



Promenade AT UNIVERSITY PLACE

1228 Western Avenue • Albany, NY 12203 • (518) 514-9500

Staff Directory

Beth Zaccheo Executive Director
Alysia Joseph Business Office
Keionna Albea Wellness Coordinator
Amanda Jonas Memory Care Director
John Shaw Jr. Maintenance Coordinator
Sasha Slaughter Activities Director
Brittani Depalma Entitlements Coordinator



After Hours

The front desk is open 7 days a week -
8am-10pm. The after-hours cell phone is
518-860-3246; care-staff will answer for further
assistance.



September 2026

Famous Faces Born in September

Serena Jameka Williams born September 26, 1981.
Is an American professional tennis player. She was
ranked as the world No.1 in women's singles by the
Women's Tennis Association for 319 weeks
(third-most of all time), and finished as the year-end
No.1 five times.





Thank You Magician Josh Farley for Coming to the Promenade and Putting on a Great Show!



Summer Time Is All About Being Beautified...



Special Thanks to 4J's Farm Traveling Petting Zoo for Coming to the Promenade With the Farm Animals. Our Residents Loved It!



~Let's Go Down Memory Lane~



Best Buds :)



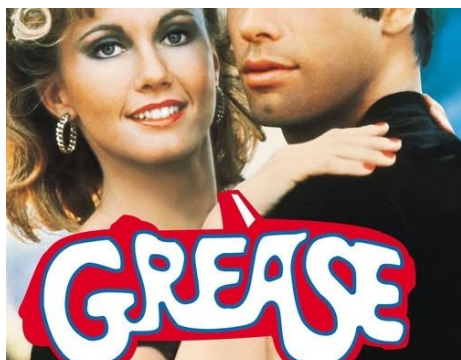
Resident
Spotlight



It's All About Creating Friendships and Memories Here at the Promenade!



"Aging Beautifully Is About Embracing Time, Gaining Wisdom, And Finding Grace in Every Stage of Life."



September 10th (Thursday) at 7:00pm. We will be having a Movie under the stars Event.

Movie playing will be the classic musical "Grease"

As We Celebrate National Assisted Living Week: Don't Forget Here at the Promenade We Are Always Shining!

September 14th at 3:00pm "Disco-Glow Party" with live entertainment from the 1950s. Get ready for the fun...

Location: Large Activity Room



September 22nd at 3:30pm (Game Room). We'll be having a End of the Summer Pool Tournament! Who has what it takes to be crowned pool champion. Try your luck...

Save the Date



September 16 at 11:30am. "Rise & Shine" Brunch w/ Activity Director Sasha as we enjoy we'll be reminiscing about our past shining years.



September 18th at 3:00pm we'll be having a "Root Beer Float Social" along with music from all eras as we close out National assisted living week!



Happy Labor Day!

In honor of Labor day, September 8th at 12:00pm we'll be honoring those that we appreciate with a end of the summer BBQ. Along with live entertainment from our very own community choir.



Remembering Those We Lost on 911!

"Your life was a blessing, your memory a treasure. You are loved beyond words and missed beyond measure"



With Sympathy

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities Are Subject to Change...		1	2	3	Dance Edition 4 Come Out for Exercise Dancing Edition With Our Dance Instructor Ashley as She Brings All Your Favorite Songs to Keep Moving! Location: Large Activity Room Time: 11:00am	5
6	Labor Day 7 HAPPY LABOR DAY!	Promenade Labor Day Celebration 8 In Honor of Labor Day We'll Be Having a End of the Summer BBQ! With Live Entertainment From Our Very Own Community Choir. Location: Courtyard & Inside Seating... Time: 12:00pm	9	Movie Under The Stars 10 Come Out to Our 1st Outside Movie Event. A Movie and Musical That'll Bring You Back in Time. Movie: "Grease" Time: 7:00pm Courtyard	11	12
Assisted Living Week 13	Assisted Living Week 14 "Let's Get Ready to Boogie" Disco-Glow Party With Live Music From the 1950s and Treats for All to Enjoy! Location: Large Activity Room Time: 2:00pm	Assisted Living Week 15	Assisted Living Week 16 "Rise & Shine Brunch" w/ Sasha Why not go down memory lanes and have a brunch to remember! Location: Large Activity Room Time: 11:30am *Sign-up is Required...	Assisted Living Week 17 Come Out to Our "Shining Through the Years" Art Event With Our Art Instructor Deborah as She Reminds You Just How Awesome Art Is. Location: Large Activity Room Time: 3:00pm	Assisted Living Week 18 Root Beer Float Social! Come Out for a Nice Refreshing Treat Along With Music From All Eras! Location: Large Activity Room Time: 3:00pm	Assisted Living Week 19
20	21	Pool Tournament 22 Who Has What It Takes to Be Crowned Our Promenade Pool Champion!?! Come Out and Try Your Luck.... Location: 2nd Fl. Game Room Time: 3:30pm	23	24	Mall Luncheon 25 This Month We'll Be Going Out to the Mall for Lunch! Residents Will Vote on Restaurant! Price: \$20-25 Per Person Location: Crossgates Mall Departure Time: 11:00am *Sign Up Required.	26
27	September Birthday Celebration 28 Happy Birthday to All September Birthdays! Let's Celebrate Together. With Cake and Ice Cream Location: Large Activity Room Time: 2:00pm	29	30 Resident Council Meeting! Location: Large Activity Room Time: 2:00pm	September		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Activities Are Subject to Change...		1 9:30 Chair Video Exercise w/ Joan 10:30 Baking Club Meeting 11:00 Community Choir Rehearsal w/ Sasha 2:00 Family Feud Game w/ Sasha 3:30 Manicures & Music	2 9:30 Chair Video Exercise w/ Joan 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Communion Service 1:30 Pet Therapy 2:00 Crafts w/ Pet Therapy 3:30 Bingo w/ Sasha	3 9:30 Women's Discussion Group w/ Sasha 10:30 Coffee & Tea Group "Grab a Cup & Chat" 1:30 Community Choir Rehearsal w/ Sasha 2:30 Pokeno Game w/ Sasha 4:00 Bowling w/ Sasha	4 9:30 Monthly Vision Board Activity 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 2:00 Baking Club w/ Sasha 3:30 Bingo w/ Sasha	5 International Bacon Day 9:30 Chair Video Exercise w/ Joan 10:30 Resident-led Pool & Ping Pong Game 1:00 Walking Club Meet: Walking Together Is Fun! 2:00 Resident Card Game Hour 3:30 Resident-led Horseshoe Game 6:00 Saturday Night Live "Pick a Location & Watch a Movie"	
6 9:30 Chair Video Exercise w/ Joan 10:00 Televised communion service 11:00 Arts & Craft Day: Create your own Masterpiece 1:00 Resident-led Bible Discussion 3:45 Residents' Life Group: Open Discussion & Storytelling	7 Labor Day 9:30 Open Discussion: What happened over the weekend? 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 1:00 Book Club 2:00 Jeopardy w/ Sasha 3:30 Bingo w/ Sasha	8 9:30 Chair Video Exercise w/ Joan 11:00 Community Choir Rehearsal w/ Sasha 12:00 Labor Day BBQ w/ live performance from community choir 2:00 Pokeno w/ Sasha 3:30 Manicures & Music	9 9:30 Chair Video Exercise w/ Joan 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Communion Service 1:30 Pet Therapy 2:00 Crafts w/ Pet Therapy 3:30 Bingo w/ Sasha	10 9:30 Women's Discussion Group w/ Sasha 10:30 Coffee & Tea Group "Grab a Cup & Chat" 1:30 Community Choir Rehearsal w/ Sasha 3:00 Bowling w/ Sasha 4:00 Guess That Tune w/ Sasha 7:00 Movie Under The Stars: Grease	11 Patriot Day 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Resident-led Ladder Toss Game 2:00 Live Entertainment w/ Rockin Rob	12 9:30 Chair Video Exercise w/ Joan 10:30 Resident-led Pool & Ping Pong Game 1:00 Walking Club Meet: Walking Together Is Fun! 2:00 Resident Card Game Hour 3:30 Resident-led Trivia 6:00 Saturday Night Live "Pick a Location & Watch a Movie"	
13 Assisted Living Week "Shining Through the Years" 9:30 Chair Video Exercise w/ Joan 10:00 Televised communion service 11:00 Arts & Craft Day: Create your own Masterpiece 1:30 Resident-led Corn Hole Game 2:30 Christian Service 3:45 Residents' Life Group: Open Discussion & Storytelling	14 Assisted Living Week "Shining Through the Years" 9:30 Open Discussion: What happened over the weekend? 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 1:00 Book Club 2:00 Let's get ready to boogie - Disco Glow Party w / Live Entertainment	15 Assisted Living Week "Shining Through the Years" 9:30 Chair Video Exercise w/ Joan 10:30 Baking Club Meeting 11:00 Community Choir Rehearsal w/ Sasha 2:00 Hangman "Letters & Word" Game w/ Sasha 3:30 Manicures & Music	16 Assisted Living Week "Shining Through the Years" 9:30 Chair Video Exercise w/ Joan 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Communion Service 11:30 Rise & Shine Brunch w/ Sasha *Sign-up is required 1:30 Pet Therapy 2:00 Crafts w/ Pet Therapy 3:30 Bingo w/ Sasha	17 Assisted Living Week "Shining Through the Years" 9:30 Women's Discussion Group w/ Sasha 10:30 Coffee & Tea Group "Grab a Cup & Chat" 1:30 Bible Study w/ Robin 3:00 ~Shining through~ Arts & Crafts Day w/ Art Instructor Deborah	18 Assisted Living Week "Shining Through the Years" 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 1:30 Bingo w/ Sasha 3:00 Root Beer Float Social w/ music from all eras	19 Assisted Living Week "Shining Through the Years" 9:30 Chair Video Exercise w/ Joan 10:30 Resident-led Pool & Ping Pong Game 1:00 Walking Club Meet: Walking Together Is Fun! 2:00 Resident Card Game Hour 3:30 Resident-led Horseshoe Game 6:00 Saturday Night Live "Pick a Location & Watch a Movie"	
20 9:30 Chair Video Exercise w/ Joan 10:00 Televised communion service 11:00 Arts & Craft Day: Create your own Masterpiece 1:00 Resident-led Bible Discussion 3:45 Residents' Life Group: Open Discussion & Storytelling	21 International Day of Peace 9:30 Open Discussion: What happened over the weekend? 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 1:00 Book Club 2:00 Jeopardy w/ Sasha 3:30 Bingo w/ Sasha	22 1st Day of Fall 9:30 Chair Video Exercise w/ Joan 11:00 Community Choir Rehearsal w/ Sasha 2:00 Family Feud Game w/ Sasha 3:30 Pool Tournament: Who has what it takes to be pool champion!?!	23 9:30 Chair Video Exercise w/ Joan 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Communion Service 1:30 Pet Therapy 2:00 Crafts w/ Pet Therapy 3:30 Bingo w/ Sasha	24 9:30 Women's Discussion Group w/ Sasha 10:30 Coffee & Tea Group "Grab a Cup & Chat" 1:30 Community Choir Rehearsal w/ Sasha 3:00 Bowling w/ Sasha 4:00 Guess That Tune w/ Sasha	25 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 12:00 Luncheon: Please sign up w/ Sasha 2:00 Baking Club w/ Sasha 3:30 Bingo w/ Sasha	26 9:30 Chair Video Exercise w/ Joan 10:30 Resident-led Pool & Ping Pong Game 1:00 Walking Club Meet: Walking Together Is Fun! 2:00 Resident Card Game Hour 3:30 Resident-led Trivia 6:00 Saturday Night Live "Pick a Location & Watch a Movie"	
27 9:30 Chair Video Exercise w/ Joan 10:00 Televised communion service 11:00 Arts & Craft Day: Create your own Masterpiece 1:30 Resident-led Corn Hole Game 2:30 Christian Service 3:45 Residents' Life Group: Open Discussion & Storytelling	28 9:30 Open Discussion: What happened over the weekend? 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Community Choir Rehearsal w/ Sasha 1:00 Book Club 2:00 Celebrating All September Birthdays w/ a Karaoke Party 3:30 Bingo w/ Sasha	29 National Coffee Day 9:30 Chair Video Exercise w/ Joan 10:30 Baking Club Meeting 11:00 Community Choir Rehearsal w/ Sasha 2:00 Pokeno w/ Sasha 3:30 Manicures & Music	30 9:30 Chair Video Exercise w/ Joan 10:00 Word Puzzles, Crossword Puzzles & Adult Coloring 11:00 Communion Service 1:30 Pet Therapy 2:00 Resident Council Meeting 3:30 Bingo w/ Sasha				