



PROMENADE AT MIDDLETOWN

70 Fulton Street • Middletown, NY 10940 • (845) 341-1888
www.PromenadeSenior.com

January 2018



Promenade Team

Exec. Dir. Berna Bader
Community Karen M. Treacy
Wellness Nancy Aris
Wellness Jenn Reese
Resident Care Marian Malcuit
Activity Dir. AnnMarie Ehler
Case Mgmt. Benizia Davila
Maintenance Michael Cassara
Food Serv. Anna Arocho
Senior Day Illisa Lipkin




Happy Birthday

January Birthdays

5 Ludovic L.
6 Frances G.
7 Carole S.
12 Thomas Y.
15 Rafael C.
18 Martha S.
19 Lucille C.
21 Laurence C.
22 Lois R.
22 Elsie R.
27 Alice R.



What's YOUR New Year's Resolution?

Are you one of those people who makes unrealistic New Year's resolutions? It seems the key to keeping those vows lies in setting simple goals.

For example: losing weight is one of the most popular resolutions and one that often falls by the wayside. Instead of setting a specific goal that will ultimately fail, keep it general, like "I'm going to get healthy."

By setting general milestones for yourself, you'll make it much easier to keep those resolutions throughout 2018!



Happy New Year From All of Us at the Promenade at Middletown!



Holiday Party!



Holidays: A Time for Family...



A Time to Be With Friends...



Instagram



Activities



Celebrate!

January Highlights

- 3 Cocktail Party with DJ John
- 7 Minisink Youth Football Visit
- 9 Trip out for Pizza
- 11 Trip to the Movies
- 15 Pizazz Shop
- 15 Remembering Martin Luther King
- 17 S. Korean Students Visit
- 18 S. Korean Students Visit
- 17 Trip to Dollar Tree
- 20 Music with Joe Maz
- 23 Trip to Dunkin' Donuts
- 24 Cocktail Party with Rick
- 25 Trip for Breakfast
- 30 Trip to Dollar Tree
- 31 January Birthday Party

...A Time of Joy and Peace



Guess Who?

Here's to A Wonderful 2018!





Promenade at Middletown
70 Fulton Street
Middletown, NY 10940
(845) 341-1888
PromenadeSenior.com