

PROMENADE

AT CHESTNUT RIDGE

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



Beatles Come to The Promenade

We hope you enjoyed our Grandparents Day Celebration as The Promenade transformed into the sounds and sights of the Beatles. Thanks to the dedication, creative genius and hard work of our staff led so capably by Nilly, Benji and Michael. Each year gets bigger and better and we certainly enjoyed bringing you on this magical mystery tour of our wonderful community.



October 2019

Flu Shots - October 10th

Once again this season, Stop and Shop Pharmacy will be providing our flu clinic. It will be held on Thursday, October 10th. Forms have been mailed and it is imperative that they are returned so that we can have everything ready for the pharmacists.

If you have misplaced your form, please call the Promenade and we will send you another. Also, please make sure that when you receive your new Medicare card that you give us a copy. This will help make everything go more smoothly.

During the flu season we ask that you please refrain from visiting if you have cold- or flu-like symptoms. As always, hand washing is the single best way to prevent the flu. Thank you!



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 of the
 Presentation

Resident Volunteers

Rosalind W., Resident
 Council
 Linda B., Mary V., Janet
 E., Sundries Shop

Volunteer Shopper

Lynne P.
 Shirley M., Welcome
 Committee

Activity Department

Director
 Nilly Landa

Leaders

Tamar Brutus
 Cheryl Beson
 Brenda Louis

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.	Rosh Hashanah 1 Leaders- Tamar 9:30 PA Exercise and Energize 10:15 PA Daily Chronicles 11:00 PA Word Wizards 1:30 LIB Scrabble 1:30 AR Bingo 3:00 PA Autumn Treat Social 3:30 PA Cultural Showcase 6:15 AR Movie Greats
Leaders- Brenda 6 10:00 AR Communion Service 10:30 PA Daily Dose Of Nostalgia 11:00 PA Sunrise Stretch 11:30 PA Morning News Hour 1:30 AR Bingo Bonanza 1:30 PA Just Among Friends 3:30 PA White House History 4:00 PA Take A Wild Guess-Trivia 6:15 AR Sunday's Best	Leaders- Cheryl & Nilly 7 9:30 PA Stretch & Tone 10:15 PA Daily Chronicles 10:45 PA Knitting Nook 10:45 AR Let's Make Scarecrows 12:00 AR Newcomer's Lunch 1:30 LIB Scrabble/AR Bingo 1:30 PA Leaf Painting 3:30 PA Rockin' & Rollin w/Rafael 6:15 AR Monday Night Movie	Leaders- Cheryl & Nilly 8 9:30 PA Twistin' Tuesday 10:15 PA Daily Chronicles 11:00 PA High Holy Holiday Service w/Rabbi Friedman 11:00 PA What Would You Do 1:30 LIB Scrabble/AR Bingo 1:30 PA Game Time 3:00 PA Apple Cider Donuts 3:30 PA Volleyball Fun w/George 6:15 AR Front Row Seats
Leaders- Brenda & Nilly 13 10:00 AR Communion Service 10:30 PA Down Memory Lane 11:00 PA Sunday Stretch 11:30 PA Front Page Headlines 1:30 AR Bingo Bonanza 1:30 PA Creative Corner 3:30 C Let's Decorate The Sukkah 3:30 PA Give It A Whirl-Trivia 6:15 AR A Timeless Classic	Columbus Day 14 Leaders- Tamar & Nilly 9:30 PA Forever Fit 10:00 PA Voyage To America 10:30 AR Jack-O-Lantern Decorating 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Pumpkin Lanterns 3:30 PA Disco Fever w/Rafael 6:15 AR Oscar's Choice	Leaders- Tamar & Nilly 15 9:30 PA Exercise & Energize 10:15 PA Daily Chronicles 10:45 AR A Touch Of The Season Painting 11:00 C Sukkot Lunch w/Rabbi Friedman 1:30 LIB Scrabble/AR Bingo 1:30 PA Leaf Printing 3:00 PA Apple Caramel Sundae 3:30 PA Casino Royal 6:15 AR Comedy Central
Leaders- Brenda & Nilly 20 10:00 AR Communion Service 10:30 PA Memory Makers 11:00 PA Sunrise Stretch 11:30 PA Read All About It 1:30 AR Bingo Bonanza 1:30 PA Lotsa Sukkot Fun Visit 3:30 PA Buzzword 6:15 AR A Timeless Classic	Leaders- Cheryl & Nilly 21 9:30 PA Stretch & Tone 10:15 PA Daily Chronicles 10:45 AR Halloween Costume Making 10:45 AR Yarn Works 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Fall Mural 3:30 PA Dance, Dance, Dance w/Rafael 6:15 AR Film Fans	1st Pitch for World Series 22 Leaders- Cheryl & Nilly 9:30 PA Twistin' Tuesday 10:15 PA Daily Chronicles 10:45 AR Autumn Watercolor 12:00 AR World Series Lunch 1:30 LIB Scrabble/AR Bingo 1:30 PA Knilly's Knick Knacks 3:00 PA Pumpkin Spice Latte 3:30 PA Baseball Greats w/George 6:15 AR Field Of Dreams
Leaders- Brenda & Nilly 27 10:00 AR Communion Service 10:30 PA Days Gone By 11:00 PA Sunday Stretch 11:30 PA News & Views 1:30 AR Bingo Bonanza 1:30 PA Friendly Get-Together 3:30 PA On A Lucky Streak-Trivia 6:15 AR Resident's Choice	Leaders- Tamar & Nilly 28 9:30 PA Forever Fit 10:15 PA Daily Chronicles 10:30 AR Fall Florals 12:00 AR Birthday Lunch 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Ghoulish Masks 3:30 PA Birthday Bash w/Alexander 6:15 AR From The Actor's Studio	Leaders- Tamar & Nilly 29 9:30 PA Exercise & Energize 10:15 PA Natures Pantry - Fall 10:45 AR It's For The Birds 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Be-Witching Fun 3:00 Pa Spiced Cider Social 3:30 PA Harvest Carnival 6:15 AR Curtain Calls

Wednesday	Thursday	Friday	Saturday
<p>Leaders- Cheryl & Nilly 2 9:30 PA Stretch & Flex 10:15 AR Daily Chronicles 11:00 PA Things We Didn't Know 11:00 BUS: Terrace On The Hudson Senior Lunch 1:30 AR Bingo 1:30 PA Yarn Pumpkins 3:30 PA The Match Game 4:00 AR Eucharist Meditation 6:15 AR Top Billing</p>	<p>Leaders- Cheryl & Nilly AVI 3 9:30 PA Fit for Life 10:00 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA Take A Stand 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Lost & Found 2:30 PA Resident Council 3:30 PA Sing Your Heart Out Karaoke 6:15 AR On the Big Screen</p>	<p>4 Leader: Cheryl & Tamar 9:30 PA Fun & Fitness Friday 10:15 PA Dear Abby 10:45 AR The Beadery 10:45 AR I Spy 1:30 AR B-I-N-G-O 3:30 PA Parlor Games 3:30 AR Shabbat Service 6:15 AR Lights, Camera, Action</p>	<p>Leaders- Cheryl & Tamar 5 9:30 PA Weekend Work-Out 10:00 AR A Morning Stroll 10:15 PA Crossword Challenge 11:00 PA The Bowling Alley 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Picture Perfect 3:30 AR Pamper Yourself 3:30 PA Autumn Name That Tune 6:15 AR Weekends Best</p>
<p>Yom Kippur 9 Leaders- Tamar 9:30 PA Stretch-R-Size 10:15 AR Daily Chronicles 11:00 PA Loaded Questions 1:30 AR Bingo 1:30 LIB Scrabble 3:30 PA PBS Presents 4:00 AR Eucharist Meditation 6:15 AR Award Winning Film</p>	<p>Flu Clinic 10 Leaders- Tamar & Nilly 9:30 PA The Fitness Club 10:00 PA Daily Chronicles 10:30 PA The Bells & The Beat 1:30 LIB Scrabble 1:30 AR Bingo 1:30 BUS: Local Shopping 1:30 PA Ghoulish Masks 3:30 PA Operatic Melodies w/Justyna 6:15 AR Hollywood Starz</p>	<p>11 Leader: Cheryl & Tamar 9:30 PA The Daily Warm-Up 10:15 PA Dear Abby 10:45 AR All That Bling 10:45 AR Worksheet Fun 1:30 AR B-I-N-G-O 1:30 PA A-Mazing Fun w/Tamar 3:30 PA Games We Like To Play 3:30 AR Shabbat Service 6:15 AR Golden Oldie</p>	<p>Leaders- Cheryl & Nilly 12 9:30 PA Senior Fitness 10:00 AR The Walking Club 10:15 PA It's Puzzling 11:00 PA Jack-O-Balloon Fun 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Falling Leaves Craft 3:30 AR Glamour Girls 3:30 PA Don't Forget The Lyrics 6:15 AR Hollywood Legion</p>
<p>Leaders- Cheryl & Nilly 16 9:30 PA Fun & Games w/Bogert School 10:15 AR Daily Chronicles 11:00 PA Stretch & Flex 11:30 BUS: KFC Lunch 1:30 AR Bingo 3:00 PA Food Committee 4:00 PA Put On Your Thinking Caps 4:00 AR Eucharist Meditation 6:15 AR Movie Buff's</p>	<p>Leaders- Cheryl & Nilly AVI 17 8:45 BUS: Stamford Museum & Nature Center 9:30 PA Fit For Life 10:15 PA Daily Chronicles 11:00 PA According To Webster 1:30 LIB Scrabble/AR Bingo 1:30 PA Leaf Sun Catchers 3:30 PA Autumn Sounds w/Anne Mazzucco 6:15 AR Movie Time</p>	<p>18 Leader: Cheryl & Tamar 9:30 PA Fun & Fitness Friday 10:15 PA Dear Abby 10:45 AR Just Bead It 10:45 AR Use Your Noggin 1:30 AR B-I-N-G-O 1:30 PA Leaves & Laughter 3:30 PA Cards, Dice & Dominoes 3:30 AR Shabbat Service 6:15 AR Show Stopper</p>	<p>Leaders- Cheryl & Tamar 19 9:30 PA Weekend Work-Out 10:00 AR A Morning Stroll 10:15 PA Crossword Fun 11:00 PA Take Your Best Shot Games 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Colorama 3:30 AR Manicures & Music 3:30 PA A Musical Journey 6:15 AR The Academy Presents</p>
<p>Leaders- Tamar & Nilly 23 9:30 PA Stretch-R-Size 10:00 BUS: Autumn On The Farm 10:15 AR Daily Chronicles 11:00 PA History Detectives 1:30 PA Bingo 2:30 AR Pumpkin Patch Sweets & Treats 4:00 AR Eucharist Meditation 6:15 AR Oscar's Choice</p>	<p>Leaders- Tamar & Nilly 24 9:30 PA The Fitness Club 10:00 BUS: Local Shopping 10:15 PA Daily Chronicles 11:00 PA A Word For The Wize 1:30 LIB Scrabble/AR Bingo 2:30 PA Water Pong w/Fox Rehab 3:30 PA Octoberfest w/Jack McLoryd 6:15 AR Netflix Top Ten</p>	<p>Frankenstein Friday 25 Leader: Cheryl & Tamar 9:30 PA Fit for Life 10:15 PA Dear Abby 10:45 AR Bangles & Beads 10:45 AR Work It Out 1:30 AR B-I-N-G-O 1:30 PA Game Time 3:30 PA Ghoulish Fun Games 3:30 AR Shabbat w/Rabbi Friedman 6:15 AR Hollywood's Best</p>	<p>Leaders- Cheryl & Tamar 26 9:30 PA Senior Fitness 10:00 AR Alphabetically Speaking 10:15 PA Daily Chronicles 11:00 PA Target Toss 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Fun & Games 3:30 AR Dazzling Ladies 3:30 PA Sing Along Saturday 6:15 AR the Best of Hollywood</p>
<p>Leaders- Cheryl & Nilly 30 9:30 PA Lotsa Fun w/Bogert School 10:00 BUS : Dollar Tree 10:15 AR Daily Chronicles 11:00 PA Reflections Of Fall 1:30 AR Bingo 2:30 PA Red Hat Autumn Tea Party 4:00 AR Eucharist Meditation 6:15 AR Reel to Reel</p>	<p>31 Leaders- Cheryl & Nilly 9:30 PA The Monster Mash 10:15 PA Scary Stories 11:00 PA Halloween Traditions & Superstitions 1:30 LIB Scrabble 1:30 AR Costume Dress-Up 3:30 PA Spooktakular Parade Party w/Karin Beals 6:15 AR Suspenseful Theatre</p>	<p>Happy Birthday, Residents: Robert R. - 3rd Dan D. - 10th Grace P. - 11th Gussie L. - 18th Elizabeth N. - 21st Robert S. - 24th Gohar S. - 28th Pearl L. - 30th Erika F. - 31st</p>	<p>Happy Birthday, Staff: Frantz J. - 6th Marsha W. - 8th Michael L. - 8th Marsha H. - 11th Gail S. - 14th Karin G. - 15th Asmide J. - 29th</p>

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