November 2026

Sunharbor Manor

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



Dr. Nodar Janas
Medical Director

Margaret Gianotti
Administrator

Bridget Gallo
Assistant Administrator & Director of Social Work

Camila Vera
Director of Admissions

Kathy Olsen
Director of Nursing

Laferne Miller
Assistant Director of Nursing

Theda Shishkin
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 creations, live music shows, movement to music, bingo, pokeno, birthday celebrations, trivia hour, tai chi, zumba class, resident council meeting, uno card game, nail beauty/spa hour, coffee social, rhythm hour, and religious services, holiday specials. We also offer televised religious services weekly and strolling musician visits.

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

Come celebrate our residents who served in the military on November 11th, Veterans Day at 2:30pm in the third-floor dining room for the special music show with Glen and Suzanne from Squeaky Clean Entertainment.



Happy Thanksgiving!



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

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



The Beauty Salon will be open every Wednesday this month. 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 and/or thick hair.

RESIDENT BANKING HOURS

WEEKDAYS:	TUESDAY	THURSDAY
Business Office MONDAY - FRIDAY 9:00AM TO 5:00PM	2ND FLOOR DINING ROOM 10:30 AM TO 11:00 AM	3RD FLOOR DINING ROOM 10:30 AM TO 11:00 AM

SATURDAY	SUNDAY:
LOBBY RECEPTION DESK	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

Monthly Highlights

Family Stories Month
Giving Thanks Month
Picture Book Month
National Raisin Bread Month
National Alzheimer's Disease Month

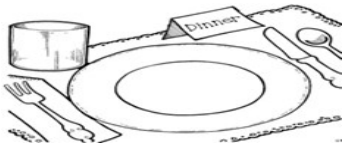
11/01 All Saints' Day
11/01 Day of the Dead
11/01 Daylight Saving Time ends
11/01 Strolling Music w/ Vance
11/03 Election Day
11/05 Store Clothing Sale
11/06 Strolling Music w/ Vance
11/07 Diwali Festival of Lights Special
11/07 National Hug a Bear Day
11/08 National Cappuccino Day
11/09 Zumba w/ Filomena
11/10 Strolling Music w/ Vance
11/11 Veterans Day
11/11 Music Show w/ Glen & Suzanne
11/13 World Kindness Day
11/16 Tai Chi w/ Instructor Ali
11/18 Birthday Special w/ Jacques
11/19 Friendsgiving Special
11/19 Resident Council Meeting
11/21 Music Show w/ Dave Patrick
11/23 Zumba w/ Filomena
11/24 Music Show w/ Isaak Abady
11/26 Thanksgiving Day
11/26 Music Show w/ Paula
11/29 Strolling Music w/ Vance

Holiday Decorating
begins Friday, November 27



Residents Friendsgiving Dinner Special

will be held on Thursday 11/19
at 4:15pm in the 2nd floor dining room.



To participate in this event, you must sign up with the recreation department by calling ext. 4244 no later than Saturday 11/14. Spaces are limited.

Fridge Refresh



Poor refrigerators. They are one of the most important parts of the kitchen—they keep our food fresh, after all—but we pay little attention to them until something goes wrong. They suffer spills, odors, and endless overcrowding. With the Thanksgiving holiday just days away, it makes sense that November 15 is Clean Out Your Refrigerator Day.

It's not too early to start making room for all those leftovers. According to homemaking guru Martha Stewart, the best way to clean the fridge is to turn off its power at the breaker. Throw away all spoiled or long-unused items, and put the remainder in a cooler. Let the interior of the fridge come to room temperature before removing shelves and drawers. A solution of two tablespoons of baking soda per quart of hot water will both clean and deodorize. Don't use soap. It may leave behind odors that your food will absorb. When finished, turn the power back on, give the fridge a few hours to chill, and restock it. Does it still smell? Add an opened box of baking soda to improve the odor.

Religious Events

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

Catholic Mass
w/Father Geoffrey
is scheduled for
Tuesday 11/10 and 11/24at 10:30am.
Eucharistic Minister Visits
are scheduled for
Tuesday 11/3 and 11/17.

Greek Orthodox Service
w/ Priest from Archangel Michael's Church
is scheduled for Tuesday 11/10 at 2pm.

Shabbat Service
w/ Rabbi Tarkieltaub
is held on Fridays at 10:30am.

Christian Worship w/ Pastor Potter
will be held on
Saturday 11/14 at 2:30pm.

Methodist Service
w/ Pastor Miranda Harrison
from Salem African Methodist Episcopal Church
will be held on Tuesday 11/17 at 3pm.

***Other Services are televised on Channel #6.**
Religious Room Visits are available upon request.
Call ext. 4244 to schedule a visit to your room.

November Birthdays

Those born between November 1–21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22–30 are Archers of Sagittarius. Confident and lucky, Archers often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Marie Antoinette (queen) – Nov. 2, 1755
Art Carney (actor) – Nov. 4, 1918
John Philip Sousa (conductor) – Nov. 6, 1854
Carl Sagan (astronomer) – Nov. 9, 1934
Jonathan Winters (actor) – Nov. 11, 1925
Petula Clark (singer) – Nov. 15, 1932
Mickey Mouse (cartoon) – Nov. 18, 1928
Boris Karloff (actor) – Nov. 23, 1887
Tina Turner (singer) – Nov. 26, 1939
Jimi Hendrix (musician) – Nov. 27, 1942
Mandy Patinkin (actor) – Nov. 30, 1952

Monthly Birthday Bash!

Come celebrate your November birthday with live music by Jacques LeBas on Wednesday 11/18 at 2:30pm in the 3rd floor dining room.

Resident Council Election
Meet & Greet the candidates
is scheduled for
Wednesday 11/4 at 3pm in the 3rd floor dining room area.
Voting begins Wednesday 11/4 until Wednesday 11/18.
Resident Council Meeting
will be held on
Thursday 11/19 at 2:30pm
in the 3rd floor dining room.