our Monthly Birthday Party on Wednesday, October 28 at 3:00pm in the Great Room.

Roger Harris	10/02
Bruce Henderson	10/03
Carol Riordon	10/05
Paul OBrien	10/05
Lorraine Gonyea	10/10
Dorothy Wilhelm	10/13
Diane Mitchell	10/14
Tom Fox	10/17
Marie Graham	10/20
Dan McGinnis	10/28



Community Activities

Happy Hours

Fridays at 4:00pm
Great Room



October 2 BYOB - Snacks & soda will be provided.

October 9 Oktoberfest Happy Hour - Beer, Bavarian pretzels and German-style music by Alexa.

October 16 Bring an Appetizer - Beer, wine & soda will be provided.

October 23 Pizza Party \$5 - Beer, wine & soda will be provided.

October 30 Halloween Happy Hour

FIRE PREVENTION MONTH



This month's Summit Service Club will support the Thomas Corners Volunteer Fire Department. Please see the insert for details.

Please be aware that we will be holding a full evacuation fire drill on October 20 at 6:00pm. Thomas Corners Fire Department will be present during the full evacuation.

Music

LUCIA & LEVI Guitar & Vocals
Monday, October 5 at 2:00pm

ED SALVO Guitar & Vocals
Thursday, October 15 at 2:00pm

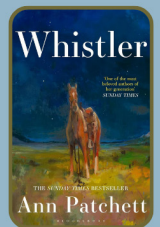
THE PICON'S Guitar & Vocals
Thursday, October 29 at 2:00pm

Summit Book Club & Lit Club

Tuesday, October 13 - 1:30pm - Library

This month's book Club is reading and discussing *Whistler* by Ann Patchett. Please join us for our book discussion on Tuesday, October 13 at 1:30pm in the library. 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!



Take a trip back to the fabulous '50's & '60's with the classic sounds of Doo Wop spun by DJ Mark Hersh while we sip old-fashioned root beer floats!

Team Trivia

with DJ Mark Hersh

Tuesday, October 27 at 2:00pm

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

Come and join the teamwork!!

Vaccination Clinic

Tuesday, October 20
10:00am
Great Room

Sign up and pick up vaccine clinic instructions at the Conversation Table.

Clinic provided by Kelly's Pharmacy

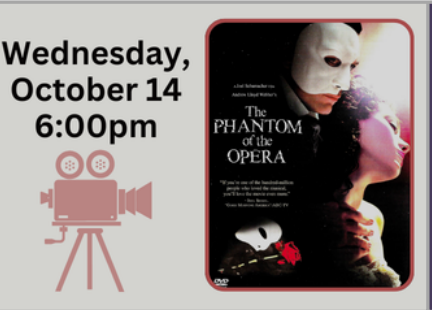
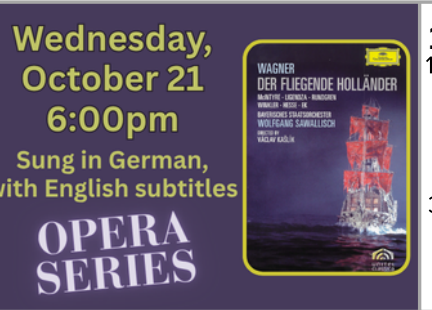
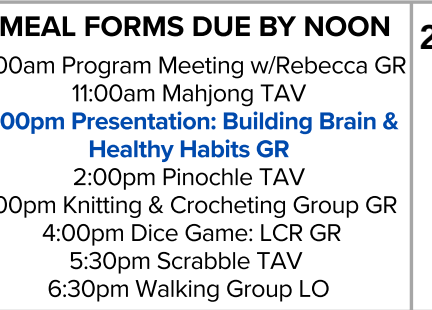
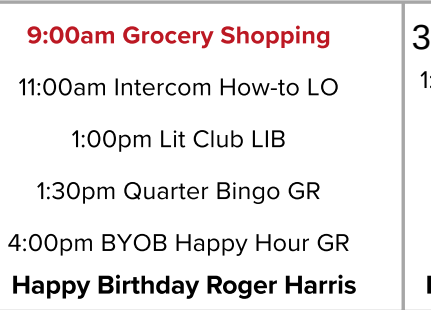
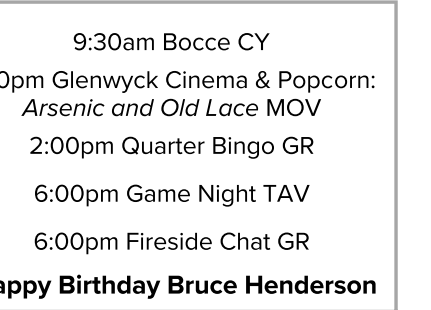


Friday, October 30

4:00pm - Great Room/Tavern

Witches brew, ghoulish appetizers, & costumes if you dare!

Prize awarded to best costume!

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	 Wednesday, October 7 6:00pm	 Wednesday, October 14 6:00pm	 Wednesday, October 21 6:00pm Sung in German, with English subtitles OPERA SERIES	 1 MEAL FORMS DUE BY NOON 11:00am Program Meeting w/Rebecca GR 11:00am Mahjong TAV 2:00pm Presentation: Building Brain & Healthy Habits GR 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:00pm Dice Game: LCR GR 5:30pm Scrabble TAV 6:30pm Walking Group LO	 2 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 Happy Birthday Roger Harris	 3 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>Arsenic and Old Lace</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Bruce Henderson
4 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	5 No Fitness Class Today 10:00am Mobile Vet Dr. Elbrech TAV 11:00am Resident Meeting with Laurie GR 1:00pm Lit Club LIB 2:00pm Levi & Lucia Entertain GR 2:00pm Pinochle TAV 3:00pm Cribbage TAV 3:15pm Catholic Rosary Circle LIB 3:45pm Golden Bird Chinese Take-out Happy Birthday Carol Riordon Happy Birthday Paul O'Brien	6 9:30am Walking Club Outing 1:00pm Canasta TAV 2:00pm Doo Wop Party: DJ & Rootbeer Floats GR 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	7 11:00am Lunch at Carrot Barn 11:00am Rummy Card Game TAV 1:00pm Lit Club LIB 4:00pm Maria's Shepherd's Pie \$15 4:00pm Rummikub TAV 6:00pm Movie Night: Corpse Bride MOV	8 11:00am Mahjong TAV 11:50am ZOOM Presentation: The Surrender of General Burgoyne MOV 1:00pm Library Committee LIB 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Dinner \$16 4:30pm Dice Game: LCR GR 5:30pm Scrabble 6:30pm Walking Group LO	9 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Oktoberfest Happy Hour GR	10 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>The Trouble with Harry</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Lorraine Gonyea
11 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV	12 9:15am Pot Luck Breakfast	13 9:30am Walking Club Outing 11:00am Phlox Moon Farm GR 1:00pm Canasta TAV 1:30pm Book Club: Whistler LIB 2:30pm Popcorn Social GR 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO Happy Birthday Dorothy Wilhelm	14 10:00am Podiatrist Dr. Masias 11:00am Lunch at Blue Ribbon Family Restaurant 11:00am Rummy Card Game TAV 1:00pm Lit Club LIB 4:00pm Rummikub TAV 4:00pm Maria's Chicken Parmesan \$15 6:00pm Musical Movie Night: Phantom of the Opera MOV Happy Birthday Diane Mitchell	15 11:00am Mahjong TAV 2:00pm Ed Salvo Entertains 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	16 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	17 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>Practical Magic</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR Happy Birthday Tom Fox
18 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	19 11:30am Soup & Sandwich \$12 1:00pm Lit Club LIB 1:30pm Presentation: Wreaths Across America GR 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS	20 9:30am Walking Club Outing 10:00am Vaccination Clinic GR 1:00pm Canasta TAV 4:00pm Chef Johnny's Hawaiian Chicken \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:00pm FULL EVACUATION FIRE DRILL GR 6:30pm Indoor Walking Group LO Happy Birthday Marie Graham	21 11:00am Rummy Card Game TAV 1:00pm Lit Club LIB 2:00pm Medicare Updates & Cider Donuts with Chris Szady GR 4:00pm Maria's Macaroni & Cheese 4:00pm Rummikub TAV 6:00pm Opera Movie Night: Flying Dutchman MOV	22 11:00am Mahjong TAV 11:50am The Hyde Collection Outing 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:10pm Dice Game: LCR GR 5:30pm Scrabble TAV 6:30pm Walking Group LO	23 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:00-3:00pm Terri's Seasonal Treasures Pop-up Market TAV 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party \$5 GR	24 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>October Sky</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
25 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV	26 11:30am Grilled Cheese, Tomato, Bacon \$12 1:00pm Lit Club LIB 1:30pm PRN presents Stay Strong, Sharp, and Safe GR 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS	27 9:30am Walking Club Outing 1:00pm Canasta TAV 2:00pm Team Trivia with Mark Hersh 4:00pm Chef Johnny's Beef Enchiladas \$16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:00pm Charlie & Vicki's Tasteless Tuesday Movie: The Rocky Horror Picture Show MOV 6:30pm Indoor Walking Group LO	28 9:30am Shopping at Boscov's 11:00am Rummy Card Game TAV 1:00pm Lit Club LIB 2:00pm Learn About Action Transportation GR 3:00pm Monthly Birthday Party GR 4:00pm Maria's Personal Pan Pizza 4:00pm Rummikub TAV 6:00pm R&R Concert Night: Led Zeppelin MOV Happy Birthday Dan McGinnis	29 11:00am Mahjong TAV 2:00pm The Picon's Entertain GR 2:00pm Pinochle TAV 3:00pm Knitting & Crocheting Group GR 4:10pm Chef Mickey's Turkey Dinner \$16 4:30pm Dice Game: LCR GR 5:30pm Scrabble TAV 6:30pm Walking Group LO	30 9:00am Grocery Shopping 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Halloween Happy Hour GR	31 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn: <i>Young Frankenstein</i> MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
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 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)	 The Charlie & Vicki Concert Movie Series Wednesday, October 28 6:00pm

Thursday, October 1 at 2:00pm

Building Brain & Healthy Habits

Presented by Meagan DeMento
Alzheimer's Association
Rural Outreach Program Manager



The Surrender of General Burgoyne

**Thursday, October 8
11:50am - Zoom in Theater**

Discover how the 1777 Battles of Saratoga changed the course of the American Revolution.

James Parillo, Executive Director of the Saratoga Springs History Museum, in 18th-century soldier attire, will share the story of the Saratoga Campaign, why the Americans won, and the myths surrounding this pivotal victory.



**Monday,
October 26 @ 1:30pm
Great Room**

Stay Strong, Sharp, and Safe

Join our PT, OT & SLP team and learn simple, practical strategies to help you stay **Strong. Sharp. Safe.** — in your body, your mind, and your everyday life!

Learn About Action Transportation

By Zahra Tlaige

**Wednesday, October 28
2:00pm - Great Room**

Informative presentation about transportation services available in our area.



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



Lunch at Carrot Barn

Wednesday, October 7

Enjoy a scenic fall ride to Schoharie followed by a delicious lunch at the Carrot Barn.

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



Lunch at Blue Ribbon Family Restaurant

Wednesday, October 14

Enjoy lunch at a longtime Schenectady favorite known for classic comfort food, generous portions and its famous award-winning cheesecake!

The bus will leave the Summit at 11:00am



The Hyde Collection

Thursday, October 22

Visit The Hyde Collection in Glens Falls, where art and history come together! Tour the historic Hyde House and explore the museum. \$10 pp

The bus will leave The Summit at 11:50am.

12 residents minimum, 14 maximum



Shopping at Boscov's

Wednesday, October 28

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.

Tuesday's Walking Club Outing

Join us for weekly walks at a variety of beautiful local parks and scenic, flat trails. Each week, we'll explore a different spot while enjoying the fresh air, colorful foliage, and the simple benefits of getting your steps in.

Tuesdays @ 9:30am

Please sign up!

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

GOLDEN BIRD CHINESE TAKE-OUT

Monday, October 5 @ 3:45pm

\$15 includes tax & tip

Take-out menus are in the lobby. Please mark your combo # and specify meat if needed on the meal form.

Dine in with Chef Mickey-\$16

Tuesday, October 8 @ 4:10pm

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

Thursday, October 29 @ 4:10pm

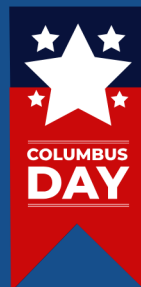
Turkey Dinner-turkey, mashed potatoes, gravy, stuffing, cranberry sauce, salad, roll



Potluck Breakfast

Monday, October 12, 9:15am

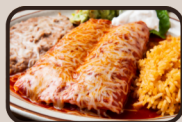
Please sign up in the Great Room to bring a favorite breakfast dish — whether it's a main dish, side, pastry, or other breakfast treat! Paper plates, napkins, cups, plasticware & drinks will be provided.



Supper with Chef Johnny-\$16

Tuesday, October 20 at 4:00pm

Hawaiian Chicken, green beans, fried rice, roll, dessert



Tuesday, October 27 at 4:00pm

Beef Enchiladas, Mexican rice, cornbread, dessert



**\$6
Cash Only**



Thursday, October 15 at 3:30pm

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

Maria's LUNCH Bunch

October 19 & 26



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

October 19 - Soup & Sandwich
Turkey Melt, vegetable Soup, brownie



October 26 - Grilled Cheese, Tomato, Bacon
potato chips, peanut butter cookie

SupperClub

FOOD & FRIENDS

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

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



October 7

Shepherd's Pie served with
green beans, roll, dessert

October 14

Chicken Parmesan served with
garden salad roll, dessert

October 21

Personal Pan Pizza served with
caprese salad, dessert

October 28

Macaroni & Cheese served with
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-Finemore 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
Thursday, October 1 at 11:00am

Resident Meeting with Laurie & Staff

Monday, October 5 at 11:00am



Introduction to Dr. Elbrech's Mobile Vet - Tavern

Monday, October 5 at 10:00am

Medicare Update w/ Chris Szady
Wednesday, October 21 at 2:00pm

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, October 14 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