

THE PROMENADE P O S T

August 2008

582 Veterans Memorial Drive • Pearl River, NY 10965 • (845) 735-6846

Got an Idea?

Have you been rolling an idea for a special or weekly event around in your head? Share it with us! Submit your suggestions of a one-time or weekly event you would like to see in our community to the office. We always welcome new ideas and appreciate your involvement in the community!



Please contact:
dawn@promenadesenior.com
with suggestions, ideas or how you'd like to get involved.

Just a Reminder ...

The newsletter and calendar can be e-mailed at your request.

A Message From Diane

I would like to extend a warm welcome to our new residents who have recently moved into the Promenade ... Selma, Alice and Nancy! These ladies, along with many other residents, have been enjoying their summer by sitting outside on warm and sunny days. We even had a nest of baby birds hatch in one of our hanging baskets out front and the residents joyfully listened to the little ones chirping as they waited for their food to arrive.

At times, we have to say goodbye to someone we've all come to cherish. Mary Discenza passed away due to an illness in July and the friendships she acquired here will be missed as they hold onto fond memories of her.

Promenade has two lovely country kitchens and patios that can be reserved for parties. Please contact the receptionists

at least a week ahead of time so we can happily accommodate you. We also offer guest meals with your loved one for a nominal fee. As always, we look forward to making your visits here comforting.

Diane, Executive Director



**Celebrating Rita's Birthday
Cara, Meryl and Rita**



**Caryn Welcomes
Alice and Selma to Our Community**

THE PROMENADE FAMILY

Executive.....Diane Hill
Wellness...Marilyn Rosenzweig
Recreation.....Dawn Irvin
Food Service.....Jerome Hurdle
Maintenance.....Ben Magboo
Community
Relations.....Caryn Bergon



Celebrate Labor Day

**FAMILY Bar-B-Q
SATURDAY, AUG. 30
AT 12 P.M.**

**Please, save the date!!!
R.S.V.P. BY AUG. 23.**

Daily Group Walks

10 & 11:30 a.m., 1 & 3:30 p.m.
(Based on Weather Conditions)

The Walking Club

Whatever your health goals may be, we're here to help support you in achieving them.





Trivia Whiz

Ancient Olympics

The ancient Olympic Games can be traced back to 776 B.C. in Olympia. They continued for nearly 12 centuries until A.D. 393. Get ready for this year's games with some other historical facts:

- Pierre de Coubertin, father of the modern Olympics, restarted the games in 1896 in Athens, Greece.
- The 1896 games had 241 participants.
- The last Summer Games, in 2004 in Athens, had 10,625 participants.
- The 1916 Olympic Games were canceled due to World War I.
- The 1940 and 1944 games were canceled due to World War II.



Father's Day Breakfast
Robert, Katie, Dawn and Diane

We Appreciate You!

I just want to take this time to THANK all the families for their involvement with each of the events that take place here at The Promenade. I want to let you know how much it means, not only to your loved ones, but also to the staff who plan, prepare, serve and make each event run smoothly. Once again, we had a great turnout for our "Breakfast with Dad" on Father's Day and a delicious Fourth of July Family Bar-B-Q. I look forward to your participation in our future events!!

Dawn, Recreation Director



August Birthdays

People born in the month of August often have larger-than-life, dynamic personalities. They are enthusiastic and very faithful. Some famous folks with August birthdays include:

Happy Birthday

Aug. 1	Herman Melville
Aug. 4	Louis Armstrong
Aug. 6	Eileen K.
Aug. 10	Jimmy Dean
Aug. 12	Jack D.
Aug. 13	Alfred Hitchcock
Aug. 23	Barbara Eden
Aug. 27	Virginia P.



THE PROMENADE TRIPS

SUNDAYS	RELIGIOUS SERVICE
8/3	CAROUSEL THEATER SHOW
TUESDAYS	SCENIC RIDES
8/5	SHOPPING WITH BOB
THURSDAY	ICE CREAM TRIPS
8/10	STEP-BACK-IN-TIME MUSIC
8/12	PEARL RIVER LANES
8/14	PICNIC AT THE PARK
8/19	SHOPPING WITH BOB
8/19	EVENING CONCERT
8/26	A ROUND OF MINI GOLF
8/28	CAMP SHANKS



SPECIAL EVENTS

8/4	FRANCINE Z'S PARTY SHOW
8/8	MUSIC WITH MARILYN
8/12	CHAIR YOGA WITH COLLEEN
8/11	ENTERTAINMENT BY DAVID K.
8/17	ENTERTAINMENT BY MARY S.
8/18	"YOMENCO" EXERCISE
8/25	ENTERTAINMENT BY DON A.
8/30	FAMILY BAR-B-Q

Family and friends are always welcome to join us!!!
(All activities are subject to change.)

Fourth of July Family Bar-B-Q



**Great Food, Fun and Family
Nick and Lucille**



**Independence Day!
Barbara S.**



**FAMILY BAR-B-Q!!
Eileen K. and Her Son, Chris**



It's Summertime!

*****WELLNESS CENTER*****

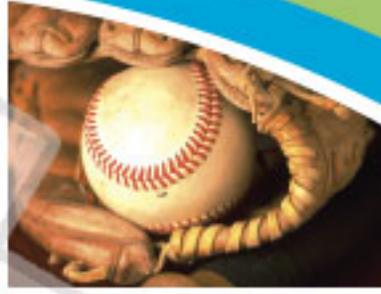
The warm weather is wonderful and the residents love it. We are encouraging residents to stay outside as much as possible, but out of the sun, as the residents do not have sunscreen.

Lost or missing clothing continues to be a major concern. Residents often leave clothing in areas other than their rooms, and without labels, it is difficult to return the clothes to their owners. We would greatly appreciate families labeling clothing and all personal belongings before giving them to residents. The receptionist will be glad to assist with labeling belongings if families will drop them at the front desk. Thank you for your cooperation. Have a wonderful summer and enjoy your vacations!

Marilyn, Wellness Director



**Fresh Air = Front Porch
Eileen G. and Her Son, Ed**



Wit & Wisdom

**“When the athletes come to the Olympic Games, it is rarely about the muscles anymore. It is all about the muscles between the ears.”
—Christine Brennan**

**“Our world today is in need of peace, tolerance and brotherhood. The values of the Olympic Games can deliver these to us.”
—Jacques Rogge**

**“The Olympic Movement is a 20th century religion, where there is no injustice of caste, of race, of family, of wealth.”
—Avery Brundage**

**“The Olympic Games are not just ordinary world championships but a quadrennial festival of universal youth ... celebrated by each succeeding generation as it arrives on the threshold of adulthood.”
—Pierre de Coubertin**

The Promenade at Blue Hill



PromenadeSenior.com

The Promenade believes that seniors have the right to lead happy, healthy and productive lives. It is our responsibility to ensure that they can.

Our mission is to provide seniors with outstanding housing options, as well as uncompromising care to enable residents to lead dignified and productive lives.

Our mission is to have your family members become members of our Promenade family.

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