

THE PROMENADE

AT TUXEDO PLACE

February 2012

40 Hospital Rd • Tuxedo Park, NY 10987 • (845) 351-0000

Our Management Team

Randi Rubin

Executive Director

Judith Adamson

Property Manager

Linda O'Donnell

Activity Director

Karen Fritsche

Wellness Director

Mary Franck

Marketing Director

Randall Davis

Food Service Director

David Conrad

Maintenance Director

OUR MISSION STATEMENT

Our mission is to provide seniors with outstanding housing options, as well as uncompromising care, to ensure our residents can lead the happy, healthy and productive lives they deserve. It is our desire to have your family and friends become members of our Promenade family.
www.PromenadeSenior.com

What's Going on at the Promenade

Staying indoors won't be a problem for our residents, as we have lots in store for February.

The first half of the month will find us preparing for our Valentine's Day party by crafting and chocolate making. On the 14th, join us as we enjoy live entertainment and sweets galore.

We will then have a Mardi Gras Blast on the 21st! Fabulous food, decorations and live entertainment. Hope to see you there, too!

Our well-rounded activity program consists of daily exercise programs, and mind stimulating games. We have weekly Wii, miniature golf, Bingo, inspirational readings, classical and popular concerts, live entertainment, travel and nature studies.

Simply said, there is always something going on here at the Promenade.

Meet Our Faces From Interesting Places



Destiny M. with Angela L. enjoying an entertainer in our lounge.

Destiny is a care manager/medication tech. She has been caring for our residents for well over a year. Destiny was born and raised in Newburgh, NY, one of five children. She is married and has four children of her own.

She loves our residents like they are her family, giving her heart every day in all she does. She is a true team player and can always be counted on. As Destiny says, "Working here is something special. You get a feeling of caring for family, and that is so satisfying."

Angela L. is one of our original residents. She enjoys music, crafts and movies. We are very lucky to have sweet Angela call Promenade at Tuxedo her home.

The Promenade at Tuxedo Place community creates the perfect balance of assistance and encouragement, so that residents can experience the joy, support and friendships they so richly deserve. We want our residents to feel happy to call Promenade their home.

VISIT US ONLINE

at

www.promenadesenior.com
Check out "Locations" to view

Tuxedo

And experience the active, loving lifestyle that is available.





COMING UP

FEBRUARY



FEBRUARY

- Exercise Class** - Every Morning at 10
- Current Events** - Daily at 1 p.m.
- Scrabble** - Tuesdays at 10:30 a.m.
- Scrabble** - Thursdays at 6 p.m.
- Poker** - Tuesdays in the Billiards Room
- Fridays** - Wine and Cheese Social
- Weekly** - Live Entertainment
- Monthly** - Birthday Celebrations
- Feb. 5** - Super Bowl Party
- Feb. 14** - Valentine's Day Party
- Feb 21.** - Mardi Gras Party
- Yoga**
- Tai Chi**
- Karaoke**
- Mini Golf**
- Wii Bowling**

Fun Times Together



We enjoy singing, dancing and sharing our talents.

Above: John M. dancing with Janice.
Right top and center: Everyone enjoying a lively sing-along with Sandy.
Right bottom: Ursula S. entertains on the piano.



Valentine's Day is Feb. 14. It is celebrated as a lovers' holiday by giving candy, flowers and cards. But it originated in 5th Century Rome as a tribute to St. Valentine. 800 years later Roman men used the day as a way to seek the affection of women. It became a tradition for the men to give the ones they admired handwritten messages of affection containing St. Valentine's name.

The first Valentine card grew out of this practice. The first true Valentine card was sent in 1415 by Charles, Duke of Orleans, to his wife. Cupid is another symbol of the holiday because he was the son of Venus, the Roman goddess of love and beauty. Cupid often appears on Valentine cards.

A Word From Judith

Football fans wait all season for February's Super Bowl Sunday! Schedules are cleared, and all other events take a back seat. It has become a major faux pas to even think about having a wedding or any special occasion on this most hallowed of all football days. The ultimate winner of the Vince Lombardi trophy is anybody's guess, as excitement runs high during the playoffs. These games have always been full of surprising twists and turns, and I'm sure this will continue up to Super Bowl Sunday. So my advice is, on Feb. 5, pull up a chair and join in the fun. If you're not a football fan, at least tune in to watch the fabulous commercials. At \$3.5 million for a 30 second spot, they're definitely worth a peek!



Janice's View

Where's the Snow?

Many of us are jumping up and down with excitement because we are not seeing any snow. But, we should all be aware of the following and rethink our thoughts about snow.

Snow's role in maintaining the earth's climate is far more important than previously thought. Based on a new climate model where researchers imagined a world without snow, they found that there would be an increase in the amount of permanently frozen land even as global temperatures would rise.

Amazing! Without the blanket of snow, soil in usually snow covered areas would cool, but the air over the arctic would warm without the snow to cool it.

Maybe we should consider enjoying the peaceful, quiet beauty of fresh fallen snow, and remember the joy snow brought when we were children.

Let's all appreciate our cold air and precious SNOW!



MARDI GRAS

Mardi gras, French for **Fat Tuesday**, celebrates the last night of eating rich, fatty foods before Lent. In many areas, the term "Mardi Gras" means the whole period of activity related to the celebratory events, not just the day. Popular practices include wearing masks and costumes, dancing, parades, etc. The festival varies from city to city, as some traditions consider Mardi Gras the entire period between Epiphany and Ash Wednesday. Others treat the final three-day period before Ash Wednesday as the Mardi Gras. Cities famous for Mardi Gras celebrations include Rio de Janeiro, Brazil, Barranquilla, Colombia, Trinidad & Tobago, Quebec City, Canada and **New Orleans, Louisiana.**

Pancakes and fried pastries made with sugar, fat and eggs are also traditionally consumed at this time.



Greta C. and Ursula S.



Celebrate YOU!



- Feb. 7 - Lowell H.
 - Feb. 7 - James P.
 - Feb. 7 - Lydia S.
 - Feb. 8 - Lena A.
 - Feb. 16 - Rita O.
- ***

Our Birthday Social is Thurs., Feb. 9, at 3:00. Have cake and sing the Happy Birthday song with us. The more the merrier.

Welcome New Residents

We are so pleased to announce the newest additions to our Promenade family:
Greta C. from Florida
and
Ursula S. from NYC
Welcome, ladies, we're delighted to have you with us.



The Promenade at Tuxedo Place
40 Hospital Road
Tuxedo, NY 10987
(845) 351-0000
www.PromenadeSenior.com