

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2019



Calendar created by Jumone Johnson (JJ) Director of Recreation  
If you have any questions please contact JJ at [jj@promenadesenior.com](mailto:jj@promenadesenior.com) or call (518) 514-9500

|  |   |   |  |  |  |   |
|--|---|---|--|--|--|---|
| <p><b>Group Leader Care Staff<sup>3</sup></b></p> <p><b>Superbowl Sunday</b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Favorite Hymn Sing-along-AR<br/>2:00 Sunday Matinee-AR<br/><b>6:30 Superbowl Game with Refreshments-AR</b></p> | <p><b>Group Leader JJ<sup>4</sup></b></p> <p><b>Snicker Candy Bar Day</b></p> <p>10:00 Stretching Exercise-AR<br/>10:45 Wii Bowling-AR<br/>2:00 Match up Game-AR<br/>3:00 Snicker Bar Ice-Cream social-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader JJ<sup>5</sup></b></p> <p><b>Chinese New Year</b></p> <p>10:00 Balance Class-AR<br/>10:45 Spelling Year of the Pig-AR<br/>2:00 Chocolate Bingo-AR<br/>3:00 Eggroll Social<br/>6:30 Evening Movie-AR</p> <p><small>Chinese New Year</small></p>           | <p><b>Group Leader JJ<sup>6</sup></b></p> <p>10:00 Sitter-cise-AR<br/>10:45 Name Challenge Find the Words -AR<br/>2:00 Large Crossword Puzzle-AR<br/>3:00 Game Room Games-GR<br/>6:30 Evening Bingo-AR</p>                         | <p><b>Group Leader JJ<sup>7</sup></b></p> <p><b>Storytelling Day</b></p> <p>10:00 Balance Class-AR<br/>10:45 Its Story Time &amp; Name that Personality-AR<br/>2:00 Floor Bowling-AR<br/>3:00 Sing-along/Choir Group-AR<br/>6:30 Evening Movie-AR</p>  | <p><b>Group Leader JJ<sup>8</sup></b></p> <p>10:00 Stretching Exercise<br/>10:45 Wheel of Fortune-AR<br/>2:00 Valentines Day Door Craft-AR<br/>3:00 Wine &amp; Cheese Happy Hour-AR<br/>6:30 Evening Movie-AR</p>  | <p><b>Group Leader Care Staff<sup>9</sup></b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Trivia Challenge-AR<br/>2:00 Bingo Game-AR<br/>6:30 Evening Movie-AR</p> <p><small>Groundhog Day</small></p> |
| <p><b>Group Leader Care Staff<sup>10</sup></b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Favorite Hymn Sing-along-AR<br/>2:00 Sunday Matinee-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader JJ<sup>11</sup></b></p> <p>10:00 Stretching Exercise-AR<br/>10:45 Matching: Hollywood Couples-AR<br/><b>12:30-1:30 Albany Public Library Pop up Visit</b><br/><b>2:00 February Birthday Party with Brian Zapel-AR</b><br/>6:30 Evening Movie-AR</p>  | <p><b>Group Leader JJ<sup>12</sup></b></p> <p>10:00 Balance Class-AR<br/><b>11:00 Worship Service with Pastor Medwid-AR</b><br/><b>2:00 Food Council Meeting-AR</b><br/><b>2:30 Residents Council Meeting-AR</b><br/>3:00 Ice-Cream Social-AR<br/>6:30 Evening Movie-AR</p> | <p><b>Group Leader JJ<sup>13</sup></b></p> <p><b>10:30-11:30 Latin Music &amp; Dance with Carlos-AR</b><br/><b>2:00 Baking &amp; Decorating Valentine Day Cookies-Ak</b><br/>3:00 Game Room Games-GR<br/>6:30 Evening Bingo-AR</p> | <p><b>Group Leader JJ<sup>14</sup></b></p> <p><b>10:00 Balance Class-AR</b><br/><b>10:45 Unscramble the Valentine's Day Puzzles-AR</b><br/><b>2:00 Valentine's Day Dance with Robert Vale</b><br/><b>3:00 Crowning of 2019 Valentines Day King &amp; Queen-AR</b><br/><b>6:30 Evening Movie-AR</b></p> <p><small>Valentine's Day</small></p> | <p><b>Group Leader JJ<sup>15</sup></b></p> <p>10:00 Stretching Exercise-AR<br/>10:45 Name Ten-AR<br/>2:00 The Price is Right Game<br/>3:00 Wine &amp; Cheese Happy Hour-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader Care Staff<sup>16</sup></b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Trivia Challenge-AR<br/>2:00 Bingo Game-AR<br/>6:30 Evening Movie-AR</p>                                    |
| <p><b>Group Leader Care Staff<sup>17</sup></b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Favorite Hymn Sing-along-AR<br/>2:00 Sunday Matinee-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader JJ<sup>18</sup></b></p> <p><b>Presidents Day</b></p> <p><b>10:00 Stretching Exercise-AR</b><br/><b>10:45 Name the 1<sup>st</sup> Lady-AR</b><br/><b>2:00 "Commander in Chief"-find the words &amp; Puzzles-AR</b><br/><b>3:00 Presidents Day Root Beer Float Social-AR</b><br/><b>6:30 Evening Movie-AR</b></p> <p><small>Presidents' Day (US)</small></p> | <p><b>Group Leader JJ<sup>19</sup></b></p> <p>10:00 Finish the Movie Song Title-AR<br/><b>11:00 Zumba Gold Class with Concetta-AR</b><br/><b>2:00 Folk Music with Musician Joe Gorman-AR</b><br/>6:30 Evening Movie</p>   | <p><b>Group Leader JJ<sup>20</sup></b></p> <p>10:00 Sitter-cise<br/><b>10 :45 Random Trivia</b><br/>2:00 Men's Woodworking<br/>2:00 Ladies Manicure<br/>3:00 Game Room Games-GR<br/>6:30 Evening Bingo-AR</p>                      | <p><b>Group Leader JJ<sup>21</sup></b></p> <p>10:00 Balance Class-AR<br/>10:45 Bella Napoli Donuts &amp; coffee Social-AR<br/>2:00 Floor Bowling-AR<br/>3:00 Sing-along/Choir Group-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader JJ<sup>22</sup></b></p> <p>10:00 Stretching Exercise-AR<br/>10:45 Family Feud Game-AR<br/>2:00 State Trivia Bingo-AR<br/>3:00 Wine &amp; Cheese Happy Hour-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader Care Staff<sup>23</sup></b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Trivia Challenge-AR<br/>2:00 Bingo Game-AR<br/>6:30 Evening Movie-AR</p>                                    |
| <p><b>Group Leader Care Staff<sup>24</sup></b></p> <p>10:00 Chair Exercise-AR<br/>10:45 Favorite Hymn Sing-along-AR<br/>2:00 Sunday Matinee-AR<br/>6:30 Evening Movie-AR</p>   | <p><b>Group Leader JJ<sup>25</sup></b></p> <p>10:00 Stretching Exercise-AR<br/>10:45 Wii Bowling-AR<br/>2:00 Face up Card Game-AR<br/>3:00 <b>Cooking Group: Make your own English - Muffin Pizza-AR</b><br/>6:30 Evening Movie-AR</p>  | <p><b>Group Leader JJ<sup>26</sup></b></p> <p>10:00 Balance Class<br/>10:45 Hangman Board Game<br/><b>1:00 Bingo Bucks Store</b><br/>2:00 Jukebox Bingo<br/>3:00 Match up Games<br/>6:30 Evening Movie</p>  | <p><b>Group Leader JJ<sup>27</sup></b></p> <p>10:00 Sitter-cise-AR<br/>10:45 Jeopardy Trivia-AR<br/><b>2:00 Town of Bethlehem Senior Choir Performance-AR</b><br/>3:00 Game Room Games-GR<br/>6:30 Evening Bingo-AR</p>            | <p><b>Group Leader JJ<sup>28</sup></b></p> <p>10:00 Balance Class-AR<br/>10:45 Pokeno-AR<br/>2:00 Can you List this? -AR<br/><b>3:00 Welcome New Residents and All Staff Appreciation Ice-Cream Social-AR</b><br/>6:30 Evening Movie-AR</p>  | <p><b>Activities are subject to change or re-scheduled if group leader is absent or due to inclement weather conditions. Activities are conducted by JJ &amp; Care Staff.</b></p> <p><b>Activities Location Key</b><br/>AR= Activities Room<br/>AK= Activity Kitchen<br/>GR= Game Room</p> <p><small>Assisted Living &amp; Memory Care</small></p>  |   |