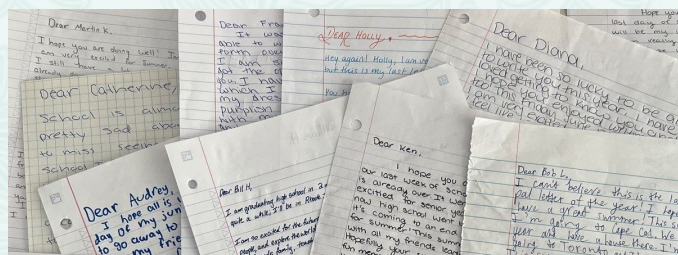


PROMENADE AT BLUE HILL

582 Veterans Memorial Drive • Pearl River, NY 10965 • (845) 735-6846

Our Management Team

Christine Berkner Executive Director
Sally Ann O'Shea . Reg. Dir. of Comm. Outreach
Maryknoll Kurisko Wellness Director
Janice Rhodes Memory Care Coordinator
Ismael Rodriguez Recreation Director
Jesus Soriano Resident Care Coordinator
Joe Soriano Dir. of Maintenance
Desmond Wadley Dir. of Nutrition Services



The Pen Pal Program with the students of Pearl River High School was an edifying experience for our residents.

Assisted Living Neighborhood



A.J. Freeman visited our community and made Independence Day morning truly special with a wonderful patriotic sing-along filled with music, fun, and festive spirit.

August 2026

Pet of the Month



Finn visited Blue Hill on National 'Bring Your Dog to Work Day' and Cassie of Therapy Dogs of Rockland made her Promenade debut.





Recreation Director
Ismael Rodriguez
Senior Activity Lead
Kathy
Activity Leaders
Alma
Joe
Katie
Isabella



Daily 2:30 pm

AMERICANA AUGUST:
During Americana Month, we celebrate the rich heritage that makes our nation unique. This month, we honor America's incredible diversity and recognize the many cultures, customs, and traditions that have helped shape our country.

Time	Activity	Icon
10:15	LR Fitness Fun - Move, Dance, Sing	👯
11:00	LR Satchmo Summerfest Day	🎵
1:30	LR Launch Balloons, Swing Noodles	👯
2:00	LR Life Enrichment Activity	👥
2:30	4S Independent Games/Books/Arts	🎨
3:00	LR Blue Hill University Presents	👥
3:30	LR Famous Quotes: Can You Guess Who Said It?	👤
4:00	LR Mind Teasers, Facts & Riddles	👤
6:00	LR Evening Life Enrichment Activity	🎲

Kathy	2	Kathy	3
10:00 TS Sunday Sunshine Stretch ↔		10:00 TS Promenade Exercise Club ↔	
10:30 TS AM News & Horoscopes 📺		11:00 TS News & National Georgia Day 📺	
11:00 LR Mass On TV +		1:30 LR Stretch and Move! ↔	
1:30 LR Chair Workout of the Day ↔		2:00 LR Life Enrichment Activity 📺	
2:00 LR Life Enhancement Activity 📺		2:30 LR American Underdogs & Unlikely Heroes 📺	
2:30 LR Blue Hill University Presents 📺		3:00 LR Trivia & Word Challenges 📺	
3:00 LR National Ice Cream Sandwich Day		3:30 LR Armchair Traveler: Where in the Country	
Social 📺		is Kathy? ☺	
3:30 LR Sunday Bingo Tournament 📺		4:15 LR Did You Know? Facts That We Didn't Know	
4:30 LR Karaoke Sunday 🎵		We Didn't Know 📺	
		4:30 LR Monday Sing Along 🎵	

Kathy

3

- 10:00 **TS** Promenade Exercise Club ↔
- 11:00 **TS** News & National Georgia Day 🇬🇪
- 1:30 **LR** Stretch and Move! ↔
- 2:00 **LR** Life Enrichment Activity 📖
- 2:30 **LR** American Underdogs & Unlikely Heroes 🇺🇸
- 3:00 **LR** Trivia & Word Challenges 🧠
- 3:30 **LR** Armchair Traveler: Where in the Country is Kathy? 📍
- 4:15 **LR** Did You Know? Facts That We Didn't Know We Didn't Know 📖
- 4:30 **LR** Monday Sing Along 🎵

Ismael

4

10:15 **LR** Blue Hill Fitness Club Workout 🏋️

11:00 **LR** Fascinating Facts and Curiosities 📖

12:00 **4S** **Tuesday BBQ!** 🍖

1:30 **4S** Gardening Club 🌱

2:00 **TS** **AJ Freeman Entertains** 🎤

3:00 **LR** Games People Play 🎲

3:00 **TK** Jumbo Jenga Tuesdays (!) 🎲

3:00 **LR** **National Chocolate Chip Cookie Day Social** 🍪

4:00 **LB** Blue Hill Book Club

4:00 **LB** Master Class - Chess ♟️

Ismael/Kathy

5

10:15 **TS** Blue Hill Fitness Club Workout ↔

11:00 **LR** The News & National Postage Stamp Day 📬

1:00 **TS** Walking Club / Let's Reminisce ↔

1:30 **LR** Let's Move, Let's Stretch ↔

2:00 **LR** Service with Reverend Hoover +

2:30 **LR** Life Enrichment Activity - AL 📖

3:00 **LR** Promenade History Channel Presents 📺

3:30 **TR** Resident Artist Workshop - Painting 🎨

4:15 **LR** The Variety Hour (Half Hour) @ The Promenade 🎭

Ismael

6

10:15 **TS** Blue Hill Workout & National Wiggle
Your Toes Day ↔

11:00 **LR** Blue Hill University Presents 人

1:30 **LR** Singing and Chair Dancing ↔

2:00 **LR** American Roots 人

2:30 **LR** Life Enhancement Activity 人

3:00 **LR** The Armchair Traveler - Discovering
the Diversity of AMERICA! 人

3:30 **LR** National Root Beer Float Day Social 人

4:00 **LR** Games People Play 人

6:00 **LR** Evening Life Enhancement Activity 人

Ismael/Alma

7

10:00 **TS** Bus Trip - Destination TBA 🚌

10:15 **LR** Blue Hill Fitness Club Workout ↔

11:00 **LR** Purple Heart Day 🇺🇸

1:30 **LR** National Lighthouse Day 🏰

2:30 **LR** Group Pictionary 🗺️

3:00 **LR** Games People Play 🎲

3:00 **TK** Handcrafted: Artist Workshop 🎨

3:30 **LR** Blue Hill University Presents 🎓

4:00 **LR** Beach Blanket Bingo Tournament (S) 🎲

4:00 **LB** Independent Games/Books/Arts Session 🎨

6:00 **LR** Evening Life Enrichment Activity 🗺️

Ismael		8
10:15	LR Fitness Fun - Move, Dance, Sing 🎶	
11:00	LR National Dollar Day 🇺🇸	
1:30	LR Puzzle Friday 🧩	
2:00	LR Games People Play 🎮	
2:30	4S Independent Games/Books/Arts 📖	
3:00	LR The Promenade History Channel Presents 📺	
4:00	LR Blue Hill University Presents 🎓	
4:30	LR Blue Hill is Alive with the Sound of Music 🎵	
6:00	LR Evening Life Enrichment Activity 🌙	

Kathy	9	Kathy	10
10:00 TS Morning Crunch 		10:00 TS Monday Movements 	
10:30 TS Daily Chronicle & Refreshments 		11:00 TS News and National Connecticut Day 	
11:00 LR Mass On TV 		1:30 LR Stretch and Move! 	
1:30 LR Blue Hill Exercise Club 		2:00 LR Life Enrichment Activity 	
2:00 DR Swing Those Rackets! 		2:30 LR American Underdogs & Unlikely Heroes 	
2:30 LR Blue Hill University Presents 		3:00 LR Promenade History Channel: Diverse America 	
3:00 LR Life Enhancement Activity 		3:00 LR Trivia & Word Challenges 	
3:30 LR Sunday Bingo Tournament 		3:30 LR Armchair Traveler: Where in the Country is Kathy? 	
4:30 LR Karaoke Sunday 		3:45 LR The Great Listing Game! 	
		4:30 LR Monday Sing Along 	

Kathy		10
10:00	TS Monday Movements ↔	
11:00	TS News and National Connecticut Day 🇺🇸	
1:30	LR Stretch and Move! ↔	
2:00	LR Life Enrichment Activity 📖	
2:30	LR American Underdogs & Unlikely Heroes 🇺🇸	
3:00	LR Promenade History Channel: Diverse America 🇺🇸	
3:00	LR Trivia & Word Challenges 🧠	
3:30	LR Armchair Traveler: Where in the Country is Kathy? 📍	
3:45	LR The Great Listing Game! 🎲	
4:30	LR Monday Sing Along 🎵	

Ismael		11
10:00	TS Bus Trip - Destination TBA 🚌	
10:15	LR Blue Hill Fitness Club Workout 🏃	
11:00	LR National Sons & Daughters Day 🇺🇸	
12:00	4S Tuesday BBQ! 🍖	
1:30	4S Gardening Club 🌱	
2:00	TS Eric Lipper Entertains 🎵	
3:00	TK Jumbo Jenga Tuesdays (!) 🎲	
3:00	LR Life Enhancement Activity 🧠	
4:00	LR Geo Guesser & Word Games 📖	
4:00	LB Master Class - Chess ♟️	
4:30	LR Let's Sing Songs Out Loud 🎤	

Ismael/Kathy		12
10:15	TS Blue Hill Fitness Club Workout	↔
11:00	LR The World News	📺
1:00	TS Walking Club / Let's Reminisce	↔
1:30	LR What's Going on in Sports?	📺
2:00	LR Service with Reverend Hoover	+
3:00	LR Promenade History Channel Presents	📺
3:30	LR Life Enrichment Activity	📺
3:30	TK Resident Artist Workshop - Painting	📺
4:15	LR The Variety Hour (Half Hour) @ The Promenade	+

Ismael		13
10:15	TS Blue Hill Fitness Club Workout	↕
11:00	LR Blue Hill University Presents	🎵
1:30	LR Singing and Chair Dancing	↕
2:00	LR American Roots	🎵
2:30	LR Life Enhancement Activity	🎵
3:00	LR Cooking with Christine	🍳
3:00	LR The Armchair Traveler - Europe!	🌍
4:00	LR The Great Listing Game!	🎵
4:15	Karaoke Thursday	🎵
6:00	LR Evening Life Enhancement Activity	🎵

Ismael/Alma

- 10:15 **LR** Blue Hill Fitness Club Workout ↔
- 11:00 **LR** What's Going On In The News? 📺
- 1:00 **TS** Walk & Stroll About ↔
- 1:30 **LR** Did You Know? 📺
- 2:00 **LR** Life Enhancement Activity ↔
- 2:30 **LR** National Creamsicle Day Social 🍷
- 3:00 **LR** Word Puzzle Friday 🧩
- 3:30 **LR** Blue Hill University Presents 📺
- 4:00 **LR** Beach Blanket Bingo Tournament 🧩
- 4:00 **LB** Independent Games/Books/Arts Session 📺
- 6:00 **LR** Evening Life Enrichment Activity 🧩

Ismael		15
10:15	LR Fitness Fun - Move, Dance, Sing 🎵	
11:00	LR Morning Sing-Along 🎵	
1:30	LR Launch Balloons, Swing Noodles 🎵	
2:00	LR Life Enrichment Activity 🎵	
2:30	4S Independent Games/Books/Arts 📖	
3:00	LR Famous Quotes: Can You Guess Who Said It? ☕	
3:30	LR Blue Hill University Presents 🎵	
4:00	LR Mind Teasers, Facts & Riddles ☕	
6:00	LR Evening Life Enrichment Activity 🎵	

Kathy	16	Kathy	17
10:00 TS Sunday Sunshine Stretch		10:00 TS Promenade Exercise Club	
10:30 TS National Tell a Joke Day		11:00 TS News & National Massachusetts Day	
11:00 LR Mass On TV		1:30 LR Stretch and Move!	
1:30 LR Chair Workout of the Day		2:00 LR Life Enrichment Activity	
2:00 LR Guess Where You Are - American Geography		2:30 LR American Underdogs & Unlikely Heroes	
2:30 LR Blue Hill University Presents		3:00 LR Trivia & Word Challenges	
3:00 LR Sunday Bingo Tournament		3:30 LR Armchair Traveler: Where in the Country is Kathy?	
4:15 LR Songs We All Know		4:15 LR Did You Know? Facts That We Didn't Know We Didn't Know	
4:30 LR Karaoke Sunday		4:30 LR Monday Sing Along	

Kathy 17

- 10:00 TS Promenade Exercise Club ↔
- 11:00 TS News & National Massachusetts Day 🇺🇸
- 1:30 LR Stretch and Move! ↔
- 2:00 LR Life Enrichment Activity 📖
- 2:30 LR American Underdogs & Unlikely Heroes 🇺🇸
- 3:00 LR Trivia & Word Challenges 🧠
- 3:30 LR Armchair Traveler: Where in the Country is Kathy? 📍
- 4:15 LR Did You Know? Facts That We Didn't Know We Didn't Know 📖
- 4:30 LR Monday Sing Along 🎵

Ismael

18

- 10:15 **LR** Blue Hill Fitness Club Workout 
- 11:00 **TS** Joe Blanco Entertains 
- 12:00 **4S** Tuesday BBQ! 
- 1:30 **4S** Gardening Club 
- 2:00 **LR** Blue Hill University Presents 
- 2:30 **LR** National Ice Cream Pie Day Social 
- 3:00 **TK** Jumbo Jenga Tuesdays (I) 
- 3:00 **LR** National Mail Order Catalogue Day Discussion 
- 4:00 **LB** Blue Hill Book Club
- 4:00 **LB** Master Class - Chess 

Ismael/Kathy		19
10:15	TS Blue Hill Fitness Club Workout	↕
11:00	LR Mass w/ Father Raaser †	
1:00	TS Walking Club / Let's Reminisce	↕
1:30	LR National Aviation Day	🇺🇸
2:00	LR Service with Reverend Hoover †	
2:30	LR National Soft Ice Cream Day Social	🍦
3:00	LR Promenade History Channel Presents	🇺🇸
3:30	TK Resident Artist Workshop - Painting	🎨
4:15	LR The Variety Hour (Half Hour) @ The Promenade	🎭

Ismael		20
10:15	TS Blue Hill Fitness Club Workout ⇄	
11:00	LR Blue Hill University Presents 集	
1:30	LR National Radio Day 集	
2:00	LR American Roots 集	
2:30	LR Life Enhancement Activity ㊦	
3:00	LR The Armchair Traveler - Discovering the Diversity of AMERICA! ㊦	
3:30	LR Evening at the Improv ㊦	
4:00	LR Games People Play ㊦	
4:00	LR The Great Listing Game! ㊦	
6:00	LR Evening Life Enhancement Activity ㊦	

Ismael/Alma		21
10:00	TS Bus Trip - Destination TBA 🚌	
10:15	LR Blue Hill Fitness Club Workout 🏋️	
11:00	LR Purple Heart Day 🇺🇸	
1:30	LR What's Going on in Sports? 🏈	
2:30	LR Group Pictionary 📖	
3:00	LR Games People Play 🎲	
3:00	TK Handcrafted: Artist Workshop 🎨	
3:30	LR Blue Hill University Presents 🎓	
4:00	LR Beach Blanket Bingo Tournament (S) 🎲	
4:00	LB Independent Games/Books/Arts Session 🎨	
6:00	LR Evening Life Enrichment Activity 📖	

Ismael

10:15 **LR** Fitness Fun - Move, Dance, Sing 🔄

11:00 **LR** What's Going on in Sports? 🏈

1:30 **LR** Let's Sittercise 🍷

2:00 **LR** Games People Play 🎲

2:30 **4S** Independent Games/Books/Arts 📖

3:00 **LR** **The Promenade History Channel Presents** 🏠

3:30 **LR** **Blue Hill University Presents** 🏠

4:00 **LR** Puzzle Friday 🎲

4:30 **LR** Blue Hill is Alive with the Sound of Music 🎵

6:00 **LR** Evening Life Enrichment Activity 🍷

Kathy		23	Kathy		24
10:00	Morning Crunch & Daily Chronicle ↔		10:00	Exercise Club & National Maryland Day ↔	
11:00	Mass On TV †		1:30	Stretch and Move! ↔	
1:30	Blue Hill Exercise Club ↔		2:00	Life Enrichment Activity ♣	
2:00	Blue Hill University Presents ♣		3:00	Trivia & Word Challenges ♣	
3:30	Sunday Bingo Tournament ♣		3:30	Armchair Traveler: Where's Kathy? ♣	

Kathy		24
10:00	TS Exercise Club & National Maryland Day ↔	
1:30	LR Stretch and Move! ↔	
2:00	LR Life Enrichment Activity ➡	
3:00	LR Trivia & Word Challenges 🧠	
3:30	LR Armchair Traveler: Where's Kathy? 🗺️	

Ismael

25

- 10:00 **TS** Bus Trip - Destination TBA ☹
- 10:15 **LR** Blue Hill Fitness Club Workout 🏃
- 11:00 **LR** National Park Service Founders Day 🌲
- 12:00 **AS** Tuesday BBQ! 🍖
- 1:30 **LR** Resident Council Meeting 🗣
- 2:00 **TS** Randy Accardi Entertains! 🎵
- 3:00 **TK** Jumbo Jenga Tuesdays (!) 🎲
- 3:00 **LR** National Banana Split Day Social 🍌
- 4:00 **LR** Geo Guesser & Word Games 📖
- 4:00 **LB** Master Class - Chess ♟
- 4:30 **LR** Let's Sing Songs Out Loud 🎤

Ismael/Kathy 26

- 10:15 **TS** Blue Hill Fitness Club Workout 🔄
- 11:00 **LR** National Dog Day 🐕
- 1:00 **TS** Walking Club / Let's Reminisce 🔄
- 1:30 **LR** Meet The Chef 🐕
- 2:00 **LR** Service with Reverend Hoover +
- 3:00 **LR** Promenade History Channel
Presents: Women's Equality Day 🐕
- 3:30 **LR** National Dog Day Social 🐕
- 4:00 **LR** How Many Dog Breeds Can We
Name? 🐕

Ismael		27
10:15	TS Blue Hill Fitness Club Workout ↔	
11:00	LR Blue Hill University Presents 🎭	
1:30	LR Singing and Chair Dancing ↔	
2:00	LR American Roots 🎭	
2:30	LR The Great Listing Game! 🎮	
3:00	LR The Armchair Traveler - Discovering the Diversity of AMERICA! 🌐	
3:30	LR Evening at the Improv 🎭	
4:15	Karaoke Thursday 🎵	
6:00	LR Evening Life Enhancement Activity 🎮	

Ismael/Alma

28

10:15 **LR** Blue Hill Fitness Club Workout ↔

11:00 **LR** What's Going On In The News? 📰

1:00 **TS** Walk & Stroll About ↔

1:30 **LR** Did You Know? 📰

2:00 **LR** Life Enhancement Activity ↔

2:30 **TK** The Joy of Painting with Ish 🎨

3:00 **LR** Word Puzzle Friday 🧩

3:30 **LR** Blue Hill University Presents 📺

4:00 **LR** Beach Blanket Bingo Tournament (S) 🧩

4:00 **LB** Independent Games/Books/Arts Session 🎨

6:00 **LR** Evening Life Enrichment Activity 🧩

Ismael

29

10:15

LR

Fitness Fun - Move, Dance, Sing

👣

11:00

LR

Morning Sing-Along

🎵

1:30

LR

Launch Balloons, Swing Noodles

👣

2:00

LR

Blue Hill University Presents

🎵

2:30

4S

Independent Games/Books/Arts

📖

3:00

LR

Life Enrichment Activity

🎵

3:30

LR

Famous Quotes: Can You Guess Who Said It?

👤

4:00

LR

Are You Ready for Some Football?!

🏈

6:00

LR

Evening Life Enrichment Activity

📖

Kathy	30	Kathy	31
10:00  Sunday Sunshine Stretch & the News ↔		10:00  Exercise Club & National South Carolina Day 🇺🇸	
11:00  Mass On TV +		1:30  Stretch and Move! ↔	
2:00  Life Enhancement Activity 🧘		2:00  Life Enrichment Activity 📖	
2:30  Blue Hill University Presents 🎓		3:00  Trivia & Word Challenges 🧠	
3:00  Sunday Bingo Tournament 🎲		3:30  Armchair Traveler: Where's Kathy? 🗺️	

Kathy		31
10:00	TS Exercise Club & National South Carolina Day 🇺🇸	
1:30	LR Stretch and Move! ↔	
2:00	LR Life Enrichment Activity 🍷	
3:00	LR Trivia & Word Challenges 🧠	
3:30	LR Armchair Traveler: Where's Kathy? 🗺️	



Daily movement and exercise are a vital part of our routine at Blue Hill. We provide opportunities for individuals to stay active through a variety of engaging activities that promote physical health, coordination, strength, and overall well-being.



The Sparkle Crew of Tappan Zee High School pampered our residents with an afternoon of glam, laughter, and special one-on-one attention. Thank you for making everyone feel beautiful, confident, and cared for.