

THE PROMENADE P O S T

March 2009

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

Congratulations!
Employee of the Month
SALLY PANIZA



Welcome!



GLORIA S.



A Message From Diane

I recently had the pleasure of accompanying a group of residents on a trip. We shared laughter and stories while riding on the bus and later enjoyed listening to a live performance by The Westchester Chamber Orchestra. The conductor had greeted us all at the entrance and later personally thanked us for attending, along with the featured cellist. It warmed my heart to watch each resident smiling and enjoying an afternoon out with one another. As I watched the two spouses who attended, holding hands with their loved one, I imagined

they were enjoying a favorite pastime and memories. We should all have such good memories as we go through life's journey.

I would like to ask each of you to access www.alz.org, where a petition is available to sign, asking that Congress protect the programs and services for those who have Alzheimer's. Additionally, you would be acknowledging that research needs to continue in order to find a cure. Thank you!

Diane Hill, Executive Director



From The Promenade Family

Attention, Residents & Families!

"LET'S PUT ON A SHOW"
Thursday, March 26th
2:00PM

At the Promenade
Anyone wishing to participate
please contact:

Anthony, Activity Leader



FRIDAY, MARCH 20TH

FAMILY NIGHT
THURSDAY, MARCH 19th
6:30PM

Wine, Cheese & Family = Fun!!!

Family Support Group
Thursday, March 26th
7:00PM

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



Trivia Whiz

Spring Travels

What says March better than spring break?

The annual ritual dates to ancient Greek and Roman times when young men and women celebrated the season, which included dancing.

One of the initial events in the United States occurred in the mid-1930s when the Colgate University swimming team moved its Christmas break training from Hamilton, N.Y., to Fort Lauderdale.

The 1960 movie "Where the Boys Are," based on Midwestern college women going to Fort Lauderdale for spring break, helped ignite the craze.

Spring break peaked in 1985 in Fort Lauderdale as an estimated 380,000 visited.



March Birthdays

If you were born in March, you are a lover of life! People enjoy being around you because you radiate cheerful vibes and have a happy-go-lucky attitude. You also have a great sense of humor and can laugh at life's adversities. You're soulful, respectful, and generous to those around you.

Happy Birthday

3/2 Barbara G.
3/8 Lenore R.
3/19 Nancy B.

Our Birthday Social will be held Thursday, March 26th, at 3PM

Just a Reminder ...

The Promenade has two lovely country kitchens that can be used by residents, their families and guests while visiting or for a special occasion. Please contact the receptionist to make arrangements. Alice and her family used the kitchen to celebrate her birthday.



Alice & Her Grandson



Our Ride!

The Promenade Trips

SUNDAYS	RELIGIOUS SERVICE
TUES./THURS.	WALKING IT!
3/1	TRAIN SHOW
3/3	SHOPPING TRIP
3/10	DEWITT HOUSE
3/12	PEARL RIVER LANES
3/17	SHOPPING TRIP
3/19	ST. PATRICK'S
3/24	SPRING SCENIC RIDE
3/31	LUNCH BUNCH OUTING



Special Events

3/2 GRACE ON THE FLOOR
3/5 WARREN O. ENTERTAINS
3/9 ENTERTAINMENT BY RON R.
3/11 HORTICULTURE CLUB
3/12 EVENING MUSIC WITH MITCH
3/17 CHAIR YOGA WITH COLLEEN
3/19 FAMILY NIGHT
3/20 BERT S. PLAYS ACCORDION
3/23 ENTERTAINMENT BY DAVID K.
3/27 "YOMENCO" EXERCISE

Please come join us!



National Wear Red Day February 6th



So You...Quilting Friday Mornings



Hermaine's Baby Shower



Sweetheart Dance



Chef Michael Logan

From Our Kitchen to Yours

The residents and staff have been enjoying the homemade soups from Chef Michael, so we asked him to share one of his recipes with you. Hope you enjoy this soup as much as we do!

Cabbage Soup

- 1 pound finely chopped green cabbage
- 1/2 cup diced onion
- 1 teaspoon ground white pepper
- 1 teaspoon chopped fresh thyme
- 1/2 cup diced skinless smoked turkey breast

Place all ingredients in a pot with 8 cups of water. Over high heat, heat to boiling. Reduce heat to low, cover and cook for about 1 hour.

Makes about 9 cups



Valentine's Day Dessert



Wit & Wisdom

"Ordinary riches can be stolen; real riches cannot."

In your soul are infinitely precious things that cannot be taken from you."

—Oscar Wilde
(Irish novelist)

"Do not wait to strike 'til the iron is hot; but make it hot by striking."

—William Butler Yeats
(Irish poet)

"He knows nothing, and he thinks he knows everything. That points clearly to a political career."

—George Bernard Shaw
(Irish playwright)

"From death springs life, and from the graves of great patriots springs a great nation."

—Patrick Henry Pearse
(Irish activist)

"A man's errors are his portals of discovery."

—James Joyce
(Irish novelist)

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