

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

September 2026
Country Cottage

Janice Rhodes/Country Cottage Coordinator
Kathy Jackelow/Senior Activity Leader
Joe Cincquemani/Activity Leader
Alma Rodriguez /Activity Leader
Angela DeLLolio/Activity Leader
Jeniffer Blackwood /Activity Leader

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE SCHEDULE ALL FACETIMES AT FRONT DESK ***ACTIVITIES SUBJECT TO CHANGE	<i>PLEASE SCHEDULE ALL HAIR APPOINTMENTS AT FRONT DESK</i> NEVER FORGET SEPTEMBER 11 Always In Our Hearts	1 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Dancing Fun 10:30 What’s In The News/Morning Cards 11:00 Welcome to September/Let’s Walk 1:00 Back To School List/Balloon Volley 1:30 Afternoon Workout (S)/Let’s Stroll 2:00 Guess The Object/Aromas 2:45 Snacks/School Song List 3:15 Mens Program-Kickoff Fun/Table Ball 4:00 Country Music Discussion/Self Care 4:30 Soap Brands/Tuesday Toning/Stories 6:15 Match Game With Kathy	2 Jeniffer/Angela 10:00 Morning Fitness (S)/Volley 10:30 <i>Mass on TV/Morning Hymns</i> 11:00 Morning Stroll Around/Black Jack 1:00 Things In A Classroom/Dancing 1:30 Let’s Move & Stretch (S)/Walking 2:00 <i>Rev. Hoover Service</i>/Citrus Stamping 2:45 Snacks/Rock & Roll Songs 3:15 Up For Debate Discussion 4:00 Dictionary Words/Pet Companions 4:30 Wednesday Workout/Sensory 6:15 Five Clues-What Job Is It?	3 Kathy/Jeniffer 10:00 Morning Workout (S)/Dancing Fun 10:30 Baking With Jeniffer 11:00 Dog Book/Let’s Promenade 1:00 Rhyming Words/Comedy Cure Jokes 1:30 Singing & Chair Dancing (S)/Improv 2:00 Trivia Time (S)/Pondering Personality 2:45 Thursday Snacks/70’s Tunes/Aromas 3:15 Lessons From The Road/Card Games 4:00 Time To Stretch/Sensory 4:30 Bingo Fun/Short Stories 6:15 A-Z List/Games With Joe	4 Alma/Angela 10:00 Blue Hill Fitness (S)/Friday News 10:30 Morning Volley 11:00 Let’s Walk Around/Hi-Lo Cards 1:00 Ask Alexa/Walking Club 1:30 College Colors Day (S)/Bulls Eye 2:00 Group Pictionary (S)/Famous Faces 2:45 Snack Social/Johnny Matthis 3:15 Art Corner/Toss A Tune 4:00 <i>Shabbat</i>/Hand Massages/Sensory 4:30 Finish The Line/Friday Fitness 6:15 The Price Is Right with Alma	5 Alma/Jeniffer 10:00 Fitness Fun (S)/Balloon Swat 10:30 Saturday News & Volley 11:00 Parachute Fun With Balloons 1:00 Rhyming Words/Saturday Strolling 1:30 Let’s Sittercise (S)/Frisbee Throw 2:00 Sensory/Aromas 2:45 Snacks & Social/Sunshine Songs 3:15 Rules We Live By Discussion/Pets 4:00 Spelling Bee/Dancing Party 4:30 Meditation/Saturday Stretch 6:15 List Desserts/Word Ball
6 Jeniffer/Alma 10:00 Morning Hymns/Welcome 10:30 <i>Shabbat/Mass on TV</i> 11:00 Balloon Swat/Walk Around 1:00 Bulls Eye Throw/Afternoon Stroll 1:30 Name That Tune/Would You Rather? 2:00 Celebrity Photos/Favorite Tunes 2:45 Snack Social/50’s Dance Party 3:15 Shuffleboard Fun 4:00 Ball Throw/Mayflower Discussion 4:30 Sunday Stretching/Short Stories 6:15 Team Cherades With Alma	7 Jeniffer/Alma Labor Day 10:00 Exercise Club (S)/Morning News 10:30 <i>Morning Rosary/Songs</i> 11:00 Daily Chronicles/Walk Around 1:00 A-Z Occupations/Let’s Stroll 1:30 Let’s Stretch (S)/Basketball Throw 2:00 Instrument Fun/Aromas 2:45 Snack Social/Patriotic Tunes 3:15 Horseracing/Labor Day Tunes 4:00 Hand Massages/Labor Day Discussion 4:30 Dancing Fun/Move It Monday 6:15 Blackjack Fun	8 Kathy/Jeniffer 10:00 Fitness Club (S)/ Ring Toss 10:30 Bulls Eye Throw/Sing-a-long 11:00 AM News/Let’s Promenade 1:00 Let’s Stretch & Stroll 1:30 Let’s Walk Around/Beach Ball Blast 2:00 Clowns Perform 2:45 Snacks & Walking 3:15Back Messages/My Hilarious Job History 4:00 Star Trek Chat/Short Stories/Exercises 4:30 Top 10 List/50’s Music & Dance 6:15 Old-Time Advertisements & Jingles	9 Jeniffer/Angela 10:00 Morning Workout (S)/News Today 10:30 <i>Mass on TV/Hymns</i> 11:00 Balloon Swat/Morning Stroll 1:00 Category Nine/Afternoon Walking 1:30 Let’s Get Geri-Fit (S)/Act Out 2:00 <i>Rev. Hoover Service</i>/Basketball 2:45 Snacks/Elvis Tunes 3:15 Guess in 20/Balloons 4:00 Yellow Things/Pictionary 4:30 Bingo Fun/Let’s Stretch/Sensory 6:15 Floor Bowling With Jeniffer	10 Angela/Jeniffer 10:00 Blue Hill Workout (S)/Volley 10:30 Bean Bag Toss/50’s Love Songs 11:00 Morning News/Walking Club 1:00 Things On A Farm 1:30 Singing & Dancing (S)/Let’s Promenade 2:00 Trivia (S)/What’s In A Name Skit? 2:45 Wine & Cheese/Hx of Grandparents Day 3:15 Puzzle Fun/Table Top 4:00 Cherades/Noodle Balloons	11 Joe/Angela Rosh Hashanah 10:00 Morning Fitness (S)/Frisbee Throw 10:30 <i>Pet Therapy With Candace</i> 11:00 <i>9/11 Remembrance</i>/News Today 1:00 Honey Uses/Afternoon Walk 1:30 Did You Know? (S)/Instrument Fun 2:00 Timeslips With Joe 2:45 Afternoon Snacks/ Harry Connick Jr. 3:15 Basketball/Improv Fun 4:00 <i>Shabbat</i>/Rosh Hashanah Discussion 4:30 Exercise Time/Carol Burnett Chat 6:15 List Chocolates/Balloon Swat	12 Grandparents Day All rec staff 10:00 Fitness Fun (S)/Ball Throw 10:30 Morning Ball Games & Dancing 11:00 Saturday News & Walking Club 1:00 Candye Giaquinto Performs 1:30 Family Visits 2:00 Grandparents Day Celebration 2:45 Beatles Music/Floor Bowling 3:15 Saturday Bingo/Sensory Box 4:00 Ways To Be Charitable/Instruments 4:30 Ladder Words/Exercise Time 6:15 Famous Slogans/Ball Games
13 Jeniffer/Alma 10:00 Sunday News/Welcome 10:30 <i>Mass on TV/Shabbat Service</i> 11:00 Morning Volley to Songs/Stroll 1:00 Let’s Stretch/Walking Club 1:30 Noodle Balloon Fun 2:00 Karen Bella Performs 2:45 Magazines/Tea Time 3:00 Afternoon Snacks/Abba Tunes 4:00 Aromatherapy/L Words 4:30 Cornhole/Hi-Lo Cards/Fitness Time 6:15 Instruments to Music	14 Jeniffer/Alma 10:00 Promenade Exercises (S)/Hymns 10:30 <i>Morning Rosary & Songs</i> 11:00 Hoop Frisbees/News Today 1:00 A-Z List/Walk Around 1:30 Stretch & Move (S)/Guess The Object 2:00 Pictionary 2:45 Snack Social/The Platters 3:15 Table Bowling 4:00 Dog Book/Famous Faces 4:30 Shoulder Massages/Monday Stretching 6:15 Family Feud With Alma	15 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Morning Dance 10:30 Corn Hole Toss/50’s Music 11:00 Daily News/Walking Club 1:00 List Flowers/Let’s Stroll 1:30Afternoon Workout (S)/Guess The Object 2:00 Pictionary Fun 2:45 Snack Social/Riddles/B.B. King Tunes 3:15 Afternoon Cards/O Words 4:00 Sweet Things/Sour Things/Massages 4:30 Dancing Fun/Tone It Tuesday 6:15 Balloon Swat Fun	16 Jeniffer/Angela 10:00 Morning Fitness (S)/Daily News 10:30 <i>Mass on TV/Morning Hymns</i> 11:00 <i>Catholic Mass</i>/Kickball/Walk Around 1:00 List Desserts/Let’s Promenade 1:30 Dot Art/Ball Games 2:00 <i>Rev. Hoover Service</i>/Aromatherapy 2:45 Snacks/60’s Tunes 3:15 Floor Bowling/Unscramble 4:00 Pet Companions/Green Things 4:30 Meditate With Angela/Let’s Exercise 6:15 Balloon Swat With Jeniffer	17 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Balloon Swat 10:30 Baking With Kathy 11:00 Name That Tune/Stroll Around 1:00 After Lunch Stretching & Walking 1:30 Ball Volley 2:00 Ray Longchamp Entertains 2:45 Hand Massages 3:00 Snacks & Walk Around/Frankie Avalon 4:00 Famous Poems/Table Ball 4:30 Ice Cream Flavors/Let’s Stretch	18 Alma/Angela 10:00 Morning Workout (S)/Daily News 10:30 Basket Throw 11:00 Parachute Fun 1:00 Things In A Museum/Stroll Around 1:30 Group Pictionary (S)/Cherades 2:00 Games People Play (S)/Bowling 2:45 Snack Social/Johnny Cash Songs 3:15 Scavenger Hunt 4:00 <i>Shabbat</i>/Sensory/Bingo 4:30 List Vegetables/Fitness Friday 6:15 Yoga Stretches	19 Alma/Angela 10:00 Fitness Fun (S)/Morning Volley 10:30Wife Appreciation Day (S)/Sing-a-long 11:00 News Today/Let’s Stroll Around 1:00 Things At A Gym/Baking With Alma 1:30 Pirate Talk (S)/Spanish With Alma 2:00 Water Painting/Dog Book 2:45 Afternoon Snack /Apple Recipes 3:15 Sand Art/Riddles 4:00 Short Stories/Famous Phrases/Exercise 4:30 Burger Toppings/Afternoon Dancing 6:15 Karaoke With Alma
20 Jeniffer/Alma 10:00 Morning Hymns 10:30 <i>Mass on TV/Shabbat Service</i> 11:00 Morning Dancing/News Today 1:00 Ca/Ce/Ci/Co Words/Stroll Around 1:30 Floor Bowling 2:00 Guess The Object 2:45 Snack Social/Doris Day Tunes 3:15 Scavenger Fun 4:00 Table Games/Opposites 4:30 Ring Toss/Exercises/Dog Pictures 6:15 Suntanning Reminiscing With Alma	21 Jeniffer/Alma 10:00 Morning Walking & Volley 10:30 Shira on Piano-CC 11:30 Let’s Promenade/News Today 1:00 <i>Afternoon Rosary and Songs</i> 1:30 Stretch & Move (S)/Bulls Eye Throw 2:00 Hi-Lo Cards/Leonard Cohen Tunes 2:45 Afternoon Snacks/Guess in 20 3:15 Finish My Line//Sing-a-long Fun 4:00 Pet Companions/Shuffleboard 4:30 Family Feud Game/Exercises 6:15 Word Ball With Alma	22 Kathy/Jeniffer Autumn 10:00 Morning Workout (S)/Ballon Fun 10:30 Bean Bag Throw/Morning News 11:00 Guess The Object/Morning Walking 1:00 Exercise Time/Let’s Promenade 1:30 Balloon Swat/List Small Things 2:00 Alex Prizgintas on Cello 2:45 Tea Time 3:00 Walking Club/Snacks/Pet Companions 4:00 Sensory/Sign Language 4:30 O/OO Words/Let’s Stretch 6:15 C Words/Floor Bowling	23 Jeniffer/Angela 10:00 Morning Fitness (S)/Daily News 10:30 <i>Mass on TV /Hymns</i> 11:00 Let’s Stroll Around/Ball Games 1:00 Things On A Boat/Walking Club 1:30 Guess Who/What I Am? (S)/Frisbees 2:00 <i>Rev. Hoover Service</i>/Balloon Swat 2:45 Snacks/Ray Charles Music/Stories 3:15 Right on Time or Haven’t Left Game 4:00 Tavern Touches “Toasts”/Sensory 4:30 Guinness World Records/Let’s Exercise 6:15 Ring Throw With Jeniffer	24 Kathy/Jeniffer 10:00 Morning Workout (S)/Hoop Frisbees 10:30 Morning Volley & Favorite Songs 11:00 News Time/Morning Walking 1:00 Things You Need to Go To Beach 1:30 Singing & Chair Dancing (S)/H-Lo 2:00 Shuffleboard/All About Oktoberfest 2:45 Afternoon Snacks-Beer Tasting 3:15 Did You Know?Improv-Convince Me 4:00 Sensory Basket/Famous Faces 4:30 Exercises/Jokes/Sing-a-long 6:15 Fun Games With Joe	25 Angela/Joe 10:00 Fitness Today (S)/Kickball 10:30 Nat’l Dtrs Day (S)/Bean Bags 11:00 News Today/Let’s Walk Around 1:00 Exercise Time/Let’s Stroll 1:30 N Words/Jokes 2:00 Eric Lipper Performs 2:45 Shoulder Massages 3:00 Afternoon Snacks & Walk 4:00 <i>Shabbat</i>/BalloonSwat/Category Words 4:30 Timeslips With Joe/Friday Fitness 6:15 Famous Celebrities/Sing-a-long	26 Alma/Angela 10:00 Let’s Stretch (S)/Sensory/Aromas 10:30 Bulls Eye Throw 11:00 Morning News/Let’s Stroll 1:00 List Ice Cream Flavors/Walk Around 1:30 Harvest Moon Discussion 2:00 Celebrity Phrases/Famous Faces 2:45 Snacks /Sound Of Music Tunes 3:15 One Hit Wonders/Famous Poems 4:00 Card Games/Sensory/Stretching Time 4:30 Hand Massages/Aromatherapy 6:15 Word Ball With Alma
27 Jeniffer/Alma 10:00 News Today/Hymns 10:30 <i>Mass on TV/Shabbat Service</i> 11:00 Balloon Swat 1:00 Things That Are Gold/Let’s Walk 1:30 Ways To Stay Fit/Hoop Frisbees 2:00 Blackjack Cards 2:45 Afternoon Snacks/Meatloaf Tunes 3:15 More Jeopardy Trivia/Aromas 4:00 A Words/Shoulder Massages 4:30 Art Corner/Sunday Stretching 6:15 Pictionary With Alma	28 Jeniffer/Alma 10:00 Promenade Exercises (S)/Hymns 10:30 <i>Morning Rosary/Songs</i> 11:00 Morning Balloon Swat Fun 1:00 Baking With Alma 1:30 Stretch & Move (S)/Improv Fun 2:00 Celebrity Photos 2:45 Afternoon Snacks & Walking 3:15 What’s Your Talent?/Sensory Time 4:00 Name That Tune/W Words 4:30 Afternoon Bingo Fun/Move It Monday 6:15 Team Cherades With Alma	29 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Corn hole Toss 10:30 Hoop Frisbees 11:00 Let’s Stroll/Morning Songs & News 1:00 After Lunch Stretching & Walking 1:30 C Words 2:00 George Tuzzeo Performs 2:45 Magazines/Hand Massages 3:00 Let’s Snack/Jerry Lee Lewis Tunes 4:00 Sports Legends of the 70’s/Riddles 4:30 Orange Things/Tone It Tuesday 6:15 List Sweet Things/Famous Artists	30 Jeniffer/Angela 10:00 Morning Workout (S)/Welcome 10:30 <i>Mass on TV/Hymns</i> 11:00 Let’s Walk/Basket Throw 1:00 List Games To Play Outside/Strolling 1:30 Let’s Promenade/Dancing Fun 2:00 <i>Rev. Hoover Service (S)</i>/Bulls Eye 2:45 Afternoon Snacks/List Countries 3:15 The Ring Thing Theatre/Floor Bowling 4:00 Dear Abby/Trivia/Sensory 4:30 Who Am I?/Wednesday Workout 6:15 Bulls Eye With Jeniffer	Pet Therapy With Candace Sept 11th	SPECIAL EVENTS CLOWNS SEPT 8 CANDYCE GIAQUINTO-SEPT 12 KAREN BELLA-SEPT 13 RAY LONGCHAMP-SEPT 17 SHIRA-SEPT 21 -CC ALEX PRIZGINTAS-SEPT 22 ERIC LIPPER-SEPT 25-CC GEORGE TUZZEO-SEPT 29	