



# PROMENADE AT MIDDLETOWN

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

## June 2019



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



### June Birthdays

Hilda O. ....	1
Jean S. ....	2
Irene C. ....	3
June C. ....	4
Maria G. ....	7
Leonard H. ....	9
Carol C. ....	10
Albert C. ....	10
Bill F. ....	16
Irene S. ....	19
Gerard M. ....	26
Mary D. ....	28
Joan N. ....	30

### Staying Fit Over 70!

While there is no fountain of youth, staying active can help seniors feel much younger than their age.

- **Low-Impact Aerobics**

Many low-impact aerobic activities are appropriate for those over 70, such as walking, swimming and riding a stationary bike.

- **Safe Strength Training**

Pilates and tai chi help build core strength, reinforcing balance skills and improving range of motion.

- **Building Flexibility**

It is crucial for seniors to maintain good flexibility and balance skills to reduce the risk of falls.

- **Cautions and Concerns**

Seniors with cardiac issues, diabetes, osteoporosis or arthritis should be monitored closely by a health professional.



### Help End ALZ on June 21st

On June 21 — the summer solstice — people across the world will participate in a fundraising activity on The Longest Day.

Choose an activity, gather your friends, and help End ALZ! For more information, please visit <http://act.alz.org>.



**Happy Father's Day From All of Us at the Promenade at Middletown!**





## In the Park



We spent a beautiful spring day enjoying the nature trails at Thomas Bull Memorial Park.



It's not every day that we get to have a gender reveal party at the Promenade, but for Nurse Jenn Reese, she wouldn't have it any other way. Congratulations, Jenn and Alex! We can't wait until October!



**IT'S A BOY!!!!**



## Silvernail Motorsports Welcomes Promenade to Their Race Team

They call her *The Lady In Red*: A stock car that is brand new to the Silvernail Motorsports team.

Promenade at Middletown is proud to announce that we are one of The Lady in Red's sponsors this season.

The car competes regularly at Middletown's Orange County Fair Speedway. The historic track is celebrating its centennial this season.

Originally opened as The Odgen Tract in 1857 as a horse racing venue, the first automobile races began in 1919 and continued annually with a break during World War II.

Today, racing is held every Saturday night from April to September at the track known as "The House of Power."



**The Lady In Red!**







# Employee of the Month



## Meet Rose Wisniewski

You've heard of rescue dogs and rescue cats, but a rescue rabbit? Well, housekeeper Rose Wisiniewski and her family found a rabbit who needed a home and have cared for him since then.

She's a Middletown native and a long-time Promenade team member who has been here since the Southwinds days. The mother of one daughter has four grandchildren and one great-granddaughter who are the light of her life.

Rose is known for her holiday decorations: she decorates the door of the housekeeping room every single year. Thank you, Rose, for being so dedicated to the Promenade!

# Activities

## June Highlights

- 1 ..... Donuts with Big Steve
- 4 ..... Trip to Ice Cream Shop
- 5 ..... Cocktail Party with Chris
- 6 ..... Breakfast at Maddy's
- 11 ..... Trip to Dollar Tree
- 12 ..... Pizazz Shop
- 12 ..... Cocktail Party with Gene
- 14 ..... Concert in the Park!
- 15 ..... Donuts with Big Steve
- 16 ..... Father's Day Luncheon
- 18 ..... Trip to Pizza Hut
- 19 ..... Cocktail Party with Stephanie
- 20 ..... Pre-Kindergarten Farewell Party
- 21 ..... Concert in the Park!
- 26 ..... Trip to Ruby Tuesday
- 27 ..... June Birthday Party
- 29 ..... Donuts with Big Steve



## Carnival!



## Carnival Time Again

Remember how much fun we have at Carnival! We're doing it again on June 18th! We've got lots of surprises in store! Be there or be square!



# Find us on

## Summer BBQ Schedule!

Our summer barbeques on the patio are a Promenade tradition!

- June 13th
- June 20th
- July 11th
- July 18th CARNIVAL DAY & BBQ-Special Plan
- July 25th
- August 1st
- August 8th
- August 15th
- August 22nd
- August 29th
- September 5th
- September 12th

May we never forget  
freedom isn't free....



(with deepest gratitude to those  
who paid the ultimate price)

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