

February 2026

Sunharbor Manor

255 Warner Ave. Roslyn Heights, NY 11577 | 516-621-5400



Dr. Nodar Janas
Medical Director

Margaret Gianotti
Administrator

Bridget Gallo
Assistant Administrator &
Director of Social Work

Sabrina Osmani
Director of Admissions

Kathy Olsen
Director of Nursing

Laferne Miller
Assistant Director of Nursing

Sheryl Molina
Director of Rehabilitation

Russell Sperber
Director of Food /
Nutritional Services

Walter Martinez
Director of Plant Operations

Eileen Castelli
Director of Environmental
& Laundry Services

Vanessa Hernandez
Director of Therapeutic
Recreation &
Volunteer Services

Come join our Therapeutic Recreation programs that are scheduled 7 days a week. We offer a variety of group programs such as art workshops, live music shows, movement to music, bingo, pokeno, birthday celebrations, trivia hour, tai chi, zumba, dancercise, resident council, sensory stimulation, uno card game, spa hour, and religious services/specials. We also offer televised religious services weekly, televised morning wheelchair exercise, and strolling musician visits.

*Please see our monthly recreation calendar
for all scheduled programs.
Programs are subject to change!*

We offer reading material. For further interest in activities such as books, magazines, deck of cards, puzzles, word searches, sudoku, yarn and coloring materials, please call the Therapeutic Recreation Department at ext. 4244.



**For computer access please visit
the Resident's Lounge located
on the third floor.**

For this month the Beauty Salon will be open every Wednesday.

Please contact the Therapeutic Recreation Director at **ext. 4242** to receive more information, **schedule services and make payment by cash or check only.**
Payment is due the day before services.

Beauty Salon Services & Prices

Men's Wash and Haircut	\$18.00 & Up
Men's Mustache Trim	\$5.00
Men's Beard Shaping	\$7.00
Shampoo Wash Only	\$7.00
Conditioning Treatment for Scalp & Hair	\$15.00 & Up
Women's Haircut only	\$25.00
Women's Wash, Haircut & Blow Dry	\$36.00 & Up
Wash, Blow Dry or Roller Set	\$23.00 & Up
Single Process Color	\$30.00 & Up
Highlights (Halo)	\$45.00
Wash & Perm	\$57.00
Wash, Haircut & Perm	\$75.00 & Up
Full Head Highlights	\$75.00
In Room Service is an additional charge	\$10.00

Please note additional fee is added for long hair.

RESIDENT BANKING HOURS

<u>WEEKDAYS:</u>	<u>TUESDAY</u>	<u>THURSDAY</u>
Business Office	2ND FLOOR DINING ROOM	3RD FLOOR DINING ROOM
MONDAY - FRIDAY	9:00AM TO 5:00PM	10:30 AM TO 11:00 AM
		10:30 AM TO 11:00 AM
SATURDAY LOBBY RECEPTION DESK		SUNDAY: LOBBY RECEPTION DESK

ARE AS FOLLOWS:
PLEASE CONTACT THE BUSINESS OFFICE WITH ANY QUESTIONS YOU MAY HAVE ABOUT YOUR ACCOUNT AT (516) 621-5400 EXT. 4112
BANKING HOURS ARE SUBJECT TO CHANGE ANNOUNCEMENTS WILL BE MADE PRIOR

Sunharbor Manor Phone Extensions:



Admissions	4107 or 4102
Case Management / Discharge Planner	4304
Dietitian	4144 or 4146
Food Menus	4147
Housekeeping & Laundry Services	4136
Maintenance Shop	4000
Nursing Supervisor	4208 or 4215
Personal Accounts	4112
Receptionist	4100 or 0
Recreation	4244 or 4242
Rehab	4302 or 4300
Social Worker	4202 or 4206

Religious Events

Rosary Prayer Group w/ Tom the volunteer
is held every Monday at 10:30am.

Christian Worship w/ Pastor Potter
is scheduled for Saturday 2/07 at 2:30pm.

Catholic Mass w/ Father Geoffrey
is scheduled for
Tuesday 2/10 & 2/24 at 10:30am.

Eucharistic Minister Visit
is scheduled for Tuesday 2/03.

Ash Wednesday is on Wednesday 2/18.
Ashes will be distributed
by the Eucharistic Ministers
the day of with holy communion.

Greek Orthodox Service w/ Father John
from Archangel Michael's Church
is scheduled for Tuesday 2/10 at 2pm.

Shabbat Service w/ Rabbi Tarkeltaub
is held every Friday at 10:30am.

Worship Service
w/ Pastor Omotayo Cole Cineus
from Salem African Methodist
Episcopal Church
is scheduled for Tuesday 2/03 & 2/24 at 3pm.

All are welcome to attend.

Other Services are

televised on Channel #6.

**Religious Room Visits are available
upon request. Call ext. 4244 to
schedule a visit to your room.**



Special Deli Lunch

*You can have a Deli Lunch!
A "deli-style" box lunch can be
delivered to your room on
Friday, February 27th
at 11:45am*



**To participate, you must sign up with
the Therapeutic Recreation Dept.**
by calling ext. 4244
no later than Friday 2/20/26.

Friday 2/06

Heart Health Awareness Month
Wear Red

Saturday 2/14

Valentine's Day
Wear Pink, Red, Purple

Tuesday 2/17

Mardi Gras
Wear Gold, Purple, Green

Monday 2/16

Presidents' Day
Wear Red, White, Blue

**Pet Visits are allowed. Please provide
our facility with a current copy of the
dog's vaccinations before your visit.**

**If you have any questions,
please contact
recreation at ext. 4244.**



Recreation Highlights

- 2/01 Strolling Music w/ Vance
- 2/04 Music Show w/ Golden Galz
- 2/08 Super Bowl Fun
- 2/11 Violin Performance
- 2/14 Valentine's Day Fun
- 2/16 President's Day Music Show
- 2/17 Mardi Gras Mask Creations
- 2/18 Tai Chi w/ Instructor Ali
- 2/19 Birthday Party w/ Jacques
- 2/21 Residents Auction Game
- 2/22 Word Challenge Trivia
- 2/25 Music Show w/ Sal & the Band
- 2/26 Food Focus Committee Meeting
- 2/26 Resident Council Meeting
- 2/26 Pre-Purim Crafting w/ Students
- 2/27 Deli Luncheon (sign up in advance)

Special Dates

- 2/02 Ground Hog Day
- 2/02 Tu Bishvat
- 2/06 National Wear Red Day
- 2/08 Super Bowl
- 2/12 Lincoln's Birthday
- 2/14 Valentine's Day
- 2/16 President's Day
- 2/17 Mardi Gras
- 2/18 Lunar New Yer
- 2/18 Ash Wednesday / Lent Begins
- 2/18 First Day of Ramadan
- 2/19 Washington's Birthday

February Birthdays

In astrology, those born February 1–18 is Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 is Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

- Tommy Smothers (comedian) – Feb. 2, 1937
- Hank Aaron (ballplayer) – Feb. 5, 1934
- Lana Turner (actress) – Feb. 8, 1921
- Susan B. Anthony (activist) – Feb. 15, 1820
- Sidney Poitier (actor) – Feb. 20, 1927
- Steve Jobs (tech guru) – Feb. 24, 1955
- Jimmy Dorsey (band leader) – Feb. 29, 1904
- Dinah Shore (singer) – Feb. 29, 1916

Monthly Birthday Bash!

Come celebrate your February birthday with live music by Jacques on Thursday 2/19 at 2:30pm in the 3rd floor dining room.

Food Focus Committee Meeting

will be held on Thursday, 2/26 at 10:40am in the 2nd floor dining room.

Resident Council Meeting

will be held on Thursday, 2/26 at 2:30pm in the 3rd floor dining room.

Our President of Resident Council is Mr. Mike Occhiogrosso.