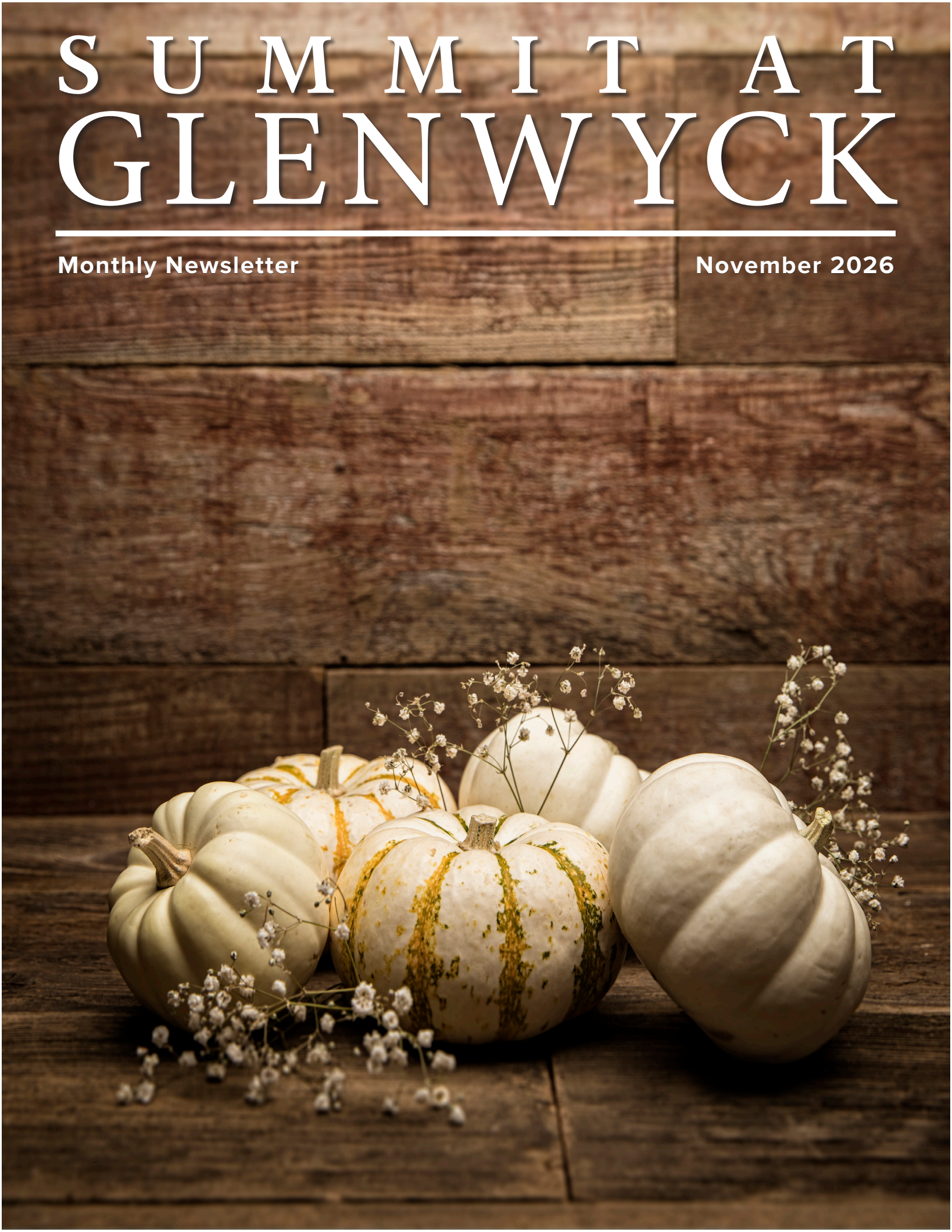
SUMMIT AT GLENWYCK

Monthly Newsletter

November 2026



November is here, bringing crisp fall days, Thanksgiving traditions, and plenty of wonderful opportunities to gather together here at Glenwyck!

We're kicking off the month with a little history, culture, and music. Professor and historian Marilyn Sassi will join us to present *How Empress Josephine Bonaparte Changed the Face of America's Fashion & Decor*. We've also been invited to the SUNY Schenectady School of Music to enjoy the Musicians of Ma'alwyck as they open their 27th season with *A Fashionable Assembly*.

And we certainly can't forget one of our favorite traditions—our Annual Harvest Gathering on Thursday, November 5. It's always a special time to come together, share a wonderful meal, and enjoy the company of friends and neighbors.

As we head into this season of gratitude, we have another reason to celebrate—a new neighbor! Please join us in giving a warm Glenwyck welcome to our newest residents. We're so happy to have you as part of our community!



Catherine Barron & Ross Lounsbury from Clifton Park, NY, will be in apartment 112.

Leora Liberatore from Glenville, NY, will be in apartment 221.

Bill Adams from Kinnelon, NJ, will be in apartment 317.

Harvest Gathering

Thursday, November 5 at 12:00pm



Thanksgiving marks the start of the holiday season!

Please join us for our Annual Harvest Luncheon, featuring a traditional Thanksgiving meal prepared by Chef Johnny. Come gather around the table with friends and neighbors as we celebrate the season of gratitude and togetherness.

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

Community Activities



Join us as we celebrate our monthly birthdays on Wedesday, November 25 at 3:00pm.

Mary Nagy	11/01
Phyllis Antenucci	11/08
Dawn Bonk	11/09
Elaine McNeilly	11/10
Amanda Harris	11/11
Nancy Migneault	11/12
Pat Obrecht	11/12
Sue Wing	11/16
Loretta Kessler	11/17
Jacquie Flanigan	11/21
Leora Liberatore	11/21
Carmen Trombley	11/26
Jack Bush	11/27

Entertainment



Monday, November 2 – The Jack Kelle Duo will bring the perfect mix of lively music and familiar favorites with their steel drum, guitar and vocals!



Monday, November 30 – A favorite one-man show, Mark Mason showcasing his talent, voice, and engaging stage presence.

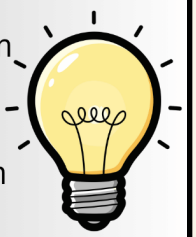
SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Help Make a Child's Holiday Brighter!

We're collecting donations for children at a local school this holiday season. Donate money toward gifts or choose a child's wish list and shop for them yourself! Please give donations to Linda Suggs, Apt. 230, by Tuesday, December 8.
Together, we can make the holidays a little brighter!

Resident Informational Meetings



Program Meeting with Rebecca
Tuesday, November 3 at 11:00am

Resident Meeting with Laurie & Staff
Monday, November 9 at 11:00am

Theater How-to
Friday, November 13 at 11:00am

★ ★ ★ VETERANS DAY TRIBUTES ★ ★ ★

TUESDAY, NOVEMBER 10 AT 2:30PM

Honoring Our Veterans - Coffee, Cake & Community
Join us as we gather together to recognize and honor the veterans of Glenwyck. Enjoy cake, coffee and conversation as we show our appreciation for those who served.



WEDNESDAY, NOVEMBER 11 AT 1:00 PM
"THANK YOU, VETERANS" POTLUCK

Please sign up in the Great Room and note your side dish, entrée, or dessert. Veterans are the honored guests of fellow residents and do not need to bring a dish.

Happy Hour



Fridays at 4:00pm
Great Room

November 6 BYOB - Snacks & soda will be provided.

November 13 Bring an Appetizer - Beer, wine & soda will be provided.

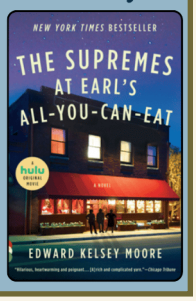
November 20 Cozy Cabin Happy Hour - Hot apple cider bourbon cocktail & savory fall snacks will be provided.

November 27 Pizza Party $5 - Beer, wine & soda will be provided.

Summit Book Club & Lit Club

Tuesday, November 10 - 1:30pm - Library

This month's book Club is reading and discussing The Supremes at Earl's All-You-Can-Eat by Edward Kelsey Moore. Please join us for our book discussion on Tuesday, November 10 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!



TeAM Trivia

with DJ Mark Hersh

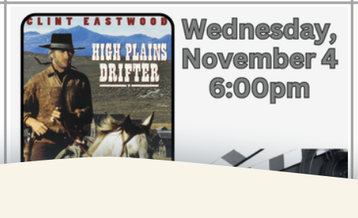
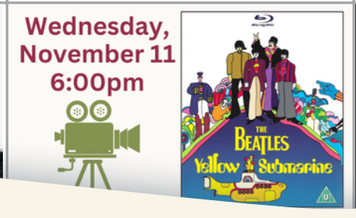
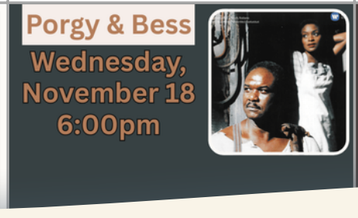
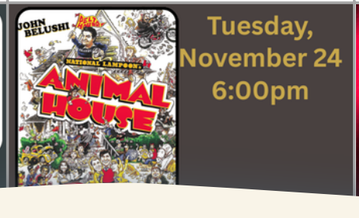
Tuesday, November 24 at 2:00pm

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

NOVEMBER 2026

BLUE: CONNECTED LIFE/PRESENTIONS
RED: OUTINGS

Summit At Glenwyck Office: 518.280.7340 | Emergency Maintenance Phone: 518.338.9562

S	M	T	W	TH	F	S
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	**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
1 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 Mary Nagy**	**2** 1:00pm Lit Club LIB **2:00pm Entertainment by Jack Kelle Duo GR** 2:00pm Pinochle TAV 3:00pm Cribbage TAV 3:30pm Catholic Rosary Circle LIB	**3** **9:00am Voting at Polls Outing** 11:00am Program Meeting w/Rebecca **1:00pm Marilyn Sassi presents on Josephine Bonaparte MOV** 1:00pm Canasta TAV 4:10pm Chef Mickey's Dinner $16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO	**4** 11:00am Rummy Card Game TAV **11:30am Musicians of Ma'alwyck at Suny School of Music** 1:00pm Lit Club LIB 4:00pm Rummikub TAV **6:00pm Movie Night: High Plains Drifter MOV**	**5** 11:00am Mahjong FS **12:00pm Harvest Gathering** 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	**6** **9:00am Grocery Shopping** 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm BYOB Happy Hour GR	**7** 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn *Jay Kelly* MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
8 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV **Happy Birthday Phyllis Antenucci**	**9** **11:00am Resident Meeting w/Laurie GR** 11:30am Maria's Soup & Sandwich LO $12 1:00pm Lit Club LIB 2:00pm Pinochle TAV 2:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV **Happy Birthday Dawn Bonk**	**10** 8:30/9:15am Omelette Breakfast $11 **11:15am Proctor's Organ Concert Series presents Holiday Music** 1:00pm Canasta TAV 1:30pm Book Club LIB **2:30pm Honoring Our Veterans Social** 4:00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO **Happy Birthday Elaine McNeilly**	**11** **Office is Closed** **No Fitness Classes** 10:00am Podiatrist Dr. Masias 11:00am Rummy Card Game TAV **1:00pm "Thank you, Veterans" Potluck** 4:00pm Rummikub TAV **6:00pm Musical Movie Night:** ***The Beatles Yellow Submarine* MOV** **Happy Birthday Amanda Harris**	**12** 11:00am Mahjong TAV **11:30am Lunch at Casola Dining** 1:00pm Library Committee LIB 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 6:30pm Walking Group LO **Happy Birthday Nancy Migneault** **Happy Birthday Pat Obrecht**	**13** **9:00am Grocery Shopping** 11:00am Theater How-to MOV 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Maria's Friday Night Fish Fry LO $22 4:00pm Happy Hour: Bring an App GR	**14** 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn *Pearl Harbor* MOV 2:00pm Quarter Bingo GR 4:30pm Soup Social GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
15 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	**16** 11:30am Maria's Chicken Bacon Wrap $12 1:00pm Lit Club LIB **2:00pm Entertainment by Guitrist Gail Sparlin GR** 2:00pm Pinochle TAV 3:00pm Cribbage TAV 3:30pm Catholic Rosary Circle LIB 6:15pm Line Dancing with Linda FS **Happy Birthday Sue Wing**	**17** **9:30am Walking Club Outing** **11:00am Home Instead presents: Apartment Safety GR** 1:00pm Canasta TAV 1:30-3:30pm Swap Meet GR 3:45pm Ming's Flavor Chinese Delivery 4::00pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:30pm Indoor Walking Group LO **Happy Birthday Loretta Kessler**	**18** 11:00am Rummy Card Game TAV 1:00pm Lit Club LIB **2:00pm Financial Fraud Prevention GR** 4:00pm Maria's Personal Pan Pizza $15 4:00pm Rummikub TAV **6:00pm Opera Movie Night:** ***The Gershwins' Porgy & Bess* MOV**	**19** 11:00am Mahjong TAV 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 TAV 6:30pm Walking Group LO	**20** **9:00am Grocery Shopping** 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Cozy Cabin Happy Hour GR	**21** 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn *I Am Woman* MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR **Happy Birthday Jacquie Flanigan** **Happy Birthday Leora Liberatore**
22 2:00pm Dominoes TAV 2:00pm Quarter Bingo GR 4:00pm Mexican Train TAV 6:00pm Mahjong TAV	**23** 11:30am Goulash LO $12 1:00pm Lit Club LIB **1:30pm PRN present:s Strength Training for Posture & Osteoporosis GR** 2:00pm Pinochle TAV 3:30pm Catholic Rosary Circle LIB 3:00pm Cribbage TAV 6:15pm Line Dancing with Linda FS	**24** **10:00am Schenectady Historical Museum** 1:00pm Canasta TAV **2:00pm Team Trivia with Mark Hersh** 4:00pm Chef Johnny's Dinner $16 4:30pm Dice Game: LCR GR 5:30pm Ten Cent Poker TAV 6:00pm Charlie & Vicki's Tasteless Tuesday Movie: Animal House MOV 6:30pm Indoor Walking Group LO **7:00pm Hymns of Thanksgiving GR**	**25** **9:30am Shopping at Boscov's** 11:00am Rummy Card Game TAV 1:00pm Lit Club LIB 3:00pm Monthly Birthday Party GR 4:00pm Maria's Mac & Cheese $15 4:00pm Rummikub TAV **6:00pm R&R Concert Night: Alison Krauss + Union Station MOV**	**26** **Office is Closed** **No Fitness Classes**  **Happy Birthday Carmen Trombley**	**27** **9:00am Grocery Shopping** 1:00pm Lit Club LIB 1:30pm Quarter Bingo GR 4:00pm Happy Hour: Pizza Party $5 GR **Happy Birthday Jack Bush**	**28** 9:30am Bocce CY 1:30pm Glenwyck Cinema & Popcorn Persuasion MOV 2:00pm Quarter Bingo GR 6:00pm Game Night TAV 6:00pm Fireside Chat GR
29 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	**30** 11:30am Soup & Sandwich LO $12 1:00pm Lit Club LIB **2:00pm Entertainment by Mark Mason** 2:00pm Pinochle TAV 3:00pm Cribbage TAV 3:30pm Catholic Rosary Circle LIB 6:15pm Line Dancing with Linda FS					

How Empress Josephine Bonaparte C hanged the Face of America's Fashion & Decor

PRESENTED BY MARILYN SASSI

Tuesday, November 3 at 1:00pm

Discover how Empress Josephine became one of the most influential style icons of her time. The program explores how her fascination with ancient Rome transformed French fashion, art, and décor, along with a look at her remarkable château, gowns, furnishings, and collections.



Wednesday, November 18 at 2:00pm - Great Room

Gain the skills to navigate today's landscape with safety and confidence. Explore how scams work, the tricks used to steal personal information, and practical steps to keep your financial identity secure. You will also learn how to spot a scam and how to protect yourself.

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

Monday, November 23
1:30pm
Great Room

Strength Training for Posture & Osteoporosis

Join PRN for an informative and practical program designed to help you build strength, improve posture, and stay steady on your feet. Learn simple strategies for keeping your body strong and upright, especially when facing challenges such as osteoporosis.

Refreshments will be served.

Excursions

Musicians of Ma'alwyck

Wednesday, November 4

A Fashionable Assembly
Join us for a special FREE performance by Musicians of Ma'alwyck at the SUNY Schenectady School of Music as they open their 27th season with A Fashionable Assembly, featuring music inspired by 1700s London. Bus departs at 11:30am for the 12:00pm performance.

Lunch at Casola Dining

Thursday, November 12

Join us for a delicious dining experience at SUNY Schenectady's Casola Dining Room, where Culinary Arts students showcase their skills in a professional restaurant setting. This outings menu will feature American Bistro & Gastropub favorites. Cost is $30 plus tax and gratuity.
Bus departs at 11:30am for the 12:00pm lunch.
12 resident maximum-see add'l notes on sign-up

Schenectady Historical Museum

Tuesday, November 24

SCHENECTADY COUNTY HISTORICAL SOCIETY

Nestled in the heart of Schenectady's historic Stockade District, the Schenectady Historical Museum offers a fascinating look at our area's rich past. Join us as we explore exhibits highlighting Schenectady's history, art, and culture through the years.
$8 pp- Please sign up on the conversation table.
Bus departs at 10:00am.
14 resident maximum

Veterans Day & Thanksgiving Holiday Music

Tuesday, November 10
GE Theatre at Proctors

Special holiday performance featuring Helen Maksymicz & Martha Regelmann, presented by the Hudson-Mohawk Theatre Organ Society. The bus will leave the Summit at 11:15pm and return at 1:15pm to pick-up.

Bon Appetit — Please submit this month's food orders with the meal form and cash to the office by Thursday, October 29, by noon.

Dine in with Chef Mickey-$16



Tuesday, November 3 @ 4:10pm
Baked Haddock, mashed potatoes, vegetable, salad, roll

Thursday, November 19 @ 4:10pm
Chicken Fried Chicken Steak, mashed potatoes, vegetable, salad, roll

Dining with Chef Johnny



Tuesday, November 10 - Omelette Breakfast served with homefries - $12

Omelette forms are in the lobby. Pick a time of 8:30 or 9:15am, fill out the omelet form completely and then return it with the meal form and money.

Tuesday, November 24 at 4:00pm - $16

Shrimp Linguini, salad, garlic bread, dessert.



$6 Cash Only

SUBWAY



Thursday, November 12 at 3:30pm

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

MING'S FLAVOR CHINESE TAKE-OUT

Tuesday, November 17 @ 3:45pm

$14 includes tax & tip

Combos served with egg Roll & Pork Fried Rice. Please specify which meat if needed.

PIZZA PARTY

2 Slices of Cheese or Pepperoni Pizza

Friday, November 27 4:00pm

$5 *CASH ONLY*



Please sign up in the office with your meal form.

Maria's LUNCH Bunch

$12

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

Mondays 11:30am

November 9 - Soup & Sandwich
Grilled Cheese, tomato soup, brownie

November 16 - Chicken Bacon Wrap
potato chips, peanut butter cookie

November 23 - Goulash
side salad, chocolate chip cookie

November 30- Ham & Swiss on Rye
vegetable soup, oatmeal raisin cookie

SupperClub
FOOD & FRIENDS

Supper Club with Maria's Cafe

Delivered to the Lobby on dates below at 4:00pm.



November 13 - $22
Fish Fry served with French fries, cole slaw, tarter sauce

November 18 - $15
Personal Pan Pizza served with caprese salad, dessert

November 25 - $15
Macaroni & Cheese served with green beans, 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.

Renew DAY SPA

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-Finemore 518-232-7676
Appointments Required

PRICE CHOPPER pharmacy

DELIVERY IS AVAILABLE
Monday— Friday. Call Jessica at 399-6474.

FROZEN DINNERS

By: Chef Johnny



Chef Johnny is now offering frozen meals, which are available in the office any day of the week during business hours.
The dinners below are **$14 each** and ready to be heated.

- Chicken Parmigiana with pasta, sauce, vegetable
- Meatloaf with mashed potatoes, vegetable
- Turkey with stuffing, roasted potatoes, vegetable

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, November 11 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

Hannaford · MARKET 32 BY PRICE CHOPPER · ALDI · CVS pharmacy · 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.

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

Patient Service Coordinator
Yang Chang
920-397-3777
Vandenburg@prnphysicaltherapy.com