

PROMENADE

AT CHESTNUT RIDGE

168 Red Schoolhouse Road • Chestnut Ridge, NY 10977 • (845) 620-0606
www.PromenadeSenior.com



Ugly Sweater Contest

Who says ugly sweaters can't be fashionable? Our Staff went all out this holiday season in finding the best ugly sweaters on the market. None of us felt ugly. On the contrary, we felt festive, joyful and brought so much happiness to our residents.

We marched around the room at our holiday showcase and sang songs that filled the room with holiday magic.

So many residents, staff and family members joined us for our holiday showcase. Some residents read Christmas poems, some sang songs and our staff shared holiday songs in several languages. It was a memorable afternoon for all involved.

Special thanks to Nilly and her staff for planning such a wonderful holiday season for us all to enjoy.

January 2019



Tree-Trimming Contest

And the winner is...**TREE NUMBER 4**—created by our talented and awesome Maintenance and Housekeeping Department. Pictured above from left to right are Iris Q., Laundress; Courtney S., Porter; Benji M., Director; Minda M., Housekeeper; Gertrudes M., Housekeeper; and Maintenance/Porter Amonce P. Congratulations to a great team!

All the trees added so much to our holiday season. Congratulations to all departments. We can now reveal the creators of each tree. Tree Number 1 - our Dining Staff; Tree Number 2 - the front office and administration; Tree Number 3 - Wellness (see back cover) and Tree Number 5 - Activities.

The winner was announced at our Holiday Staff Party on December 17th. We look forward to next year's contest. Tree Number 2, our Cat and Dog themed tree, was donated to Hi-Tor Animal Shelter. We hope they enjoyed it as much as we did.

CALENDAR KEY

AR..... Activity Room
 AR2.... 2nd Fl. Act. Room
 PA..... Parlor
 LIB..... Library
 TV..... TV Room
 C..... Courtyard
 PD..... Pvt Dining Room
 Bus..... Bus
 L..... Lobby
 DR..... Dining Room

Volunteers

Edith A. Bogert School
 Church Presentation
Resident Volunteers
Roberta B., President
Rosalind W., Vice President
Roberta B., Linda B., Sundries Shop
Volunteer Shopper
Lynn P.
Shirley M., Welcome Committee

Activity Department

Director
 Nilly Landa

Leaders

Tamar Brutus
 Cheryl Beson
 Rose Buskin

Sundries Shop

Open Tuesdays and
 Thursdays at 9:30am in
 the Activities Room (AR)
 Shower & Bath Supplies
 Toiletries, Candy
 Cards & Stamps



| Sunday | Monday | Tuesday |
|---|--|---|
| Daily Social at 3 p.m. In the Parlor The Beauty Parlor Will Be Open Every Wednesday and Friday Please Make Appointments at the Front Desk Resident Store Open Tue & Thur at 9:30am In Activities Room 8:00 AR Evening Social | Activities are subject to change. Please check the TV screen for updates and changes during the month. | Happy New Year's Day 1 Leaders- Cheryl 9:30 PA Stretch Into The New Year 10:15 PA Resolutions 2019 11:00 PA New Year's Around The World 12:00 AR New Year's Lunch 1:30 AR Holiday Bingo 3:30 PA Ringin In The New Year w/Randi Accardi 6:15 AR Holiday Movie |
| Golden Globe Awards 6 Leaders- Nilly 10:00 AR Communion Service 10:30 PA Sentimental Journey 11:00 PA The Best Of Hollywood 11:30 PA From The News Desk 1:30 AR Bingo Bonanza 3:30 PA Outburst 6:15 AR The Best On Sunday | Leaders- Tamar & Nilly 7 9:30 PA Forever Fit 10:15 PA Daily Chronicles 10:45 PA Winter Village Craft 12:00 AR Newcomers' Lunch 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Tamar's Treasure Chest 3:30 PA Shake, Rattle & Roll w/Rafael 6:15 AR Monday Night Movie | Elvis' Birthday 8 Leaders- Tamar & Nilly 9:30 PA Cabin Fever Fun w/Bogert School 11:00 PA What Would You Do 12:00 AR Red Hat Lunch 1:30 LIB Scrabble/AR Bingo 1:30 PA A Burst of Fun w/Tamar 3:30 PA Volleyball Fun w/George 6:15 AR Elvis Movie |
| Activities Week 20-26 13 Leaders- Nilly 10:00 AR Communion Service 10:30 PA Remember When 11:00 PA Chair Aerobics 11:30 PA Hot Of The Press 1:30 AR Bingo Bonanza 3:30 PA Mad Libs 6:15 AR Sunday's Best | Leaders- Cheryl & Nilly 14 9:30 PA Stretch & Tone 10:15 PA Daily Chronicles 10:45 AR The Crafty Crew 10:45 AR The Knitting Nook 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Nilly's Snow Painting 3:30 PA Winter Warm-Ups w/Rafael 6:15 AR Film Fans 6:15 PA Win, Lose or Draw | Leaders- Cheryl & Nilly 15 9:30 PA Tone It Up Tuesday 10:15 PA Just Check Wikipedia 10:45 PA Winter Scapes 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Game Time 3:00 PA Hot Chocolate Social 3:30 PA Feeling Lucky Casino Games w/George 6:15 AR Hollywood Presents |
| Tu B'Shevat Begins 20 Leaders- Nilly 10:00 AR Communion Service 10:30 PA Treasured Times 11:00 PA Sunday Stretch 11:30 PA News Briefs 1:30 AR Bingo Bonanza 3:30 PA The New Year of Trees 6:15 AR Showtime Sunday | Martin Luther King Jr. Day 21 Leaders- Tamar & Nilly 9:30 PA It's Educational Fun w/Teachers of Northern Highland 10:45 PA Button Snowflakes 1:30 LIB Scrabble/LIB Scrabble 3:00 PA Remembering Martin Luther King Jr. 4:00 PA Winter Moves w/Rafael 6:15 AR Blockbuster Movie | Leaders- Tamar & Nilly 22 9:30 PA Snow Much Fun w/Bogert School 11:00 PA Break The Ice 12:00 AR Romeo Lunch 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Fun & Games 3:00 PA Gourmet Coffee Social 3:30 PA Sharpen Your Senses w/George 6:15 AR Showstoppers |
| Leaders- Nilly 27 10:00 AR Communion Service 10:30 PA Memory Makers 11:00 PA Chair Aerobics 11:30 PA You Heard It First 1:30 AR Bingo Bonanza 3:30 PA Snapple Cap Trivia 6:15 AR Netflix Pix | Leaders- Cheryl & Nilly 28 9:30 PA Stretch & Tone 10:15 PA Daily Chronicles 10:45 AR Let It Snow Crafts 10:45 AR Yarn Works 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Circle of Friends 3:30 PA Winter Workout w/Rafael 6:15 AR Comedy Central 6:15 PA Everybody's a Winner | Leaders- Cheryl & Nilly 29 9:30 PA Twistin' Tuesday 10:15 PA Daily Chronicles 10:45 AR Aspiring Artists 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Snowscapes 3:00 PA Mitten & Mufflers Social 3:30 PA Casino Royale w/George 6:15 AR Netflix Top Ten |

| Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|
| <p style="text-align: right; margin: 0;">2</p> <p>Leaders- Tamar 9:30 PA Exercise & Energize 10:00 BUS: Dollar Tree 10:15 AR Daily Chronicles 11:00 PA 1st of Everything 1:30 AR Bingo 3:30 PA Food Committee 4:00 PA Atop the Empire 4:00 AR Eucharist Meditation 6:15 AR Curtain Call</p> | <p style="text-align: right; margin: 0;">3</p> <p>Leaders- Tamar AVI 9:30 PA The Fitness Club 10:00 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA Word Association 1:30 LIB Scrabble/AR Bingo 1:30 PA Lost & Found 2:30 PA Resident Council 3:30 PA Frosty Tunes w/Bryan Lamers 6:15 AR Reel to Reel</p> | <p style="text-align: right; margin: 0;">4</p> <p>Leader - Tamar & Cheryl 9:30 PA Fun & Fitness Friday 10:15 AR Just Bead It 10:15 AR Math Matters 1:30 AR B-I-N-G-O 1:30 PA Winter Scape Colorama 3:30 PA Target Toss 3:30 AR Shabbat Service 6:15 AR Front Row Seats</p> | <p style="text-align: right; margin: 0;">5</p> <p>Leaders- Tamar & Cheryl 9:30 PA Weekend Workout 10:15 PA It's Puzzling 10:15 AR Dazzling Ladies 11:00 PA Bowling for Dollars 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Frosty Friends 3:30 PA The Match Game 6:15 AR Weekend's Best</p> |
| <p style="text-align: right; margin: 0;">9</p> <p>Leaders- Cheryl & Nilly 9:30 PA Stretch & Flex 9:30 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA The Know It All 11:30 BUS: Let's Do Lunch 1:30 AR Bingo 3:30 PA Take Your Best Shot Games 4:00 AR Eucharist Meditation 6:15 AR Award-Winning Film 6:15 PA Card Sharks</p> | <p style="text-align: right; margin: 0;">10</p> <p>Leaders- Cheryl & Nilly 9:30 PA Fit for Life 10:15 PA Daily Chronicles 10:30 AR Now We're Cookin' 1:30 AR Bingo 2:00 PA New Year's Mass w/ Father Patrick 3:30 PA King of Rock & Roll w/Neil Dankman 6:15 AR Residents' Choice</p> | <p style="text-align: right; margin: 0;">11</p> <p>Leader -Tamar & Cheryl 9:30 PA Fit for Life 10:15 PA The Beadery 11:00 PA Work It Out 1:30 AR B-I-N-G-O 1:30 AR Snow Much Fun 3:30 PA The Race Is On - Horse Racing 3:30 AR Shabbat w/Rabbi Friedman 6:15 AR Movie Buffs</p> | <p style="text-align: right; margin: 0;">12</p> <p>Leaders- Tamar & Cheryl 9:30 PA Senior Fitness 10:15 PA Crossword Fun 10:15 AR Glamour Girls 11:00 PA Golfers Swing 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Chill Out w/ Tamar 3:30 PA The Family Feud 6:15 AR From the Actors Studio</p> |
| <p style="text-align: right; margin: 0;">16</p> <p>Leaders- Tamar & Nilly 9:30 PA Exercise & Energize 10:00 BUS: Walmart 10:15 PA Daily Chronicles 11:00 PA Warm The Heart -Winter Reflections 1:30 AR Bingo 2:30 PA Winter Olympics 4:00 AR Eucharist Meditation 6:15 AR Through the Lens</p> | <p style="text-align: right; margin: 0;">17</p> <p>Leaders- Tamar & Nilly 9:30 PA The Fitness Club 10:00 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA Word Nerds 12:00 PA Birthday Lunch 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Creative Corner 3:30 PA Winter Wonderland Birthday w/Karin Beals 6:15 AR On the Silver Screen</p> | <p style="text-align: right; margin: 0;">18</p> <p>Leader -Tamar & Cheryl 9:30 PA Fun & Fitness Friday 10:15 AR Buttons & Beads 10:15 PA Worksheet Fun 1:30 AR B-I-N-G-O 1:30 PA Picture Perfect 3:30 PA Bean Bag Games 3:30 AR Shabbat w/Rabbi Friedman 6:15 AR Classic Oldie</p> | <p style="text-align: right; margin: 0;">19</p> <p>Leaders- Tamar & Cheryl 9:30 PA Weekend Workout 10:15 PA A Play On Words 10:15 AR Manicures & Music 11:00 PA Parlor Games 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA The Friendship Circle 3:30 PA The Price Is Right 6:15 AR On the Big Screen</p> |
| <p style="text-align: right; margin: 0;">23</p> <p>Leaders- Cheryl & Nilly 9:30 PA Stretch & Flex 10:15 PA Dear Abby 11:00 PA A Poet's Walk 1:30 PA Hop on the Bus 1:30 LIB Scrabble 1:30 AR Bingo 3:30 PA Wacky Wednesday Winter Games 4:00 PA Eucharist Meditation 6:15 AR Critic's Choice 6:15 PA Calling All Players</p> | <p style="text-align: right; margin: 0;">24</p> <p>Leaders- Cheryl & Nilly 9:30 PA Fit for Life 10:00 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA Give It A Whirl - Trivia 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Patchwork Fun 3:00 PA Hot Chocolate Bar 3:30 PA Sing Your Heart Out Karaoke 6:15 AR Top Billing</p> | <p style="text-align: right; margin: 0;">25</p> <p>Leader -Tamar & Cheryl 9:30 PA Fit for Life 10:15 AR All That Bling 10:15 AR Use Your Noggin 1:30 AR B-I-N-G-O 1:30 PA Tamar's Treasures 3:30 PA Cards, Dice & Dominoes 3:30 AR Shabbat Service 6:15 AR Hollywood Presents</p> | <p style="text-align: right; margin: 0;">26</p> <p>Leaders- Tamar & Cheryl 9:30 PA Senior Fitness 10:15 PA Anagrams Fun 10:15 AR Pamper Yourself 11:00 PA Active Games 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Hobby Lobby 3:30 PA Name That Tune 6:15 AR Movie Greats</p> |
| <p style="text-align: right; margin: 0;">30</p> <p>Leaders- Tamar & Nilly 9:30 PA Exercise & Energize 10:15 PA Daily Chronicles 11:00 PA The College of Knowledge 11:00 BUS: Movie & Lunch 1:30 AR Bingo 3:30 PA A Minute To Win It 4:00 AR Eucharist Meditation 6:15 AR The Best of Hollywood</p> | <p style="text-align: right; margin: 0;">31</p> <p>Leaders- Tamar & Nilly 9:30 PA The Fitness Club 10:00 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA Trouble Shooters 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Embellish This 3:30 PA Broadway Hits w/James Michael 6:15 AR Oscar's Choice</p> | <p style="text-align: right; margin: 0;">Happy Birthday Staff:</p> <p>Marie T. – 8th Carmella T. – 17th Nan C. – 17th Cheryl B. – 22nd Amonce P. – 23rd</p> | <p style="text-align: right; margin: 0;">Happy Birthday Residents:</p> <p>Catherine B. – 10th Elsa L. – 11th George W. – 11th Joan G. – 12th Catherine D. – 13th Jane H. – 13th Julia L. – 22nd Rita L. – 22nd Roberta B. – 23rd Joe C. – 24th</p> |

January 2019



HAPPY HOLIDAYS FROM OUR WELLNESS STAFF
Marcia, Michelle, Karin and Narline

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