

THE PROMENADE P O S T

November 2008

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

Don't Forget Election Day

Mark your calendars for Nov. 4. On Election Day, we will elect a president and his vice president, 33 senators, 11 governors and 435 representatives. You can make a difference. Take time to vote.



Nov. 4

The Promenade residents were given the opportunity to register to vote using this address. Transportation to polls will be provided to those residents only. Residents who are not registered using this address will need family or friends to provide them a way to their polling facility.

*****Wellness Center*****

Flu shots will be administered on Wednesday, Nov. 5, starting at 10:30 a.m. at The Promenade. We ask all family members to help keep our home healthy by only visiting when you are healthy! Thank you for your cooperation.

Marilyn, Wellness Director



TEAM PROMENADE

A Message From Diane

Welcome Myron, Jean and Ruth to our home! On Oct. 12, Team Promenade participated in the Alzheimer's Walk in Pearl River. A big thank you to our residents Kathleen, Catherine, Holly, Joan, Susan, Rita, John and our family members Meryl and Mark who all walked the 5K with Dawn and me. This fall has brought out such vibrant colored leaves that I hope all of you have been able to enjoy the season as we did on that day!

Please mark your calendars for

Thursday, Dec. 11, for our annual Holiday Party. Invitations will be mailed out with all the details.

Residents' family members and friends are invited to join their loved ones for a festive Thanksgiving meal, Nov. 27, at noon. Please contact the receptionist by Nov. 16 if you would like to attend. I would like to wish all of you a very happy and enjoyable Thanksgiving.

Fondly,

Diane, Executive Director



**HAPPY THANKSGIVING!
FROM THE PROMENADE FAMILY**



Wine, Cheese and Family = Fun

FAMILY NIGHT!

THURSDAY, NOV. 20

All families and residents are cordially invited to join us for a Pre-Thanksgiving Family Night Celebration at 6:30 p.m.

THURSDAY, NOV. 27

You're invited to join your loved one for Thanksgiving Day Dinner at 12 p.m. Please R.S.V.P. by Nov. 16.



Trivia Whiz

No Yams About It

You say "puh-tey-toh," I say "puh-tah-toh." It's all the same thing, right? Wrong, especially in regard to sweet potatoes. Think yams and sweet potatoes are the same thing? They're actually different:

Yams and sweet potatoes are from different plant species.

Yams are native to Africa and Asia.

Sweet potatoes are native to tropical areas in the Americas.

Yams are starchier and drier.

Sweet potatoes contain less natural sugar and have more vitamins A and C.

Sweet potatoes come in both "firm" and "soft" varieties.

If a label says "yam," the U.S. Department of Agriculture requires it to also say "sweet potato," thus adding to the confusion.

Radio City Christmas Spectacular

Sunday, Nov. 16

1 p.m. Show \$65/PP

(Price based on minimum of 25 people.)

Includes:

- 2nd Mezzanine Ticket
- Refreshment Voucher
- Transportation
- Boxed Lunch

This holiday season, make Christmas memories with your family! Marvel at the Radio City Rockettes and their legendary eye-high kicks. Delight in the dynamic precision of the world famous "Parade of Wooden Soldiers." Revel in the magic of the season as Santa takes flight before your eyes and the Rockettes tour New York City in their life-size double-decker bus. And be inspired by a stirring living nativity.

Please call if you are interested in attending with your loved one.

Dawn, Recreation Director



November Birthdays

If you give a project to a person born in November, chances are you'll be very pleased with his/her results. People born this month tend to be very focused and disciplined and think analytically. They can also be very emotional and have personalities with hypnotizing qualities.

Happy Birthday

11/5

Mary F.

11/22

Donald H.



Special Events

- 11/2 ENTERTAINMENT BY DAVID K.
- 11/6 EVENING MUSIC WITH MITCH
- 11/11 CHAIR YOGA WITH COLLEEN
- 11/11 SING-ALONG WITH JACK V.
- 11/13 GRACE ON THE FLOOR
- 11/16 ENTERTAINMENT BY WARREN O.
- 11/19 MARY S. ENTERTAINS
- 11/20 FAMILY NIGHT
- 11/25 BERT PLAYS ACCORDION

Families and friends are always welcome to join in the fun!!



THE PROMENADE TRIPS

- SUNDAYS RELIGIOUS SERVICE
- TUESDAYS MORNING RIDES (CC)
- 11/4 PRESIDENTIAL VOTE
- 11/4 SHOPPING TRIP
- 11/5 VETERANS BREAKFAST
- 11/6 LUCKY STRIKE
- 11/13 AFTERNOON TEA
- 11/16 RADIO CITY TRIP
- 11/18 SHOPPING TRIP
- 11/20 MATINEE MOVIE DAY
- 11/25 LUNCH-OLIVE GARDEN



DONALD AND RALPH

W.W. II Navy Veterans

Donald and Ralph are both Veterans of W.W. II. Both men served in the U.S. Navy. Once the two men met, they soon discovered they had a common bond, which was the beginning phase of their friendship that has developed here at The Promenade. As the two got to know one another and talked about their time served, it was soon found that each had very similar experiences—when one was in port the other was right behind throughout the war. After that, they found themselves both living in Florida during their retirement years and now they reside here in New York. Ralph and Donald both share their experiences, not only with each other, but also with the residents. We appreciate their involvement and look forward to the discussions. After all these years, each has led very different, yet not so different, lives.

GOD BLESS AMERICA!

“I count myself in nothing else so happy as in a soul remembering my good friends.”
~ William Shakespeare



Veterans Day

NOV. 11

We Salute Our Very Own Resident Veterans

- | | |
|---------------------|------------|
| WWII-Navy | Ralph C. |
| WWII-Army Air Corps | Jack D. |
| Korean War-Army | Robert E. |
| Korean War-Marines | John G. |
| WWII-Navy | Donald H. |
| WWII-Army | Emanuel H. |
| WWII-Army | Henry L. |
| WWII-Army Nurse | Alice R. |

We Honor; We Remember ...

We also salute all the women and families who have supported their loved ones who have served and are currently serving.



9/11 MEMORIAL - ORANGEBURG, NY

Positive Thoughts

“Learn from yesterday, live for today, hope for tomorrow.” —Albert Einstein

Wit & Wisdom

“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”
—Henry Van Dyke

“A thankful heart is not only the greatest virtue, but the parent of all other virtues.”
—Marcus Tullius Cicero

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”
—Oprah Winfrey

“Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence.”
—Erma Bombeck

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