

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

April 2019

Country Cottage

Janice Rhodes/Country Cottage Coordinator
 Kathy Jackelow/Activity Leader
 Warren DeJarnett/Activity Leader/Bus Driver
 Lise Exceus/ Activity Leader
 Carol -Volunteer

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
| | 1 Warren/Kathy/Janice 10:00 Walking Club 10:30 <i>Scenic Drive</i> ***/Tea Time 11:00 Walkaround/News 1:00 Volley with Carol/Stroll Around 1:30 Welcome to April/Card Games 2:30 Snack/Acronyms 3:00 Humor/Exercise Time 4:00 April IQ/Funny Poems | 2 Kathy/Janice 10:00 Stroll Around 10:30 Morning Exercises/Parachute 11:00 Sing-a-long & Dancing 1:00 Walking Club/Make A List 1:30 Famous Explorers/Bull's Eye 2:30 Snack/ <i>Pet Therapy</i> **/Chronicles 3:00 Afternoon Stretching/Balloons 4:00 Food Combinations/Music | 3 Janice/Lise 10:00 <i>Prayer Service</i> **/Stroll Around 10:30 Basketball Throw/Frisbees 11:00 P Words/Exercises 1:00 Games w/Carol/Walking 1:30 Birthday Twins/Bocci Ball 2:30 Snack/MLK Quotes 3:00 <i>Pet Therapy</i> **/A-Z Colors 4:00 Monkey's Idioms/Stretching | 4 Lise/Janice 10:00 Walk Around/Songs 10:30 A-Z Songs/Exercises 11:00 Patriotic Songs/Ball Games 1:00 4 Letter Words/Walking Club 1:30 Inspirational Quotes/Frisbees 2:30 Snack/Double Meaning Words 3:00 Afternoon Stretching/Parachute 4:00 Things That Come in 4/Balloons | 5 Kathy/Lise 10:00 Walking Club & Singing 10:30 Stretching/Pronunciation Bee 11:00 Ball Games/Trivia Today 1:00 Words Games/Stroll Around 1:30 Art Work/News Discuss 2:00 George R. Performs /Balloons 3:00 Snack/Exercises/Yellow Things 4:00 <i>Shabbat</i> **/Music & Singing | 6 Kathy/Lise 10:00 Stroll Around 10:30 Bowling/Parachute/Nicknames 11:00 News & Music/Baseball Talk 1:00 Ball Volley/Walk Around 1:30 Show & Tell/Bocci Ball 2:00 Hand Massages/ Chris D. Performs 3:00 7th Inning Stretch Exercises/Snack 4:00 Hx of TV Dinner/Sing-a-long |
| 7 Janice 10:00 Let's Promenade/Ring Toss 10:30 South Pacific Songs 11:00 <i>Mass on tv</i> **/Basketball 1:00 Walking 1:45 Move with Rafael 2:30 Snack/Rhymes w/Small 3:00 Exercise Group/News Time 4:00 Balloon Swat/Words w/I | 8 Janice 10:00 Walk & Talk 10:30 Game Fun/Sing-a-long 11:00 Daily News Today 1:00 Bean Bag Toss/Walking 1:30 Frisbees/Different Birds/Bingo 2:30 Snack/Let's Talk Golf 3:00 Stretching/Home Run Day 4:00 Pick Up A Penny/Dancing | 9 Kathy/Janice 10:00 Let's Move It/Walking 10:30 Stretching Time/Balloon Volley 11:00 News Time/Sing-a-long 1:00 Words w/B/Rosie Riveter 1:30 Bocci Ball/Exercises 2:30 Snack/ <i>Pet Therapy</i> **/40's Music 3:00 Fav. Antiques/Laughter is... 4:00 Walking & Dancing | 10 Janice/Lise <i>Susan's B-day</i> 10:00 <i>Prayer Service</i> **/Walking 10:30 Parachute & Dancing 11:00 News Time/Sing-a-long 1:00 Name Farm Animals/Walking 1:30 Ball Toss w/Carol/Pink Things 2:30 Snack/ASPCA Chat 3:00 <i>Pet Therapy</i> **/Fav. Yankees 4:00 Singing/Jumbles | 11 Lise/Janice 10:00 We're Walking 10:30 Ring Toss/Fav. Pets 11:00 Bull's Eye/Music & Dance 1:00 Balloon Swat/Stroll Around 1:30 Louie-Louie Music/Types of Pies 2:30 Snack/News Today 3:00 Barber Shop Quartets/Exercises 4:00 Civil Rights/Ball Toss | 12 Kathy/Lise 10:00 Leg Stretch/Dancing 10:30 News Today/Trivia 11:00 Movie Stars/Basketball 1:00 FDR Quotes/FDR Talk 1:30 Walking/Great Books/Ball Fun 2:00 Bocci Ball/ Bryan Performs 3:00 Snack/Balloon Swat/Talk Fish 4:00 Songs/ <i>Shabbat</i> **/NY.NY | 13 Kathy/Lise 10:00 Walking Club/Stretching 10:30 Sing-a-long/Saturday News 11:00 Let's Dance/Laughter is.... 1:00 Dime Stores/Let's Stroll 1:30 Through the Hoop/60's Music 2:00 Eric Entertains /Bean Bag Fun 3:00 Snack/Dance the 50's 4:00 Bull's Eye/We're Walking |
| 14 Kathy <u>Palm Sunday</u> 10:00 Morning Stroll 10:30 Bean Bags/Sonnets 11:00 <i>Mass on tv</i> **/Ring Toss 1:00 Walking Club/Frisbees 1:45 Exercises w/Rafael 2:30 Snack/Different Sea Animals 3:00 Abe Lincoln Talk/Exercises 4:00 Jokes/Bull's Eye | 15 Janice 10:00 Walk Around 10:30 Daily News/Morning Stretch 11:00 Basketball/Music and Dance 1:00 Move w/Carol/Stroll Around 1:30 Bowling/Classic Tales 2:30 Snack/Ball Throw 3:00 Afternoon Stretching 4:00 Twist & Shout/Bocci Ball | 16 Kathy/Janice <u>Pajama Day</u> 10:00 Up & Atem/Stroll Around 10:30 Sing-a-long-/Frisbee w/Kathy 11:00 1960's Dance/Catch 1:00 Walking Club/Words w/Kathy 1:30 Favorite Actors/Kickball 2:30 <i>Pet Therapy</i> **/Today's News 3:00 Exercise Group/Funny Slogans 4:00 Basketball/Bull's Eye | 17 Janice 10:00 <i>Prayer Service</i> **/Walking 10:30 News Today/Basket Throw 11:00 Dean Martin/Music 1:00 Games w/Carol/Stroll Around 1:30 Spring Poems/Ellis Island Chat 2:30 Snack/Believe it or Not 3:00 <i>Pet Therapy</i> **/Jennifer Garner 4:00 Singing/Balloons | 18 Lise/Janice 10:00 Walking Club 10:30 Exercises/Frisbee Throw 11:00 Dance and Songs/News 1:00 Stroll Around/Word Fun 1:30 Through the Hoop/Basketball 2:30 Snack/Short Stories 3:00 Guess the Animal/Exercises 4:00 Bean Bags/Songs | 19 Kathy/Lise <u>Good Friday</u> 10:00 Walk About <u>Passover Begins</u> 10:30 Stretching/Parachute 11:00 Sing & Dance/Ring Toss 1:00 Famous Celebrities/Walking 1:30 Baking Dog Treats/70's Dance 2:00 Randy Performs /Rhymes w/ 3:00 Snack/News/Balloon Swat 4:00 <i>Shabbat</i> **/ Bull's Eye/Exercises | 20 Kathy/Lise 10:00 Morning Walk 10:30 Let's Exercise/LL Words 11:00 Ring Toss/Frank Sinatra Songs 1:00 Jumbles/Walking Club 1:30 Bull's Eye/Frisbee Throw 2:00 Sean Entertains /Ball Catch 3:00 Snack/Today's News/Stretch 4:00 Bean Bags/Jumbles |
| 21 Warren/Kathy/Janice <u>Easter</u> 10:00 Morning Stroll 10:30 Bull's Eye/Dancing 11:00 <i>Mass on tv</i> **/Bean Bags 1:00 Walking Club 1:30 Easter Words/Ring Toss 2:00 Chris M. Performs /Snack 3:00 Exercises/Jumbles 4:00 Frisbee Throw | 22 Warren/Janice/Kathy 10:00 Walking Club 10:30 <i>Scenic Drive</i> ***/Parachute 11:00 News Today/Music 1:00 Ball Games w/Carol/Walking 1:30 Art Project/Egg Recipes 2:30 Snack/Let's Stretch/Things in Office 3:00 Name That Tune/Bocci Ball 4:00 Balloon Swat/Ring Toss | 23 Janice/Kathy 10:00 Let's Move & Groove/Walking 10:30 Alexa Fun/News Talk 11:00 Exercises/Ball Toss 1:00 Word Fun w/Kathy/Walk Around 1:30 Act Out!!!/Through The Hoop 2:30 Snack/ <i>Pet Therapy</i> ** 3:00 Balloons/Stretching 4:00 Word Jumbles/Music & Singing | 24 Janice/Lise 10:00 <i>Prayer Service</i> **/Walking 10:30 Basket Throw/News/Stretch 11:00 Body Movements/Ring Toss 1:00 Catch w/Carol/Stroll Around 1:30 Poetry Reading/Balloon Swat 2:30 Snack/Barbra Streisand Music 3:00 <i>Pet Therapy</i> /Bean Bag Throw 4:00 Exercises/ National Anthems | 25 Lise/Janice 10:00 Stroll Around/Ball Toss 10:30 Stretching/News 11:00 Horoscopes/Sing and Dance 1:00 Bean Bags/Walking Club 1:30 Ring Toss/Red Hat Talk 2:30 Snack/Exercises/Ella Fitzgerald 3:00 Piano Playing/Rhymes w/ 4:00 Jumbles/Balloon Volley | 26 Kathy/Lise 10:00 Let's Walk & Talk 10:30 Exercises/Ring Toss 11:00 News/Catch/Ballpark Songs 1:00 Sing-a-long/Stroll Around 1:30 Bocci Ball/Jazz Music 2:00 Heads or Tails/Mixed up Birds 3:00 Snack/Evening Stroll/Words 4:00 <i>Shabbat</i> **/Famous Tunes | 27 Kathy/Lise 10:00 Walk Around/Stretching 10:30 News Today/Parachute/Word Fun 11:00 Guess the Smell//Kickball 1:00 Basketball/Stroll Around 1:30 Ring Toss/Through the Hoop 2:00 Frisbee/Babe Ruth Talk 3:00 Snack/Breathing Exercises 4:00 List Presidents/Bull's Eye |
| 28 Warren/Kathy/Janice 10:00 Stroll Around 10:30 Exercise Group/Basketball 11:00 <i>Mass on tv</i> **/Table Games 1:00 Walking Club 1:30 <i>Bus Ride</i> ***/Maryland Trivia 2:00 Snack/ Randy Performs 3:00 Sunday Stretching/Ball Games 4:00 Bean Bags/Holy Humor | 29 Warren/Janice/Kathy 10:00 Walking Group 10:30 <i>Scenic Drive</i> ***/Coffee Time 11:00 Morning Stretch/Singing 1:00 Ball w/Carol/Walking Club 1:30 Bingo Chip Toss/Card Games 2:30 Snack/Blueberry Recipes 3:00 Exercises/Types of Dance 4:00 Bocci Ball/Words w/A | 30 Kathy/Janice 10:00 Walk Around 10:30 Stretch & March/Rhyming Riddle 11:00 Ring Throw/Sing-a-long 1:00 News/Stroll Around/Hair Words 1:30 Scavenger Hunt/Jazz Music 2:30 Snack/ <i>Pet Therapy</i> **/Jumbles 3:00 Afternoon Exercises/Ball Throw 4:00 Frisbees/Words w/pill in it | <i>Hair & Nail Salon</i> <i>Open Sundays</i> <i>10:00am-5:00pm</i> <i>(Make Appointment at Front Desk)</i> | Monthly Birthdays Susan-April 10 Pajama Party April 16th | SPECIAL EVENTS George E-April 5 Chris D.-April 6 Bryan-April 12 Eric-April 13 Randy-April 19 Sean-April 20 Chris-April 21 Randy-April 25 Rafael-April 27, 14 | Activities are Subject to Change Pet Therapy: Tuesdays @ 2pm & Wednesdays 3-4pm |