

HOEDOWN

The Manor Monthly
OCTOBER 2011



The Manor at Woodside 168 Academy St. Poughkeepsie, NY 12601 (845) 473-1943



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September was yet another great month here at The Manor At Woodside. We welcomed September with a lot of rain, but that didn't slow us down, we still hosted a very successful Healthy Aging Expo and hope all of our residents were able to collect a lot of valuable information about senior services available throughout Dutchess County. We had a great turnout and our speakers were phenomenal. Plans are already in the making for next years event. The HoeDown was a lot of fun and a great time was had by all. Just James did a great job performing country music hits. October is already here.....time is flying by way too fast. Christmas will be here before we know it. October will be filled with many activities. We will be doing another trip to the Walkway Over the Hudson before the weather gets too cold, we will be taking a few drives through different areas in order to see the beautiful scenery with the changing leaves. Halloween will be celebrated with a costume parade through the dining room at dinner times on Friday, October 28, 2011. We provide candy for you to give to the children and it is open for all resident's families to join the parade. The Fit Squad will now be coming in on Thursday afternoons instead of Mondays. We hope more of you will try this great activity. It is a good way to keep your body moving while exercising to music. October is National Pizza Month and in honor of this we will be holding a pizza lunch in on Wednesday, October 19th. We will be trying the new Kobe Hibachi Grill for lunch on Wednesday, October 26th, this should be a fun lunch out and I encourage anyone who has never been to a hibachi grill to go try it. Football season has begun and we will try to put all of the Jets and Giants games on the big screen outside of the dining room. Let's go NY! As always please bring any activity ideas and/or suggestions to Heather and she will do her best to accommodate! Here's to another fun filled month at the Manor at Woodside!

Welcome

Alice Konyn
Victoria Platania
Harrison Ward
Eugene Watson

PLEASE INVITE OUR NEW FRIENDS TO JOIN YOU AT YOUR FAVORITE ACTIVITY

October is Breast Cancer Awareness Month

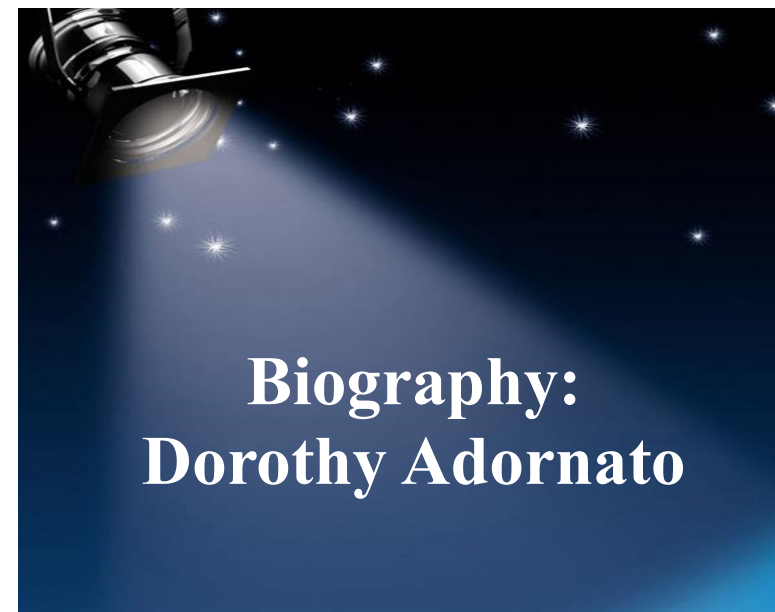


One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer.

If you should experience any of these signs please see your doctor as soon as possible! The best form of protection is early detection!



National Pizza Month takes place in October and in observance of this we will be holding a pizza lunch in on Wednesday, October 19 at 11:45am. Please be sure to sign up at the front desk. The cost is \$3 per person.



Biography: Dorothy Adornato



Dorothy Adornato has just recently joined the Manor family and is very happy here. She loves the staff and thinks the food is great! Dorothy comes to us from Syracuse where she was born and raised. Dorothy had 7 siblings, 4 brothers and 3 sisters. She was married to Nick Adornato for 56 years. They both worked at GE and that is where they met. Dorothy was a blueprint inspector and Nick was a mechanical engineer. They lived in Northern Syracuse and had 3 children. Carol lives in Pleasant Valley, NY, Vincent lives in Boston and her son, Louis, lives in Wisconsin. Dorothy has always enjoyed music, reading, cooking and going on various outings. She is Roman Catholic, but has yet to attend mass here, but would like to begin doing that soon. Please be sure to say hello to Dorothy when you see her and make her feel at home. Welcome to the Manor Dorothy we are glad to have you as part of our family!



Walter enjoying his tour of the Samuel Dorsky Museum at SUNY New Paltz!



Many countries in the [New World](#) and elsewhere celebrate the anniversary of [Christopher Columbus's](#) arrival in the [Americas](#), which occurred on October 12, 1492, as an official [holiday](#). The event is celebrated as **Columbus Day** in the [United States](#). These holidays have been celebrated unofficially since the late 18th century, and officially in various areas since the early 20th century.