

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

# MAY 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
<b>Hair &amp; Nail Salon</b> <b>Open Sundays</b> <b>10:00am-5:00pm</b> <b>(Please make appointments at front desk)</b>	<b>MONTHLY BIRTHDAYS</b> <b>Mary -May 12</b> <b>Lucia-May 31</b>  <b>Music w/Jeffrey Friedberg</b> <b>5/7 at 10am</b>	Activities are subject to change  <b>Pet Therapy Tuesdays @ 2pm</b> <b>Wednesdays 3-4pm</b>	<b>1 Janice/Lise</b> 10:00 Prayer Service**/Stroll Around 10:30 Basketball Throw/Frisbees 11:00 May Words/Exercises 1:00 Games w/Carol/Walking 1:30 Bocci Ball/Improve Mood List 2:30 Snack/A-Z Occupations 3:00 Pet Therapy**/May IQ 4:00 Stretching/Judy Collins Music	<b>2 Lise/Janice</b> 10:00 Walk Around 10:30 A-Z Songs/Exercises 11:00 Patriotic Songs/Ball Games 1:00 Walking Club/Ch Words 1:30 Inspirational Quotes/Frisbees 2:30 Snack/J Words/Burma Shave 3:00 Afternoon Stretching/Parachute 4:00 Balloons/Yellow Things	<b>3 Kathy/Lise</b> 10:00 Walking Club & Singing 10:30 Stretching/Weather Terms 11:00 Ball Games/Trivia Today 1:00 Words Games/Stroll Around 1:30 Art Work/News Discuss 2:00 <b>Tony B. Entertains</b> /Puzzles 3:00 Snack/Exercises/Types of Juice 4:00 <b>Shabbat</b> **/Music & Singing	<b>4 Kathy/Lise</b> 10:00 Stroll Around 10:30 Bowling/Parachute 11:00 News & Music/Chicken Recipes 1:00 Ball Volley/Walk Around 1:30 Show & Tell/Bocci Ball 2:00 Hand Massages/ <b>Chris D. Performs</b> 3:00 7th Inning Stretch Exercises/Snack 4:00 Sing-a-long/Kentucky Derby Words
<b>5 Janice/Warren/Kathy Cinco de Mayo</b> 10:00 Walking Club 10:30 Stretch/Daily News 11:00 Mass on tv**/Basketball 1:00 Walking/Mexican Food Discuss 1:30 Scenic Drive/Bull's Eye 2:00 Snack/ <b>Rav Entertains</b> 3:00 Bowling/Famous Cartoons 4:00 Balloon Swat/Pop. US Cities	<b>6 Janice/Warren/Kathy</b> 10:00 Morning Stroll/News Today 10:30 Drive Around/Coffee Chat 11:00 Through the Hoop/Top 60's Songs 1:00 Catch w/Carol/Walking Club 1:30 Types of Herbs/Bowling 2:30 Snack/Funny Jokes/Orson Welles 3:00 Frisbees/Bocci Ball/Stretching 4:00 Roger Banister/Ring Toss	<b>7 Kathy/Janice</b> 10:00 Stroll Around/Stretching 10:30 <b>Music w/Jeffrey Friedberg</b> 11:00 Newstime/Exercises/Gary Cooper 1:00 Bean Bags/Balloon Toss 1:30 Types of Flowers/Basketball 2:30 Snack/Pet Therapy**/70's Songs 3:00 School Subjects/Damcing 4:00 Walking/Breathing Exercises	<b>8 Janice/Lise</b> 10:00 Prayer Service**/Walking 10:30 Morning Stretch/News 11:00 Funny Jokes/Balloon Volley 1:00 Catch w/Carol/ Stroll Around 1:30 Artwork/Ball Games 2:30 Snack/Different Charities 3:00 Pet Therapy**/Walking 4:00 Basketball/Bull's Eye	<b>9 Lise/Janice</b> 10:00 Morning Stroll/Billy Joel 10:30 News/Stretching 11:00 Ring Toss/Frisbees 1:00 Word Games/Walking 1:30 Basketball/Sinatra Songs 2:30 Snack/Flower Art/Bocci Ball 3:00 Piano Playing/Exercises 4:00 Hi/Lo Cards/Dancing	<b>10 Kathy</b> 10:00 Stroll Around/Daily News 10:30 Exercises/Bean Bags 11:00 Ring Toss/Frisbees/Dancing 1:00 Band Practice/Walking 1:30 Ball Catch/Bull's Eye 2:00 Bowling/ <b>Caricatures</b> 3:00 Snack/Fred Astaire/Exercises 4:00 Songs/ <b>Shabbat w/Rabbi Drill-</b>	<b>11 Kathy/Lise</b> 10:00 Walking Club/Funny Puns 10:30 News Reading/Basketball 11:00 Balloon Swat/Catch & Throw 1:00 Words w/Kathy/Stroll Around 1:30 List the Planets/Ring Toss 2:00 <b>Harvest Duo</b> /Dancing 3:00 Snack/Stretch/Through the Hoop 4:00 Types of Birds/Bean Bags/Walking
<b>12 Kathy/Warren Mother's Day</b> 10:00 Let's Promenade/Parachute 10:30 Sing-a-long/Dancing 11:00 Mass on tv**/NewsTime 1:00 We're Walking 1:30 K. Hepburn Trivia/Yogi 2:00 Snack/ <b>Rick Entertains</b> 3:00 Mother's Day Fun/Bocci Ball 4:00 Exercises/Songs About Mom	<b>13 Janice/Warren/Kathy</b> 10:00 We're Walking 10:30 Scenic Drive/News & Views 11:00 Horoscopes/Tea Time 1:00 Volley w/Carol/Walking 1:30 Ring Toss/Basketball 2:30 Snack/Bingo/Balloon Swat 3:00 Celebrity Quotes/Exercises 4:00 Let's Walk/Dancing	<b>14 Kathy/Janice</b> 10:00 Let's Walk/Parachute 10:30 Polkas/Chicken Dance/Songs 11:00 Famous Nicknames/Exercises 1:00 Word Fun/Ball Toss 1:30 May Flowers/J. Salk Talk 2:30 Pet Therapy**/Snack 3:00 Finish the Line/Ring Toss 4:00 Balloon Time/Walking/Stretching	<b>15 Janice/Lise</b> 10:00 Prayer Service**/Let's Stroll 10:30 Bean Bag Toss/Singing 11:00 News Time/Choc. Chip Talk 1:00 Volley w/Carol/Walking Club 1:30 Piano Time/News/Golf Talk 2:30 Snack/Discussion 3:00 Pet Therapy**/Inside Beauty 4:00 Walk & Exercise/Horoscopes	<b>16 Lise/Janice</b> 10:00 Walk About/Ring Toss 10:30 Balloon Swat/Morning News 11:00 Basketball/Sing & Dance 1:00 Make a List/Stroll Around 1:30 Patsy Cline Music/Bingo 2:30 Snack/Bocci Ball/Fav. Foods 3:00 Henry Fonda Talk/Bull's Eye 4:00 Stretch & Walk/Ball Time	<b>17 Kathy/Lise</b> 10:00 Walking Club/Balloon Volley 10:30 News Talk/Sports Time 11:00 Favorite Pizza/Ring Toss 1:00 Words w/Kathy/Flower Talk 1:30 News & Views/Pack Rat Talk 2:00 Types Berries/ <b>Janice Performs</b> 3:00 Snack/Ad Lib A Song Time 4:00 <b>Shabbat</b> **/Jumbles/Trivia	<b>18 Kathy/Lise</b> 10:00 Walk & Sing 10:30 Morning Stretching/Ball Throw 11:00 Reminiscing/Bean Bags 1:00 Moon Songs/Walking Club 1:30 Armed Forces Discussion 2:00 <b>Eric Performs</b> FamousFirsts-Women 3:00 Snack/Exercises/Jumbles 4:00 Sing-a-long/Balloon Swat
<b>19 Warren/Kathy/Janice</b> 10:00 Morning Stroll 10:30 Bull's Eye/Dancing 11:00 Mass on tv**/Bean Bags 1:00 Walking Club/Buddha Quotes 1:30 Scenic Drive/ <b>Rafael 1:45</b> 2:00 Snack/Geographic Bee 3:00 Balance Exercises/Jumbles 4:00 Frisbee Throw/Things w/Wheels	<b>20 Warren/Janice/Kathy</b> 10:00 Walking Club 10:30 Scenic Drive***/Parachute 11:00 News Today/Music 1:00 Ball Games w/Carol/Walking 1:30 Art Project/List the Berries 2:30 Snack/Stretch/Flower Superstitions 3:00 Name That Tune/Bocci Ball 4:00 Balloon Swat/V Words	<b>21 Janice/Kathy</b> 10:00 Let's Move & Groove/Walking 10:30 Alexa Fun/News Talk 11:00 Exercises/Tulip Talk 1:00 Word Fun w/Kathy/Walk Around 1:30 Act Out!!!/Through The Hoop 2:30 Snack/Pet Therapy** 3:00 Balloons/Stretching 4:00 Flight Words/Music & Singing	<b>22 Janice/Lise</b> 10:00 Prayer Service**/Walking 10:30 Basket Throw/News/Stretch 11:00 Body Movements/Ring Toss 1:00 Catch w/Carol/Stroll Around 1:30 Things in the Sea/Balloon Swat 2:30 Snack/Music 3:00 Pet Therapy/Jumbled Words 4:00 Exercises/ Bean Bags	<b>23 Lise/Janice</b> 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 Things 2:30 Snack/Exercises/10Slow Animals 3:00 Piano Playing/Rhymes w/ 4:00 Jumbles/Balloon Volley	<b>24 Kathy/Lise</b> 10:00 Let's Walk & Talk 10:30 Exercises/Ring Toss 11:00 News/Catch/Bob Dylan Songs 1:00 Sing-a-long/Stroll Around 1:30 Bocci Ball/Jazz Music 2:00 S. Carolina Chat/T Words 3:00 Snack/Evening Stroll/Brothers 4:00 <b>Shabbat</b> **/Famous Tunes	<b>25 Kathy/Lise</b> 10:00 Walk Around/Stretching 10:30 News Today/Parachute/Word Fun 11:00 Sensory Activity/Kickball 1:00 Basketball/Stroll Around 1:30 Ring Toss/Through the Hoop 2:00 Frisbee/Mixed-Up Tennis 3:00 Snack/Breathing Exercises 4:00 Lilac Things/Bull's Eye
<b>26 Warren/Kathy</b> 10:00 Stroll Around 10:30 Exercise Group/Basketball 11:00 Mass on tv**/Table Games 1:00 Walking Club 1:30 Bus Ride***/Blue Things 2:30 Snack/List Cars/Miles Davis 3:00 Sunday Stretching/Ball Games 4:00 Bean Bags/John Wayne Lines	<b>27 Warren/Kathy Memorial Day</b> 10:00 Walking Group 10:30 Scenic Drive***/Coffee Time 11:00 Morning Stretch/Singing 1:00 Ball Toss/Walking Club 1:30 Bingo Chip Toss/Card Games 2:00 <b>Chris M. Entertains</b> 3:00 Exercises/Types of Dance/Snack 4:00 Bocci Ball/Patriotic Songs	<b>28 Kathy/Janice</b> 10:00 Walk Around 10:30 Stretch & March/H Words 11:00 Ring Throw/Sing-a-long 1:00 News/Stroll Around 1:30 Scavenger Hunt/Hamburger Tops 2:30 Snack/Pet Therapy**/Jumbles 3:00 Afternoon Exercises/Ball Throw 4:00 Frisbees/Spelling Bee	<b>29 Janice/Lise</b> 10:00 Catholic Mass/Word Fun 10:30 Walk Around/Exercises 11:00 Sing-a-long/In the News 1:00 Volley w/Carol/Stroll Around 1:30 Beach Boys/Table Games 2:30 Snack/Fitness Stretching 3:00 Pet Therapy/Rosie the Riveter 4:00 Wisconsin Chat/Balloon Volley	<b>30 Janice/Lise</b> 10:00 Morning Stroll 10:30 Ice Cream Flavors/Stretching 11:00 Mariachi Music & Instruments 1:00 Words w/Janice/Walking 1:30 Famous Nicknames 2:30 Snack/Benny Goodman Music 3:00 Let's Exercise/Ice Cream Trivia 4:00 Hank Williams/Bowling	<b>31 Kathy/Lise</b> 10:00 Walk Around 10:30 Small Group Games 11:00 Exercise Time/Ball Throw 1:00 Words w/Kathy/Walking 1:30 Reminiscing/Balloon Swat 2:30 Snack/News/Word Games 3:00 Stretching/Parachute 4:00 <b>Shabbat</b> **/Music & Dance	<b>SPECIAL EVENTS</b> Tony B- May 3 Chris D-May 4 Ray-May 5 Caricature -May 10 Harvest Duo-May 11 Rick-May 12 Rafael-May 19 Janice Z-May 17 Eric -May 18 Chris M-May 27