



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.



November 2026

Famous Face Born in November

Tina Turner, born November 26, 1939, was a singer, songwriter, actress, and author. Dubbed the "Queen of Rock N Roll," she broke both racial and gender barriers in rock music with her vocal prowess and stage presence. She shares the same birthday as our Activity Director, Sasha. "Happy Birthday!"



"If a negative thought arose, I'd repeat a positive one eight times in a row to counteract it. Soon, I began loving myself, imperfections and all. I stopped comparing myself to others, and at last I started to look good to myself."

-Tina Turner

~The Holidays Are Here!
And the Promenade Still
Has It Going On~



**The Ladies of
the Promenade**



**Who Wants Homemade
Peanut Butter
Cookies!?! Yum...**

❄️❄️❄️ Just For ❄️❄️❄️
Fun

**Peace Begins With
a Smile**



Isn't She Lovely



Oktober Fest Fun!



 **Act of** 
Kindness



**We Stand Against
Breast Cancer!**



**Flowers Are a Girl's
Best Friend!**



**It's Always Good to Grab
a Cup of Coffee and Chat!**

Resident
Spotlight 

"Gratitude Can Transform Common Days Into Thanksgivings, Turn Routine Jobs Into Joy, and Change Ordinary Opportunities Into Blessings." -William Arthur Ward

Holiday Wreath Making
November 3rd (Tuesday)
2:00pm



All Month of November We Are Thankful for All Things to Come!

Baking Club Event
Homemade Pies.
November 6th (Friday)
2:30pm



November 11th
(Wednesday)
2:00pm



November 9th (Monday)
2:00pm
Cider Tasting!
Come have a cup!



November 17th (Tuesday)
12:15pm
Friendsgiving Brunch!
*Sign-up is required...



November 20th (Friday)
2:00pm
~Holiday Gathering Hour~
Come out to fellowship...



November 23rd (Monday)
3:30pm
Happy Birthday to all with
November Birthdays!



November 25th
(Wednesday)
2:00pm
Resident Council Meeting!
"You'll want to be there..."



**GOBBLE
GOBBLE
GOBBLE**

**Happy Thanksgiving,
Everyone!**

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	Holiday Wreath Making 3 We All Like a Nice Holiday Piece to Remember! Come Out to Our Wreath Making Event and Make Your Own Holiday Wreaths. Location: Large Activity Room Time: 2:00pm	4	5	Baking Club Event 6 The Holidays Are Here! What's Your Favorite Dessert for the Holidays? Come Out to Make & Enjoy Homemade Sweet Potato Pies Location: Large Activity Room Time: 2:30pm	7
8	Cider Tasting 9 This Is the Season to Drink Cider! Come Out for Our Cider Tasting, Live Entertainment and Holiday Treats. Location: Large Activity Room Time: 2:00pm	10	Veterans Day 11 In Honor of Veterans Day! We'll Be Celebrating W/ Live Entertainment and More. Happy Veterans Day! Thank You for You Service. Location: Large Activity Room Time: 2:00pm	Thankful Tree Event 12 Create & Grow Your Very Own Thankful Tree Where You Can Express & Enjoy the Things You Are Thankful for! *Arts & Crafts... Location: Large Activity Room Time: 2:00pm	13	14
15	16	Friendsgiving Brunch 17 Come Out to Enjoy Our Thanksgiving-Style Brunch! *Sign-up Is Required, See Sasha (Activity Director) For More Details Location: Large Activity Room Time: 12:15pm	18	Thankful Crafts 19 November Is All About Being Thankful and Life's Art! So Come Out to Enjoy an Arts & Crafts Event W/Art Instructor Deborah. Location: Large Activity Room Time: 3:00pm	Holiday Gather 20 Come Out to Fellowship W/ Your Neighbors During Our Holiday Gathering Hour! Grab a Hot Cup of Chocolate and Enjoy Good Times. Location: Large Activity Room Time: 2:00pm	21
22	November Birthdays 23 Come Out to Celebrate All November Birthdays With a Karaoke Party & Cake. "Happy Birthday" Location: Large Activity Room Time: 3:30pm	24	Resident Council Meeting! Location: Large Activity Room Time: 2:00pm	Thanksgiving 26 Gobble, Gobble!	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Daylight Saving Time Ends1</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLTelevised communion service†</div> <div>11:00AKArts & Craft Day: Create your own Masterpiece🧶</div> <div>1:30AKResident-led Bible Discussion🎓</div> <div>3:30AKResidents' Life Group: Open Discussion & Storytelling🍷</div>	<div>2</div> <div>9:30AROpen Discussion: What happened over the weekend? 🍷</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:00LBBook Club 🍷</div> <div>2:00AKJeopardy w/ Sasha🎓</div> <div>3:30AKBingo w/ Sasha★</div>	<div>3</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30ARBaking Club Meeting👥</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>2:00AKHoliday Wreath Making🍷</div> <div>3:30AKManicures & Music 🍷</div>	<div>4</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunion Service †</div> <div>1:30MLPet Therapy🐾</div> <div>2:00AKCrafts w/ Pet Therapy🧶🐾</div> <div>3:30AKBingo w/ Sasha★</div>	<div>5</div> <div>9:30AKWomen's Discussion Group w/ Sasha🍷</div> <div>10:30MLCoffee & Tea Group “Grab a Cup & Chat” 🍷</div> <div>1:30AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>3:00AKBowling w/ Sasha🎲</div> <div>4:00AKGuess That Tune w/ Sasha🎵</div>	<div>6</div> <div>9:30ARMonthly Vision Board Activity</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:15AKBingo w/ Sasha★</div> <div>2:30AKBaking Club Event w/ Sasha👥</div>	<div>7</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30GRResident-led Pool & Ping Pong Game 🎲</div> <div>1:00LBWalking Club Meet: Walking Together Is Fun!🚶</div> <div>2:00MLResident Card Game Hour🎲</div> <div>3:30MLResident-led Trivia🍷</div> <div>6:00Saturday Night Live “Pick a Location & Watch a Movie”</div>
<div>8</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLTelevised communion service†</div> <div>11:00AKArts & Craft Day: Create your own Masterpiece🧶</div> <div>1:30ARResident-led Cornhole Game🎲</div> <div>2:30ARChristian Service†</div> <div>3:30AKResidents' Life Group: Open Discussion & Storytelling🍷</div>	<div>9</div> <div>9:30AROpen Discussion: What happened over the weekend? 🍷</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:00LBBook Club 🍷</div> <div>2:00AKCider Tasting w/ Live Entertainment🍷</div> <div>3:30AKBingo w/ Sasha★</div>	<div>10</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30ARBaking Club Meeting👥</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>2:00AKFamily Feud Game w/ Sasha🎲</div> <div>3:30AKManicures & Music 🍷</div>	<div>Veterans Day11</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunion Service †</div> <div>1:30MLPet Therapy🐾</div> <div>2:00AKVeterans Day Ceremony w/ Live Entertainment w/ Mark🎵</div> <div>3:30AKBingo w/ Sasha★</div>	<div>12</div> <div>9:30AKWomen's Discussion Group w/ Sasha🍷</div> <div>10:30MLCoffee & Tea Group “Grab a Cup & Chat” 🍷</div> <div>2:00AKThankful Tree Event w/ Sasha🧶</div> <div>3:30AKBowling w/ Sasha🎲</div>	<div>World Kindness Day13</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>2:00AKBaking Club w/ Sasha👥</div> <div>3:30AKBingo w/ Sasha★</div>	<div>14</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30GRResident-led Pool & Ping Pong Game 🎲</div> <div>1:00LBWalking Club Meet: Walking Together Is Fun!🚶</div> <div>2:00MLResident Card Game Hour🎲</div> <div>3:30AKResident-led Ladder Toss Game🎲</div> <div>6:00Saturday Night Live “Pick a Location & Watch a Movie”</div>
<div>15</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLTelevised communion service†</div> <div>11:00AKArts & Craft Day: Create your own Masterpiece🧶</div> <div>1:30AKResident-led Bible Discussion🎓</div> <div>3:30AKResidents' Life Group: Open Discussion & Storytelling🍷</div>	<div>16</div> <div>9:30AROpen Discussion: What happened over the weekend? 🍷</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:00LBBook Club 🍷</div> <div>2:00AKJeopardy w/ Sasha🎓</div> <div>3:30AKBingo w/ Sasha★</div>	<div>17</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30ARBaking Club Meeting👥</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>12:15AKFriendsgiving Brunch * Sign-up Required</div> <div>2:30AKFamily Feud Game w/ Sasha🎲</div> <div>3:30AKManicures & Music 🍷</div>	<div>18</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunion Service †</div> <div>1:30MLPet Therapy🐾</div> <div>2:00AKCrafts w/ Pet Therapy🧶🐾</div> <div>3:30AKBingo w/ Sasha★</div>	<div>International Men's Day19</div> <div>9:30AKMen's Open Discussion Group w/ Sasha🍷</div> <div>10:30MLCoffee & Tea Group “Grab a Cup & Chat” 🍷</div> <div>1:30ARPokeno Game w/ Sasha🎲</div> <div>3:00AKThankful Crafts w/ Art Instructor Deborah🧶</div>	<div>20</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:00DOPromenade C. Store opening hour</div> <div>2:00AKHoliday Gathering w/ Sasha🍷</div> <div>3:30AKBingo w/ Sasha★</div>	<div>21</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30GRResident-led Pool & Ping Pong Game 🎲</div> <div>1:00LBWalking Club Meet: Walking Together Is Fun!🚶</div> <div>2:00MLResident Card Game Hour🎲</div> <div>3:30MLResident-led Trivia🍷</div> <div>6:00Saturday Night Live “Pick a Location & Watch a Movie”</div>
<div>22</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLTelevised communion service†</div> <div>11:00AKArts & Craft Day: Create your own Masterpiece🧶</div> <div>1:30ARResident-led Cornhole Game🎲</div> <div>2:30ARChristian Service†</div> <div>3:30AKResidents' Life Group: Open Discussion & Storytelling🍷</div>	<div>23</div> <div>9:30AROpen Discussion: What happened over the weekend? 🍷</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:00LBBook Club 🍷</div> <div>2:00AKBingo w/ Sasha★</div> <div>3:30AKCelebrating All November Birthdays w/ Sasha🍷</div>	<div>24</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30ARBaking Club Meeting👥</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>2:00ARPokeno Game w/ Sasha🎲</div> <div>3:30AKManicures & Music 🍷</div>	<div>25</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunion Service †</div> <div>1:30MLPet Therapy🐾</div> <div>2:00AKResident Council Meeting</div>	<div>Thanksgiving26</div> <div>10:30MLCoffee & Tea Group “Grab a Cup & Chat” 🍷</div> <div>1:30AKCommunity Choir Rehearsal w/ Annette🎵</div> <div>3:00AKResident-led Arts & Crafts 🧶</div>	<div>Black Friday27</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Annette🎵</div> <div>2:00AKBingo w/ Donna★</div> <div>3:30AKResident-led Monopoly Game🎲</div>	<div>28</div> <div>9:30AKChair Video Exercise w/ Joan🚶</div> <div>10:30GRResident-led Pool & Ping Pong Game 🎲</div> <div>1:00LBWalking Club Meet: Walking Together Is Fun!🚶</div> <div>2:00MLResident Card Game Hour🎲</div> <div>3:30AKResident-led Ladder Toss Game🎲</div> <div>6:00Saturday Night Live “Pick a Location & Watch a Movie”</div>
<div>29</div> <div>9:30ARChair Video Exercise w/ Joan🚶</div> <div>10:00MLTelevised communion service†</div> <div>11:00AKArts & Craft Day: Create your own Masterpiece🧶</div> <div>1:30AKResident-led Bible Discussion🎓</div> <div>3:30AKResidents' Life Group: Open Discussion & Storytelling🍷</div>	<div>30</div> <div>9:30AROpen Discussion: What happened over the weekend? 🍷</div> <div>10:00MLWord Puzzles, Crossword Puzzles & Adult Coloring</div> <div>11:00AKCommunity Choir Rehearsal w/ Sasha🎵</div> <div>1:00LBBook Club 🍷</div> <div>2:00AKJeopardy w/ Sasha🎓</div> <div>3:30AKBingo w/ Sasha★</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>Activities Are Subject to Change...</div>