

“

WE CARE, BECAUSE WE CARE

”

THE

Bainbridge
Day Care
Center

NEWS

Report

Feb / 2017



Included Inside This Issue:

**News
and
Events**

Photos

**March
Birthdays**

**Points
to
Ponder
of the
Month**

**March
Trips
and
Calendar**

Words from the Desk of...
Lilian Teska, Program Director

The Bainbridge Adult Day Care is always evolving. In the last few months alone we have upgraded our facility and continue to form new partnerships.

We continue to provide exceptional care to our registrants. Exceptional care would not be possible without the wonderful team we have here!

We received a visit from the department of health this month, and received an excellent review!

Way to go Team!



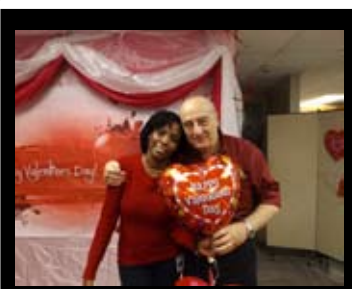
BAINBRIDGE
ADULT DAY CARE CENTERS

718-653-2273
3518 Bainbridge Ave
Bronx NY 10467

WWW.BAINBRIDGEDAYCARES.COM



Heart Healthy
Celebration!



Valentines Day
Celebration!



VALENTINES DAY CELEBRATION



**POINTS
TO PONDER**

*Some of our
Thoughts of the Day
this month were:*

- * What are you good at that you wish you can teach everyone?
- * When did you put a time limit on something that you wish you shouldn't have?
- * Who use to make no sense to you that you now understand?



**FEBRUARY
HIGHLIGHTS**

- * **BLACK HISTORY FILMS & SPECIAL LUNCHEON**
- * **PRESIDENT'S DAY CELEBRATION**
- * **SUPER-BOWL SUNDAY SOCIAL**
- * **VALENTINE'S DAY PARTY**
- * **HEALTHY HEART FASHION SHOW**
- * **BIRTHDAY CELEBRATION**
- * **PET VISITS WITH JOI**
- * **VISITS WITH THE RABBI**
- * **PAJAMA DAY**
- * **MARDI GRAS**

**Welcome
Back
To:**

Ruth Raices,
Iris Fallet,
Patricia Green!



**A PEEK INTO
SOME OF OUR
MARCH
AGENDA**

- MARCH 2 **SPRING FEST**
- MARCH 9 **ENTERTAINMENT**
- MARCH 12 **PURIM CELEBRATION**
- MARCH 14 **PI DAY**
- MARCH 16 **ST. PATRICK'S DAY CELEBRATION**
- MARCH 17 **GREEN DAY! BEST COSTUME WINS A PRIZE!**
- MARCH 23 **ENTERTAINMENT**
- MARCH 29 **GARDEN PARK TRIP**
- MARCH 30 **BIRTHDAY CELEBRATION**



Baingbridge Adult Day Care Center

Celebrate
National Nutrition Month®

**“PUT YOUR BEST
FORK FORWARD”**

Wednesday, March 23, 2017
3:30 pm - 4:30 pm

- FREE EVENT •
- FREE HEALTHY SNACKS •

FOR MORE
INFORMATION, CALL
(718) 653-2273





During the month of February, we here at the Bainbridge Adult Day Care recognize the importance of health & wellness.

Our Nursing staff provided our registrants and staff with an in-service on the importance of including a daily exercise regimen & healthy diet in our lives. Our dietician provided the registrants & staff with healthy recipes & food pyramid chart. Registrants were reminded to always consult with their primary physician prior to making any changes with diet, medication, and exercise routine. Next month, we will focus more on nutrition. Here at the center, we offer a daily fitness group which caters to all registrants at all levels; whether beginner, intermediate, or advance.

A healthy heart means a healthy YOU!

HEART HEALTHY FASHION SHOW

March Trips

CASINO @ YONKERS RACEWAY
WAL-MART
BRONX MUSEUM
HOME DEPOT
GRASSY SPRAIN DINER
K-MART
JO-ANN CRAFTS
UNTERMYER GARDEN PARK
NATIONAL WHOLESALE LIQUIDATORS

St. Patrick's Day Word Search

M	Y	Z	V	E	P	F	G	O	L	D	J
I	R	I	S	H	N	E	W	Q	V	U	G
L	X	G	T	A	Y	I	V	F	G	F	L
E	A	N	R	P	E	H	S	S	C	A	E
G	N	F	A	X	N	C	N	W	Y	H	P
E	E	X	D	E	R	S	A	Q	B	C	R
N	M	O	I	L	A	I	M	B	G	R	E
D	E	L	T	O	L	M	B	R	P	A	C
K	T	L	I	P	B	J	E	P	S	M	H
B	A	O	O	L	P	E	L	H	W	N	A
X	R	Y	N	A	N	D	A	C	O	G	U
X	B	R	B	U	I	M	S	L	B	X	N
W	E	V	V	O	R	N	K	O	N	Z	Q
J	L	K	H	O	I	C	S	V	I	L	F
J	E	E	C	O	U	X	V	E	A	Q	L
J	C	K	C	L	I	P	W	R	R	Q	T

SHAMROCK
 RAINBOW
 CLOVER
 IRISH
 TRADITION

BLARNEY
 MISCHIEF
 COINS
 LEGEND
 MARCH

LEPRECHAUN
 CELEBRATE
 GREEN
 GOLD
 LUCK



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Spanish Club Contribution

The harder you work for something, the better you will feel when you achieve it.

Cuanto más difícil es trabajar para algo, mejor se sentirá cuando lo logre.

In life there are mistakes we will make, but we must learn from our wrongs and grow from them.

En la vida hay hacemos errores, pero debemos aprender de esos errores y crecer de ellos.



Shabbat Services with our Rabbi

March Birthdays

Juana R. 3/3 Vickers P. 3/18 Herbert J. 3/24
 Phyllis B. 3/7 Judith S. 3/19 Heriberto R. 3/30
 María A. 3/10 Josephina H. 3/23 "Sunny" E. 3/31

Happy Birthday to All Our Celebrants!

Purim Word Search

Find the hidden words associated with Purim.

T	N	G	E	L	E	K	E	H	S	I	C	K	B	V	P	T
H	P	H	N	E	C	R	A	D	A	X	H	I	N	M	O	L
S	A	Y	A	O	V	K	Y	T	X	D	A	N	K	U	J	M
I	R	R	H	V	H	S	I	Q	T	R	R	G	Z	L	A	G
N	T	E	S	J	X	A	K	E	S	X	V	V	Q	N	R	V
A	Y	H	U	D	R	M	U	I	H	J	O	U	O	V	Q	S
A	W	T	H	M	C	Q	N	C	A	D	N	T	J	S	U	S
T	J	S	S	X	N	O	S	H	T	C	A	L	N	C	E	P
T	B	E	Z	A	M	A	S	S	A	G	E	X	U	C	E	B
M	F	I	B	J	T	I	A	T	G	L	Q	D	Y	W	N	H
J	R	Z	R	N	C	X	R	D	U	R	L	X	R	G	N	S
L	L	E	A	Q	F	E	Y	U	U	M	O	I	W	O	G	E
P	F	M	C	M	C	T	Q	H	P	E	E	G	G	K	M	R
U	A	P	A	I	S	R	E	P	X	R	S	F	G	E	K	E
H	T	M	M	I	S	H	L	O	A	C	H	E	A	E	M	Z
A	W	O	W	F	S	S	R	F	A	S	T	I	N	G	R	E
V	A	S	H	T	I	D	H	E	G	A	I	A	F	A	E	A

ADAR
 BANQUET
 CHARVONA
 COSTUME
 ESTHER
 FASTING
 GROGGER
 HAMANTASCH
 HEGAI
 KING
 MANOT
 MASK
 MEGILLAH
 MISHLOACH
 MORDECAI
 PARTY
 PERSIA
 PURIM
 QUEEN
 SEUDA
 SHEKEL
 SHUSHAN
 TAANIS
 VASHTI
 ZERESH


All About Puzzles
puzzles.about.com

March 2017

Sun Mon Tue Wed Thu Fri Sat

celebrating St. Patrick's Day!



<div>celebrating</div> <div>St. Patrick's Day!</div> <div></div>						
8:00 Morning Greet & News 9:30 Fitness Fun 9:45 Table Games (QR) Trip: Wal-Mart 11:00: Active Games 1:00 Bee Gees Music	5 8:30 Morning Greet & News 8:30 Socialization / Fitness Fun 9:45 POKENO 10:00 Walking Group/ ESL (QR) 11:00 Health Ed (Eng) /Spring Crafts (QR) 1:00 80's Music	6 8:00 Meet & Greet 8:30 Socialization / Fitness Fun 9:30 Gardening Club 10:00 Art Group (QR) 11:00 Entertainment w/ Juan 1:00 Word of The Day	7 8:00 News & Views 8:30 Table Talk (QR) / Fitness Fun Tropical: Wholesale Liquidators 9:45 Box Bingo 10:00 Word Games 11:00 Needle Work (QR) 1:00 Latin Music	1 8:00 News & Views 8:30 Fitness Fun 9:00 Salon Sys / Beauty Hr (QR) 9:45 BINGO 10:00 Casino Games 11:00 7 11 Game/ Table Topics 1:00 Calypso Music	<u>Dr. Seuss Day!</u> 8:00 Morning Greet & News 8:30 Fitness Fun 9:30 Yoga w/ Dorian (Rehab) 9:45 Brain Games: Dr. Seuss! 10:00 Choir Group (QR) 11:00 Entertainment	
8:00 Morning Greet & News 9:30 Exercise 9:45 Table Games (QR) Trip: Bronx Museum 11:00: Movie 1:00 Soft Rock Music	12 8:30 Greetings & News 8:30 Table Talk (QR) / Fitness Fun 9:45 Health Ed. (Sp) 10:00 Walking Group/ ESL (QR) 11:00 Enrichment Group/ Bowling QR 1:00 Caribbean Music	13 8:00 Meet & Greet 8:30 Socialization/ Exercise 9:30 Gardening Club 10:00 Art Grp (QR) / Word Games 11:00 "P" Day Celebration w/ Juan 1:00 Motown Music	14 8:00 News & Views 8:30 Table Talk (QR) / Fitness Fun 9:00 Salon Sys / Beauty Hr (QR) Trip: Home Depot 10:00 BINGO 11:00 Fit Hockey/ Discussion Grp 1:00 Country Music	15 8:00 Greet & News 8:30 Socialization/ Fitness Fun 9:30 Yoga w/ Dorian (Rehab) 10:00 Choir Grp (QR) 11:00 St. Patrick's Day Celebration! 1:00 Irish Tunes	16 8:00 Morning Greet & News 8:30 Socialization/ Fitness Fun 9:45 CHAIR AEROBICS / Men's Club 10:00 Health Ed. Ru. (QR)/Karaoke 11:00 Family Feud! 1:00 Irish Music	
8:00 Morning Greet & News 8:30 Exercise 9:45 Table Games Trip: Grassy Sprain Diner 11:00 Active Games 1:00 Word Search	19 8:00 Morning Greet & News 8:30 Socialization / Fitness Fun 10:00 Health Ed. (Eng) / Walking Group 11:00 ESL (QR) 7 11 Game (Rehab) 1:00 Trivia	20 8:00 Greet & News 8:30 Fitness Fun 9:30 Gardening Club 10:00 Art Group (QR) 11:00 Welcome Spring! w/ Juan 1:00 Question Of The Day	21 8:00 Morning Greet & News 8:30 Fitness Fun Trip: K-mart 9:30 Bingo 11:00 Needle Work (QR) 1:00 Salsa Music	22 8:00 Greet & News 8:30 Socialization/ Fitness Fun 9:30 Yoga w/ Dorian (QR) 10:00 Choir Grp (QR) Brain Teasers 11:00 Entertainment 1:00 Soul Music	23 8:00 Greet & News 8:30 Fitness Fun 9:30 Religious Event (QR) 10:00 Chair Aerobics 11:00 Rabbit Visit (QR) Movie! 1:00 Word Search	
8:00 Greet & News 8:30 Socialization / Exercise 9:45 Fitness Fun Trip: Jo-Ann Crafts 11:00 Movie & Refreshments 1:00 Alternative Music	26 8:00 Greetings/ News 8:30 Fitness Fun 9:45 Health Ed. (Sp) (QR) 10:00 Walking Group/ Enrichment Group 11:00 ESL (QR) / Brain Teasers 1:00 Pop Music	27 8:00 Meet & Greet 8:30 News/ Fitness Fun 9:30 Gardening Club 10:00 Art Group (QR) 11:00 Entertainment w/ Juan 1:00 Country Music	28 8:00 News & Views 8:30 Fitness Fun 9:00 Salon Sys / Beauty Hr (QR) Trip: Unkenmyer Garden Park 9:45 BINGO 11:00 7 11 Game/ Table Topics 1:00 Word Searches	29 8:00 Greet & News 8:30 Socialization/ Fitness Fun 9:30 Restaurant Council Meeting 11:00 Birthday Celebration! 1:00 Lite Music	30 8:00 Greet & News 8:30 Fitness Fun 9:00 Pet Therapy 9:30 Health Ed. Ru. (QR) 10:00 Chair Aer/ Men's Club / QR 11:00 Karaoke 1:00 Word Search	
<div>March is National Craft Month</div>				<div>Highlights for March</div> <div>St. Patrick's Celebration</div> <div>Adult Enrichment Program</div> <div>Garden Club</div> <div>National Nutrition Month</div> <div>Walking Group</div>		