

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

January 2019

Country Cottage

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Hair & Nail Salons Open</i></p> <p><i>Sundays</i></p> <p><i>(10:00am-5:00pm)</i></p> <p><i>Make Appointments at front desk.</i></p>	<p>SPECIAL EVENTS</p> <p>RANDY-JAN. 1</p> <p>VAN MARTIN-JAN. 4</p> <p>ERICK-JAN. 5</p> <p>RAFAEL-JAN. 6, 9, 20 & 23</p> <p>GEORGE R.-JAN. 11</p> <p>RICK-JAN 12</p> <p>GIRLS SCOUTS-JAN. 18</p> <p>RAY-JAN 19</p> <p>CHRIS. M-JAN 21</p> <p>SEAN-JAN 26</p>	<p>1 Janice HAPPY NEW YEAR!</p> <p>10:00 Stroll Around</p> <p>10:30 Welcome to January</p> <p>11:00 Exercise Time/Football Jumbles</p> <p>1:00 Walking Club/Bean Bags</p> <p>1:30 American Firsts/Randy Performs</p> <p>2:30 <i>Pet Therapy</i>**/Snack/Card Sharks</p> <p>3:00 New Year's Stretch/Resolutions</p> <p>4:00 Test Your January IQ/Music</p>	<p>2 Janice/Lise</p> <p>10:00 <i>Prayer Service</i>**/Walk</p> <p>10:30 Patriotic Songs/Exercises</p> <p>11:00 Frisbee Throw/Word Games</p> <p>1:00 Volley w/Carol/Stroll Around</p> <p>1:30 Butterfly Art/Parachute</p> <p>2:30 Snack/Things Best Done Slowly</p> <p>3:00 <i>Pet Therapy</i>**/Acronyms</p> <p>4:00 Roger Miller Songs/Stretching</p>	<p>3 Janice/Lise</p> <p>10:00 Let's Promenade/Songs</p> <p>10:30 Morning News & Stretch</p> <p>11:00 Bull's Eye/Make a List</p> <p>1:00 Bocci Ball/Walking Club</p> <p>1:30 Bingo/Balloon Swat</p> <p>2:30 Snack/List the States</p> <p>3:00 Tone it Thursday/Basketball</p> <p>4:00 Things that pop/Words w/pop</p>	<p>4 Kathy/Lise</p> <p>10:00 Stroll Around/Music</p> <p>10:30 Fairy Tales/Rhymes/Small Things</p> <p>11:00 Friday Fitness/News Today</p> <p>1:00 Sing-a-long/Walk Around</p> <p>1:30 Trivia/Bocci Ball/Ring Toss</p> <p>2:00 Snack/Walking/Van Martin</p> <p>3:00 Boxing Exercises/Braille Day</p> <p>4:00 <i>Shabbat</i>**/Music & Dance</p>	<p>5 Kathy/Lise</p> <p>10:00 Let's Walk & Sing</p> <p>10:30 Exercises/News Today</p> <p>11:00 Dancing/J Words</p> <p>1:00 Stroll Around/Balloon Swat</p> <p>1:30 Bull's Eye/Reminiscing</p> <p>2:00 Snack/Erick Performs</p> <p>3:00 Exercises/Sing-a-long/List 12</p> <p>4:00 Unscramble Birds/Walk Around</p>
<p>6 Warren/Kathy/Janice</p> <p>10:00 Let's Promenade</p> <p>10:30 We're Exercising/Singing</p> <p>11:00 <i>Mass on tv</i>**/News time</p> <p>1:00 Walking Club/New Words</p> <p>1:30 <i>Scenic Drive</i>***1:45 Rafael</p> <p>2:30 Snack/Reminiscing/Apple</p> <p>3:00 Exercises/Music/Wheel Fortune</p> <p>4:00 Walking/Unscrambles</p>	<p>7 Warren/Kathy/Janice</p> <p>10:00 We're Walking/Stretching</p> <p>10:30 <i>Scenic Drive</i>***/Tea Time</p> <p>11:00 Parachute/Music/Words w/ee</p> <p>1:00 Balloon Fun w/Carol/Walking</p> <p>1:30 Hi-Lo Card Game/Ring Toss</p> <p>2:30 Snack/Favorite Foods</p> <p>3:00 Stretch& Ball Volley/News Today</p> <p>4:00 Word Jumble/Singing</p>	<p>8 Kathy/Janice</p> <p>10:00 Let's Move it/Walking</p> <p>10:30 News Today/Tunes Tuesday</p> <p>11:00 Exercises/Balloon Volley</p> <p>1:00 Bean Bag Fun/Walking</p> <p>1:30 Beat the Clock/Bubbling Things</p> <p>2:30 Snack/Horoscopes/<i>Pet Therapy</i>**</p> <p>3:00 Tuesday Toning/Poetry Reading</p> <p>4:00 Top 10 List/Elvis Songs</p>	<p>9 Janice/Lise</p> <p>10:00 <i>Prayer Service</i>**/News</p> <p>10:30 Ask Alexa/Ball Toss/Stretch</p> <p>11:00 Stroll Around/ee Words</p> <p>1:00 Ball Toss w/Carol/Walking</p> <p>1:30 Rafael/Types Soup</p> <p>2:30 Snack/Walk Around/Jumbles</p> <p>3:00 <i>Pet Therapy</i>**/Bocci Ball</p> <p>4:00 Exercises/Least Known Words</p>	<p>10 Lise/Janice</p> <p>10:00 Walking Club</p> <p>10:30 News Time/Stretching Time</p> <p>11:00 Singing & Dancing/Frisbee Toss</p> <p>1:00 Basket Throw/Walking Club</p> <p>1:30 Dear Abby/Rod Stewart Songs</p> <p>2:30 Snack/Favorite Quotes</p> <p>3:00 Dance Exercises/Balloons</p> <p>4:00 Word Fun/Sing-a-long</p>	<p>11 Kathy/Lise</p> <p>10:00 Singing/Walking</p> <p>10:30 Stretching/Friday News</p> <p>11:00 Ball Toss/Finish the Line....</p> <p>1:00 Basketball/Stroll Around</p> <p>1:30 Sensory Friday/Ring Toss</p> <p>2:00 Hangman/Bean Bags/George R.</p> <p>3:00 Friday Fitness/Parachute/Snack</p> <p>4:00 Songs/<i>Shabbat</i>**/Word Games</p>	<p>12 Kathy/Lise</p> <p>10:00 Stroll Around/Portmanteau Day</p> <p>10:30 Saturday Stretches/Ball Throw</p> <p>11:00 News Today/Horseracing</p> <p>1:00 Walking/Dancing Time</p> <p>1:30 Balloon Swat/Sing-a-long</p> <p>2:00 Snack/List Dozen/Rick Performs</p> <p>3:00 Exercise Time/Balloons & Music</p> <p>4:00 Words w/Kathy/Volley /Trivia</p>
<p>13 Warren/Kathy/Janice</p> <p>10:00 Walking Club/Dancing</p> <p>10:30 Singing/Exercises</p> <p>11:00 <i>Mass on tv</i>**/Barry Sisters</p> <p>1:00 Ball Play/Bean Bag Toss</p> <p>1:30 <i>Scenic Drive</i>***/Player Piano</p> <p>2:30 Snack/Radio Shows</p> <p>3:00 Telephone Play/Ring Toss</p> <p>4:00 Walking/Sing-a-long</p>	<p>14 Warren/Kathy/Janice</p> <p>10:00 Move It!/Stretching</p> <p>10:30 <i>Scenic Drive</i>**/Let's Gossip</p> <p>11:00 Balloon Volley/That's Spicy!</p> <p>1:00 Stories/Walking Club</p> <p>1:30 Musical Instruments/Ball Games</p> <p>2:30 Snack/Balloon Swat</p> <p>3:00 Favorite Soups/Pen Pals</p> <p>4:00 Walk & Talk & Sing</p>	<p>15 Kathy/Janice</p> <p>10:00 Stroll Around/Exercises</p> <p>10:30 News Time/Coin Talk</p> <p>11:00 Fav. Ice Cream/Toys/Frisbee Throw</p> <p>1:00 Queen Bess/Walking</p> <p>1:30 Fad Diets/Table Games</p> <p>2:30 <i>Pet Therapy</i>**/Football Talk</p> <p>3:00 Ball Games/Exercises</p> <p>4:00 Monarchies/Jumbles</p>	<p>16 Lise/Janice</p> <p>10:00 <i>Prayer Service</i>**/Tea Time</p> <p>10:30 News/Singing Time</p> <p>11:00 50's Songs/Ring Toss</p> <p>1:00 Hello Dolly!!/B. Streisand</p> <p>1:30 Stretching/Music</p> <p>2:30 Snack/ Prohibition Talk</p> <p>3:00 <i>Pet Therapy</i>**/Walk-a-bout</p> <p>4:00 Parachute/Singing/Jumbles</p>	<p>17 Lise/Janice</p> <p>10:00 Let's Promenade/Betty White</p> <p>10:30 News Today/Popeye Discuss</p> <p>11:00 Boxers/Exercises Today</p> <p>1:00 Frisbee Toss/Card Games</p> <p>1:30 Ring Toss/Word Games</p> <p>2:30 Snack/Let's Talk Snow/Piano</p> <p>3:00 Sing-a-long and Stretching</p> <p>4:00 Hangman/Rhymes with...</p>	<p>18 Kathy/Lise</p> <p>10:00 Let's Move It!/Walking</p> <p>10:30 Stretching/Chat Over Tea</p> <p>11:00 Types of Coffee/Jeeper Creeper</p> <p>1:00 Balloons/Bake w/Kathy</p> <p>1:30 Poe Day/Ring Toss</p> <p>2:30 Thesaurus Fun/Aloha!</p> <p>3:00 Snack/Double Fun/Girl Scouts</p> <p>4:00 <i>Shabbat</i>**/Favorite Snacks</p>	<p>19 Kathy/Lise</p> <p>10:00 Walking Club/Exercise Time</p> <p>10:30 Tree Types/Group Fun</p> <p>11:00 Ball Volley/Sing-a-long</p> <p>1:00 Tulips & Flowers/Chip Toss</p> <p>1:30 News/Animal Talk</p> <p>2:00 Snack/Rav Performs/Discussion</p> <p>3:00 Horoscopes/Aquarius/Stretching</p> <p>4:00 Let's Talk Spring/Dancing</p>
<p>20 Warren/Kathy /Janice</p> <p>10:00 Walk-A-Bout</p> <p>10:30 Stretching/TuB'Shavat/News</p> <p>11:00 <i>Mass on tv</i>**/Tea Time</p> <p>1:00 George Burns/Jokes/Walking</p> <p>1:30 <i>Scenic Drive</i>***/1:45 Rafael</p> <p>2:30 Snack/Elsa the Livness</p> <p>3:00 Cheese Talk/List of Cheeses</p> <p>4:00 Theme Park & Roller Coasters</p>	<p>21 Warren/Janice/KathyMLKDay</p> <p>10:00 Stroll Around/Ball Play</p> <p>10:30 <i>Scenic Drive</i>***/Morning Chat</p> <p>11:00 Ball Volley/News This Morning</p> <p>1:00 MLK Day/Speech/Walking</p> <p>1:30 Card Games/Hug Discussion</p> <p>2:00 Food Fun/Jumbles/Chris M</p> <p>3:00 Exercises/WolfMoon /Squirrel Talk</p> <p>4:00 BR Words/Walking/Music</p>	<p>22 Janice/Kathy</p> <p>10:00 Stroll Around/Player Piano</p> <p>10:30 Let's Get Fit/News Talk</p> <p>11:00 Frisbee Throw/Tv Shows</p> <p>1:00 Cuban Music/History of Cuba</p> <p>1:30 Ball Time/Walking Club</p> <p>2:30 Snack/<i>Pet Therapy</i>**/Word Fun</p> <p>3:00 Brownie Talk/Movie Fun</p> <p>4:00 Jumbles/Stretching/Music</p>	<p>23 Janice/Lise</p> <p>10:00 <i>Prayer Service</i>**/Frisbees</p> <p>10:30 Walking Club/Exercises</p> <p>11:00 Music & Dancing/Jumbles</p> <p>1:00 Volley w/Carol/Walking</p> <p>1:30 Rafael/Balloon Swat</p> <p>2:30 Snack/FemaleFirsts/Card Games</p> <p>3:00 <i>Pet Therapy</i>/Mixed up Pies</p> <p>4:00 List Hobbies/Stretching</p>	<p>24 Lise/Janice</p> <p>10:00 Walking Club/Singing</p> <p>10:30 Morning Stretching/News</p> <p>11:00 Bull's Eye/Poetry Reading</p> <p>1:00 Bean Bags/Walk Around</p> <p>1:30 Reminiscing/Bocci Ball</p> <p>2:30 Snack/Mixed Up Gold Rush</p> <p>3:00 Afternoon Exercises/Ball Throw</p> <p>4:00 Humor Me/PB Recipes</p>	<p>25 Kathy/Lise</p> <p>10:00 Let's Stroll Around</p> <p>10:30 Let's Stretch/Parachute</p> <p>11:00 Basketball Throw/Discussion</p> <p>1:00 Frisbee Throw/Walking Club</p> <p>1:30 Things We Enjoy/Bull's Eye</p> <p>2:00 Charades/Sing-a-long</p> <p>3:00 Snack/Opposite Words/Exercises</p> <p>4:00 <i>Shabbat</i>**/Unscrambles</p>	<p>26 Kathy/Lise</p> <p>10:00 Let's Promenade Around/Songs</p> <p>10:30 Morning Exercises/Parachute</p> <p>11:00 Ring Toss/Short Stories</p> <p>1:00 Things That Are Green/Music</p> <p>1:30 Small Group Activities</p> <p>2:00 Exercise Time/Sean Performs</p> <p>3:00 Snack/Michigan Facts/Volley</p> <p>4:00 Sing-a-long/Bean Bags</p>
<p>27 Warren/Kathy/Janice</p> <p>10:00 Stroll Around</p> <p>10:30 Exercise Group/Basketball</p> <p>11:00 <i>Mass on tv</i>**/Table Games</p> <p>1:00 Walking Club</p> <p>1:30 <i>Bus Ride Around</i> ***/Tea Time</p> <p>2:30 Snack/News Today</p> <p>3:00 Sunday Stretching/Ball Games</p> <p>4:00 Bean Bags/Music and Dance</p>	<p>28 Warren/Janice/Kathy</p> <p>10:00 Walking Group</p> <p>10:30 <i>Scenic Drive</i>***/Tea Time</p> <p>11:00 Morning Stretch/Singing</p> <p>1:00 Ball w/Carol</p> <p>1:30 Bull's Eye/Walking Club</p> <p>2:30 Snack/Australian Slang & Phrases</p> <p>3:00 Exercises/Balloon Volley</p> <p>4:00 Bocci Ball/Mixed Up Words</p>	<p>29 Kathy/Janice</p> <p>10:00 Walk Around</p> <p>10:30 Stretch & March/Tea Tunes</p> <p>11:00 Ring Throw/Sing-a-long</p> <p>1:00 News/Stroll Around</p> <p>1:30 The Ramones/Things w/Corn</p> <p>2:30 Snack/<i>Pet Therapy</i>**/Jumbles</p> <p>3:00 Afternoon Exercises/Ball Throw</p> <p>4:00 Dancing Time</p>	<p>30 Janice/Lise</p> <p>10:00 <i>Catholic Mass</i>**/Walking</p> <p>10:30 Exercise Time/News Today</p> <p>11:00 Music/Dance/Bowling</p> <p>1:00 Volley w/Carol/Stroll Around</p> <p>1:30 Frisbees/Bowling Terms</p> <p>2:30 Snack/Walking Club/Exercising</p> <p>3:00 <i>Pet Therapy</i>**/Word Jumbles</p> <p>4:00 Word Puzzle Wednesday</p>	<p>31 Janice/Lise</p> <p>10:00 Stroll Around</p> <p>10:30 Tone it Thursday/Sing-a-long</p> <p>11:00 Bull's Eye/Parachute Fun</p> <p>1:00 Walking /Twist Expressions</p> <p>1:30 Winter Art/Palindromes</p> <p>2:30 Snack/Cherades/Shubert Music</p> <p>3:00 Exercise Time/Jumbles</p> <p>4:00 Singing/Balloon Volley</p>	<p>Monthly Birthdays</p> <p>Patrick-January 4th</p>	<p>Activities are Subject to Change!!</p> <p>Weekly Pet Therapy:</p> <p>Tuesday @ 2:30pm</p> <p>Wednesdays 3-4pm</p>