

SUMMIT AT GLENWYCK

Monthly Newsletter

January 2024



THE Manager's Message

A New Year is similar to a blank book which offers you a chance to write a pleasant and happy story for yourself.

Be someone who listens, and you will be heard.

Be someone who cares, and you will be loved.

Be someone who gives, and you will be blessed.

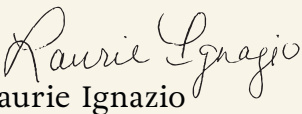
Be someone who comforts, and you will be at peace.

Be someone who lives with joy, with purpose, as your light brightly shines.

Be, in every moment, the special someone you are truly meant to be!

I am grateful that you have chosen Glenwyck for your home & hope you have a healthy & happy 2024!

Happy New Year!


Laurie Ignazio

Community Manager

Lunch Outing



Tuesday, January 16th
Bus Leaves at 11:00
Sign up in the Office

New Resident mixer

Calling all New Residents
for a Meet & Greet
and Fellowship!

Tuesday, January 9th
2:00 pm in the Tavern



Staff

Community Manager

Laurie Ignazio
Lignazio@summitseniorlife.com

Resident Services Coordinator

Jennifer Hickey
JHickey@summitseniorlife.com

Maintenance

Thomas Nardini
Paul Coffin

Driver

Harold Bergeron

Weekend Concierge/Marketing Assistant

Gloria Poston
Evelyn Kauffman

Office Phone

518-280-7340

Emergency Maintenance

518-338-9562

The Summit At Glenwyck
150 Dutch Meadows Lane
Glenville, NY 12302



Annina Casillo	1/1
Michele Gibson	1/3
Gloria Hill	1/8
Sandra Hann	1/10
Cyndie Williams	1/11
Leslie Greenough	1/24
Carol Deiulio	1/28

Help us celebrate our monthly birthdays on
 Tuesday, January 30th at 2:00 pm
 in the Great Room
 Cake & Ice Cream for all!

*Welcome to
 The Summit At Glenwyck*

*Carol Deiulio
 from Scotia, NY*

INDOOR SWAP MEET

Thursday, January 11th

12:00 pm – 3:00 pm

In the Great Room

Residents may bring 5 unwanted items to
 donate and then go "shopping" for free!

Drop off your items at 11:00 am in the
 Great Room to be displayed.

**SWAP
 MEET**

**ONE
 MAN'S TRASH
 ANOTHER
 MAN'S TREASURE**

You must take your
 items back home with
 you at 3:00 if they
 were not chosen.

MARIA'S MONDAY LUNCH BUNCH

**January 8th, 22nd, 29th
 Delivery to the Tavern 11:30 am**

January 8th - Grilled Chicken Sandwich
 (Pasta Salad, Peanut Butter Cookie) \$12

January 22th - Chicken Bacon Wrap
 (Side Salad, Chocolate Chip Cookie) \$12

January 29th- Patty Melt
 (Pasta Salad, Brownie) \$12

**Orders due in the office by Noon on
 Friday 1/5, 1/19, 1/26**

SupperClub FOOD & FRIENDS

Wednesdays

**January 3rd, 10th, 17th, 24th, 31st
 Delivery to the Tavern 4:00 pm**

January 3rd - Baked Ham Dinner
 (Mashed Potatoes & Gravy, Tossed Salad,
 Green Beans, Roll, Cherry Cobbler) \$15

January 10th - Roast Beef Dinner
 (Mashed Potatoes & Gravy, Garden Salad,
 Green Beans, Roll, Apple Crisp) \$17

January 17th - Lasagna Dinner
 (Tossed Salad, Italian Bread, Chocolate Cake) \$15

January 24th - Meatloaf Dinner
 (Baked Potato, Garden Salad, Baby Carrots, Roll,
 Chocolate Pudding) \$15

January 31st - Spaghetti & Meatballs
 (Tossed Salad, Italian Bread, Chocolate Cake) \$15

**Orders due in the office by Noon on
 Monday 1/8, 1/12, 1/22, 1/29**

S	M	T	W	TH	F	S
	<p>1</p> <p>1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV</p> <p>HAPPY BIRTHDAY ANNINA CASILLO</p> <p>Office Closed</p> <p>NEW YEAR'S DAY</p>	<p>2</p> <p>1:30 Entertainment Meeting w/Jennifer GR  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>3</p> <p>8:30 Waffle Wednesday GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Baked Ham Dinner \$15 TAV 5:30 Cards TAV</p> <p>HAPPY BIRTHDAY MICHELLE GIBSON</p>	<p>4</p> <p>10:00 Bible Study LIB 11:30 Snowmen Fishbowl Craft with Renee 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Scrabble TAV</p>	<p>5</p> <p>9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Wine GR 6:00 Cards TAV</p>	<p>6</p> <p>2:00 Quarter Bingo GR 1:30 Glenwyck Cinema MOV 6:00 Game Night TAV</p>
<p>7</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>8</p> <p>11:00 Resident Meeting w/Laurie & Glenwyck Staff GR 11:30 Maria's Lunch Bunch: Grilled Chicken Sandwich \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV</p> <p>HAPPY BIRTHDAY GLORIA HILL</p>	<p>9</p> <p>12:30 Asian Cuisine with Malee GR 2:00 New Resident Mixer TAV  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>10</p> <p>8:30 Waffle Wednesday GR 10:00 Podiatrist Dr. Masias 1:00 Lit Club LIB  11:00 Hector PT Presents "Exercises for the Lower Extremities to Remain Safe and Independent." GR 4:00 Supper Club w/Maria's Café: Roast Beef Dinner \$15 TAV 5:30 Cards TAV</p> <p>HAPPY BIRTHDAY SANDRA HANN</p>	<p>11</p> <p>10:00 Schenectady Public Library 10:00 Bible Study LIB 12:00 Indoor Swap Meet GR 1:00 Knitting & Crocheting GR 2:30 Glenwyck Cinema MOV 4:00 Right Left Center GR 6:00 Classic Hits w/ Blue Maroon GR</p> <p>HAPPY BIRTHDAY CYNIDIE WILLIAMS</p>	<p>12</p> <p>9:00 Grocery Shopping 12:00 Supper Club Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: Screwdriver GR Bring an Appetizer to Share GR 6:00 Cards TAV</p>	<p>13</p> <p>2:00 Quarter Bingo GR 1:30 Glenwyck Cinema MOV 6:00 Game Night TAV</p>
<p>14</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>15</p> <p>1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV</p> <p>Office Closed</p> <p>MARTIN LUTHER KING DAY</p>	<p>16</p> <p>11:00 Lunch at Maxon's American Grill 12:00 Subway Orders Due  2:30 Docuseries: MOV 2:00 Service Club Meeting GR 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>17</p> <p>8:30 Waffle Wednesday GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Lasagna Dinner \$15 TAV 5:30 Cards TAV</p>	<p>18</p> <p>9:00 Sunnyview Audiology OFFICE 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 2:00 Russ Kennedy GR 2:30 Glenwyck Cinema MOV 4:00 Right Left Center GR 4:00 Subway Dine-In \$5 GR</p>	<p>19</p> <p>9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Happy Hour: BYOB GR 6:00 Cards TAV</p>	<p>20</p> <p>2:00 Quarter Bingo GR 1:30 Glenwyck Cinema MOV 6:00 Game Night TAV</p>
<p>21</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>22</p> <p>11:30 Maria's Lunch Bunch: Chicken Bacon Wrap \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV</p>	<p>23</p> <p>11:00 Lunch at the Glenville Queen 12:00 Pizza Orders Due 2:00 New Resident Mixer TAV  2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV 5:00 Pot Luck Dinner</p>	<p>24</p> <p>8:30 Waffle Wednesday GR 12:00 Pizza Orders Due 12:00 Indoor Swap Meet GR 1:00 Lit Club LIB 4:00 Supper Club w/Maria's Café: Meatloaf Dinner \$15 TAV 5:30 Cards TAV</p> <p>HAPPY BIRTHDAY LESLIE GREENOUGH</p>	<p>25</p> <p>10:00 Shopping at Peter Harris 10:00 Bible Study LIB 1:00 Knitting & Crocheting GR 1:30 Library Committee LIB 2:00 Bring a Dessert to Share Social GR 2:30 Glenwyck Cinema MOV 4:00 Right Left Center GR</p>	<p>26</p> <p>9:00 Grocery Shopping 12:00 Lunch Bunch Orders Due 1:00 Lit Club LIB 1:30 Quarter Bingo GR 4:00 Pizza Party: Wine \$5 GR 6:00 Cards TAV</p>	<p>27</p> <p>2:00 Quarter Bingo GR 1:30 Glenwyck Cinema MOV 6:00 Game Night TAV</p>
<p>28</p> <p>2:00 Dominoes TAV 2:00 Quarter Bingo GR 4:00 Poker TAV 6:00 Game Night TAV</p>	<p>29</p> <p>11:30 Maria's Lunch Bunch: Patty Melt \$12 TAV 12:00 Supper Club Orders Due 1:00 Lit Club LIB 2:30 Catholic Rosary Circle LIB 4:00 Religious Service GR 6:30 Scrabble TAV</p>	<p>30</p> <p> 2:00 Birthday Party GR 2:30 Docuseries: MOV 4:00 Game Night: Right Left Center GR 5:30 Scrabble TAV</p>	<p>31</p> <p>8:30 Waffle Wednesday GR 11:00 Lunch at Bellevue Café 12:00 Pizza Orders Due 1:00 Lit Club LIB 1:30 Library Committee LIB 2:30 Glenwyck Cinema MOV 4:00 Supper Club w/Maria's Café: Chicken Parmigiana \$15 TAV 5:30 Cards TAV</p>	<p>CR: Craft Room CY: Courtyard FS: Fitness Studio GR: Great Room GYM</p>	<p>LOBBY MOV: Movie Theatre OFFICE P: Pool TAV: Tavern</p>	
<p>CONNECTED <i>life</i></p>  <p>FITNESS</p>	<p>Every Monday</p> <p>8:30 Water Aerobics (P) 3:30 Buddy Swim (P)</p>	<p>Every Tuesday</p> <p>8:45 Sit 2B Fit (FS) 10:00 & 3:30 Buddy Swim (P) 1:45 Balance Class (FS)</p>	<p>Every Wednesday</p> <p>8:30 Water Aerobics (P) 9:30 Hydorridders (P) 3:30 Buddy Swim (P)</p>	<p>Every Thursday</p> <p>8:45 Sit 2B Fit (FS) 10:00 Zumba Gold (FS) 10:00 & 3:30 Buddy Swim (P)</p>	<p>Every Friday</p> <p>8:30 Water Aerobics (P) 9:30 Hydorridders (P) 3:30 Buddy Swim (P)</p>	<p>Every Saturday & Sunday</p> <p>10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday & Sunday)</p>

**ASIAN CUISINE WITH MALEE
HONG KONG
CRISPY NOODLES**



Tuesday, January 9th
at 12:30 pm
in the Great Room
Sign Up in the Office

LUNCH

at the Glenville Queen Diner

Thursday,
January 23rd
at 11:00 am

Sign up in the Office



OUTING



SCPL
Schenectady County Public Library

**Schenectady County Public Library
Glenville Branch**

Tuesday, January 11th at 10:00 am
Bus will Return at 12:00 pm
Sign up in the Office

HECTORP

Senior Rehabilitation Services PLLC.



**Presentation:
"Exercises for the Lower Extremities to
Remain Safe and Independent"**



Wednesday January 10th
at 11:00 am
In the Great Room

Resident Informational Meetings

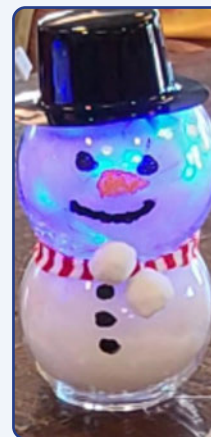
Entertainment Meeting with Jennifer
Tuesday, January 2nd at 1:30 pm

Resident Meeting with Laurie & Glenwyck Staff
Monday, January 8th at 11:00 am

In the Great Room.
All are Welcome.



**Fishbowl Snowman
Craft
with Renee**



Thursday, January 4th
11:30 am in the Great Room
Sign Up in the Office



DINE-IN

Thursday, January 18th
at 4:00 pm
In the Great Room

Join us for a fresh, healthy
supper in the Great Room.
Pick your choice of sub at
a special Glenwyck price!

Only \$5.00!

RSVP to the office by
Tuesday 1/16

*Knitting &
Crocheting*

Thursday's at 1:00 pm
in the Great Room



SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Join fellow residents as they develop on-going volunteer opportunities for our community! The meeting will be hosted in the Great Room.

Current Projects:

Winter Clothing Drive - Hats, Mittens, Gloves, Scarves, Socks for the City Mission.

Meeting: Tuesday, January 16th, 2:00 pm
In the Great Room

Bring a Dessert to Share Social

Thursday, January 25th
2:00 pm in the Great Room

Catch up with friends and create new ones while enjoying a sweet treat!



Shopping at

Peter Harris

great clothes-great prices

Thursday, January 25th

Bus will leave at 10:00 am & return at 12:00 pm

Sign up in the Office



Come listen to your favorite tunes

Blue Maroon - 70's, 80's, 90's

Thursday, January 11th 6:00 pm

Russ Kennedy - 50's, 60's

Thursday, January 18th 2:00 pm

Cole Broderick - Pianist

Wednesday, January 31st 2:00 pm

In the Great Room



Religious Service

Mondays at 4:00 pm

In the Great Room

Our Resident Priest, Rev. Sally Heiligman will be conducting a service in the Christian Tradition.

ALL ARE WELCOME

Thursday,
December 28th
5:00 pm
in the Great Room



A gathering where each guest brings a dish to be shared. Come dine & enjoy fellowship with your neighbors. Please RSVP to the office if you are interested in attending and let us know what dish you will be providing.



Friday, January 26th
at 4:00 pm Great Room
Call the office by 1/24 to RSVP
\$5.00 pp



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 ♥

Call for all your hair/waxing needs.

Tuesday, Thursdays & Fridays 10:00 am - 5:00 pm
Cindy (518) 526-2262

Nail Services

Mondays
Sonia Thomas (518) 512-7479

Massage Therapy

2nd Saturday of the month by appointment
Charlene Watson, LMT (518) 813-3347

PRICE CHOPPER



pharmacy

DELIVERY IS AVAILABLE

Monday— Friday. Call Jessica at 399-6474.



GENOA IMPORTING

Too busy to grocery shop? Too tired to cook?

Genoa Importing meals are available in the office on a first come/first serve basis. The below dishes are frozen and ready to be simply heated & enjoyed. Each 2-person serving is \$13.00.

This month's anyday choices:

Shepherd's Pie	Chicken Tortellini
Meat Lasagna	Veggie & Cheese Ravioli
Beef Stew	Chicken & Dumpling

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

Second Wednesday of every month.

Call Doctor Masias direct at 518-320-8659 to schedule an appointment.

Friday Grocery Shopping

Fridays at 9:00 am
Call the office to sign up



Medical Appointments

Tuesday, Wednesday & Thursday, between 9:00 and 2:00 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.

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214

