PROMENADE AT TUXEDO PLACE

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www.PromenadeSenior.com

Our Management Team

Marion Giordano – Executive Director
Lauren Wieder – Wellness Director
Sadije Delihasani - Community Relations Director
Alice Meade – Activity Director
Paul Molina– Food Service Director
Joe Soriano – Maintenance Director

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MISSION STATEMENT

Our mission is to provide seniors with outstanding housing options, as well as uncompromising care, and to ensure our residents lead the happy, healthy and productive lives they deserve.

March 2020

Springing Into the Season

With their trumpet-shaped blooms, daffodils announce the arrival of spring. The bright yellow and white flowers are one of the season's first and among the few plants that can grow through the snow. According to a Welsh legend, if you see the first daffodil, your year ahead will be filled with wealth.

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying

Optimism Month

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

PROMENADE AT TUXEDO PLACE

March 2020

L Lounge
A Activity Room
LR Living Room
FD Formal Dining Room
B BUS
CR Card Room
DR Dining Room
C Cafe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Peace Corp Day - Leader Cat 1 **10:00 LR Communion** 10:30 L Exercises 10:45 L Current Events 11:00 L Inspirational Readings 1:30 A Bingo 3:30 L "In The Mood" Glenn Miller 6:00 L Movie Time	**Leader Cat** 2 10:00 L Senior Yoga 10:30 L Coffee Club 10:45 L Current Events 1:30 A Black Jack 3:30 L Fun Farmers' Almanac Facts 2020 6:00 LR Old Time Movies	**Leader Alice & Cat** 3 10:00 L Senior Stretch 10:45 L Current Events **11:00 LR St. Mary's Communion** **1:00 B BUS - Dollar Tree** 1:30 L Reminisce 3:30 L Boggle 6:00 A Card Games	**Leader Alice & Cat** 4 10:00 L Jazzercise 10:45 L Current Events 11:00 LR Rosary W/ Barbara **11:00 FD Tuxedo Library Book Club - Bel Canto** 1:30 A Bingo 3:00 L Super Fun Social & Snacks **3:30 L George Grant Mason Games!** 6:00 LR Movie Night	**Leader Alice & Cat** 5 10:00 L Exercises 10:45 L Current Events 1:30 C Chocolate Chip Vanilla Coconut Cookies **3:30 L Guitar Music by Pete V** 6:00 A Jigsaw Puzzles 6:00 L Netflix Movie	**Leader Alice** 6 10:00 L Armchair Fitness 10:45 L Current Events **11:00 LR Communion** 11:00 CR Scrabble 1:30 A Pokeno 3:00 L Social - Wine and Cheese 3:30 L Who Wants to be a Millionaire 6:00 LR Turner Classic Movies	**Women's History Month - Leader Alice** 7 10:00 L Senior Stretch 10:45 L Current Events 11:00 L This Day in History 1:30 A Crafters Unite 3:30 L Amazing Womens Accomplishments 6:00 L Movie Night
Daylight Saving Time Begins - Leader Cat 8 **10:00 LR Communion** 10:30 L Exercises 10:45 L Current Events 1:30 A Bingo 3:30 L Spring Ahead Trivia Games 6:00 L Movie Time	**Leader Cat** 9 10:00 L Work Out 10:30 L Coffee Club 10:45 L Current Events 1:30 A Penny Ante 3:30 L Old Fashioned Names Puzzles 6:00 LR Old Time Movies	**Leader Alice & Cat** 10 10:00 L Chair Dancing 10:45 L Current Events **11:00 LR Mary the Book Lady** **1:00 B BUS - Kohl's** 1:30 A Pop Art Mobile 3:30 L Trivia Time and Other Puzzlers 6:00 A Card Games	**Leader Alice & Cat** 11 10:00 L Let's Balance 10:45 L Current Events **11:00 DR Book Club Discussion Group** 11:00 LR Rosary W/ Barbara 1:30 A Bingo 3:30 L Jeopardy 3:30 A Poker Games 6:00 LR Movie Night	**Leader Alice & Cat** 12 10:00 L Chair Dancing 10:45 L Current Events **1:15 L Food Committee Meeting** **1:45 L Resident Council Meeting** **3:30 L Songs by George Romano** 6:00 A Jigsaw Puzzles 6:00 L Netflix Movie	**Blame It on Someone Else Day - Leader Alice** 13 10:00 L Fitness Club 10:45 L Current Events 11:00 CR Scrabble 11:00 L Who Am I? 1:30 A Pokeno 3:00 L Social - Wine and Cheese 3:30 L Are You Puzzled? 6:00 LR Turner Classic Movies	**Leader Alice** 14 10:00 L Stretch for Health 10:45 L Current Events 11:00 L This Day in History 1:30 A Shamrock Craft 3:30 L Truth or Blarney 6:00 L Movie Night
March Madness Begins - Leader Cat 15 **10:00 LR Communion** 10:30 L Exercises 10:45 L Current Events 11:00 L Inspirational Readings 1:30 A Bingo 3:30 L NCAA Slam Dunk Hangman Games 6:00 L Movie Time	**Leader Cat** 16 10:00 L Senior Yoga 10:30 L Tea Party 10:45 L Current Events 1:30 A Black Jack 3:30 L Famous Pairs Day 6:00 LR Old Time Movies	**Wear Green - Leader Alice & Cat** 17 10:00 L Chair Exercises 10:45 L Current Events **11:00 LR St. Mary's Communion** **1:00 BUS- Acme** **3:30 L St. Patrick's Day Music with Ray Longchamp** 6:00 A Card Games	**Leader Alice & Cat** 18 10:00 L Jazzercise 10:45 L Current Events **11:00 DR Book Club Discussion Group** 11:00 LR Rosary W/ Barbara 12:00 Book Club Discussion Group 1:30 A Bingo 3:30 L Left, Right, Center 3:30 A Poker Games 6:00 LR Movie Night	**First Day of Spring - Leader Alice & Cat** 19 10:00 L Chair Yoga 10:45 L Current Events 1:30 A Gathering Spring Crafts 3:30 L Name That Game 6:00 A Jigsaw Puzzles 6:00 L Netflix Movie	**Leader Alice** 20 10:00 L Armchair Fitness 10:45 L Current Events 11:00 CR Scrabble 11:00 L You Be The Judge **1:00 B BUS - Christmas Tree Shop** 3:00 L Social - Wine and Cheese 3:30 L Wii Jeopardy 6:00 LR Turner Classic Movies	**World Poetry Day - Leader Alice** 21 10:00 L Senior Stretch 10:45 L Current Events 11:00 L This Day in History 1:30 A Paint on Canvas 3:30 L Cranium Crunches and Other Mind Games 6:00 L Movie Night
Leader Cat 22 **10:00 LR Communion** 10:30 L Exercises 10:45 L Current Events 11:00 L Inspirational Readings 1:30 A Bingo 3:30 L Fabulous 1950's Music 6:00 L Movie Time	**Leader Cat** 23 10:00 L Work Out 10:30 L Coffee Club 10:45 L Current Events 1:30 A Penny Ante 3:30 L Truth or Consequences 6:00 LR Old Time Movies	**National AG Day - Leader Alice & Cat** 24 10:00 L Senior Stretch 10:45 L Current Events **1:00 BUS - Walmart** 1:30 A Animal Craft Group 3:30 L Fun On The Farm Games 6:00 A Card Games	**Leader Alice & Cat** 25 10:00 L Let's Balance 10:45 L Current Events 11:00 L Let's Talk 11:00 LR Rosary W/ Barbara **1:00 LR Book Club Discussion Group** 1:30 A Bingo 3:30 L Left, Right, Center 6:00 LR Movie Night	**Baseball's Official Opening Day - Leader Alice & Cat** 26 10:00 L Exercise for Good Health 10:45 L Current Events 1:30 A Batters Up Door Craft **3:00 A Monthly Birthday Party - Social** **3:30 L Home Run with Tom Gardner Songs** 6:00 A Jigsaw Puzzles 6:00 L Netflix Movie	**Leader Alice** 27 10:00 L Fitness Club 10:45 L Current Events 11:00 L Let's Talk 11:00 CR Scrabble 1:30 A Pokeno 3:00 L Social - Wine and Cheese 3:30 L Wii Jeopardy 6:00 LR Turner Classic Movies	**Leader Alice** 28 10:00 L Stretch for Health 10:45 L Current Events 11:00 L This Day in History 11:30 L Earth Hour Honorable Mention 1:30 A Let's Dig In The Dirt! 3:30 L March Wacky Wordies 6:00 L Movie Night
Leader Cat 29 **10:00 LR Communion** 10:30 L Exercises 10:45 L Current Events 11:00 L Inspirational Readings 1:30 A Bingo 3:30 L Spectacular 1960's Music 6:00 L Movie Time	**Leader Cat** 30 10:00 L Senior Yoga 10:30 L Coffee Club 10:45 L Current Events 1:30 A Black Jack 3:30 L Easy Does It Trivia Games 6:00 LR Old Time Movies	**Leader Alice** 31 10:00 L Chair Dancing 10:45 L Current Events **11:00 LR Mary the Book Lady** **11:00 LR St. Mary's Communion** **1:00 B BUS- Shop Around Town** 1:30 A Spring Pom Pom Wreath 3:30 L Spring Has Sprung!!! 6:00 A Card Games		**March Birthdays** Eleanor V. - March 1st William M. - March 12th Anna Z. - March 13th Patricia S. - March 17th Rosemary C. - March 25th Dolores N. - March 27th	**Activities Calendar** We will follow calendar as closely as possible; however, changes or cancellations may occur. Please check Daily Activity Board in Lounge every morning for final schedule. Thank you :)	Alice Meade - Activities Director Catherine Whelon - Activities Assistant Father Rick - St. Mary's Church Holy Rosary Society- Communion Volunteers Ginny O'Neill - Tuxedo Librarian Karen F. & Natalie G. - Resident Council

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