

The Promenade At Blue Hill
582 Veterans Memorial Drive
Pearl River, NY 10965
Phone: 845-735-6846

March 2018
Country Cottage

Janice Rhodes/Country Cottage Coordinator
Joe Rodriguez/Activity Leader
Kathy Jackelow/Activity Leader
Warren Dejarnett/Activity Leader

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY BIRTHDAYS TESS-MARCH 21ST PEGGY H. MARCH 4TH	Special Events Chris M-March 2 Sean F-March 3 Bryan-March 9 Magic w/Jim-March 10 Rafael-March 11 Randy-March 16 Rick-March 17 Van Martin -March 18 Brick-March 23 Harvest Duo-March 24 Rafael-March 25	HAIR & NAIL SALON OPEN SUNDAYS 10:00AM-5:00PM MAKE APPOINTMENTS AT FRONT DESK	Weekly Pet Therapy Wednesdays 3-4pm Activities are subject to Change	1 Joe/Janice Purim 10:00 Walking Club 10:30 Welcome to March/Stretching 11:00 Sing-a-long w/Instruments 1:00 Bean Bag Toss/Stroll Around 1:30 Afternoon Exercises/Parachute 2:30 Snack/March IQ/Horticulture 3:00 Sing-a-long/Famous Lions 4:00 A-Z Colors/L words	2 Kathy/Joe 10:00 Strolling Around 10:30 Morning Stretching/Songs 11:00 Ball Games/News Discussion 1:00 Ring Toss/Walking Club 1:30 Word Games/Ball Games 2:00 Snack/ Chris M Performs 3:00Fitness Friday Exercises/Balloons 4:00 Bean Bag Throw/ Shabbat **	3 Kathy/Joe 10:00 Get up & Walk 10:30 Basketball/Stretching 11:00 News today/Songs Before Lunch 1:00 Music & Dancing/Walk around 1:30 Frisbee Toss/Reminiscing 2:00 Snack/ Sean F. Performs 3:00 Move it Saturday!!/List 3 4:00 Bocci Ball/Number Phrases
4 Janice/Warren/Kathy Peggy's B-day 10:00 Walk About 10:30 Morning Exercises/Ball Game 11:00 <i>Mass on tv</i> /Sunday News 1:00 Music/Dancing 1:30 Scenic Drive***/Rafael 2:30 Snack/Movie Quotes/Walking 3:00 Sunday Stretching/Ball Volley 4:00 Words w/Warren/A-Z Pets	5 Warren/Janice/Kathy 10:00 Merry March Stroll Around 10:30 <i>Morning Ride***</i> /Tea Time 11:00 Sing-a-long 1:00 Volley w/Carol/Walking 1:30 Reminiscing/Basket Throw 2:30 Snack/Namesakes/Unique Names 3:00 Stretch w/Warren/Balloons 4:00 A-Z Names/Walk around	6 Joe /Janice 10:00 Let's Walk 10:30 Morning Games/News 11:00 Bocci Ball/Basketball 1:00 Walking/Bean Bags 1:30 Doodling/Music & Games 2:30Snack/A-Z Occupations/ <i>Pet Therapy</i> 3:00 Exercises w/Joe/Brain Teasers 4:00 P & Q Words/Ball Toss	7 Joe/Janice 10:00 <i>Communion**</i> /News 10:30 Walking/Exercise Time 11:00 Singing/Bowling 1:00 Games & Walking 1:30 Puzzles/Balloon Swat 2:30 Snack/Egg Discussion 3:00 <i>Pet Therapy**</i> /List 7 4:00 Staircase Words/Stretching	8 Joe/Janice 10:00 Morning Walking 10:30 Let's Exercise/Daily Chronicle 11:00 Frisbee Throw/Songs 1:00 Music & Dancing/Walking Club 1:30 Discussion/Game Time 2:30 Snack/Peanut Facts/Types of Nuts 3:00 Let's Stretch/Music w/Joe 4:00 TV Theme Songs	9 Kathy/Joe 10:00 Morning Walking 10:30 Friday Exercises/Sing-a-long 11:00 Places Named for People 1:00 Bocci Ball/Walking Club 1:30 Famous Sonnets/Frisbee Toss 2:00 Bryan Performs /Snack 3:00 Walking & Stretching/Parachute 4:00 Word Games w/Joe/ Shabbat**	10 Kathy/Joe 10:00 Stroll around 10:30 Exercise Time/Ball Throw 11:00 Bowling/News Today 1:00 Magic w/Jim /Baking w'Kathy 1:30 Walking Club/Bull's Eye 2:30 Snack/Name 7 3:00 Saturday Stretching/Balloons 4:00 Make a List/Dancing
11 Janice/Warren/Kathy 10:00 Stretch & Walk Around 10:30 Balloon Toss 11:00 <i>Mass on tv</i> /News/Dancing 1:00 <i>Presbyterian Prayer Service</i> 1:30 Move w/Rafael/Scenic Drive*** 2:30 Snack Social 3:00 Exercise/Bean Bag Toss 4:00 Words With Letter A	12 Warren/Janice/Kathy 10:00 News/Stroll Around 10:30 <i>Scenic Drive***</i> /Stretch 11:00 Walking Club/Music 1:00 Games w/Carol 1:30 Bingo/Parachute Time 2:30 Snack/Balloon Toss 3:00 Sing-a-long/Exercises 4:00 Bocci Ball/Ball Toss	13 Janice/Joe 10:00 Walk Around 10:30 Word Games/Morning Stretching 11:00 Piano Play 1:00 Penny Toss/Walking 1:30 Basketball Throw/Meditate w/Joe 2:30 <i>Pet Therapy**</i> /Snack 3:00 Exercises/Balloon Volley 4:00 Photo Therapy	14 Janice/Joe 10:00 <i>Communion**</i> /Walking 10:30 Word Games/Basketball 11:00 Exercises/What's New 1:00 Music/Dancing 1:30 Bowling/Walking Club 2:30 Snack/Stretching 3:00 <i>Pet Therapy**</i> /Word Games 4:00 Parachute/ Irish Dancers	15 Janice/Joe 10:00 Strolling Around 10:30 Discussion/Exercises 11:00 Favorite Pets/News 1:00 Walking Club/Scavenger Hunt 1:30 Ring Toss/Afternoon Stretching 2:30 Snack/Bean Bag Toss 3:00 Karaoke/Walk Around 4:00 Word Games/Jumbles	16 Kathy/Joe 10:00 Walking Club 10:30 Daily News/Morning Stretching 11:00 Music & Dancing/Balloons 1:00 Walk Around 1:30 Word Games/Bull's Eye 2:00 Randy Performs /Snack 3:00 Exercises/Basketball 4:00 Shabbat** /Jumbles	17 Kathy/Joe St. Patrick's Day 10:00 Stroll & Sing 10:30 Bocci Ball/Morning Stretch 11:00 Irish Songs/Walking Club 1:00 Frisbee Toss 1:30 Word Fun/Walk Around 2:00 Rick Performs /Tea Time 3:00 St. Pat's Day Discuss/Green Things 4:00 Exercise Time/Ball Throw
18 Janice/Warren/Kathy 10:00 We're Walking 10:30 Sing-a-long/Balloons 11:00 <i>Mass on TV</i> /News 1:00 Bocci Ball/Stroll around 1:30 <i>Scenic Drive***</i> /Jumbles 2:00 Van Martin /Snack 3:00 Sunday Stretching/Parachute 4:00 Folktales & Fables	19 Warren/Janice/Kathy 10:00 Let's Take a Hike 10:30 Guess the Object/ <i>Scenic Drive***</i> 11:00 Ladies Tea Time/News Today 1:00 Volley w/Carol 1:30 Frisbee Throw/Women Inventors 2:30 Ball Time/Snack/Cake Recipes 3:00 Exercises w/Warren/Parachute 4:00 Dancing/Music/Ball Throw	20 Janice/Joe 10:00 Morning Jaunt 10:30 News Today/Ball Games 11:00 Exercise Time!/Sing-a-long 1:00 Walking Club/Ag Words 1:30 Bull's Eye/ <i>Pet Therapy**</i> 2:30 Spring Quotes & Poems/Snack 3:00 Balloon Volley/Stretching 4:00 Define Happiness/Jumbles	21 Janice/Joe Tessie's B-day 10:00 <i>Communion**</i> /Exercises 10:30 Puzzles/Sing-a-long 11:00 Ball Throw/What's New 1:00 Balloons/J & R Words 1:30 Poems/Chips in the Can 2:30 Afternoon Stretches/Snack 3:00 <i>Pet Therapy**</i> /Jumbles 4:00 Cranium Crunches/Ring Toss	22 Janice/Joe 10:00 Let's Promenade! 10:30 Basketball/Exercises 1:00 Spring Art/Water Facts 1:00 Music & Dancing 1:30 List Fun Things/Shoot Hoops 2:30 Hangman/Snack 3:00 Stretching/Musical Hits 4:00 Inspirational Quotes	23 Kathy/Joe 10:00 We're Stretching & Walking 10:30 Favorite Moviestars/Dancing 11:00 Coffee Clutch/Sports Time 1:00 Bean Bag Throw/Stroll Around 1:30 Stretching/Famous Speeches 2:30 Eric Lipper /Balloon Fun 3:30 Walking/Food Pairs 4:00 Shabbat** /Word Jumbles	24 Kathy/Joe 10:00 March Around 10:30 Guess the Object/Stretching 11:00 Art/Number 1 Hits 1:00 Bull's Eye/Walking Club 1:30 Harvest Duo Entertains/Dancing 2:30 Snack/Favorite Chocolates 3:00 Everybody Exercise/Parachute 4:00 Word Games/Balloon Volley
25 Janice/Warren/Kathy Palm Sunday 10:00 Stroll Around 10:30 Exercise Group/Basketball 11:00 <i>Mass on tv**</i> /Table Games 1:00 Music/Walking 1:30 <i>Bus Ride Around **/Rafael</i> 2:30 Snack/Famous Greeks 3:00 Sunday Stretching/A-Z Sports 4:00Bean Bags/Howard Cosell Quotes	26 Warren/Janice/Kathy 10:00 Walking Group 10:30 <i>Scenic Drive***</i> /News 11:00 Morning Stretch/Songs 1:00 Ball w/Carol/Walking Club 1:30 Small Groups 2:30 Snack/Robert Frost Poems 3:00 Exercises/Balloon Volley 4:00 Purple Things/Bean Bags	27 Janice/Joe 10:00 Stroll Around 10:30 Bowling/Bingo 11:00 Morning Exercises/Ball Games 1:00 Walking/Music 1:30 <i>Pet Therapy**</i> /Famous Joe's 2:30 Snack/Unscrambles 3:00Afternoon Stretching Time/Frisbees 4:00 Country Songs/Balloons	28 Janice/Joe 10:00 <i>Catholic Mass**</i> /Walking 10:30 Morning Exercises 11:00 Daily News/Sing-a-long 1:00 Games w/Carol/Walking 1:30 Bocci Ball/Stretching 2:30 Snack/Things on a Stick 3:00 <i>Pet Therapy**</i> /Ring Toss 4:00 Jumbles/Dancing	29 Janice/Joe 10:00 Walk Around 10:30 Ball Games/Morning News 11:00 Music & Dancing 1:00 Bocci Ball/Walking Club 1:30 Table Game/Frisbees 2:30 Snack/Mixed-Up Baseball 3:00 Let's Stretch/Karaoke w/Joe 4:00 Word Fun/Balloons	30 Kathy/Joe Good Friday 10:00 Stroll Around 10:30 Men/Women's Group 11:00 Morning Exercise/Songs 1:00 Basketball Throw/Walking 1:30 Reminiscing/Ring Toss 2:30 Snack/Trivia/Alaska Facts 3:00 Fitness Friday/Ball Toss 4:00 Shabbat** /Bocci Ball	31 Kathy/Joe Passover 10:00 Walking Club 10:30 Saturday Stretching/Songs 11:00 G Words/News Today 1:00 A-Z Colors/Walk around 1:30 Passover Discussion/Parachute 2:30 Snack/Moon Songs 3:00 Exercises/Balloon Volley 4:00 Time Expressions/Ball Throw

The Promenade At Blue Hill
582 Veterans Memorial Drive
Pearl River, NY 10965
Phone: 845-735-6846

March 2018
Country Cottage

Janice Rhodes/Country Cottage Coordinator
Joe Rodriguez/Activity Leader
Kathy Jackelow/Activity Leader
Warren Dejarnett/Activity Leader

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY BIRTHDAYS TESS-MARCH 21ST PEGGY H. MARCH 4TH	Special Events Chris M-March 2 Sean F-March 3 Bryan-March 9 Magic w/Jim-March 10 Rafael-March 11 Randy-March 16 Rick-March 17 Van Martin -March 18 Brick-March 23 Harvest Duo-March 24 Rafael-March 25	HAIR & NAIL SALON OPEN SUNDAYS 10:00AM-5:00PM MAKE APPOINTMENTS AT FRONT DESK	Weekly Pet Therapy Wednesdays 3-4pm Activities are subject to Change	1 Joe/Janice Purim 10:00 Walking Club 10:30 Welcome to March/Stretching 11:00 Sing-a-long w/Instruments 1:00 Bean Bag Toss/Stroll Around 1:30 Afternoon Exercises/Parachute 2:30 Snack/March IQ/Horticulture 3:00 Sing-a-long/Famous Lions 4:00 A-Z Colors/L words	2 Kathy/Joe 10:00 Strolling Around 10:30 Morning Stretching/Songs 11:00 Ball Games/News Discussion 1:00 Ring Toss/Walking Club 1:30 Word Games/Ball Games 2:00 Snack/ Chris M Performs 3:00Fitness Friday Exercises/Balloons 4:00 Bean Bag Throw/ Shabbat **	3 Kathy/Joe 10:00 Get up & Walk 10:30 Basketball/Stretching 11:00 News today/Songs Before Lunch 1:00 Music & Dancing/Walk around 1:30 Frisbee Toss/Reminiscing 2:00 Snack/ Sean F. Performs 3:00 Move it Saturday!!/List 3 4:00 Bocci Ball/Number Phrases
4 Janice/Warren/Kathy Peggy's B-day 10:00 Walk About 10:30 Morning Exercises/Ball Game 11:00 <i>Mass on tv</i> /Sunday News 1:00 Music/Dancing 1:30 Scenic Drive***/Rafael 2:30 Snack/Movie Quotes/Walking 3:00 Sunday Stretching/Ball Volley 4:00 Words w/Warren/A-Z Pets	5 Warren/Janice/Kathy 10:00 Merry March Stroll Around 10:30 <i>Morning Ride***</i> /Tea Time 11:00 Sing-a-long 1:00 Volley w/Carol/Walking 1:30 Reminiscing/Basket Throw 2:30 Snack/Namesakes/Unique Names 3:00 Stretch w/Warren/Balloons 4:00 A-Z Names/Walk around	6 Joe /Janice 10:00 Let's Walk 10:30 Morning Games/News 11:00 Bocci Ball/Basketball 1:00 Walking/Bean Bags 1:30 Doodling/Music & Games 2:30Snack/A-Z Occupations/ <i>Pet Therapy</i> 3:00 Exercises w/Joe/Brain Teasers 4:00 P & Q Words/Ball Toss	7 Joe/Janice 10:00 <i>Communion**</i> /News 10:30 Walking/Exercise Time 11:00 Singing/Bowling 1:00 Games & Walking 1:30 Puzzles/Balloon Swat 2:30 Snack/Egg Discussion 3:00 <i>Pet Therapy**</i> /List 7 4:00 Staircase Words/Stretching	8 Joe/Janice 10:00 Morning Walking 10:30 Let's Exercise/Daily Chronicle 11:00 Frisbee Throw/Songs 1:00 Music & Dancing/Walking Club 1:30 Discussion/Game Time 2:30 Snack/Peanut Facts/Types of Nuts 3:00 Let's Stretch/Music w/Joe 4:00 TV Theme Songs	9 Kathy/Joe 10:00 Morning Walking 10:30 Friday Exercises/Sing-a-long 11:00 Places Named for People 1:00 Bocci Ball/Walking Club 1:30 Famous Sonnets/Frisbee Toss 2:00 Bryan Performs /Snack 3:00 Walking & Stretching/Parachute 4:00 Word Games w/Joe/ Shabbat**	10 Kathy/Joe 10:00 Stroll around 10:30 Exercise Time/Ball Throw 11:00 Bowling/News Today 1:00 Magic w/Jim /Baking w'Kathy 1:30 Walking Club/Bull's Eye 2:30 Snack/Name 7 3:00 Saturday Stretching/Balloons 4:00 Make a List/Dancing
11 Janice/Warren/Kathy 10:00 Stretch & Walk Around 10:30 Balloon Toss 11:00 <i>Mass on tv</i> /News/Dancing 1:00 <i>Presbyterian Prayer Service</i> 1:30 Move w/Rafael/Scenic Drive*** 2:30 Snack Social 3:00 Exercise/Bean Bag Toss 4:00 Words With Letter A	12 Warren/Janice/Kathy 10:00 News/Stroll Around 10:30 <i>Scenic Drive***</i> /Stretch 11:00 Walking Club/Music 1:00 Games w/Carol 1:30 Bingo/Parachute Time 2:30 Snack/Balloon Toss 3:00 Sing-a-long/Exercises 4:00 Bocci Ball/Ball Toss	13 Janice/Joe 10:00 Walk Around 10:30 Word Games/Morning Stretching 11:00 Piano Play 1:00 Penny Toss/Walking 1:30 Basketball Throw/Meditate w/Joe 2:30 <i>Pet Therapy**</i> /Snack 3:00 Exercises/Balloon Volley 4:00 Photo Therapy	14 Janice/Joe 10:00 <i>Communion**</i> /Walking 10:30 Word Games/Basketball 11:00 Exercises/What's New 1:00 Music/Dancing 1:30 Bowling/Walking Club 2:30 Snack/Stretching 3:00 <i>Pet Therapy**</i> /Word Games 4:00 Parachute/ Irish Dancers	15 Janice/Joe 10:00 Strolling Around 10:30 Discussion/Exercises 11:00 Favorite Pets/News 1:00 Walking Club/Scavenger Hunt 1:30 Ring Toss/Afternoon Stretching 2:30 Snack/Bean Bag Toss 3:00 Karaoke/Walk Around 4:00 Word Games/Jumbles	16 Kathy/Joe 10:00 Walking Club 10:30 Daily News/Morning Stretching 11:00 Music & Dancing/Balloons 1:00 Walk Around 1:30 Word Games/Bull's Eye 2:00 Randy Performs /Snack 3:00 Exercises/Basketball 4:00 Shabbat** /Jumbles	17 Kathy/Joe St. Patrick's Day 10:00 Stroll & Sing 10:30 Bocci Ball/Morning Stretch 11:00 Irish Songs/Walking Club 1:00 Frisbee Toss 1:30 Word Fun/Walk Around 2:00 Rick Performs /Tea Time 3:00 St. Pat's Day Discuss/Green Things 4:00 Exercise Time/Ball Throw
18 Janice/Warren/Kathy 10:00 We're Walking 10:30 Sing-a-long/Balloons 11:00 <i>Mass on TV</i> /News 1:00 Bocci Ball/Stroll around 1:30 <i>Scenic Drive***</i> /Jumbles 2:00 Van Martin /Snack 3:00 Sunday Stretching/Parachute 4:00 Folktales & Fables	19 Warren/Janice/Kathy 10:00 Let's Take a Hike 10:30 Guess the Object/ <i>Scenic Drive***</i> 11:00 Ladies Tea Time/News Today 1:00 Volley w/Carol 1:30 Frisbee Throw/Women Inventors 2:30 Ball Time/Snack/Cake Recipes 3:00 Exercises w/Warren/Parachute 4:00 Dancing/Music/Ball Throw	20 Janice/Joe 10:00 Morning Jaunt 10:30 News Today/Ball Games 11:00 Exercise Time!/Sing-a-long 1:00 Walking Club/Ag Words 1:30 Bull's Eye/ <i>Pet Therapy**</i> 2:30 Spring Quotes & Poems/Snack 3:00 Balloon Volley/Stretching 4:00 Define Happiness/Jumbles	21 Janice/Joe Tessie's B-day 10:00 <i>Communion**</i> /Exercises 10:30 Puzzles/Sing-a-long 11:00 Ball Throw/What's New 1:00 Balloons/J & R Words 1:30 Poems/Chips in the Can 2:30 Afternoon Stretches/Snack 3:00 <i>Pet Therapy**</i> /Jumbles 4:00 Cranium Crunches/Ring Toss	22 Janice/Joe 10:00 Let's Promenade! 10:30 Basketball/Exercises 1:00 Spring Art/Water Facts 1:00 Music & Dancing 1:30 List Fun Things/Shoot Hoops 2:30 Hangman/Snack 3:00 Stretching/Musical Hits 4:00 Inspirational Quotes	23 Kathy/Joe 10:00 We're Stretching & Walking 10:30 Favorite Moviestars/Dancing 11:00 Coffee Clutch/Sports Time 1:00 Bean Bag Throw/Stroll Around 1:30 Stretching/Famous Speeches 2:30 Eric Lipper /Balloon Fun 3:30 Walking/Food Pairs 4:00 Shabbat** /Word Jumbles	24 Kathy/Joe 10:00 March Around 10:30 Guess the Object/Stretching 11:00 Art/Number 1 Hits 1:00 Bull's Eye/Walking Club 1:30 Harvest Duo Entertains /Dancing 2:30 Snack/Favorite Chocolates 3:00 Everybody Exercise/Parachute 4:00 Word Games/Balloon Volley
25 Janice/Warren/Kathy Palm Sunday 10:00 Stroll Around 10:30 Exercise Group/Basketball 11:00 <i>Mass on tv**</i> /Table Games 1:00 Music/Walking 1:30 <i>Bus Ride Around **/Rafael</i> 2:30 Snack/Famous Greeks 3:00 Sunday Stretching/A-Z Sports 4:00Bean Bags/Howard Cosell Quotes	26 Warren/Janice/Kathy 10:00 Walking Group 10:30 <i>Scenic Drive***</i> /News 11:00 Morning Stretch/Songs 1:00 Ball w/Carol/Walking Club 1:30 Small Groups 2:30 Snack/Robert Frost Poems 3:00 Exercises/Balloon Volley 4:00 Purple Things/Bean Bags	27 Janice/Joe 10:00 Stroll Around 10:30 Bowling/Bingo 11:00 Morning Exercises/Ball Games 1:00 Walking/Music 1:30 <i>Pet Therapy**</i> /Famous Joe's 2:30 Snack/Unscrambles 3:00Afternoon Stretching Time/Frisbees 4:00 Country Songs/Balloons	28 Janice/Joe 10:00 <i>Catholic Mass**</i> /Walking 10:30 Morning Exercises 11:00 Daily News/Sing-a-long 1:00 Games w/Carol/Walking 1:30 Bocci Ball/Stretching 2:30 Snack/Things on a Stick 3:00 <i>Pet Therapy**</i> /Ring Toss 4:00 Jumbles/Dancing	29 Janice/Joe 10:00 Walk Around 10:30 Ball Games/Morning News 11:00 Music & Dancing 1:00 Bocci Ball/Walking Club 1:30 Table Game/Frisbees 2:30 Snack/Mixed-Up Baseball 3:00 Let's Stretch/Karaoke w/Joe 4:00 Word Fun/Balloons	30 Kathy/Joe Good Friday 10:00 Stroll Around 10:30 Men/Women's Group 11:00 Morning Exercise/Songs 1:00 Basketball Throw/Walking 1:30 Reminiscing/Ring Toss 2:30 Snack/Trivia/Alaska Facts 3:00 Fitness Friday/Ball Toss 4:00 Shabbat** /Bocci Ball	31 Kathy/Joe Passover 10:00 Walking Club 10:30 Saturday Stretching/Songs 11:00 G Words/News Today 1:00 A-Z Colors/Walk around 1:30 Passover Discussion/Parachute 2:30 Snack/Moon Songs 3:00 Exercises/Balloon Volley 4:00 Time Expressions/Ball Throw