

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

August 2026
Country Cottage

Janice Rhodes/Country Cottage Coordinator
Kathy Jackelow/Senior Activity Leader
Alma Rodriguez /Activity Leader
Jeniffer Blackwood /Activity Leader
Joe Cinquemani/Activity Leader
Isabella Champagne/Activity Leader

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Jeniffer/Alma 10:00 Morning Hymns 10:30 <i>Mass on Tv/Shabbat Service</i> 11:00 Gametime Fun & Songs/News 1:00 Rhymes With Bat/Walk Around 1:30 Floor Bowling 2:00 Favorite Aromas 2:45 Sunday Snacks/70’s Top Hits 3:15 Sports Cherades/Sensory 4:00 Things At The Beach/Hi-Lo Cards 4:30 Short Stories/Sunday Stretching 6:15 Balloon Swat With Alma	31 Jeniffer/Alma 10:00 Exercise Club (S)/Hymns 10:30 <i>Morning Rosary/Songs/Massage Therapy</i> 11:00 Balloon Swat Fun/Monday News 1:00 Trail Mix Ingredients/Let’s Stroll 1:30 Hoop Frisbees 2:00 Blackjack/Sing-a-long 2:45 Afternoon Snacks/Ella Songs 3:15 Bingo/Famous Faces 4:00 Category Words/Hand Massages 4:30 Move It Monday/Pet Companions 6:15 Kickball/Volley With Alma	<u>SAVE THE DATE:</u> GRANDPARENTS DAY-SATURDAY SEPTEMBER 12	Weekly BBQ’s Every Tuesday at Noon ACTIVITIES ARE SUBJECT TO CHANGE	<u>SPECIAL EVENTS</u> Shira on Piano-Aug. 2 CC AJ Freeman-Aug. 4 Pet Therapy-August 7 Mitch Korn-Aug. 8 CC Eric Lipper-Aug 11 Tom Spinella-Aug 13 CC Joe Blanco-Aug. 18 Randy Accardi-Aug. 25 Sean Fleming-Aug. 27 Massage Therapy-August 31 CC	<i>Please Make All Hair</i> <i>Appointments At Front Desk</i> <i>Please Schedule Facetimes at</i> <i>Front Desk</i>	1 Alma 10:00 Fitness Fun (S)/Beach Ball Blast 10:30 News & Views/Welcome To August 11:00 Saturday Stroll/Morning Songs 1:00 Rhyming Words/Let’s Promenade 1:30 Bean Bag Throw/Aromatherapy 2:00 Balloon Swat Fun/Satchmo Songs 2:45 Snacks & Social/20 Questions 3:15 Table Bowling/Chubby Checker Tunes 4:00 Hand & Shoulder Massages/Hangman 4:30 Saturday Fitness/Dancing Fun 6:15 Games With Alma
2 Jeniffer/Alma 10:00 Balloon Swat Fun 10:30 <u>Shira on Piano-CC</u> 11:30 Let’s Promenade 1:00 <i>Mass on TV/Shabbat Service</i> 1:30 Beach Ball Blast/August Category 2:00 Karaoke & Dancing/Sunday News 2:45 Snack Social/Patriotic Songs 3:15 Hand Massages/Sensory 4:00 Noodle Balloon Fun/Short Stories 4:30 Sunday Stretching/Pet Companions 6:15 Ball Games With Alma	3 Jeniffer/Alma 10:00 Promenade Exercises (S)/Frisbees 10:30 <i>Morning Rosary/Songs</i> 11:00 Frisbee Throw/Morning News 1:00 Famous Lighthouses/Let’s Promenade 1:30 Bulls Eye Throw/Fav. Summer Drinks 2:00 Horseracing Fun/Tony Bennett Songs 2:45 Snack Social/50’s Rock & Roll 3:15 Happiness Is...../Table Bowling Fun 4:00 Aromatherapy/Famous Poems 4:30 Move It Monday/Sing-a-long Songs 6:15 List of Famous Basketball Players	4 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Frisbee Toss 10:30 Bean Bag Throw/Sing-a-long Fun 11:00 Instruments/Morning Stroll 1:00 NYC Nightlife/Walking Time 1:30 Let’s Stretch 2:00 <u>AJ Freeman Entertains</u> 2:45 Magazines 3:00 Afternoon Snacks/Afternoon Walking 4:00 Ball Games/Aromatherapy 4:30 Tuesday Toning/Hot Things 6:15 Famous Museums With Kathy	5 Jeniffer/Isabella 10:00 Morning Fitness (S)/Morning Hymns 10:30 <i>Mass on TV</i> 11:00 Volley/ News/Stroll Around 1:00 Things At A Garage Sale/Walking 1:30 Bulls Eye Throw/Neil Armstrong Chat 2:00 <i>Rev. Hoover Service</i> /Black Jack 2:45 Snacks/Let’s Stroll Around 3:15 Horseracing Fun/Sinatra Tunes 4:00 La Words./Sensory Objects 4:30 Wednesday Workout/Pictionary 6:15 Noodle Balloons/American Bandstand	6 Jeniffer/Kathy 10:00 Morning Workout (S)/Bean Bags 10:30 Ring Toss/Beatles Songs 11:00 News & Views/Let’s Promenade 1:00 Vowel Words/Fancy Footwork 1:30 Hoop Frisbees/Coffee Brands 2:00 Root Beer Float Making 2:45 Thursday Snacks/50’s Tunes 3:15 Hand Massages/Aromatherapy 4:00 Bingo Fun/Famous Faces 4:30 Dog Days of Summer Chat/Stretching 6:15 All Things Lucille Ball	7 Alma/Isabella 10:00 Fitness Club (S)/Sing-a-long 10:30 Basket Throw/ <i>Pet Therapy</i> 11:00 Daily News/AM Walking 1:00Summer Categories/Promenade Around 1:30 Instruments/Beach Ball Fun 2:00 Famous Celebrities 2:45 Afternoon Snacks/ Tom Jones Songs 3:15 Parachute With Balloons/Aromas 4:00 <i>Shabbat</i> //Cherades/Poetry 4:30 Friday Exercises/Sensory Objects 6:15 Karaoke With Alma	8 Alma/Isabella 10:00 Morning Workout (S)/Balloon Volley 10:30 <u>Mitch Korn Entertains</u> 11:30 Morning Walking 1:00 Ladder Words/Saturday News 1:30 Bean Bag Throw/Afternoon Stroll 2:00 Noodle Ball Fun/Elvis Tunes 2:45 Saturday Snacks/Country Tunes 3:15 Art Corner/Short Stories 4:00 Floor Bowling/Card Games 4:30 Saturday Stretching/List Citrus 6:15 Jumble Words/Celebrity Photos
9 Jeniffer/Alma 10:00 Morning Hymns 10:30 <i>Mass on TV/Shabbat Service</i> 11:00 Balloon Volley/News Today 1:00 Garden List/Walking Club 1:30 Instruments/Hangman 2:00 Dancing Songs/Sing-a-long 2:45 Sunday Snacks/Elton Tunes 3:15 Kickball/Sand Art 4:00 Shoulder Massages/Cornhole 4:30 Short Stories/Exercise Time 6:15 Floor Bowling With Alma	10 Jeniffer/Alma 10:00 Monday Movements (S)/Hymns 10:30 <i>Morning Rosary & Songs</i> 11:00 Chair Soccer/Walking Club 1:00 Ladder Words/Dog Book 1:30 Bean Bag Throw/Billy Joel Tunes 2:00 Hi-Lo Cards/Rhymes With Tea 2:45 Snack Social/Doris Day Tunes 3:15 Water Art Corner/Basket Throw 4:00 Sensory/Cherade Fun/Aromas 4:30 Sing-along Songs/Monday Movements 6:15 Finish The Line/Cornhole	11 Kathy/Jeniffer 10:00 Fitness Club (S)/Morning Dance 10:30 Bulls Eye Throw/Let’s Stroll 11:00 News Today/Sing-a-long 1:00 Finish The Phrase/Exercises 1:30 Walk Around/Ball Games 2:00 <u>Eric Lipper Performs</u> 2:30 Picture Books 3:00 Snacks./50’s Tunes/Let’s Promenade 4:00 Music Trivia/L Words/Exercises 4:30 Guess The Object/Sensory 6:15 Word Ball/List With Kathy	12 Jeniffer/Isabella 10:00 Morning Fitness (S)/Songs 10:30 <i>Mass on TV</i> 11:00 <i>Catholic Mass</i> /Basket Throw 1:00 C Words/Walking Club 1:30 Balloon Swat/Jokes 2:00 <i>Rev. Hoover Service</i> /Frisbees 2:45 Snacks/Did You Know? 3:15 Shuffleboard Fun/Hawaiian Music 4:00 Instruments/Sensory/Ways To Be Lazy 4:30 Exercises/Pet Companions 6:15 Floor Bowling With Jeniffer	13 Kathy/Jeniffer 10:00 Blue Hill Workout (S)/Walk Around 10:30 <u>Tom Spinella Performs-CC</u> 11:00 Hand Massages 1:00 Afternoon News/Let’s Stroll Around 1:30 Hoop Frisbees/Beach Ball Volley 2:00 Card Games 2:45 Snack Social/Top Disco Tunes 3:15 Kickball/Volley Fun/Summer Songs 4:00 A-Z Zoo Animals/Aromatherapy 4:30 T Words/Thursday Toning 6:15 A Words	14 Alma/Isabella 10:00 Morning Workout (S)/Basket Throw 10:30 Sing-a-long Fun/News Today 11:00 Balloon Swat/Walking Club 1:00 Things In A Park/Walk Around 1:30 Color Psychology/’0’s Culture 2:00 Horseracing Fun 2:45 Snack Social/Guess in 10 3:15 Parachute Fun/Puns & Proverbs 4:00 <i>Shabbat</i> /Water Art/Shoulder Massages 4:30 Opposites/Exercises/Pet Companions 6:15 List Ways To Relax	15 Alma/Isabella 10:00 Fitness Fun (S)/Ball Games 10:30 Cornhole Fun/Favorite Tunes 11:00 Daily News/Morning Walking 1:00 List Countries/Let’s Promenade 1:30 Blackjack Fun/Bulls Eye Throw 2:00 Name That Tune 2:45 Afternoon Snack/ V, J Words 3:15 Sand Art/Short Stories 4:00 Karaoke Saturday/Sensory 4:30 Famous Pairs/Saturday Stretching 6:15 Dancing Fun To Songs
16 Jeniffer/Alma 10:00 Morning Welcome & Hydration 10:30 <i>Mass on TV/Shabbat Service</i> 11:00 Beach Ball Volley/Walking Club 1:00 L Words/Daily News 1:30 Scavenger Hunt 2:00 Hi-Lo Cards 2:45 Snack Social/50’s Tunes 3:15 Hand Massages/Table Games 4:00 Sensory Bag/Aromatherapy 4:30 Sunday Fitness/Balloon Volley 6:15 Karaoke Fun With Alma	17 Jeniffer/Alma 10:00 Promenade Exercises (S) 10:30 <i>Morning Rosary/Song</i> 11:00 Basket Throw/News Today 1:00 Noodle Ball/Afternoon Stroll 1:30 Dancing Fun/1960’s Songs 2:00 Aromatherapy/Sensory 2:45 Afternoon Snacks/Hangman 3:15 Shuffleboard 4:00 20 Questions/Let’s Stretch 4:30 Improv Fun/Short Stories 6:15 Word Ball With Alma	18 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Daily News 10:30 Noodle Ball 11:00 <u>Joe Blanco Entertains</u> 1:00 Things At A Farmer’s Market/Walking 1:30 Frisbee Throw/B Words 2:00 Famous Faces 2:45 Afternoon Snacks/Fun At The Bar 3:15 Table Bowling 4:00 Dog Book/Pets/Tell A Joke 4:30 Afternoon Bingo/Exercise Time 6:15 Jokes With Kathy/Ball Games	19 Jeniffer/Janice 10:00 Morning Workout (S)/Hymns 10:30 <i>Mass on TV</i> /News Today 11:00 <i>Mass With Fr. Raaser</i> /Basketball 1:00 List Fruits/Guess The Object 1:30 Rhymes With Bow/Bulls Eye Throw 2:00 <i>Rev. Hoover Service</i> /Cornhole 2:45 Snacks/Ways To Keep Cool 3:15 Shuffleboard/L Words 4:00 Antique Day/Short Stories 4:30 Ways To Pamper Ourselves/Stretching 6:15 Balloon Swat With Jeniffer	20 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Bulls Eye 10:30 Daily News//Fav. Tunes 11:00 Morning Walking/Baking W/Kathy 1:00 N/F/L Words/Stroll Around 1:30 Card Games 2:00 Ring Toss/Tom Jones Songs 2:45 Afternoon Snacks/Bill Haley Tunes 3:15 Bingo/Balloon Swat 4:00 Pet Companions/Sensory 4:30 Poetry Day/Afternoon Stretch 6:15 TV Concert	21 Alma/Joe 10:00 Blue Hill Workout (S)/Balloon Swat 10:30 Morning Volley/Friday News 11:00 Frisbee Fun/Friday Stroll Around 1:00 Rhymes with Car/Afternoon Walk 1:30 Kenny Rogers Tunes/Scavenger Hunt 2:00 Guess The Object/Hoop Frisbee 2:45 Snacks /Disney Songs 3:15 Blackjack/Water Painting 4:00 <i>Shabbat</i> /ASL Signs/Dancing Fun 4:30 Hawaii Discussion/Friday Fitness 6:15 Karaoke With Alma/Word Ball	22 Alma 10:00 Morning Workout (S)/Frisbee Toss 10:30 Favorite Tunes/News Today 11:00 Balloon Swat Fun/Let’s Walk 1:00 Types of Fish/Afternoon Promenade 1:30 Unscrambles/Frisbee Throw 2:00 Guess The Item/Aromatherapy 2:45 Snacks /Country Music 3:15 Table Bowling 4:00 Hi-Lo Cards/Aromatherapy 4:30 Saturday Stretching/Sensory 6:15 Fun Games With Alma
23 Jeniffer/Alma 10:00 Morning Hymns 10:30 <i>Mass on TV/Shabbat Service</i> 11:00 Morning Balloon Volley/Walking 1:00 News & Horoscopes/Strolling 1:30 Favorite Desserts/Hoop Frisbees 2:00 Black Jack Cards 2:45Afternoon Snacks/African Places 3:15 Kickball/Guess The Item 4:00 Summer Items/Aromas/V Words 4:30 Advice Columnist/Exercises 6:15 Tennis Terms/Pictionary	24 Jeniffer/Alma 10:00 Exercise Club (S) 10:30 <i>Morning Rosary/Songs</i> 11:00 Basket Throw/Let’s Promenade 1:00 Asia Places/Walking Club 1:30 Bean Bag Bucketz/Unscrambles 2:00 Puns & Proverbs/Frisbees 2:45 Afternoon Snacks/News Today 3:15 Sand Art/Elton Tunes 4:00 Football Toss/Table Games 4:30 Shoulder Massages/Monday Movements 6:15 Letter Ball/Karaoke Monday	25 Kathy/Jeniffer 10:00 Blue Hill Workout (S)/Balloons 10:30 Hoop Frisbee 11:00 Morning News/Kickball Fun 1:00 List States/Leonard Bernstein Songs 1:30 Time to Stretch & Walk 2:00 <u>Randy Accardi Entertains</u> 2:45 Hand Massages 3:00 Afternoon Snack/Beatles Music 4:00 Short Stories/Shoulder Rubs 4:30 Dancing Fun/Elvis Tunes 6:15 List European Countries/Anthems	26 Jeniffer/Janice 10:00 Blue Hill Fitness (S)/Songs 10:30 <i>Mass on Tv/Hymns</i> 11:00 Wizard of Oz Tunes/Walking 1:00 Ladder Words/Bean Bag Toss 1:30 Italy Discussion/Songs/Foods 2:00 <i>Rev. Hoover (S)</i> /Table Games 2:45 Afternoon Snacks/Billy Joel Tunes 3:15 Improv Fun 4:00 3/4/5/6 letter Words/Sensory 4:30 Afternoon Stretching/Hangman 6:15 Frisbee Fun With Jeniffer	27 Jeniffer/Kathy 10:00 Morning Workout (S)/Balloon Swat 10:30 Frisbee Throw/News Today 11:00 Let’s Stroll Around 1:00 Rhyming Words/Walking Club 1:30 Exercises/Volley 2:00 <u>Sean Fleming Performs</u> 3:00 Snacks/Doris Day Tunes 3:15 Horseracing Fun/Afternoon Walk 4:00 Bingo/Italian Chat & Songs 4:30 Abe Lincoln Discussion/Exercises 6:15 The Honeymooners Show/Chat	28 Alma 10:00 Morning Fitness (S)/Basket Throw 10:30 Instruments/News Today 11:00 Let’s Stroll Around/Volley 1:00 R Words/List Sports 1:30 Pictionary Fun/Stroll Around 2:00 Noodle Balloons 2:45 Friday Snacks/Trivia Time 3:15 Parachute With Balloons 4:00 Sensory & Aromatherapy/ <i>Shabbat</i> 4:30 Dancing Fun/Afternoon Stretching 6:15 Famous Faces With Alma	29 Alma 10:00 Fitness Fun (S)/Morning Volley 10:30 Floor Bowling 11:00 Saturday News/Stroll Around 1:00 List Ways To Be Thoughtful/Walking 1:30 Blackjack Cards 2:00 Celebrity Photos 2:45 Saturday Snacks/Afternoon Walking 3:15 Pictionary/Sensory 4:00 Act Out!!/Balloon Swat 4:30 Sing A Long Fun/Let’s Stretch 6:15 Bulls Eye With Alma