

THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING

ACTIVITIES CALENDAR

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

Employee
of the
Month



She's the Apple of Our Eye

Congratulations to Iris Quintana, who was named Employee of the Month for August 2010. Iris has been the laundress at The Esplanade since May of 2002. She has direct contact with each resident every week. She always has a smile on her face. Iris is hard-working, respectful, dependable, reliable and sweet. Her honesty has been shown time and time again as she returns the spare change our residents leave in their clothing. We are so appreciative of Iris and the dedication she has shown and continues to show to our community. Well-deserved, Iris!

September 2010



ALOHA

Our residents were treated to what felt like an afternoon at a Polynesian resort. Entertainment was provided by Kanani luanai ke kai Naleoonamahikoa i ka makanii kalani, better known to us as "Luana." Our parlor was transformed so beautifully by Nilly Landa, Activities Director. There were birds of paradise, tropical scenery, grass skirts, colorful flowers, palm trees and residents adorned with traditional Hawaiian leis. Earlier in the day, we were treated to hula lessons, which came in handy when Luana asked us to dance with her. We indulged on plantains and piña coladas followed by an authentic meal, prepared by our dining staff, of calypso baby spinach salad, sweet and sour chicken, tilapia with pineapple salsa and almond fried rice. For dessert, we topped the evening off with a tropical banana bread pudding with passion fruit cream.

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

Edith A. Bogart School

Vinson Hill

Jack Kreismer

Pearl Lowy

Church of the

Presentation, USR

Resident Volunteers

Terry Melville, Resident

Council President

Anne Cohen,

Sundries Shop

Adele Halpern, Librarian

Lillian Nadler, Pianist

Evelyn Gillman, Sunshine

Club

Frances Belitz,

Welcoming Committee

Sundries Shop

Shower & Bath Supplies

Toiletries

Candy

Cards & Stamps

Store is open Monday

through Friday

at 11:30 a.m.–Noon.

Sunday	Monday	Tuesday
<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>	<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>Please join us in the parlor each afternoon at 3:00 p.m. for our daily social. Refreshments are always served.</p>
<p>5</p> <p>Leader- Nilly & Rose 10:00 PA Daily Chronicles 10:30 PA Stretcherexercise 11:00 AR Communion 11:00 PA Scattergories 1:30 AR Bingo with Rose 1:30 LIB Book Club 3:00 PA Waffle Week Social 3:30 PA Wheel of Fortune 6:15 AR PBS Presents</p>	<p>Labor Day 6</p> <p>Leader-Nilly 10:00 PA Daily Chronicles 10:30 PA Monday Moves 11:00 AR Lights Camera Action 1:30 C Labor Day Party-Music w/Warren O'Neil 3:00 PA Holiday Social 3:30 AR An American Tradition-Labor Day 6:15 AR Showstoppers</p>	<p>7</p> <p>Leader-Scott & Nilly 9:45 PA News of The Day 10:30 PA Zumba 11:00 PA History of Ideas-Inventions and Inventors 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Who's Who Social 3:30 PA A Taste of the Orient 6:15 AR Critics Choice</p>
<p>Grandparents Day 12</p> <p>Leader- Nilly & Rose 10:00 PA Daily Chronicles 10:30 PA Stretcherexercise 11:00 AR Communion 11:00 PA Crosswords 1:30 AR Bingo with Rose 1:30 BUS Chestnut Ridge Day- Children's Park 6:00 PA Grandparents Day Celebration with Randy Accardi- All Welcome</p>	<p>*Nature of Life 13</p> <p>Leader-Nilly 10:00 PA Daily Chronicles 10:30 PA Monday Moves 11:00 PA Natures Pantry 1:30 AR B-I-N-G-O 1:30 LIB Scrabble 3:00 PA Nature's Social 3:30 AR Manicures & Music 6:15 AR Monday Night @ the Movies</p>	<p>*Eat & Drink to Life 14</p> <p>Leader-Scott & Nilly 9:45 PA Sit & Be Fit 10:15 PA News of The Day 11:00 PA Around the World 1:15 LIB Canasta 1:30 PA Staff Appreciation w/ an International Twist 3:00 PA Eat & Drink to Life Social 3:45 Art Club 6:15 AR Critics Choice</p>
<p>19</p> <p>Leader-Nilly & Rose 10:00 PA In the News 10:30 PA Stretcherexercise 11:00 AR Communion 11:00 PA Word Search 12:00 AR Red Hat "Lunch-In" 1:30 AR Bingo with Rose 1:30 LIB Literary Circle 3:00 PA Sundaes on Sunday 3:30 AR Spelling Bee 6:15 AR Sunday Night Movie</p>	<p>20</p> <p>Leader-Nilly 10:00 PA Daily Chronicles 10:30 PA Monday Moves 11:00 AR2 Brushes to Canvas 1:30 AR Bingo Bonanza 1:30 LIB Scrabble 3:00 PA Reminiscing Social 3:30 AR Manicures & Music 6:15 AR Hitchcock Presents</p>	<p>21</p> <p>Leader-Scott & Nilly 9:45 PA Sit & Be Fit 10:15 PA News of The Day 11:00 PA TVs Greatest 12:00 PDR Birthday Luncheon 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Birthday Social 3:30 PA Birthday Party w/ Gary Lovett 6:15 AR Critics Choice</p>
<p>26</p> <p>Leader-Nilly & Rose 10:00 PA In the News 10:30 PA Stretcherexercise 11:00 AR Communion 11:00 AR Supercharge Your Memory 1:30 AR Bingo with Rose 3:00 PA Chit Chat Social 3:30 PA Music w/ Stephanie Rehm 6:15 AR Sunday Night Movie</p>	<p>27</p> <p>Leader-Nilly 10:00 PA Daily Chronicles 10:30 PA Monday Moves 11:00 AR2 Crafters Corner 1:30 AR B-I-N-G-O 1:30 LIB Scrabble 3:00 PA Snack Lovers Social 3:30 AR Manicures & Music 6:15 AR Monday Night @ the Movies</p>	<p>28</p> <p>Leader-Scott & Nilly 9:45 PA Sit & Be Fit 10:15 PA News of The Day 11:00 PA Blast From the Past 1:15 LIB Canasta 1:15 AR Art Club 3:00 PA Musical Social 3:30 PA Name That Tune 6:15 AR Critics Choice</p>

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Leader-Scott & Nilly 9:45 PA Jazzercise 10:15 PA Daily Chronicles 11:00 AR Games/Yahtzee 12:00 BUS Trip Haverstraw Bay Picnic 1:30 AR Bingo w/Liz 3:00 PA Ring Ding Social 3:30 PA Word Jumble 4:30 LIB Computers 6:15 AR Reel to Reel</p>	<p>2</p> <p>Leader-Scott & Nilly 9:45 PA On the Move 10:15 PA Read All About It 11:00 PA You Be the Judge 11:30 PA Red Wing Visit 1:30 LIB Card Club w/Pearl 1:30 AR Pokeno w/Carol 3:00 PA School Day Social 3:30 PA Wheel of Fortune 6:15 AR Show Stoppers</p>	<p>3</p> <p>Leader-Scott 9:45 PA Exercise for All 10:15 PA Daily Chronicles 10:30 PA Bowlathon 1:00 BUS Local Shopping/Errands 1:30 AR Bingo with Liz 3:00 PA T.G.I.F. Social 3:30 PA Headliners & More 3:30 AR Shabbat w/Rabbi 6:15 AR Cultural Showcase</p>	<p>4</p> <p>Leader- Scott 9:45 PA Rise and Shine 10:15 PA Daily Chronicles 11:00 PA Crosswords 12:00 AR Men's Club "Lunch-In" 1:30 AR Bingo 3:00 PA How Sweet It Is Social 4:00 AR Bible Discussion 6:15 AR Critics Picks</p>
<p>8</p> <p>Erev Rosh Hashanah Leader-Scott & Nilly 9:45 PA Jazzercise 10:15 PA Daily Chronicles 11:00 PA History's Mysteries 11:15 AR Rosh Hashanah Shofar Service 12:00 Bus Duck Pond Picnic 1:30 AR Bingo w/Liz 3:30 AR Travel America 4:30 LIB Computers 6:15 AR Reel to Reel</p>	<p>9</p> <p>First Day Rosh Hashanah Leader-Scott & Nilly 9:45 PA On the Move 10:15 PA Read All About It 11:00 PA Guess Who? 11:30 PA Red Wing Visit 1:30 LIB Card Club w/Pearl 1:30 AR Pokeno w/Carol 3:00 PA Apple/Honey Social 3:30 PA Cranium Crunchers 3:30 AR Holiday Traditions 6:15 AR Show Stoppers</p>	<p>10</p> <p>Second Day Rosh Hashanah Leader- Scott 9:45 PA Exercise for All 10:15 PA Daily Chronicles 11:00 PA Tee Time/ Golf 1:00 BUS Local Shopping/Errands 1:30 AR Bingo with Liz 3:00 PA T.G.I.F. Social 3:30 PA Food Lovers Trivia 3:30 AR Shabbat Services 6:15 AR Movie Night</p>	<p>11</p> <p>Patriot's Day Leader- Scott & Fabienne Moment of Silence 9:45 PA Rise and House 10:15 PA Daily Chronicles 11:00 PA Crosswords 1:30 BUS Local Outings 1:30 AR Bingo 3:00 PA Hero's Social 4:00 AR Bible Discussion 6:15 AR Movie Salute</p>
<p>15</p> <p>*Sharing Life Leader-Scott & Nilly 9:45 PA Daily Chronicles 10:30 PA Tai Chi w/ John 11:00 PA A Day in The Life 12:00 Bus Trip Boat Basin Picnic 1:30 AR Bingo w/Liz 3:00 PA Sharing Life Social 3:30 PA Getting to Know You 4:00 PA Employee Highlights 6:15 AR Reel to Reel</p>	<p>16</p> <p>*Life Is Art Leader-Scott & Nilly 9:45 PA On the Move 10:15 PA Read All About It 11:00 PA Art Appreciation 11:30 PA Red Wing Visit 1:30 LIB Card Club w/Pearl 1:30 AR Pokeno w/Carol 3:00 PA Life is Art Social 3:30 PA Lillian Nadler Piano 6:15 AR Show Stoppers 7:00 LIB Support Group</p>	<p>17</p> <p>Erev Yom Kippur Leader-Scott 9:45 PA Exercise for All 10:15 PA Daily Chronicles 11:00 AR Scattergories 1:00 BUS Local Shopping/Errands 1:30 AR Bingo with Liz 3:00 PA T.G.I.F. Social 3:30 PA Down Memory Lane 3:30 AR Yom Kippur w/Rabbi 6:15 AR Award Winner Movie</p>	<p>18</p> <p>Yom Kippur Leader- Scott 9:45 PA Rise and Shine 10:15 PA Daily Chronicles 11:00 PA Crosswords 1:30 AR Bingo 3:00 PA Social Gathering 4:00 AR Bible Discussion 5:00 DR Break the Fast Meal 6:15 AR Netflix Top Choice</p>
<p>22</p> <p>Erev Sukkot Leader-Scott & Nilly 9:45 PA Jazzercise 10:15 PA Daily Chronicles 11:00 PA Gourmet Club-Apple Pie Baking 1:00 Bus Trip Wycoff Environmental Center 1:30 AR Bingo w/Liz 3:30 PA An Apple A Day 4:30 LIB Computers 6:15 AR Broadway Musical</p>	<p>23</p> <p>Autumn Begins- Sukkot Leader-Scott & Nilly 9:45 PA On the Move 10:15 PA Read All About It 11:00 PA Comedy Central 11:30 PA Red Wing Visit 12:00 DR Circle of Friends 1:30 LIB Card Club w/Pearl 1:30 AR Pokeno w/Carol 3:00 PA Autumn Social 3:30 PA Resident Council 6:15 AR Show Stoppers</p>	<p>24</p> <p>Second Day Sukkot Leader- Scott 9:30PA Daily Chronicles 10:00 PA Yomenco w/ Bruce 11:00 PA How Stuff Works 1:00 BUS Trip To Sukkah at Beth Haverim Shir Shalom 1:30 AR Bingo w/Liz 3:00 PA T.G.I.F. Social 3:30 PA Game Show 3:30 AR Shabbat Services 6:15 AR Movie Rewind</p>	<p>25</p> <p>Leader- Scott & Fabienne 9:45 PA Rise and Shine 10:15 PA Daily Chronicles 11:00 PA Crosswords 1:30 BUS Scenic Ride 1:30 AR Bingo 3:00 PA Swinging Social 4:00 AR Bible Discussion 6:15 AR Two Thumbs Up Movie</p>
<p>29</p> <p>Leader-Scott & Nilly 9:45 PA Jazzercise 10:15 PA Daily Chronicles 11:00 PA Music & Lyrics 1:00 Bus Trip DePieros Farm 1:30 AR Bingo w/Liz 3:00 PA LOL Social 3:30 PA Laughter the Best Medicine 4:30 LIB Computers 5:00 BUS Dinner Outing 6:15 AR Reel to Reel</p>	<p>30</p> <p>Leader-Scott & Nilly 9:45 PA On the Move 10:15 PA Read All About It 11:00 PA Let the Games Begin 11:30 PA Red Wing Visit 1:30 LIB Card Club w/Pearl 1:30 AR Pokeno w/Carol 3:00 PA Happy Hour 3:30 PA Food Committee 4:00 AR Men's Club Meets 6:15 AR Show Stoppers</p>	<p>*Join us for Assisted Living Week Activities, Sept. 12-18</p>	<p>Happy Birthday Residents Maria F.....6th Anne C.....7th Dorothy P...12th Bob C....15th Charles G....19th Lillian N.....22nd and to our Staff Annie G....1st Fern L....22nd Janette M...26th</p>

September 2010

Esplanade Celebrates National Assisted Living Week



National Assisted Living Week® (NALW) will take place Sept. 12-18, and will feature the theme "*Living Life*." We invite you—the community at large—to join us in celebrating residents' lives and thanking volunteers, family members, staff and others at one of our "*Living Life*" events.

We will host an intergenerational program in honor of Grandparents Day and the kickoff to National Assisted Living Week on Sunday, Sept. 12, at 6 p.m. "*Living Life*" means participating in activities that you enjoy. It means sharing personal histories, pursuing passions and mastering talents. We all share the desire to live life to the fullest, whether we are young or old.

Join us, and the more than 38,000 assisted living communities nationwide, who are creating celebrations for all to enjoy.

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