

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

# October 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>Special Days</b>            Stephanie-Oct. 4            Harvest Duo-Oct 5            Rafael-Oct 6            George R. Oct 11            Judah-Oct 13            Bryan-Oct 18th            Zumba-Oct 20th            Chris D. -Oct 25            Randy-Oct 26            Rick S-Oct 31</p>	<p><i>Hair &amp; Nail Salon</i>  <i>Sundays (10:00am-5:00pm)</i>  <i>Make an Appointment at Front Desk</i></p> <p><b>Activities are Subject to Change</b></p>	<p><b>1 Kathy/Zach/Janice</b>            10:00 Let's Promenade/Stretching            10:30 Satchmo Songs/Dancing            11:00 Favorite Cookies/Stroll Around            1:00 List of Fav.Veggies            1:30 News Chat/Let's Exercise            2:30 Snack/<i>Pet Therapy</i>/Classical Music            3:00 Swing Time w/Music/Tea Time            4:00 Discuss Little Women/Famous Women            6:00 Card Sharks</p>	<p><b>2 Lise/Zach/Janice</b>            10:00 <i>Prayer Service</i>/Sing w/Lena Horne            10:30 Exercises/News &amp; Views            11:00 Basketball/Ring Toss            1:00 Nuts &amp; Bolts-Tool Time/Balloons            1:30 Singing &amp; Dancing/Balloon Swat            2:30 Snack/Stretching/Horoscopes            3:00 <i>Pet Therapy</i>/Poetry Reading            4:00 Bowling/Fun Photos            6:00 Groucho Marx Jokes &amp; Stories</p>	<p><b>3 Lise/Janice/Zach</b>            10:00 Let's Move It/Exercises            10:30 Sam Cooke Music/Dancing            11:00 Think Positive Quotes/Bocci Ball            1:00 Favorite Desserts/Ball Time            1:30 News Time/Horoscopes            2:30 Snack/Exercise Time            3:00 Pictionary/News &amp; More            4:00 Army Jokes/Salute to Our Vets            6:00 Movie Charades</p>	<p><b>4 Lise/Kathy</b>            10:00 Body Exercises/Breathe Deeply            10:30 Sing-A-Long//Bean Bag Fun            11:00 News &amp; Views/Let's Stretch            1:00 Words w/Kathy/See the Garden            1:30 Why Smile?/Exercises            2:00 <b>Entertainment w/ Stephanie</b>            3:00 Frank Sinatra Songs/Snack            4:00 Planet Chat/Ball Swat</p>	<p><b>5 Kathy/Lise</b>            10:00 Exercise Time/Music Appreciation            10:30 October Songs/Dancing            11:00 Thank Fav.Teachers/News Time            1:00 Silly Talk/Apply Betty Chat            1:30 Stretching/Sing-A-Long            2:00 <b>Entertainment w/Harvest Duo</b>            2:30 Snack/Coffee Clutch            4:00 Stretching/Bocci Ball</p>
<p><b>6 Warren/Kathy/Zach</b>            10:00 Stroll Around/Childhood Books            10:30 4-H Week/Exercises            11:00 <i>Mass on TV</i>**/News Reading            1:00 Pasta Dishes/Bocci Ball            2:00 <i>Scenic Fall Drive/Rafael 2pm</i>            2:30 Snack/Ring Toss/Stretching            3:00 Through the Hoop/Bingo (3:30)            4:00 Cliches/Card Game/Frisbees            6:00 Game time</p>	<p><b>7 Warren/Kathy/Zach</b>            10:00 Walking Club            10:30 <i>Drive Around</i>/Basketball            11:00 What Matters To You/News            1:00 Dancing/Piano Play/Brain Food            1:30 1920's Music/Fav. Impressions            2:00 Pumpkin Day/Catch            2:30 Snack/Table Bowling/Exercises            3:00 Band Practice/(3:30) Bingo            6:00 Popular Slogans</p>	<p><b>8 Kathy/Zach</b>            10:00 News Reading/50's Music            10:30 Ring Toss/Poetry            11:00 Great Chicago Fire/Through the Hoop            1:00 Dean Martin/Parachute            2:00 Yom Kippur/Exercises            2:30 Snack/<i>Pet Therapy</i>/Frisbee            3:00 Things of the Past/Bullseye            4:00 Bean Bag Fun/Fall Activities            6:00 Woodland Creatures</p>	<p><b>9 Lise/Zach</b>            10:00 <i>Prayer Service</i>**/Parachute            10:30 Bocci Ball/Kickball            11:00 Words To Live By/Dancing            1:00 News Today/Bowling            2:00 Let's Exercise/Sinatra Songs            2:30 Snack/Unsolved Mysteries            3:00 <i>Pet Therapy</i>/Beatles Music            4:00 Ball Throw/Compliments            6:00 Card Sharks</p>	<p><b>10 Lise/Zach</b>            10:00 Ball Toss/Band Practice            10:30 1930's Music/Autumn Poems            11:00 Frisbee Toss/Stretching            1:00 "Z" Words/Basketball            1:30 Ring Toss/Fall Harvest            2:30 Snack/Herbal Remedies            3:00 Exercises/Thursday News            4:00 Balloon Swat/Bowling            6:00 Southern Sayings</p>	<p><b>11 Kathy/Lise</b>            10:00 Today's News/Frisbee Toss            10:30 Bullseye/Bob Seger Music            11:00 Poland Facts/Let's Shimmy            1:00 Accents/Ball Throw            1:30 Kathy Sullivan/Elvis!/Exercises            2:00 <b>Entertainment w/ George R.</b>            3:00 Basketball/Snack            4:00 <i>Shabbat w/Rabbi</i>/Autumn Jokes</p>	<p><b>12 Lise</b>            10:00 Let's Exercise!/What's the News?            10:30 Through the Hoop            11:00 Bean Bag Fun            1:00 Jazz Music/Favorite Traditions            1:30 Walking/Catch The Ball            2:00 Music/Dancing/Singing            2:30 Snack/Stretching            4:00 Famous 1920's Music</p>
<p><b>13 Janice/Warren/Zach</b>            10:00 Walking &amp; Singing            10:30 Newsletter/Exercise Time            11:00 <i>Mass on TV</i>**Favorite Books            1:00 Balloon Toss/The Navy's Birthday            1:30 <i>Ride Around</i>/Movie Trivia            2:30 <b>Music w/Judah</b>/Snack            3:00 Bean Bag Toss/Bingo (3:30pm)            4:00 Walking/Singing/Stretching            6:00 Autumn Discussion w/Zach</p>	<p><b>14 Janice/Warren/Kathy/Zach</b>            10:00 Walking &amp; Singing            10:30 <i>Scenic Drive</i>/Bullseye            11:00 Newsletter/Let's Exercise!            1:00 Balloon Toss/Walking            1:30 <b>Columbus Day Chat</b>/Bocci Ball            2:30 Snack/Walking/Stretching            3:00 I Love Lucy!(3:30) Bingo            4:00 Walking &amp; Singing            6:00 Card Games</p>	<p><b>15 Kathy/Janice/Zach</b>            10:00 Walking/Sing-A-Long            10:30 Exercise Fun            11:00 Frisbee Toss/Newsletter            1:00 Bean Bag Toss/Walking            1:30 Favorite Desserts/Let's Stretch            2:30 <i>Pet Therapy</i>/Snack            3:00 Bowling/Word Games            4:00 Walking &amp; Singing            6:00 One Hit Wonders</p>	<p><b>16 Janice/Lise/Zach</b>            10:00 <i>Prayer Service</i>**/Walking            10:30 Newsletter/Let's Exercise!            11:00 Balloon Toss/Singing            1:00 Ball Throw/Boss Day            1:30 Scavenger Hunt/Stretching            2:30 Snack/Walking            3:00 <i>Pet Therapy</i>/Department Store Day            4:00 Walking &amp; Singing            6:00 Reminiscing w/Zach</p>	<p><b>17 Lise/Janice/Zach</b>            10:00 Walking &amp; Singing            10:30 Newsletter/Exercises            11:00 Bean Bag Toss/Table Games            1:00 Balloon Toss/Stroll Around            1:30 Music &amp; Dance            2:30 Snack/Afternoon Stretching            3:00 Ring Toss/Famous Actors            4:00 Walking &amp; Singing            6:00 Games w/Zach</p>	<p><b>18 Kathy/Lise</b>            10:00 Walking &amp; Singing            10:30 Newsletter/Exercises            11:00 Basketball/No Beard's Day            1:00 Balloon Toss/Walking            1:30 Alaska Day/Bowling            2:00 <b>Entertainment w/Bryan</b>            3:00 Snack /Walking            4:00 <i>Rabbi Drill Shabbat</i> **/RingToss</p>	<p><b>19 Kathy/Lise</b>            10:00 Walking &amp; Singing            10:30 Newsletter/Let's Exercise            11:00 Walking/Doughnut Day            1:00 Balloon Toss/Word Game            1:30 Basketball/Hocus Pocus!            2:00 Afternoon Stretching/Cards            2:30 Snack/Sweetest Day Quotes            4:00 Frisbee/Walking/Singing</p>
<p><b>20 Warren/Kathy/Janice/Zach</b>            10:00 Marching/Stretching with Music            10:30 Horoscopes/Dear Abby            11:00 <i>Mass on TV</i>**/News Flash            1:00 Bela Lugosi B-Day/Ball Play            1:30 <i>Scenic Drive/Zumba 2pm</i>            2:30 Snack/Jelly Roll Morton Music            3:00 Stretching &amp; Singing/Bingo(3:30)            4:00 News Time/Dog-Cat Time            6:00 Brain Games w/Zachary</p>	<p><b>21 Warren/Janice/Kathy/Zach</b>            10:00 Dance w/the Duke/Stretching            10:30 <i>Scenic Drive</i>/Sing With Ella            11:00 Star Wars Music/Star Wars Trivia            1:00 Give Me Liberty.../Bowling            1:30 What's a Tater Tot?/Parachute            2:30 Snack/Sing-A-Long/Exercises            3:00 Halloween Art/(3:30)Bingo w/Kathy            4:00 Parachute/News Time            6:00 Current Events</p>	<p><b>22 Janice/Kathy/Zach</b>            10:00 Dance to Scott Joplin/Sing-A-Long            10:30 Stretching/News &amp; Views            11:00 Bean Bag Fun/Halloween Words            1:00 Words with Kathy/Favorite Sports            1:30 Basketball/Bullseye            2:30 Snack/<i>Pet Therapy</i>/Songs about Dogs            3:00 Bocci Ball/Exercises            4:00 Nat King Cole Music/Sing-A-Long            6:00 Bingo Time!</p>	<p><b>23 Janice/Lise/Zach</b>            10:00 <i>Prayer Service</i>**/News Time            10:30 Bowling//Marching &amp; Singing            11:00 Let's Breathe &amp; Stretch/B-Ball            1:00 Dance Party/Ball Play            1:30 Favorite Animals/Favorite Singers            2:30 Snack/Exercise Time            3:00 <i>Pet Therapy</i>/Don't Worry Be Happy            4:00 Stan Getz Music/Dancing            6:00 Favorite Child Actors</p>	<p><b>24 Lise/Janice/Zach</b>            10:00 Singing &amp; Dancing            10:30 News &amp; Views/Horoscopes            11:00 Billie Holiday Music/Card Game            1:00 Halloween Decorating/Stretching            1:30 Types of Nuts/Folding Time            2:30 Snack/Classical Music            3:00 Treasure Hunt/Poetry Time            4:00 Hail Mary Pass Exercises/Stockings            6:00 Sports Trivia/World Series Begins</p>	<p><b>25 Kathy/Lise</b>            10:00 Athletes R Us/Stretching            10:30 Halloween Candy/Exercise            11:00 Herb Albert Music &amp; Dancing            1:00 Women's Work Never Done            1:30 Ball Play/Halloween Games            2:00 <b>Entertainment w/Chris</b>            3:00 Snack/Palm Reading/Frtne.Tell            4:00 <i>Shabbat</i>**/Count Basie Music</p>	<p><b>26 Kathy/Lise</b>            10:00 Breathing Exercises/Stretching            10:30 Halloween Music            11:00 News Time/Songs About N.Y.            1:00 Fav/Dept. Stores/Stretching            1:30 Exercise Fun/Bull's Eye            2:00 <b>Entertainment w/Randy</b>            3:00 Snack/Ball Swat            4:00 Favorite Toys/Sing-A-Long</p>
<p><b>27 Warren/Kathy/Janice/Zach</b>            10:00 Bean Bag Time            10:30 Naval History/Basketball            11:00 <i>Mass on TV</i>**/Diwali Facts            1:00 Musical Exercises/News &amp; Views            1:30 <i>Bus Ride</i>/Etiquette 101            2:00 Popular Love Songs/Ring Toss            3:00 Frisbee (3:30) Bingo w/Kathy            4:00 Exercises/Texas Facts            6:00 Famous Brunettes</p>	<p><b>28 Warren/Kathy/Janice/Zach</b>            10:00 Through the Hoop            10:30 <i>Scenic Drive</i>/Philly Experiment            11:00 Funny Sayings/Frisbee Toss            1:00 Popular Jobs/Daily News            1:30 Red Hair &amp; Freckles/Color Toss            2:30 Snack/Bean Bag Toss/Exercises            3:00 Statue of Liberty/(3:30) Bingo            4:00 List Instruments/B. Manilow Songs            6:00 Word Games/Fav. School Games</p>	<p><b>29 Janice/Kathy/Zach</b>            10:00 Kickball/Exercise            10:30 Balloon Swat/Morning News            11:00 Famous Car Models/Through the Hoop            1:00 Popular Dolls/Frisbee Toss            1:30 Say Hello in Diff. Languages/Stretching            2:30 Sing-A-Long/<i>Pet Therapy</i>            3:00 Jack-O-Lanterns/Play Catch            4:00 Afternoon Stretch/Elvis Musicdd            6:00 Things That Are Red</p>	<p><b>30 Janice/Zach/Lise</b>            10:00 <i>Catholic Mass</i>/Walking Club            10:30 Halloween Jokes/Hallow Cliches            11:00 Popular Art/What's in the News            1:00 John Adams Discussion/Writing            1:30 Bowling/Popular Food Pairings            2:30 Famous George's &amp; Mary's/Snack            3:00 <i>Pet Therapy</i>//Let's Shimmy            4:00 Things Dad's Say/Things Mom Says            6:00 Fall Fruits &amp; Vegetables</p>	<p><b>31 Lise/Janice/Zach</b>            10:00 Basketball/Popular Costumes            10:30 Bean Bag Fun/Morn Stretching            11:00 War Of The Worlds/Color Toss            1:00 Monster Mash/Edgar Allen Poe            1:30 Haunted Places/Scary Animals            2:00 <b>Music w/Rick</b>/Snack/Plants            3:00 Through the Hoop/Superstitions            4:00 Frisbee/Halloween Pictionary            6:00 Horoscope Readings/News Today</p>	<p><b>PET THERAPY WEEKLY</b>  <b>TUESDAYS @ 2:30PM</b>  <b>&amp; WEDNESDAYS 3-4PM</b></p> <p><i>Activities Are Subject To Change</i></p>	<p><b>Monthly Birthdays</b>  <b>Maureen-Oct. 12</b>  <b>Peachie-Oct 14th</b>  <b>Sally-Oct. 16th</b></p>