

THE PROMENADE P O S T

January 2009

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



First Birthday in 2009



The Littlest Elf, Jonathan

A Party to Remember!



Three Generations!

A Message From Diane

Sending a toast your way, wishing each of you a bright, cheerful and healthy New Year filled with joyous times with your loved ones. The staff thanks you for the many delicious goodies which families brought here for the holidays. Now that the wintry cold weather has arrived, it's time for some indoor fun. Please join us on Monday, January 19th, from 3pm-4pm and "Laugh the Winter Blues Away" with Laughter Yoga. The Wellbeing Laughter Club will be presented by Dr. Peister,

creating an hour of relaxation through the use of laughter. On Sunday, February 15th, from 3p-4p, a second part of this series will be presented. Please bring your friends to these events! On Saturday, March 14th, our annual Lifeline Screening event will take place and information will be mailed to you once it becomes available. Welcome ... Brenda, Joyce and James.

Diane, Executive Director



Best Party Smile!



Elvis will return for an encore performance on his birthday here at The Promenade at 2PM.



John and the Gals

FAMILY NIGHT
THURSDAY, JAN. 15th
6:30PM

Wine, Cheese & Family = Fun!!!

Family Support Group
Thursday, Jan. 22nd
7:00PM

with Judy Tamaroff, L.C.S.W.



Trivia Whiz

A Winter Wonder

Snow may be fun to play in and beautiful to watch fall, but there's more to this winter phenomenon than meets the eye ...

- Snowflakes have six points.
- Rochester, N.Y., is the snowiest large city in the U.S., averaging about 94 inches of snow per year (almost 8 feet!).
- Snowflakes are made up of snow crystals, which are single crystals of ice.
- Snow crystals form when water vapor freezes. Sleet forms when raindrops freeze.
- The greatest snowfall ever recorded in 24 hours happened in Silver Lake, Colo., in 1921—more than 6 feet!
- How snow crystals grow depends largely on temperature.
- About 105 snow-producing storms hit the continental U.S. every year.



Selma & Head Elf Anthony!

Attention, Residents & Families!

Like Mickey Rooney said to Judy Garland in those movies of yesteryear:

“LET’S PUT ON A SHOW”

With that said, I would like to do something with the residents with the help of the family and community. The show can consist of short skits, musical numbers and short comedic bits. So if you are so inclined to want to participate in this sort of FUN, please contact me at The Promenade.

Anthony Sciangula, Activity Leader



January Birthdays

It's no surprise that people born in the first month of the new year tend to be natural leaders. January babies are strong, decisive, and trendsetting. They are also loving souls with distinctive personalities and a fascination for life.

Happy Birthday

1/7 Catherine C.
1/25 Kay K.



Special Events

1/1 EVENING MUSIC WITH MITCH
1/8 WARREN & ELVIS ENTERTAIN
1/13 CHAIR YOGA WITH COLLEEN
1/15 HAPPY SQUARE DANCING
1/15 FAMILY NIGHT
1/19 LAUGHTER YOGA
1/21 BOB K. SPEAKER
1/22 FAMILY SUPPORT GROUP
1/23 “YOMENCO” EXERCISE
1/30 BROWNIE TROOP VISIT
1/31 ENTERTAINMENT BY DAVID K.

Family and friends are welcome.



The Promenade Trips

SUNDAYS RELIGIOUS SERVICE
TUES./THURS. WALKING IT!
1/5 IMAX THEATER
1/6 SHOPPING TRIP
1/13 DOLLHOUSE EXHIBIT
1/15 SPORTS PLACE
1/20 SHOPPING TRIP
1/22 ICE FESTIVAL
1/25 MUSIC AT P.R. LIBRARY
1/27 LUNCH BUNCH OUTING

All activities are subject to change.



Recreation Department

Doing what we do best...Having Fun!

The Holiday Party

Was a great success! We want to thank Diane, Caryn and Michael for all their hard work and all who contributed to making this a memorable event for the residents and their families.



What A Spread!



Holiday Spirit!



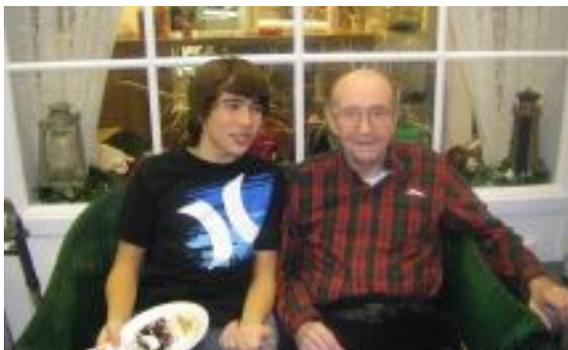
Eileen K. & Barbara G. Sharing A Table



Kay & Elf Apprentice Dawn



Dancing Elves!



Alex & Grandpa Donald



Wit & Wisdom

“A friend is like an eagle; you don’t find them flying in flocks.”
—Anonymous

“The knack of flying is learning how to throw yourself at the ground and miss.”
—Douglas Adams

“Heights by great men reached and kept were not obtained by sudden flight, but while their companions slept; they were toiling upward in the night.”
—Henry Wadsworth Longfellow

“The man who waits for a roast duck to fly into his mouth must wait a very, very long time.”
—Chinese Proverb

“One of the greatest joys known to man is to take a flight into ignorance in search of knowledge.”
—Robert Lynd

Promenade Family



PromenadeSenior.com

Diane Hill.....Executive Director
Marilyn Rosenzweig.....Wellness Director
Dawn Irvin.....Recreation Director
Michael Logan.....Food Service Director
Ben Magboo.....Maintenance Director
Caryn Bergon.....Community Relations Director

MISSION STATEMENT

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.

The Promenade at Blue Hill
582 Veterans Memorial Dr.
Pearl River, NY 10965