

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

February 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 Salon 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>CHRIS D.-FEB 1</p> <p>DOLAN-FEB. 2</p> <p>RAFAEL-FEB 3, 17</p> <p>YOGA-FEB. 6TH, FEB. 20</p> <p>VAN MARTIN-FEB. 8</p> <p>MARIANNA SCHOOL OF DANCE-FEB. 9</p> <p>ERIC-FEB.14</p> <p>GIRL SCOUTS-FEB. 15</p> <p>RICK S-FEB. 16</p> <p>SEAN-FEB. 22</p> <p>RANDY-FEB. 23</p>				<p>1 Kathy/Lise</p> <p>10:00 Stroll Around/Music</p> <p>10:30 Welcome Feb/Heart Expression</p> <p>11:00 Friday Fitness/News Today</p> <p>1:00 Sing-a-long/Walk Around</p> <p>1:30 Bocci Ball/PinkThings</p> <p>2:00 Chris D. Performs/Ring Toss</p> <p>3:00 Exercises/Feb. Anagram/Snack</p> <p>4:00 <i>Shabbat</i>**/Music & Dance</p>	<p>2 Kathy/Lise Groundhog Day</p> <p>10:00 Let's Walk & Sing</p> <p>10:30 Exercises/News/Heart Songs</p> <p>11:00 Dancing/Stranded on Island-3</p> <p>1:00 Stroll Around/Balloon Swat</p> <p>1:30 Bull's Eye/Sinatra Song Titles</p> <p>2:00 Snack/Dolan Performs</p> <p>3:00 Exercises/Clark Gable Discuss</p> <p>4:00 Unscrambles/Walk Around</p>
<p>3Warren/Kathy/Janice SUPERBOWL</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/Carrot Recipes</p> <p>1:30 <i>Scenic Drive</i>***/1:45 Rafael</p> <p>2:30 Snack/Football Predictions</p> <p>3:00 Exercises/Music/win/ter words</p> <p>4:00 Walking/Football Unscrambles</p>	<p>4 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 Music /Carrot Recipes</p> <p>1:00 Balloon Fun w/Carol/Walking</p> <p>1:30 Hi-Lo Card Game/Ring Toss</p> <p>2:30 Snack/Fairy Tale List/Airplane Talk</p> <p>3:00 Stretch& Ball Volley/News Today</p> <p>4:00 Word Jumble/Patriotic Singing</p>	<p>5Kathy/Janice Chinese New Year</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/Weather Predictions</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/Sing-a-long</p>	<p>6 Janice/Lise</p> <p>10:00 <i>Prayer Service</i>**/Walking</p> <p>10:30 Ask Alexa/Ball Toss/Stretch</p> <p>11:00 Stroll Around/Let's Dance</p> <p>1:00 Ball Toss w/Carol/Walking</p> <p>1:30 Zsa-Zsa Quotes/Yoga</p> <p>2:30 Snack/Walk Around/Jumbles</p> <p>3:00 <i>Pet Therapy</i>**/Bocci Ball</p> <p>4:00 Exercises/Maple Syrup Recipes</p>	<p>7 Lise/Janice</p> <p>10:00 Walking Club</p> <p>10:30 News Time/Stretching Time</p> <p>11:00Singing & Dancing/Frisbee Toss</p> <p>1:00 Basket Throw/Walking Club</p> <p>1:30 Charlie Chaplin Discuss/Games</p> <p>2:30 Snack/Discussion/News</p> <p>3:00 Dance Exercises/Balloons</p> <p>4:00Things That AreGold/Sing-a-long</p>	<p>8 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>2:00Van Martin PerformsBean Bags</p> <p>3:00 Friday Fitness/Parachute/Snack</p> <p>4:00 Songs/<i>Shabbat</i>**/Potatoe Chat</p>	<p>9 Kathy/Lise</p> <p>10:00 Stroll Around</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/Purple Things</p> <p>2:00 Snack/List Dozen/Chocolate Things</p> <p>3:00 Exercises/School of Dance 3:30</p> <p>4:00 Pizza Toppings/Volley /Trivia</p>
<p>10 Warren/Kathy/Janice</p> <p>10:00 Morning Stroll/Ring Toss</p> <p>10:30 Bean Bags/Singing</p> <p>11:00 <i>Mass on tv</i>**/News</p> <p>1:00 Double oo Words/Stretching</p> <p>1:30 <i>Scenic Drive</i>***/Coffee Clotch</p> <p>2:30 Snack/Walking Club</p> <p>3:00 Famous Men/Bull's Eye</p> <p>4:00 Bocci Ball/Dancing</p>	<p>11 Warren/Kathy/Janice</p> <p>10:00 Walk Around</p> <p>10:30 <i>Scenic Drive</i>**/Hot Cocoa Chat</p> <p>11:00 News Today</p> <p>1:00 Dance Party/Walking</p> <p>1:30 Parachute/Types of Dogs/Basketball</p> <p>2:30 Snack/Afternoon Stroll/S Words</p> <p>3:00Fill in the Blank/Frisbee HoopThrow</p> <p>4:00 Stretching/Famous Love Songs</p>	<p>12 Kathy/Janice</p> <p>10:00 Up & Atem Walking</p> <p>10:30 Shimmey/Dessert Types</p> <p>11:00 Piano Playing/News Today</p> <p>1:00 Childhood Songs/Stroll Around</p> <p>1:30 Ring Toss/Love Poems</p> <p>2:30 <i>Pet Therapy</i>**/Red Things</p> <p>3:00 Balloon Volley/Famous Women</p> <p>4:00 Afternoon Stretching/Songs</p>	<p>13 Lise/Janice</p> <p>10:00 <i>Prayer Service</i>**/Walking</p> <p>10:30 Parachute/Love Sayings</p> <p>11:00 Walk Around/Bowling</p> <p>1:00 News Today/Music & Dance</p> <p>1:30 Things We love/Frisbee Throw</p> <p>2:30 Snack/ Choc. Candy List/Walk</p> <p>3:00 <i>Pet Therapy</i>**/Stretching</p> <p>4:00 Balloon Swat/Word Games</p>	<p>14 Lise/Janice VALENTINE'S</p> <p>10:00 Stroll Around/News Today</p> <p>10:30 Fairytale Couples/Ring Toss</p> <p>11:00 Breathing Exercises</p> <p>1:00 Classical Music/Walking</p> <p>1:30 Stretching/Love Discussion</p> <p>2: 00 Eric Performs/Tea Time</p> <p>3:00 Sinatra Songs/Waltzing/Snack</p> <p>4:00 Jumbles/Basketball/Red Things</p>	<p>15 Kathy/Lise</p> <p>10:00 Walking & Stretching</p> <p>10:30 What am I?/News Today</p> <p>11:00 Exercises/Bean Bags</p> <p>1:00 Trivia/Walking Club</p> <p>1:30 Let's Move/Exercises/Mary's</p> <p>2:30 True or False/Parachute/Snack</p> <p>3:00 Girl Scout Activity/Bowling</p> <p>4:00 <i>Shabbat</i>**/ Name That Tune</p>	<p>16 Kathy/Lise</p> <p>10:00 Power Walking</p> <p>10:30 Frisbee/Bull's Eye</p> <p>11:00 The Everly Brothers/Dancing</p> <p>1:00 Balloon Swat/Slogans</p> <p>1:30 Types of Nuts/News/Ring Toss</p> <p>2:00 Rick S. Performs/Ball Toss</p> <p>3:00 Funny Sayings/Bull's Eye/Snack</p> <p>4:00 Walk and Talk/Stretching</p>
<p>17 Warren/Kathy /Janice</p> <p>10:00 Let's Promenade!</p> <p>10:30 Bean Bags/Exercises/Singing</p> <p>11:00 <i>Mass on tv</i>**/News & Tea</p> <p>1:00 Cat's Talk/Walking</p> <p>1:30<i>Scenic Drive</i>***/1:45 Rafael</p> <p>2:30 Snack/Tall Tales/Types Spuds</p> <p>3:00 60's Dance/Fit Fun</p> <p>4:00 List Snacks/Piano Time</p>	<p>18 Warren/Janice/Kathy</p> <p>10:00 Stroll Around/Ball Toss</p> <p>10:30 <i>Scenic Drive</i>***/Coffee Clotch</p> <p>11:00 Disco Time/Frisbee Toss</p> <p>1:00 Games w/Carol/Walking Club</p> <p>1:30 Got Milk? News/Where it's Warm</p> <p>2:00 President's Day/Fav. Presidents</p> <p>3:00 Fiddler on the Roof/Ring Toss</p> <p>4:00 Sing-a-long/Words Today</p>	<p>19 Janice/Kathy</p> <p>10:00 We're Walking/Stretching</p> <p>10:30 It's Ball Time/Tea Time</p> <p>11:00 News/Balloons</p> <p>1:00 Snow Moon/Horoscopes</p> <p>1:30 Sing & Dance/Eye Spy</p> <p>2:30Snack/<i>Pet Therapy</i>**/Fav.IceCream</p> <p>3:00 Bocci Ball/Motown Dance Party</p> <p>4:00 5 First Ladies/Stroll Around</p>	<p>20 Janice/Lise</p> <p>10:00 <i>Prayer Service</i>**/Walking</p> <p>10:30 Balloon Volley</p> <p>11:00 Singing & Stretching</p> <p>1:00 Talk Spring/Bean Bag Toss</p> <p>1:30 Fav. Places/Ball Toss/Yoga</p> <p>2:30 Snack/Balloon Volley</p> <p>3:00 <i>Pet Therapy</i>/List Pies</p> <p>4:00 Fav. Pet's Let's Stretch</p>	<p>21 Lise/Janice</p> <p>10:00 Walking Club</p> <p>10:30 News/Singing & Dancing</p> <p>11:00 Stretching/Bull's Eye</p> <p>1:00 Stroll Around/Music</p> <p>1:30 Parachute/Phone Book Talk</p> <p>2:30 Snack /Coffee Slogans</p> <p>3:00 Exercises/Hot Things</p> <p>4:00 Elvis Dance/Walk Around</p>	<p>22 Kathy/Lise</p> <p>10:00 Strolling/Friday Fitness</p> <p>10:30 Stretching/Ball Play</p> <p>11:00 News & Views/Let's Twist</p> <p>1:00 Walking Club/Al Words</p> <p>1:30 Dept. Stores/Sing-a-long</p> <p>2:00 Sean Performs/Bowling</p> <p>3:00 Snack/Exercises/Hank Williams</p> <p>4:00 <i>Shabbat</i>**/Dancing</p>	<p>23 Kathy/Lise</p> <p>10:00 We're Walking/Stretching</p> <p>10:30 Singing & Dancing</p> <p>11:00 Sat News & Views/GS Cookies</p> <p>1:00 Chuck Berry Songs/Walking</p> <p>1:30 Who's Durante?/Basketball</p> <p>2:00 Randy Performs/Chip Toss</p> <p>3:00 Snack/Exercise Time/Safari Animal</p> <p>4:00 Walking & Dancing/Jumbles</p>
<p>24 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>2:30Snack/NewsToday/BaseballTalk</p> <p>3:00 Sunday Stretching/Ball Games</p> <p>4:00 Bean Bags/Music and Dance</p>	<p>25 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/Famous Siblings</p> <p>1:30 Bull's Eye/Walking Club</p> <p>2:30 Snack/Charades /Cherry Recipes</p> <p>3:00 Exercises/Balloon Volley</p> <p>4:00 Bocci Ball/Mixed Up Words</p>	<p>26 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 Scavenger Hunt/Jackie Gleason</p> <p>2:30 Snack/<i>Pet Therapy</i>**/Jumbles</p> <p>3:00 Afternoon Exercises/Ball Throw</p> <p>4:00 Dancing Time/Fats Domino</p>	<p>27 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/Strawberry Recipes</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>28 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 /Short Phrases</p> <p>1:30 Card Games/Celeb. Photos</p> <p>2:30 Snack/Cherades/List Flowers</p> <p>3:00 Exercise Time/Jumbles</p> <p>4:00 Singing/Balloon Volley</p>	<p>Monthly Birthdays</p> <p>John—Feb. 2</p> <p>Lillian-Feb. 6</p>	<p>Activities are Subject to Change!!</p> <p>Weekly Pet Therapy: Tuesday @ 2:30pm Wednesdays 3-4pm</p>