

THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING

ACTIVITIES CALENDAR

168 Red Schoolhouse Road • Chestnut Ridge, NY 10977 • (845) 620-0606
www.EsplanadeChestnutRidge.com

Employee
of the
Month



Moezella Harris — January 2011

We welcomed 2011 by honoring Moe, as she is affectionately called by the residents, as our Employee of the Month for January 2011. In January 2007, Moe started working for The Esplanade. Very quickly she made an impact on our community and is now celebrated for her dedication and work with our residents. Moe ensures that our residents are at meals and that their weights get recorded each month and assists with the daily activity programs. Congratulations, Moe; we're glad you are here with us!

February 2011

Do You Ru?

Do you pronounce this month Feb-U-ary or Feb-RU-ary? Many people mispronounce it, forgetting that letter R. Perhaps it's because we like to rhyme it with January. Linguists say that speakers fall victim to dissimilation. In dissimilation, if there are two of the same letters close to each other, the speaker only pronounces one. This happens in the words "particular" and "governor." Maybe we should do like the Ancient Romans did. Because they considered winter a monthless period, they did not observe the month of February at all.



Go Red for Women

February is National Heart Month, and the American Heart Association focuses on women and heart disease. Wear Red Day (the first Friday in February) is designated to increase awareness of cardiovascular diseases that claim the lives of nearly 500,000 women each year. Join the residents and staff of The Esplanade by wearing red on Feb. 4.



BRRRR ... Bundle Up!

Whether you're walking your dog, going to the car or visiting a neighbor, don't forget to exercise caution. This winter weather is serious business! Take the time to put on a coat, gloves or whatever you need to stay warm, and remind your friends to do the same!

CALENDAR KEY

AR Activity Room
 AR2 2nd Fl. Act. Room
 K 2nd Fl. Kitchen
 PA Parlor
 LIB Library
 TV TV Room
 C Courtyard
 PD Pvt Dining Room
 Bus Bus
 L Lobby
 DR Dining Room

Activity Department Director

Nilly Landa

Leaders

Scott Dellay

Rose Buskin

Fabienne Jean Louis

Volunteers

Carol Baretz

Liz Burak

Redwing

Edith A. Bogart School

Jack Kreismer

Pearl Lowy

Church of the

Presentation, USR

Resident Volunteers

Terry Melville, Resident

Council President

Anne Cohen,

Sundries Shop

Evelyn Gillman, Sunshine Club

Sundries Shop

Shower & Bath Supplies


Toiletries

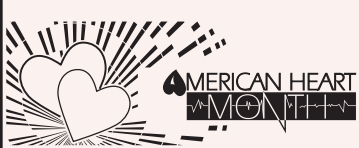

Candy

Cards & Stamps

Store is open Monday through Friday

from 11:30 a.m.–Noon.

Sunday	Monday	Tuesday
Happy Birthday to Our Residents: Arthur N.....3rd Daniel C.....4th Ann K.....12th Fay G.....14th Esther S....16th Lydia I...25th Hilda L...27th And to Our Staff: Karen S...13th Alex S...14th		1 Leaders Scott & Nilly 9:45 PA Daily Chronicles 10:30 PA Zumba w/ Milena 11:30 PA News Briefs 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Clark Gable Social 3:30 PA If Walls Could Talk 6:15 AR Reel to Reel
6 Leaders-Nilly & Rose 10:00 PA Sit and Be Fit 10:30 PA Current Events 11:00 AR Communion 11:00 PA Remembering Yesteryears 1:30 AR Bingo Bonanza 1:30 PA Trivia Mania 3:00 PA SUPER BOWL PARTY w/ Mary Stella 6:15 AR PBS Presents 6:25 TV Super Bowl Kickoff	7 Leader - Nilly 9:45 PA Exercise for the Soul 10:30 PA Daily Chronicles 11:00 PA Cranium Crunches 1:30 LIB Scrabble 1:30 AR Games People Play 3:00 PA Dickens Social 3:30 AR Manicures & Music 4:00 LIB Computer Class 6:15 AR Hollywood Classics	8 Leaders Scott & Nilly 9:45 PA Groovin and Moovin 10:30 PA News of the Day 11:00 AR A Stitch in Time 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Boy Scouts Social 3:30 PA Bio: Black History 6:16 AR Lights, Camera Action
13 Leaders-Nilly & Rose 10:00 PA Sit and Be Fit 10:30 PA News Wraps 11:00 AR Communion 11:00 PA Flashback 1:30 AR Bingo Bonanza 1:30 PA Trivia Mania 3:00 PA Snowy Social 3:30 PA Roses Are Red -Poetry 6:15 AR Classical Showcase	14 Valentine's Day Leader - Nilly 9:45 PA Exercise for the Soul 10:30 PA Daily Chronicles 11:00 PA Romantic Melodies 1:30 LIB Scrabble AR Games 3:00 PA Sweet Heart Social 3:30 PA Valentine's Party Music w/ Stephanie Rohm 4:00 LIB Computer Class 6:15 AR Romantic Movie	15 Leaders Scott & Nilly 9:45 PA Groovin And Moovin 10:30 PA News of the Day 11:00 AR Jewelry Making 12:00 AR Red Hat Luncheon 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Tiffany Day Social 3:30 PA Food Committee 6:16 AR Reel to Reel
20 Leaders-Nilly & Rose 10:00 PA Sit and Be Fit 10:30 PA Current Events 11:00 AR Communion 11:00 PA Times Gone by 1:30 AR Bingo Bonanza 1:30 PA Trivia Mania 3:00 PA All Star Social 3:30 PA Word Boggle 6:15 AR PBS Great Performances	21 Presidents' Day Leader - Nilly 9:45 PA Exercise for the Soul 10:30 PA Daily Chronicles 11:00 PA "Our American Presidents" 1:30 LIB Scrabble 1:30 AR Yahtzee 3:00 PA Erma Bombeck Social 3:30 PA Presidents' Day Music w/ Mitch Korn 6:15 AR Critics Choice	22 Washington's Birthday Leaders Scott & Nilly 9:45 PA Groovin and Moovin 10:30 PA Daily Chronicles 10:30 AR2 <i>Cooking With Class</i> 11:00 PA Music Appreciation 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Cherry Pie Social 3:30 PA Family Feud 6:16 AR Lots of Laughs
27 Leaders-Nilly & Rose 10:00 PA Sit and Be Fit 10:30 PA Front Page News 11:00 AR Communion 11:00 PA Making Memories 1:30 AR Bingo Bonanza 1:30 PA Trivia Mania 3:00 PA Red Carpet Social 3:30 PA The Oscars 6:15 AR Oscar Winner	28 Leader - Nilly 9:45 PA Exercise for the Soul 10:30 PA Daily Chronicles 11:00 PA Scrosswords 1:30 LIB Scrabble 1:30 AR Fun and Games 3:00 PA Sunny Side Social 3:30 AR Manicures & Music 4:00 LIB Computer Class 6:15 AR Critics Choice	Please join us in the parlor each afternoon at 3 p.m. for our daily social. Refreshments are always served.

Wednesday	Thursday	Friday	Saturday
<p>Groundhog Day 2</p> <p>Leaders-Scott & Nilly 9:45 PA Warm-ups 10:30 PA Daily Chronicles 11:00 PA RSVP Clown Visits 1:30 AR Bingo w/Liz 1:30 Bus- Movie Trip 3:00 PA Ground Hog Social 3:30 PA Jeopardy 6:15 AR Front Row Seat</p>	<p>Chinese New Year- The Rabbit 3</p> <p>Leaders- Scott & Nilly- AVI 9:45 PA Stretch-R-Cise 10:15 PA Daily Chronicles 11:00 PA Chinese Culture 11:30 PA Red Wing Visits 1:30 LIB Cards PA Pokeno 3:00 PA Fortune Cookie Social 3:30 Chinese NY Party w/ music by Alan & Eve 6:15 AR Critics Choice</p>	<p>National Wear Red Day 4</p> <p>Leader-Scott 9:45 PA Daily Workout 10:30 PA Daily Chronicles 11:00 PA History: The USO 1:30 BUS Shopping/Errands 2:00 AR Bingo 3:00 PA Wear Red Social 3:30 LIB Fun w/ Wii 3:30 AR Shabbat Services 6:15 AR Cultural Showcase</p>	<p>5</p> <p>Leader- Scott</p> <p>9:30 PA Exercise for All 10:00 PA Daily Chronicles 11:00 PA Crosswords 1:30 BUS Scenic Ride 1:30 AR Bingo 3:00 PA Weatherman Social 4:00 AR Bible Discussion 6:15 AR Netflix Top Choice</p>
<p>9</p> <p>Leaders-Scott & Nilly 9:45 PA Fitness Club 10:30 PA Daily Chronicles 11:00 AR Valentine Card Making 1:30 AR Bingo w/Liz 1:30 Bus - Museum Trip 3:00 PA Chocolate Social 3:30 PA Radio Daze 6:15 AR Front Row Seats</p>	<p>Leaders- Scott & Nilly 10</p> <p>9:45 PA Morning Fitness 10:15 PA Daily Chronicles 11:00 AR Valentine Corsages 11:30 PA Red Wing Visits 1:30 LIB Card Club w/Pearl 1:30 PA Pokeno w/Carol 3:00 PA Umbrella Day Social 3:30 AR Mass w/ Father Simon 6:15 AR Critics Choice 7:00 LIB Support Group</p>	<p>Leader-Scott 11</p> <p>9:45 PA Jazzercise 10:30 PA Daily Chronicles 11:00 PA Histories and Legends of Thomas Edison 1:30 BUS Shopping/Errands 2:00 AR Bingo 3:00 PA Edison Social 3:30 PA Getting to Know You 3:30 AR Shabbat Services 6:15 AR Hollywood Classics</p>	<p>Lincoln's Birthday 12</p> <p>Leader- Scott</p> <p>9:30 PA Saturday Stretch 10:00 PA Daily Chronicles 11:00 PA Crosswords 12:00 AR Men's "Lunch In" 1:30 AR Bingo 3:00 PA Snack Food Social 4:00 AR Bible Discussion 6:15 AR Movie Special</p>
<p>Leaders-Scott & Nilly 16</p> <p>9:45 PA Warm-ups 10:30 PA Daily Chronicles 11:00 PA How It's Made 12:00 PD Circle of Friends 1:30 AR Bingo w/Liz 1:30 Bus-Library Trip 3:00 PA Heart to Heart Social 3:30 PA Resident Council 5:00 TRIP: Night on the Town 6:15 AR Netflix Pix</p>	<p>AVI 17</p> <p>Leaders- Scott & Nilly 9:45 PA Stretch-R-Cise 10:15 PA Daily Chronicles 11:00 PA It's Puzzling 11:30 PA Red Wing Visits 12:00 PD Birthday Luncheon 1:30 LIB Cards PA Pokeno 3:00 PA Kindness Day Social 3:30 PA Birthday Party w/ Randi Accardi 6:15 AR Mystery Theatre</p>	<p>Leader-Scott 18</p> <p>9:45 PA Daily Workout 10:30 PA Daily Chronicles 11:00 PA Read All About It 1:30 BUS Shopping/Errands 2:00 AR Bingo 3:00 PA Bird Watching Social 3:30 AR Shabbat Services w/ Rabbi Friedman 6:15 AR Cultural Showcase</p>	<p>Leader- Scott 19</p> <p>9:30 PA Exercise for All 10:00 PA Daily Chronicles 11:00 PA Crosswords 1:30 AR Bingo 1:30 BUS Scenic Ride 3:00 PA Cereal Social 4:00 AR Bible Discussion 6:15 AR Movie Special</p>
<p>23</p> <p>Leaders-Scott & Nilly 9:45 PA Fitness Club 10:30 PA Daily Chronicles 11:00 PA We the Critics 11:45 Bus- Lunch Outing 1:30 AR Bingo w/Liz 2:00 BUS- Local Errands 3:00 PA Tootsie Roll Social 3:30 PA Buzzword 6:15 AR Front Row Seats</p>	<p>Leaders- Scott & Nilly 24</p> <p>9:45 PA Morning Fitness 10:15 PA Daily Chronicles 11:00 PA Modern Marvels 11:30 PA Red Wing Visits 1:30 LIB Card Club w/Pearl 1:30 PA Pokeno w/Carol 3:00 PA Can It Day Social 3:30 PA "The Price Is Right" 6:15 AR Cinemascope</p>	<p>Leader-Scott 25</p> <p>9:45 PA Jazzercise 10:30 PA Daily Chronicles 11:00 PA Tee Time 1:30 BUS Shopping/Errands 2:00 AR Bingo 3:00 PA Quiet Day Social 3:30 PA Are You Smarter Than a Fifth Grader? 3:30 AR Shabbat Services 6:15 AR Lights, Camera, Action</p>	<p>Leader- Scott 26</p> <p>9:30 PA Saturday Stretch 10:00 PA Daily Chronicles 11:00 PA Crosswords 1:30 AR Bingo 3:00 PA Friendship Social 4:00 AR Bible Discussion 6:15 AR Movie Special</p>
	<p>The Beauty Parlor — located on the 2nd floor — will be open every Wednesday and Friday.</p> <p>Please Make Your Appointment At the Front Desk.</p>	<p style="font-size: 2em; font-family: cursive;">Be My  Valentine</p>	<p>Leaders-</p> <p>Nilly- Sunday–Thursday Scott- Tuesday–Saturday</p> <p>This activity calendar is subject to change. Please check the TV monitors for updates.</p>

February 2011

*Happy
Valentine's
Day*



*We hope your holiday
is filled with sweet sentiments
and tasty treats!*

Esplanade at Chestnut Ridge
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