

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

# September 2019

## Country Cottage

Janice Rhodes/Country Cottage Coordinator  
 Zachary Birnbaum/Therapeutic Activity Leader, CTRS  
 Kathy Jackelow/Activity Leader  
 Warren DeJarnett/Activity Leader/Bus Driver  
 Lise Exceus/Activity Leader

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>1</b> Kathy/Zach/Janice <b>Alan's B-day</b>            10:00 Morning Stroll/News            10:30 Morning Stretch/Bocci Ball            11:00 <i>Mass on tv</i>/Nursery Rhymes            1:00 Anagrams/Walk Around            1:30 Basketball/Adult Coloring            2:30 Exercises/Bowling/Snack            3:00 Bean Bags/Welcome September            4:00 Bingo 3:30/ Famous Dances            6:00 Sing-a-long w/ Zach</p>	<p><b>2</b> Kathy/Zach/Janice <b>LABOR DAY</b>            10:00 Walking Around/Ball Toss            10:30 Labor Day Talk/News Reading            11:00 Rock &amp; Roll Hall of Fame/Sonnets            1:00 Breathing Exercises/Walking            1:30 Band Practice/Parachute            2:30 Dance Party/Snack/Cliches            3:00 Frisbee Throw/Balloon Volley            4:00 Bingo 3:30/Ring Toss/Word Games            6:00 Famous Actors w/Zach</p>	<p><b>3</b> Kathy/Zach/Janice            10:00 Indoor Walk/Today's News            10:30 Argentina Facts/Core Exercises            11:00 Bull's Eye/Move &amp; Groove            1:00 List of Fruits/Elvis Music            1:30 Frisbee Throw/Walking Club            2:30 International Desserts/Snack/<i>Pet Therapy</i>            3:00 Big Band Music/Band Practice            4:00 Famous New Yorkers/Exercise Group            6:00 Trivia/ W/Zach</p>	<p><b>4</b> Lise/Zach/Janice            10:00 Let's Walk/News Today            10:30 Ring Toss/Broadway Music            11:00 National Wildlife Day/ Exercises            1:00 L.A. Facts/Walking Club            1:30 List Back to School/Chocolate Facts            2:30 Basket Throw/Fall Activities/Snack            3:00 Frank Sinatra Music/<i>Pet Therapy</i>            4:00 Through the Hoop/Exercise Time            6:00 Card Games w/Zach</p>	<p><b>5</b> Lise/Janice/Zach <b>Rosemarie's B-day</b>            10:00 Walk Around/Songs            10:30 Morning Stretch/Parachute            11:00 Scottish/Irish Foods/Ball Throw            1:00 Babe Ruth Talk/Walking            1:30 Bull's Eye/Tactile Sensory            2:30 Snack/Blue Things/ List 5            3:00 Marching Exercises/Unscrambles            4:00 Music/Dancing            6:00 Men's Group w/Zach</p>	<p><b>6</b> Lise/Kathy            10:00 Stroll Around/Singing            10:30 Let's Exercise/Bean Bags            11:00 Balloon Swat/News Today            1:00 Music/Walkingaaa            1:30 Table Art/Animal Idioms/Phrases            2:00 Snack/Billy Rose Music            3:00 Basket Throw/Friday Fitness            4:00 <i>Shabbat</i>**/Dancing</p>	<p><b>7</b> Kathy/Lise            10:00 Walking Club            10:30 Morning Stretching/Ball Volley            11:00 Balloon Swat/Musical Instruments            1:00 Word Fun w/Kathy/Stroll Around            1:30 Buddy Holly Music &amp; Dance            2:00 Horticulture/Exercise Time            3:00 Let's Move It/Pictionary/Snack            4:00 Trivia/Basket Throw</p>	
<p><b>8</b> Warren/Kathy/Zach/Janice  <b>GRANDPARENTS DAY</b>            10:00 Let's Promenade/Ball Play            10:30 A.M. Exercises/Frisbees            11:00 <i>Mass on TV</i>**/News Chat            1:00 Let's Walk/Basketball            2:00 <b>Rick S. Entertains</b>/News &amp; Views            2:30 Snack/NYC Talk            3:00 Bingo (3:30)/Let's Dance            4:00 Grandchildren Chat</p>	<p><b>9</b> Warren/Kathy/Zach/Janice            10:00 Walking Club/Ball Throw            10:30 <i>Drive Around</i>/Tea Time            11:00 Parachute/California Chat            1:00 Dress to the Nines Chat/Walking Club            1:30 Bull's Eye/News Time            2:00 <b>Chris M. Performs</b>/Shake Your Hips            3:00 Bingo with Kathy/Snack            4:00 Bocci Ball/H-B Col. Sanders/Dancing            6:00 Word Games w/Zach</p>	<p><b>10</b> Kathy/Zach/Janice            10:00 Singing Exercises/Walking Club            10:30 Stretching/Ball Toss            11:00 What's the Good News?/Singing            1:00 # 7 List/Walk About            2:00 Golf Game/Basket Throw            2:30 Snack/<i>Pet Therapy</i>/Horoscopes            3:00 John Smith Talk/Stroll Around            4:00 News Chat/Exercises            6:00 Bingo Game w/Zach</p>	<p><b>11</b> Lise/Zach/Janice <b>Chris' B-Day</b>            10:00 <i>Prayer Service</i>**/News Chat            10:30 Honey Talk/Horoscopes Today            11:00 Ball Toss/Cards/<b>9/11 Remembrance</b>            1:00 Balloons/Walking Club            2:00 Frank S. Songs/Dog Chat            2:30 Snack/Oh Susanna &amp; Songs            3:00 <i>Pet Therapy</i>/School Chatter            4:00 September Chat &amp; Music            6:00 Reminiscing w/Zach</p>	<p><b>12</b> Lise/Zach/Janice            10:00 Take a Hike/Basketball Throw            10:30 News Time/Gigi Songs            11:00 Exercises/Top Cat Chat            1:00 Types of Dogs/Walkabout            1:30 Watermelon Eating Contest/<b>Judah</b>            2:30 Snack/J. Owens Feats/Dancing            3:00 Ring Toss/M. Chevalier French Songs            4:00 Bocci Ball/Lassie Come Home            6:00 Sensory w/Zach</p>	<p><b>13</b> Kathy/Lise            10:00 Straighten the Legs/Balloons            10:30 Ball Volley/Bean Bags            11:00 Who Me? Baseball Words            1:00 Word Fun/Walking Club            1:30 Talent Show/Fashion Show            2:00 <b>Randy Performs</b>/Ms. Manners            3:00 Snack/News/List of Blue Foods            4:00 Songs/<i>Shabbat</i> /Exercises</p>	<p><b>14</b> Kathy/Lise            10:00 Let's Walk/Frisbee Toss            10:30 Singing/Dancing/News/Exercises            11:00 Harvest Moon/Moon Songs            1:00 Word Fun/Walk About            1:30 Caricatures/Volunteer Appreciation            2:00 <b>Sean Performs</b>/Tea Time            3:00 Snack/Types of Cars/Jumbles            4:00 Golden Girls Exercises</p>	
<p><b>15</b> Kathy/Warren/Zach            10:00 Morning Stroll/News            10:30 Bull's Eye/Dancing            11:00 <i>Mass on TV</i>**/Ring Throw            1:00 Walking Club/Frisbees            1:30 <i>Ride Around</i>/<b>Rafael @ 2:00pm</b>            2:30 Snack/Funny Jokes/Jungle Animals            3:00 Bingo (3:30pm)/Hispanic Countries            4:00 Ball Toss/Exercise Time            6:00 Famous Movie Stars</p>	<p><b>16</b> Janice/Warren/Kathy/Zach            10:00 Walk Around/Stretch            10:30 <i>Scenic Drive</i>/News            11:00 Basketball/Music &amp; Dance            1:00 Frisbee Throw/Balloons/Walking            1:30 Mexican Independence Day/Art            2:30 Snack/Guacamole Facts/Bean Bags            3:00 Bingo w/Kathy 3:30/Bocci Ball/Dancing            4:00 Twist &amp; Shout Exercises/Parachute            6:00 Discussion w/Zach</p>	<p><b>17</b> Kathy/Janice/Zach            10:00 Up &amp; Atem/Stroll Around            10:30 News/Sing-a-long            11:00 Balloon Volley/60's Music            1:00 Favorite Actors/Kickball            1:30 Fav. School Lunches/Walking            2:30 <i>Pet Therapy</i>/Snack/Jumbles            3:00 Exercise Group/Basketball            4:00 Adult Coloring/Ball Throw            6:00 Table Games w/Zach</p>	<p><b>18</b> Janice/Lise/Zach            10:00 <i>Prayer Service</i>**/Walking Club            10:30 Exercises/News/Frisbee Toss            11:00 Dancing/1920's Music            1:00 U.S. Airforce /Stroll Around            1:30 Frankie Avalon Music/Word Fun            2:30 Snack/Exercise Group/Ring Toss            3:00 <i>Pet Therapy</i>/Guess the Animal            4:00 Rhymes w/..Trivia            6:00 Art w/Zach</p>	<p><b>19</b> Lise/Janice/Zach            10:00 News Today/Walk Around            10:30 Stretching/Parachute            11:00 Sing &amp; Dance/Instruments            1:00 Famous Landmarks/Walking            1:30 70's Dance/Dog Appreciation            2:30 Snack/Afternoon Stretching            3:00 Bean Bags/Horoscopes            4:00 Bowling/Pictionary/Music            6:00 Games w/Zach</p>	<p><b>20</b> Kathy/Lise <b>Dora's B-day</b>            10:00 Let's Move &amp; Groove/Walking            10:30 Basketball Throw/News            11:00 Funny Sayings/Body Movement            1:00 Poetry Reading/Walking            1:30 Balloon Swat/Barbara Streisand            2:00 <b>George R. Performs</b>/Exercises            3:00 Snack/Poetry Reading/Parachute            4:00 <i>Rabbi Drill Shabbat</i> **/Balloons</p>	<p><b>21</b> Janice/Lise            10:00 Morning Stroll/News            10:30 Stretching/Bean Bags            11:00 Balloon Volley/Dancing            1:00 Words w/Kathy/Octoberfest Chat            1:30 Marching Exercises/Band Practice            2:00 Frisbees/Who Am I?/LL Words            2:30 Snack/Famous Sisters/Singing            4:00 Leonard Cohen/Basketball</p>	
<p><b>22</b> Warren/Kathy/Janice/Zach            10:00 Walk Around            10:30 Ring Toss/am Exercises            11:00 <i>Mass on TV</i>**/Basketball/News            1:00 Stroll Around            1:30 <i>Scenic Drive</i>/George Burns Chat            2:30 Snack/Bocci Ball/Andrew Sisters            3:00 Afternoon Stretching/Bingo (3:30)            4:00 Music &amp; Dancing/Jumbles            6:00 Pictionary w/Zach</p>	<p><b>23</b> Warren/Janice/Kathy/Zach            10:00 Let's Take a Hike            10:30 <i>Scenic Drive</i>/Coffee Chat            11:00 Parachute/News/Baseball Moments            1:00 Balloon Volley/Walking/Card Games            1:30 Horoscopes/Tomato Talk/Volley            2:30 Snack/<b>Music w/George Romano</b>            3:00 Bingo w/Kathy 3:30/<i>It's Autumn!!</i>            4:00 Dog Sayings/Famous Dogs/Singing            6:00 Puzzles w/Zach</p>	<p><b>24</b> Janice/Kathy/Zach            10:00 Walk About/Dancing            10:30 Favorite Vacation/Cruise Ships            11:00 Newtime/Basketball/Exercises            1:00 Bean Bags/Walking            1:30 Devil's Tower/Monuments/Swat Time            2:30 Snack/<i>Pet Therapy</i>/Football Words            3:00 Afternoon Stretching/Word Fun            4:00 Tony Bennett Songs/Dancing            6:00 Cards w/Zach</p>	<p><b>25</b> Janice/Lise/Zach            10:00 <i>Prayer Service</i>**/Walking Club            10:30 Singing/News Chat            11:00 50's 1 Hit Wonders/Exercises            1:00 List Foods/Stroll Around            1:30 National Parks/Bowling            2:30 Snack/Exercise Time            3:00 <i>Pet Therapy</i>/Hand Massages            4:00 Dance Party/Word Fun            6:00 Bingo w/Zach</p>	<p><b>26</b> Lise/Janice/Zach            10:00 Walking/Stretching            10:30 Jack La Lane Exercising/Ball Toss            11:00 Newtime/Horoscopes            1:00 List of Marine Life/Frankie Songs            1:30 George Gerswhin/Conversation            2:30 Snack/Johnny Appleseed Chat            3:00 Dog Chat/Walking Club/Music            4:00 Salsa Music/Marching Exercises            6:00 Reminiscing w/Zach</p>	<p><b>27</b> Kathy/Lise            10:00 Let's Move It/Stretching            10:30 News Time/Parachute            11:00 Bean Bags/1940's Music            1:00 Sensory/We're Walking            1:30 Family Tree Chat/Ring Toss            2:00 <b>Chris D. Performs</b>/Tea Time            3:00 Snack/Horoscopes/Exercises            4:00 <i>Shabbat</i>**/Dancing</p>	<p><b>28</b> Kathy/Lise            10:00 Let's Promenade            10:30 Ring Toss/Fav. Teacher/Parks            11:00 Exercise Time/News &amp; Views            1:00 List of Fish/Walking Club            1:30 Balloon Swat/Good Neighbors            2:00 <b>Eric L. Performs</b>/Coffee Clotch            3:00 Snack/Afternoon Exercises            4:00 Card Games/Streisand Music</p>	
<p><b>29</b> Warren/Kathy/Janice/Zach <b>Rosh Hashanah</b>            10:00 Strolling Club            10:30 Morning Exercises/News            11:00 <i>Mass on TV</i>**/Bocci Ball            1:00 Walking Club/Grape Recipes            1:30 <i>Bus Ride</i>/Basketball            2:00 <b>David Performs</b>/Beanbags            3:00 Bingo (3:30)/Cowboy Songs            4:00 Afternoon Walk/Coffee Facts            6:00 Poetry w/Zach</p>	<p><b>30</b> Warren/Kathy/Janice/Zach            10:00 Walking Club/New Reading            10:30 <i>Scenic Drive</i>/Frisbee            11:00 Bullseye/How Did We Ever Live W/O            1:00 Volley w/Carol/Stroll Around            1:30 Ring Toss/Spanish/French Words            2:30 Snack/Group Exercises            3:00 Stretching to Music/Bingo w/Kathy 3:30            4:00 Walking/Music &amp; Dancing            6:00 Card Games</p>	<p><b>GRANDPARENTS DAY CELEBRATION SUNDAY SEPT. 8TH PLEASE JOIN US</b></p>		<p><b>SPECIAL EVENTS:</b>            Rick -Sept 8            Chris M-Sept 9            Judah-Sept 12            Randy-Sept 13            Sean-Sept 14            Rafael-Sept 15            George R.-Sept 20            Chris D. Sept 27            Eric-Sept 28            David-Sept 29  <b>**Special Performance George R. 9/23</b></p>	<p><i>Hair &amp; Nail Salon</i>  <i>Sundays (10:00am-5:00pm)</i>  <i>Make Appointments at Front Desk</i></p> <p><b>Assisted Living Week-Sept 8-14</b>  <b>Please join us for activities all week</b></p>	<p><b>PET THERAPY WEEKLY TUESDAYS @ 2:30PM &amp; WEDNESDAYS 3-4PM</b></p> <p><i>Activities Are Subject To Change</i></p>	<p><b>Monthly Birthdays</b>            Alan-Sept 1st            Rosemarie-Sept 5            Chris Sept. 11            Dora-Sept. 20</p>