

# PROMENADE

## AT CHESTNUT RIDGE

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



### National Assisted Living Week Celebrated in September

“A Spark of Creativity” is this year’s theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond.

Specifically, residents should explore art therapy as it can offer many benefits to older adults, such as improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress, according to the American Art Therapy Association.

Our residents enjoy our weekly painting classes and recently were the guests of The Willows at Ramapo for an afternoon of painting at their facility.

Our Picasso’s will be on display during Assisted Living Week. Feel free to join us for any of our art classes. Look at the inside calendar for details

## September 2019

### Food, Fun and Beatles!

Let’s *Come Together* to Celebrate Grandparents Day on Sunday, September 8th, 2019. *Baby you can drive my car* or take a *Yellow Submarine* and drive the *Long and Winding Road* to 168 Red Schoolhouse Road for our *Magical Mystery Brunch*. Don’t be *the fool on the hill* who doesn’t RSVP. Make sure to *GET BACK* to us with your RSVP by September 1st. You can reach us *EIGHT DAYS A WEEK*. Music by Rick Salucci.

**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
<p style="text-align: right;"><b>1</b></p> <p>Leader- Brenda 10:00 AR Communion Service 10:30 PA News From Around The World 11:00 PA Sunday Stretch 11:30 PA Meaningful Memories 1:30 AR Bingo Bonanza 1:30 PA Crafters Circle 3:30 PA The Trivia Challenge 6:15 AR Sunday's Best</p>	<p style="text-align: right;"><b>2</b></p> <p><b>Labor Day</b> Leaders- Tamar &amp; Nilly 9:30 PA <b>Work It Out</b> 10:15 PA Daily Chronicles 11:00 PA <b>America Thru Labor</b> 12:00 AR <b>BBQ Holiday Lunch</b> 1:30 AR <b>Patriotic Bingo</b> 1:30 PA <b>Red, White &amp; Blue</b> <b>Craft</b> 3:30 PA <b>Labor Day Social</b> <b>w/Rick Sallucci</b> 6:15 AR Monday Night Movie</p>	<p style="text-align: right;"><b>3</b></p> <p>Leaders- Tamar &amp; Nilly 9:30 PA Twistin' Tuesday 10:15 PA Daily Chronicles 10:45 AR <b>Works of Art</b> 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA The Games On 3:00 PA <b>Apple Crisp Social</b> 3:30 PA <b>Volleyball Fun</b> <b>w/George</b> 6:15 AR Front Row Seats</p>
<p style="text-align: right;"><b>8</b></p> <p><b>Grandparents Day</b> <b>Assisted Living Week</b> Leaders- Brenda &amp; Nilly  <b>10:30am-1:00pm</b> <b>Grandparents Day Magical</b> <b>Mystery Beatles Brunch</b> <b>w/Rick Sallucci</b> 3:30 PA Famous Grandparents Trivia 6:15 PA Classic Oldie</p>	<p style="text-align: right;"><b>9</b></p> <p>Leaders- Cheryl &amp; Nilly 9:30 PA Forever Fit 10:15 PA Daily Chronicles 10:45 AR <b>A Spark of Creativity</b> 10:45 AR <b>The Knitting Nook</b> 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Apples to Apples 3:30 PA <b>So You Think You</b> <b>Can Dance w/Rafael</b> 6:15 AR Netflix Pix</p>	<p style="text-align: right;"><b>10</b></p> <p>Leaders- Cheryl &amp; Nilly 9:30 PA Exercise &amp; Energize 10:15 PA Daily Chronicles 10:45 AR <b>Expressions of Art</b> 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Yarn Apples 2:30 PA <b>Mind, Body &amp; Spirit</b> 3:00 PA <b>Caramel Apple Social</b> 3:30 AR <b>Reflections: A Poets</b> <b>Walk</b> 6:15 AR Reel to Reel</p>
<p style="text-align: right;"><b>15</b></p> <p>Leaders- Brenda &amp; Nilly 10:00 AR Communion Service 10:30 PA Down Memory Lane 11:00 PA Sunday Stretch 11:30 PA The News Hour 12-3pm <b>BUS Fall Festival at</b> <b>The Willows at Ramapo</b> 1:30 AR Bingo Bonanza 3:30 PA <b>Back-To-School-Trivia</b> 6:15 AR Hollywood's Starz</p>	<p style="text-align: right;"><b>16</b></p> <p>Leaders- Tamar &amp; Nilly 9:30 PA Stretch &amp; Tone 10:15 PA Dear Abby 10:45 AR <b>Apple Wreaths</b> 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Fun &amp; Games 3:30 PA <b>Moovin' To The Beat</b> <b>w/Rafael</b> 6:15 AR Showstoppers</p>	<p style="text-align: right;"><b>17</b></p> <p>Leaders- Tamar &amp; Nilly 9:30 PA Twistin' Tuesday 10:15 PA Daily Chronicles 10:45 AR <b>A Flair For Art</b> 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Bushels Of Fun 3:00 AR <b>Spiced Cider Social</b> 3:30 PA <b>Feeling Lucky Casino</b> <b>Games - w/George</b> 6:15 AR Critic's Choice</p>
<p style="text-align: right;"><b>22</b></p> <p>Leaders- Brenda &amp; Nilly 10:00 AR Communion Service 10:30 PA Treasured Times 11:00 PA Sunday Stretch 11:30 PA News &amp; Views 1:30 AR Bingo Bonanza 1:30 PA The Best of Friends 3:30 PA <b>Autumn Alphabet</b> <b>Challenge</b> 6:15 AR The Best On Sunday</p>	<p style="text-align: right;"><b>23</b></p> <p><b>Fall Begins</b> Leaders- Cheryl &amp; Nilly 9:30 PA Forever Fit 10:15 PA Loaded Questions 10:45 PA <b>Scarecrow Door</b> <b>Decor</b> 10:45 AR <b>Stitching Circle</b> 12:00 AR <b>Newcomer's Lunch</b> 1:30 LIB Scrabble/AR Bingo 1:30 PA Nilly's Knick Knacks 3:30 PA <b>Disco Fever w/Rafael</b> 6:15 AR Residents' Choice</p>	<p style="text-align: right;"><b>24</b></p> <p>Leaders- Cheryl &amp; Nilly 9:30 PA Exercize &amp; Energize 10:15 PA Daily Chronicles 10:45 AR <b>Painter's Palette</b> 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Fall Florals 3:00 AR <b>Chabad Visits</b> 3:30 PA <b>Cider Donut Social</b> 3:30 PA <b>Sharpen Your Senses</b> <b>- w/George</b> 6:15 AR Comedy Central</p>
<p style="text-align: right;"><b>29</b></p> <p><b>Rosh Hashanah Eve</b> Leaders- Brenda &amp; Nilly 10:00 AR Communion Service 10:30 PA Memory Makers 11:00 PA Sunday Stretch 11:30 PA News Briefs 1:30 AR Bingo Bonanza 1:30 PA Fun &amp; Games 3:30 PA Buzzword 6:15 AR Award Winning Film</p>	<p style="text-align: right;"><b>30</b></p> <p><b>Rosh Hashanah</b> Leader- Tamar 9:30 PA Stretch &amp; Tone 10:15 PA History In The Making 11:00 PA What Would You Do 1:30 LIB Scrabble 1:30 AR Bingo 1:30 PA Cultural Showcase 3:30 PA Word Association 6:15 AR On The Silver Screen</p>	<p style="font-size: 2em; font-weight: bold;">NATIONAL ASSISTED LIVING WEEK</p>

Wednesday	Thursday	Friday	Saturday
<p><b>Leaders- Cheryl &amp; Nilly</b> <span style="float: right;"><b>4</b></span>            9:30 PA Stretch &amp; Flex            10:15 AR Daily Chronicles            11:00 PA <b>Clowning Around w/R.S.V.P.Clowns</b>            11:30 BUS <b>Terrance on the Hudson Senior Lunch</b>            1:30 AR Bingo            3:00 PA <b>Sing Your Heart Out Karaoke</b>            4:00 AR Eucharist Meditation            6:15 AR Blockbuster Video</p>	<p><b>NFL Begins - AVI</b> <span style="float: right;"><b>5</b></span>            Leader- Cheryl            9:30 PA Fit For Life            10:00 BUS: <b>Local Shopping</b>            10:15 PA <b>Jack &amp; Jackie</b>            11:00 PA <b>Inside The NFL</b>            1:30 AR <b>Touchdown Bingo</b>            12:00 AR <b>Kick-Off Lunch</b>            1:30 PA <b>Resident Council</b>            3:30 PA <b>Bingo</b>            6:15 AR On The Big Screen</p>	<p><b>Fashion Week Begins</b> <span style="float: right;"><b>6</b></span>            Leader: Tamar &amp; Cheryl            9:30 PA <b>A Stylish Stretch</b>            10:15 PA <b>Fashion Passion</b>            10:45 AR <b>All That Bling</b>            10:45 AR I Spy            1:30 AR B-I-N-G-O            1:30 PA Colorama            3:30 PA Parlor Games            3:30 AR Shabbat Service            6:15 AR Thru The Lens</p>	<p><b>Leaders- Tamar, Cheryl</b> <span style="float: right;"><b>7</b></span>            9:30 PA Weekend Workout            10:00 AR A Morning Stroll            10:15 PA The Crossword Challenge            11:00 PA <b>The Bowling Alley</b>            1:30 LIB Scrabble            1:30 AR Bingo            1:30 PA Tamar's Treasures            3:30 AR <b>Dazzling Ladies</b>            3:30 PA Name That Tune            6:15 AR Weekends Best</p>
<p><b>Patriots Day</b> <span style="float: right;"><b>11</b></span>  <b>National Day of Service</b>            Leaders- Tamar &amp; Nilly            9:30 PA Stretch-R-Size            10:00 BUS: <b>Local Shopping</b>            10:15 AR Daily Chronicles            11:00 PA <b>Remembering 9-11</b>            1:30 AR Bingo            1:30 BUS: <b>The Ice Cream Run</b>            3:30 PA Patio Fun            4:00 AR Eucharist Meditation            6:15 AR Movie Buffs</p>	<p><b>Leaders- Tamar &amp; Nilly</b> <span style="float: right;"><b>12</b></span>            9:30 PA Expressive Movement            10:00 AR <b>Blue Ribbon Apple Pie Bake-Off</b>            10:15 AR PBS Presents            1:30 AR Bingo            2:00 BUS: <b>The Willows at Ramapo - Music of Tarzan Concert</b>            3:30 PA <b>Johnny Appleseed Fest w/Jack McLoryd</b>            6:15 AR Oscar's Choice</p>	<p><b>Leader: Tamar &amp; Cheryl</b> <span style="float: right;"><b>13</b></span>            9:30 PA The Daily Warm-Up            10:15 PA Mind Your Manners            10:45 AR <b>The Beadery</b>            10:45 AR Cranium Crunches            1:30 AR B-I-N-G-O            3:00 PA Hershey's Chocolate Social            3:30 PA Calling All Players            3:30 AR <b>Shabbat Service w/Rabbi Friedman</b>            6:15 AR Netflix Top Ten</p>	<p><b>Leaders- Tamar &amp; Cheryl</b> <span style="float: right;"><b>14</b></span>            9:30 PA Senior Fitness            10:00 AR The Walking Club            10:15 PA It's Puzzling            11:00 PA <b>Take Your Best Shot Games</b>            1:30 LIB Scrabble            1:30 AR Bingo            1:30 PA Creative Creations            3:30 PA Don't Forget The Lyrics            3:30 AR <b>Glamour Girls</b>            6:15 AR Top Billing</p>
<p><b>Leaders- Cheryl &amp; Nilly</b> <span style="float: right;"><b>18</b></span>            9:30 PA Stretch &amp; Flex            10:00 BUS: <b>Walmart</b>            10:15 AR Daily Chronicles            11:00 PA Trouble Shooters            12:00 AR <b>Red Hat Lunch</b>            1:30 AR Bingo            3:30 PA Awesome Autumn Fun            4:00 AR Eucharist Meditation            6:15 AR Hollywood Legions</p>	<p><b>Leaders- Cheryl &amp; Nilly AVI</b> <span style="float: right;"><b>19</b></span>            9:30 PA Fit for Life            10:00 BUS: <b>Local Shopping</b>            10:15 PA Daily Chronicles            11:00 PA <b>School Daze</b>            12:00 AR <b>Birthday Lunch</b>            1:30 AR Bingo            1:30 PA Game Time            3:30 PA <b>Broadway Hits Birthday w/James Michael</b>            6:15 AR Movie Madness</p>	<p><b>Leader: Tamar &amp; Cheryl</b> <span style="float: right;"><b>20</b></span>            9:30 PA Fun &amp; Fitness Friday            10:15 PA Daily Chronicles            10:45 AR <b>Bangles &amp; Beads</b>            10:45 AR Worksheet Fun            1:30 AR B-I-N-G-O            1:30 PA Leaf Sun Catchers            3:30 PA Cards, Dice &amp; Dominoes            3:30 AR Shabbat Service            6:15 AR Movie Buffs</p>	<p><b>Leaders- Tamar &amp; Cheryl</b> <span style="float: right;"><b>21</b></span>            9:30 PA Weekend Workout            10:00 AR Morning Stroll            10:15 PA Crossword Fun            11:00 PA <b>The Race Is On - Horse Racing</b>            1:30 LIB Scrabble            1:30 AR Bingo            1:30 PA A-Mazing Fun w/Tamar            3:30 PA <b>Pamper Yourself</b>            3:30 PA Musical Match-Ups            6:15 AR Movie Encore</p>
<p><b>Leaders- Tamar &amp; Nilly</b> <span style="float: right;"><b>25</b></span>            9:30 PA Stretch-R-Size            10:00 BUS: <b>On The Farm</b>            10:15 AR Daily Chronicles            11:00 PA The Know It All            1:30 AR Bingo            1:30 BUS: <b>Hudson Vistas</b>            2:30 PA <b>Food Committee</b>            3:30 PA <b>Natures Pantry - Fall</b>            4:00 AR Eucharist Meditation            6:15 AR The Best of Hollywood</p>	<p><b>Leaders- Tamar &amp; Nilly</b> <span style="float: right;"><b>26</b></span>            9:30 PA <b>Jack LaLanne Fitness</b>            10:00 BUS: <b>Local Shopping</b>            10:15 PA Daily Chronicles            11:00 PA Don't Be Schoolish            1:30 Lib Scrabble/ AR Bingo            2:30 AR <b>High Holy Holiday Service w/Rabbi Friedman</b>            3:30 PA <b>Fall Harvest Moon w/Chris M</b>            6:15 AR Movie Greats</p>	<p><b>Leader: Tamar &amp; Cheryl</b> <span style="float: right;"><b>27</b></span>            9:30 PA The Daily Warm-Up            10:15 PA Daily Chronicles            10:45 AR <b>Stringing Beads</b>            10:45 AR Reading, Writing &amp; Arithmetic            1:30 AR B-I-N-G-O            1:30 PA Circle Of Friends            3:30 PA Games We Like to Play            3:30 AR Shabbat Service            6:15 AR A Timeless Classic</p>	<p><b>Leaders- Tamar &amp; Cheryl</b> <span style="float: right;"><b>28</b></span>            9:30 PA Senior Fitness            10:00 AR The Walking Club            10:15 PA Word Wizards            11:00 PA <b>Golfers Swing</b>            1:30 LIB Scrabble/AR Bingo            1:30 PA A Burst Of Fun w/Tamar            3:00 PA I Can Name That Tune In ?            3:30 AR <b>Manicures &amp; Music</b>            6:15 AR Curtain Call</p>
<p><b>Happy Birthday Staff:</b>             Marie Rose B. - 1st            Fern L. - 22nd            Jasin S. - 24th</p>	<p><b>Happy Birthday Residents:</b>            Socorro D. - 1st            Arnold B. - 2nd            Rosalind W. - 3rd            Robert G. - 4th            Carmella H. - 9th            Anne Marie H. - 12th            Julia V. - 14th            Dawn W. - 15th            Vladimir C. - 20th            Linda B. - 22nd            Eileen S. - 30th</p>	<p><b>Daily Social</b> at 3 p.m. In the Parlor  <b>The Beauty Parlor</b> Will Be Open Every Wednesday and Friday            Please Make Appointments at the Front Desk  <b>Resident Store</b> Open Tue &amp; Thur at 9:30am In Activities Room             8:00 AR Evening Social</p>	<p>Activities are subject to change. Please check the TV screen for updates and changes during the month.</p>

# September 2019



The poster features a colorful background with a gradient from yellow to blue. On the left, there are silhouettes of four people walking. The text is arranged in a clear, readable layout. The top right corner has a yellow box with the text 'ALL YOU NEED IS PROMENADE' in large, bold letters, followed by 'Grandparents Day' in a smaller font. Below this is a row of colorful silhouettes of people walking. The bottom right corner contains contact information and event details.

**COME TOGETHER**  
for a Grandparents Day  
Magical Mystery Brunch for  
Assisted Living Week

Sunday, September 8  
from 10:30 am - 1:00 pm

**ALL YOU NEED IS PROMENADE**  
**Grandparents Day**

RSVP to Janice at 845-620-0606 or  
Janice@PromenadeSenior.com by September 1.  
Indoor and Outdoor seating available  
based upon reservations only.  
Take The Long and Winding Road to  
168 Red Schoolhouse Road, Chestnut Ridge, NY

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