

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

March 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
31 Warren/Kathy/Janice 10:00 Walking Club 10:30 Bean Bag Throw/News 11:00 <i>Mass on tv</i> **/Card Games 1:00 Stroll Around 1:30 Scenic Drive***/Tea Time 2:00 <u>Van Martin</u> /Words w/ma/me 3:00 Sunday Stretching/Volley/Snack 4:00 Piano Play/Singing	SPECIAL EVENTS MARCH 1-SEAN MARCH 2-DON ANTHONY MARCH 8-BRYAN ERICK-MARCH 9 GEORGE R-MARCH 15 RICK S-MARCH 16 CHRIS MILITARY 3/17 RAY-MARCH 22 RAFAEL-3/10, 24 RANDY-MARCH 23 CHRIS D.-MARCH 29 VAN MARTIN-MARCH 31	MONTHLY BIRTHDAYS TESSIE-MARCH 21	<i>Hair + Nail Salon Open</i> <i>Sundays (10:00-5:00pm)</i> <i>Make Appointments at</i> <i>Front Desk</i>	ACTIVITIES ARE SUBJECT TO CHANGE Weekly Pet Therapy Tuesdays @ 2:30pm Wednesday @ 3-4pm	1 Kathy/Lise 10:00 Walking Club & Singing 10:30 Welcome to March/Stretching 11:00 Ball Games/Trivia Today 1:00 Words Games/Stroll Around 1:30 Singing & Dancing/News Discuss 2:00 <u>Sean Performs</u> /Coffee Chat 3:00 Snack/March IQ/Exercises 4:00 <i>Shabbat</i> **/All About Nebraska	2 Kathy/Lise Groundhog Day 10:00 Stroll Around 10:30 Bowling/Parachute 11:00 News & Music/Baseball Talk 1:00 Ball Volley/Walk Around 1:30 Show & Tell/Bocci Ball 2:00 <u>Don Anthony</u> /Hand Massages 3:00 7th Inning Stretch Exercises/Snack 4:00 Chocolate/Cheese Things
3 Warren/Kathy/Janice 10:00 Let's Promenade 10:30 We're Exercising/Singing 11:00 <i>Mass on tv</i> **/News time 1:00 Walking Club/Unique Names 1:30 <i>Scenic Drive</i> ***/NameSake Day 2:30 Snack/Sleep Discussion 3:00 Exercises/Words w/E 4:00 Walking/Unscrambles	4 Warren/Kathy/Janice 10:00 We're Walking/Stretching 10:30 <i>Scenic Drive</i> ***/Tea Time 11:00 March 4th Music 1:00 Balloon Fun w/Carol/Walking 1:30 Hi-Lo Card Game/Ring Toss 2:30 Snack/Rose Quotes/Chicago Talk 3:00 Stretch& Ball Volley/News Today 4:00 Tennis Jumble/Balloon Volley	5 Kathy/Janice MARDI GRAS 10:00 Let's Move it/Walking 10:30 News Today/Tunes Tuesday 11:00 Exercises/Balloon Volley 1:00 Bean Bag Fun/Walking 1:30 Beat the Clock/A-Z Occupations 2:30 Snack/Beethoven/ <i>Pet Therapy</i> ** 3:00 Tuesday Toning/Fav. Pancakes 4:00 Top 10 List/Sing-a-long	6 Janice/Lise ASH WEDNES 10:00 <i>Prayer Service</i> **/Walking 10:30 Ask Alexa/Stretch 11:00 Stroll Around/Let's Dance 1:00 Ball Toss w/Carol/Walking 1:30 Bull's Eye/Jumbles 2:30 Snack/Walk Around 3:00 <i>Pet Therapy</i> **/Bocci Ball 4:00 Exercises/Dancing Fun	7 Lise/Janice 10:00 Walking Club 10:30 News Time/Stretching Time 11:00 Singing & Dancing 1:00 Basket Throw/Walking Club 1:30 Things w/Buttons/Frisbee Throw 2:30 Snack/News/A-Z Fruits & Veg. 3:00 Dance Exercises/Balloons 4:00 Sing-a-long/List 7	8 Kathy/Lise 10:00 Singing/Walking/Parachute 10:30 Stretching/Friday News 11:00 Ball Toss/Finish the Line.... 1:00 Basketball/Stroll Around 1:30 Sensory Friday/Ring Toss 2:00 Bean Bags/ <u>Bryan Performs</u> 3:00 Friday Fitness/Snack 4:00 Songs/ <i>Shabbat</i> **/WorkingWomen	9 Kathy/Lise 10:00 Stroll Around 10:30 Saturday Stretches/Ball Throw 11:00 News Today/Horseracing 1:00 Walking/Dancing Time 1:30 Balloon Swat/Make Shamrocks 2:00 <u>Erick Performs</u> /Shoulder Massages 3:00 Exercises/Food Pairs/Snack 4:00 Volley /Trivia/List Sandwiches
10 Warren/Kathy/Janice 10:00 Let's Walk & Sing 10:30 Exercises/News 11:00 <i>Mass on tv</i> **/Horoscopes 1:00 We're Walking 1:30 <i>Scenic Drive</i> ***/ <u>Rafael 1:45</u> 2:30 Snack/Spring Forward 3:00 Bagpipe Music/Stretching 4:00 Let's Talk Cookies/SpringBreak	11 Warren/Kathy/Janice 10:00 Let's Promenade/Balloon Time 10:30 <i>Scenic Drive</i> **/Tea Chat 11:00 Dance Music/News Time 1:00 Volley w/Carol/Walking Club 1:30 Brain Games/Tool Time 2:30 Snack/Different Snacks List 3:00 Exercise Time/Johnny Appleseed 4:00 Nap Day/Walk About	12 Kathy/Janice 10:00 Move It & Stretch It 10:30 Do you know Judy/Liza? 11:00 Bull's Eye/News Time 1:00 Finish the Line.../Walking 1:30 Favorite Flowers/Sing-a-long 2:30 <i>Pet Therapy</i> **/Frisbee Toss 3:00 Tone it Up/Parachute Fun 4:00 Girl Scout Day/Walking	13 Lise/Janice 10:00 <i>Prayer Service</i> **/Walking 10:30 Stretching/Ball Games 11:00 Neil Sedaka Dancing/Singing 1:00 Ball Throw w/Carol/Walking 1:30 Disney Music/Talk 2:30 Snack/Types Jewels/Basketball 3:00 <i>Pet Therapy</i> **/Cr Words/K-9's 4:00 Balloon Swat/Singing & Walk	14 Lise/Janice 10:00 Walk & Sing-a-long 10:30 Patriotic Music & Dance 11:00 60's Dance Party/Ball Time 1:00 PI Words/Male Celebrities 1:30 Let's Stroll/Bowling 2:00 Types of Sports/Ring Toss 3:00 Snack/Potatoe Recipes 4:00 Ask Alexa/Walking Club	15 Kathy/Lise 10:00 Let's Move It/Walking Club 10:30 RBG Who?/Sly Music 11:00 Greek Music & Dancing 1:00 Baking w/Lise/Ides of March 1:30 Walking/State of Maine/Games 2:00 <u>George Romano</u> /Jumbles 3:00 Ball Swat/Joke Time/Snack 4:00 <i>Shabbat</i> **/Music & Dance	16 Kathy/Lise 10:00 Let's Roll!/Ball Toss 10:30 Basketball/Football Time 11:00 Ring Toss/Henny Who? 1:00 News Time/Word Play/Walking 1:30 Sleep Discuss/Bocci Ball/Ring Toss 2:00 <u>Rick S. Performs</u> /Tea Time 3:00 Snack/Let's Talk Pandas 4:00 Walking/Word Jumbles/Sinatra
17 Warren/Kathy/Janice St. Patrick's Day 10:00 Morning Stroll/Stretching 10:30 Bull's Eye/Dancing 11:00 <i>Mass on tv</i> **/Bean Bags 1:00 Folk Tales/Green Things 1:30 <i>Scenic Drive</i> ***/Reminiscing 2:00 Snack/ <u>Chris Military</u> 3:00 St. Patrick's Hx/Music/Stretch 4:00 Frisbee Throw	18 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 Bowling/Women Inventions 2:30 Things that Make You Happy 3:00 Snack/Name That Tune/Bocci Ball 4:00 Balloon Swat/Ring Toss	19 Janice/Kathy 10:00 Let's Move & Groove/Walking 10:30 Alexa Fun/News Talk 11:00 Exercises/Ball Toss 1:00 Dean Martin Music & Dance 1:30 Act Out!!!/Through The Hoop 2:30 Snack/ <i>Pet Therapy</i> **/Roarin 20s 3:00 Things We Plant/Walk/Balloons 4:00 Is This Your Card/Aka Words	20 Janice/Lise 10:00 <i>Prayer Service</i> **/Walking 10:30 Basket Throw/News/Stretch 11:00 Body Movements/Ring Toss 1:00 Sing-a-long/Catch 1:30 Spring Talk/Afternoon Stroll 2:30 Snack/Sock Hop Music & Dance 3:00 <i>Pet Therapy</i> /Bean Bag Throw 4:00 Exercises/ Riddle Me This	21 Lise/Janice 10:00 Stroll Around/Ball Toss 10:30 Stretching/News 11:00 Horoscopes/Branch Day 1:00 Bean Bags/Walking Club 1:30 Ring Toss/Fav. Childhood Game 2:30 Snack/Exercises/Pop. Traditions 3:00 Piano Playing/Rhymes 4:00 Words that Start w/R	22 Kathy/Lise 10:00 Let's Walk & Talk 10:30 Exercises/Ring Toss/50's Songs 11:00 News/Catch/Long Hair Beauties 1:00 Sing-a-long/Stroll Around 1:30 Bocci Ball/Band Practice 2:00 <u>Rav L. Performs</u> /Coffee Chat 3:00 Snack/Evening Stroll/Words 4:00 <i>Shabbat</i> **/Famous Tunes	23 Kathy/Lise 10:00 Walk Around/Stretching 10:30 News Today/Parachute/Word Fun 11:00 Bull's Eye/Kickball Fun 1:00 Basketball/Stroll Around 1:30 Ring Toss/Through the Hoop 2:00 Frisbee/ <u>Randy Performs</u> 3:00 Snack/Breathing Exercises 4:00 Animal Sounds/Classic Dinners
24 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> ***/ <u>Rafael 1:45</u> 2:30 Snack/News/Craft Jumbles 3:00 Sunday Stretching/Ball Games 4:00 Bean Bags/Music and Dance	25 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 1:30 Bull's Eye/Walking Club 2:30 Snack/Greek Independence Day 3:00 Exercises/Balloon Volley 4:00 Bocci Ball/Mixed Up Words	26 Kathy/Janice 10:00 Walk Around 10:30 Stretch & March/Kinds of Cake 11:00 Ring Throw/Sing-a-long 1:00 News/Stroll Around 1:30 Scavenger Hunt/Speaking of Sports 2:30 Snack/ <i>Pet Therapy</i> **/Jumbles 3:00 Afternoon Exercises/Ball Throw 4:00 Dancing Time	27 Janice/Lise 10:00 <i>Catholic Mass</i> **/Walking 10:30 Exercise Time/News Today 11:00 Music/Dance/Bowling 1:00 Volley w/Carol/Stroll Around 1:30 Frisbees/Famous Joes 2:30 Snack/Walking Club/Exercising 3:00 <i>Pet Therapy</i> **/Cherry Recipes 4:00 Word Puzzle Wednesday	28 Janice/Lise 10:00 Stroll Around 10:30 Tone it Thursday/Sing-a-long 11:00 Bull's Eye/Parachute Fun 1:00 Walking /Mixed Up Baseball 1:30 Card Games/Famous Photos 2:30 Snack/Cherades/Food on a Stick 3:00 Exercise Time/Jumbles 4:00 Singing/Balloon Volley	29 Kathy/Lise 10:00 Let's Promenade/Stretching 10:30 Bean Bags/Basketball Game 11:00 Balloon Swat/News Today 1:00 Words w/Kathy/Walking 1:30 Table Games/Art 2:00 <u>Chris D. Performs</u> /HandMassage 3:00 Things Purple/Exercises/Snack 4:00 <i>Shabbat</i> **/Words Games	30 Kathy/Lise 10:00 Walking Club/Exercises 10:30 Doctor Discussion/Ball Games 11:00 Sing-a-long/Dancing 1:00 Word Fun w/Kathy/Walkiing 1:30 Alaska Chat/ Bowling 2:30 Snack/Famous TV Tunes 3:00 Afternoon Stretching/Balloons 4:00 Basketball/Balloon Swat