

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

October 2026
Country Cottage

Janice Rhodes/Country Cottage Coordinator
Kathy Jackelow/Senior Activity Leader
Angela Dellilio/Activity Leader
Alma Rodriguez /Activity Leader
Jeniffer Blackwood /Activity Leader
Joe Cincquemani/Activity Leader
David Howard Liu-Activity Leader

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>MONTHLY BIRTHDAYS</u> TERESE -OCT 24	<u>Special Events</u> Massage Therapy-October 5, 19-CC Sean Fleming-October 6-CC AJ Freeman-October 12 Joe Blanco-October 13 Shira on Piano-Oct. 20-CC Randy Accardi-Oct. 22 Joe Maz-Oct. 27 Eric Lipper-Oct. 31	<i>Please Make Hair Dresser Appointments at Front Desk</i> Please Schedule Facetimes at Front Desk	Activities Are Subject To Change HAPPY HALLOWEEN	1 Kathy/Jeniffer 10:00 Blue Hill Fitness (S)/Let’s Dance 10:30 Daily Chronicle/Balloon Swat 11:00 Senior Olympics/Famous Faces 1:00 Bean Bag Throw/Welcome To October 1:30 Singing & Chair Dancing (S)/Walking 2:00 Watercolor Painting./Julie Andrews 2:45 Thursday Snacks/Classical Music 3:15 Improv Fun 4:00 Hand Massages/Aromatherapy 4:30 Chair Stretches/Babe Ruth Discussion 6:15 Things On A Pizza/Favorite Sodas	2 Alma/Angela 10:00 Friday Fitness (S)/Cornhole Game 10:30 Monthly News/Dart Game 11:00 Karaoke Fun 1:00 Blue Things/Ring Toss 1:30 Sports Discussion (S)/Fall Things 2:00 Fall Reminiscing 2:45 Snack Social/Types of Nuts 3:15Nail Care With Angela/Noodle Balloon 4:00 <i>Shabbat</i> /Pictionary/Bingo Fun 4:30 Famous Poems/Seated Stretching 6:15 Letter Ball/Sinatra Tunes	3 Alma/Angela <u>Simchat Torah</u> 10:00 Fitness Fun (S)/Hoop Frisbees 10:30 Ping Pong Throw 11:00 Ways To Be Frugal/Walking Club 1:00 Category Game/Dancing Fun 1:30 Sittercise (S)/Favorite Fall Activities 2:00 Puns & Proverbs 2:45 Snacks & Social/Chubby Checker Tunes 3:15Parachute With Balloons/Fleetwood Mac 4:00 Frankie Robinson Chat/Colors Game 4:30 Saturday Stretching/Elton John Tunes 6:15 Ways To Be A Good Samaritan
4 Jeniffer/Alma 10:00 Morning Crunch (S)/Hymns 10:15 <i>Sunday Mass on TV/Shabbat Service</i> 11:00 Balloon Swat/10-4 Categories 1:00 M Words/Walking Club 1:30 Blue Hill Exercises (S)/Bulls Eye 2:00 Floor Bowling/Patti Page Tunes 2:45 Snack Social/News Today 3:15 Bean Bag Throw/Red Things 4:00 Famous Poems/Table Games 4:30 Dancing Fun/Sunday Stretching 6:15 Karaoke With Alma	5 Jeniffer/Alma 10:00 Promenade Exercises (S)/Morning Songs 10:30 <i>Morning Rosary/Massage Therapy</i> 11:00 Morning Walking/News Today 1:00 Hoop Frisbees/Ladder Words 1:30 Monday Movements (S)/Taco Toppings 2:00 Guess The Object/Aromas 2:45 Snack Social/Kenny Rogers Songs 3:15 Shuffleboard Fun for All 4:00 Bingo Fun/Card Games 4:30 Exercises/Pet Companions 6:15 Table Dice Game	6 Kathy/Jeniffer 10:00 Blue Hill Fitness (S) 10:30 <u>Sean Fleming Performs-CC</u> 11:30 News Today/Morning Walk 1:00 Dear Abby/Walking Group 1:30 National Dear Diary (S)/Balloon Swat 2:00 Aromatherapy/Teacher Talk 2:45 Snacks/Bar Time Fun-CC 3:15 Table Games/Italian Songs 4:00 Favorite Fruits/Fall Sensory 4:30 Famous Artists/Tone It Tuesday 6:15 Baseball Chat With Kathy	7 Angela/Jeniffer 10:00 Morning Workout 10:30 <i>Mass on TV/Hymns</i> 11:00 Famous Faces/Sing-a-long 1:00 D, E & F Words/Let’s Stroll 1:30 Let’s Reminisce (S)/Dancing Fun 2:00 <i>Rev. Hoover Service</i> /Things In Circus 2:45 Snacks/News Today/Yellow Things 3:15 Dart Game/Dancing Fun 4:00 Hand Massages/Tone It Thursday 4:30 Johnny Cash Tunes/Short Stories 6:15 Noodle Ballons/1960’s Hits	8 Kathy/Jeniffer 10:00 Fitness Club (S)/Morning Volley 10:30 Baking With Jeniffer/Cornhole 11:00 Favorite Tunes/Times Book 1:00 Things On A Picnic/Let’s Stroll 1:30 Let’s Sing & Dance (S)/Beatles Tunes 2:00 Guess The Object/Types OfNoodles 2:45 Thursday Snacks/Pub Refreshments 3:15 Dart Game/Dancing Fun 4:00 Rhymes With Sock/Guess The Object 4:30 Afternoon Exercises/Dart Game 6:15 Things In A Baseball Stadium	9 Alma/Angela 10:00 Blue Hill Fitness (S)/Noodle Balloons 10:30 Cornhole Throw/News Today 11:00 Baking With Alma/Beach Boy Tunes 1:00 Hoop Frisbees/Sensory Basket 1:30 Did You Know (S)/Walking Club 2:00 Pictionary Fun 2:45 Afternoon Snacks/ John Lennon Songs 3:15 Shuffleboard 4:00 <i>Shabbat</i> /Bingo Fun/Exercises 4:30 Guess in 20/Sensory Spa 6:15 Friday Karaoke With Angela	10 Alma/Angela 10:00 Saturday Stretching (S)/Balloons 10:30 Morning Instruments/Songs 11:00 <i>Sparkle Crew Manicures</i> /Strolling 1:00 List Types of Foods/Walking Club 1:30 Noodle Balloons (S)/Opposites 2:00 Hollywood Golden Age 2:45 Saturday Snacks/What’s Your Verdict? 3:15 Afternoon Karaoke/Scavenger Hunt 4:00 1-10 Category List/Pet Companions 4:30 Seated Stretches/Trivia Time 6:15 Idiom Builders Challenge With Angela
11 Jeniffer/Alma 10:00 Sunday Stretch (S)/Hymns 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Ball Throw/Morning Walk Around 1:00 List Favorite Foods/Let’s Stroll 1:30Chair Workout (S)/Famous vs.Legends 2:00 Who Am I?/Let’s Dance 2:45 Sunday Snacks/Glenn Campbell Tunes 3:15 Table Bowling/Universal Music Day 4:00 List Minerals/Hand Massages 4:30 Short Stories/Sitting Exercises 6:15 Cornhole Fun With Alma	12 Jeniffer/Alma <u>Columbus Day</u> 10:00 Monday Movements (S)/Hymns 10:30 <i>Morning Rosary & Songs</i> 11:00 Morning Dancing Fun/Luciano Pavarotti 1:00 Move It Monday/Frisbee Fun 1:30 Let’s Stretch & Move (S)/Sinatra Tunes 2:00 <u>AJ Freeman Performs</u> 2:45 Walking Club/Magazines 3:00 Snack Social/Walking Club/Shiny Things 4:00 Daily Chronicles/Beach Ball Catch 4:30 History of Columbus Day/Exercise Time 6:15 List Baseball Teams/Discussion	13 Kathy/Jeniffer 10:00 Morning Workout (S)/Disco Songs 10:30 Morning Frisbees/Balloon Swat 11:00 <u>Joe Blanco Entertains</u> 1:00 Riddles//Walking Club 1:30 Who Am I?/Sing-a-long Fun 2:00 Patriotic Tunes/Silly Sayings 2:45 Snack Social/50’s Dance Music 3:15 Act Out!!! 4:00 News Today/All Things Hawaiian 4:30 Bean Bags/Exercise Time 6:15 Opera Appreciation With Kathy	14 Angela/Jeniffer 10:00 Morning Stretching (S) 10:30 <i>Mass on TV/Hymns</i> 11:00 American Bandstand Chat/Walking 1:00 List Halloween Costumes/Strolling 1:30 Let’s Move & Stretch (S)/Basketball 2:00 <i>Rev. Hoover Service</i> /Polish Things 2:45 Snacks/Dolly Parton Songs 3:15 Horseracing/Paul Simon Tunes 4:00 Table Art/Bingo 4:30 Work Out Wednesday/Navy Things 6:15 Word Ball With Jeniffer	15 Kathy/Jeniffer 10:00 Morning Exercises (S)/Morning Volley 10:30 Baking With Kathy 11:00 Lucille Ball Discussion/Walking 1:00 Things That Spin/Walking Club 1:30 Chair Dancing (S)/Parachute Fun 2:00 Theatre Group 2:45 Snack Social/Pub Songs & Drinks 3:15 The Great American Game 4:00 Small Groups/Purple Things 4:30 Exercise Time/Finish My Line 6:15 List Holidays & Favorites	16 Alma/Angela 10:00 Morning Stretch (S)/Volley 10:30 Songs & Dancing 11:00 Daily News/Stroll Around 1:00 Traits of Positive People/Walking Club 1:30 Sports Talk (S)/Mulligan Day Chat 2:00 Art Corner 2:45 Snack Social/Jokes 3:15Manicures with Angela/Hand Massages 4:00 <i>Shabbat</i> /World Food Day Discussion 4:30 Let’s Stretch/Sweet Things List 6:15 N Words With Angela	17 Alma/Angela 10:00 Fitness Fun (S)/Elvis Tunes 10:30 Morning Balloon Swat 11:00 News Today/Let’s Walk 1:00 Ways to Use Pumpkin/Stroll Around 1:30 Seated Stretching (S)/Sensory Fun 2:00 Water Art 2:45 Afternoon Snack /Pondering Prompts 3:15 Bean Bag Twister/Shoulder Massages 4:00 Traits of A Good Boss/Pet Companions 4:30 Move It Saturday/All About Alaska 6:15 Guess in 20 With Angela
18 Jeniffer/Alma 10:00 Morning Crunch (S)/Hymns 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Morning Cornhole With Music 1:00 List Sweet/Sensory/Let’s Promenade 1:30 Exercise Club (S)/L Words 2:00 Instruments/List Types of Donuts 2:45 Snack Social/Magazines 3:15 Parachute Fun With Balloons 4:00 Team Cherades/Hi-Lo Cards 4:30 Finish The Line/Evening Stretch 6:15 Trivia Cards With Alma	19 Jeniffer/Alma 10:00 Morning Movements (S) 10:30 <i>Rosary and Hymns/Massage Therapy</i> 11:00 Basketball Throw/Morning Walk 1:00 Things In A Park/Sensory 1:30 Let’s Stretch (S)/Balloon Swat 2:00 Celebrity Photos 2:45 Afternoon Snacks/Puns & Proverbs 3:15 Water Painting/Guess The Object 4:00 Guess in 10/Shoulder Massages 4:30 Opposites/Exercise Time 6:15 Sing-a-long Fun With Alma	20 Kathy/Jeniffer 10:00 Morning Exercise Time (S) 10:30 <u>Shira on Piano in CC</u> 11:00 Morning Stroll/News Today 1:00 K Words/Things You Climb 1:30 Card Games 2:00 Bulls Eye Throw/Sing-a-long Fun 2:45 Afternoon Snacks/One Hit Wonders 3:15 Table Bowling/Harry Belafonte Tunes 4:00 Fall Sensory/Ice Cream Flavors 4:30 Aromatherapy/Stretching Time 6:15 The Great American Game	21 Angela/Jeniffer 10:00 Blue Hill Fitness (S)/Morning Music 10:30 <i>Mass on TV /Hymns</i> 11:00 <i>Catholic Mass With Fr. Raaser</i> 1:00 List Vegetables/Let’s Promenade 1:30 Scavenger Hunt 2:00 <i>Rev. Hoover Service</i> /Black Jack Cards 2:45 Snacks/Famous Poems 3:15 Pictionary/Cool Things 4:00 Companion Pets/Let’s Move It 4:30 Category Words/Instruments 6:15 Bowling With Jeniffer	22 Kathy/Jeniffer 10:00 Morning Workout (S)/Ball Games 10:30 Cornhole Toss/Soccer Fun 11:00 Morning News/Stroll Around 1:00 Afternoon Exercises/Stroll Around 1:30 Singing & Dancing (S)/Balloon Swat 2:00 <u>Randy Accardi Performs</u> 2:45 Magazines 3:00 Snacks/News & Jokes 4:00 October Guy Talk/Fall Sensory 4:30 Hit The Balloon/Exercise Time 6:15 Famous Painters Discussion	23 Alma/Angela 10:00 Blue Hill Fitness (S)/Favorite Tunes 10:30 Ball Games/Friday News 11:00 Tunes & Dancing/Walk Around 1:00 Ladder Words/News Today 1:30 Did You Know (S)/Karaoke Songs 2:00 Kinetic Sand 2:45 Snacks /Dear Abby Advice 3:15 Let’s Paint/Opera Music 4:00 <i>Shabbat</i> /Bingo Fun/Glow Fun 4:30 Rhyming Words/Friday Fitness 6:15 Word Ball/World Series Talk	24 Alma/Angela 10:00 Morning Stretching (S)/Frisbees 10:30 Baking With Alma 11:00 Magnetic Darts 1:00 List Fruits/Let’s Promenade 1:30 Balloon Swat (S)/Song Of The Scouts 2:00 Sand Art 2:45 Snacks /Things That Are Fast 3:15 Horseracing fun 4:00 Pink Things/Random Trivia 4:30 Saturday Stretching/Things You Fold 6:15 Family Feud Fun With Angela
25 Jeniffer/Alma 10:00 Morning Stretching (S)/Hymns 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Morning Sensory/Soccer Kick 1:00 Let’s Talk Magic/Walking Club 1:30 Let’s Workout (S)/ Name That Tune 2:00 Famous Faces 2:45 Afternoon Snacks/Strauss Music 3:15 Back Massages/Art Corner 4:00 Guy Talk/Aromatherapy 4:30 Sour Things/ Sunday Stretching 6:15 Pictionary With Alma	26 Jeniffer/Alma 10:00 Promenade Exercises (S) 10:30 <i>Morning Rosary/Songs</i> 11:00 Baked Cinnamon Apple Bites 1:00 What’s Your Verdict?/Bean Bag Throw 1:30 Stretch & Move (S)/Shaping What Matters 2:00 Dog Book Discussion 2:45 Afternoon Snacks/Mahalia Jackson Tunes 3:15 Pumpkin Crafts/Hand Massages 4:00 Modern Jeopardy Trivia/ Fall Sensory 4:30 Stevie Wonder Hits/Basket Throw/Stretch 6:15 Sing-a-long With Alma	27 Kathy/Jeniffer 10:00 Fitness Workout (S)/Balloon Swat 10:30 Elvis Tunes/Morning Dancing 11:00 Sensory Basket/Let’s Stroll 1:00 Etiquette Day Discussion/Volleying Fun 1:30 Words To Live By/Exercises 2:00 <u>Joe Maz Entertains</u> 2:45 Snacks/Happy Hour at The Pub 3:15 Three Strikes Dice/Famous Waltzes 4:00 Afternoon Bingo/Card Games 4:30 Ghoulishly Funny Riddles/Exercises 6:15 Family Feud/National Landmarks	28 Angela/Jeniffer 10:00 Morning Fitness (S) 10:30 <i>Mass on TV/Hymns</i> 11:00 Tchaikovsky’s Music/Let’s Stroll 1:00 Family Feud Fun/Walking Club 1:30 The Story of Scouting 2:00 <i>Rev. Hoover Service/</i> Caption This 2:45 Snacks With Friends/Tchaikovsky 3:15 Big Hearts in a Small Town Story 4:00 Meditate With Angela/Hand Massages 4:30 Name That Tune/Exercises 6:15 Ball Games With Jeniffer	29 Kathy/Jeniffer 10:00 Fitness Workout (S)/Favorite Songs 10:30 Morning Card Games 11:00 Basketball Throw/Walking Club 1:00Campfire Songs & Chat/Let’s Promenade 1:30 Let’s Sing & Dance (S)/Table Games 2:00 Jeopardy Trivia 2:45 Snacks With Friends/Tchaikovsky 3:15 Readers Theatre 4:00 Fun Facts About Redheads/Aromas 4:30 Songs Of The Scouts/Let’s Stretch 6:15 Jeopardy Trivia With Joe	30 Angela/David 10:00 Morning Workout (S)/Sing-a-long 10:30 Morning Sensory Objects 11:00 Baking With Angela/Walk Around 1:00 List Halloween Candy/Strolling 1:30 Sports Talk (S)/Random Trivia 2:00Play Dough Art/Ghoulishly Funny Joke 2:45 Afternoon Snacks/Idioms 3:15 The Halloween Postcard Story/Pets 4:00 <i>Shabbat</i> /Manicures With Angela 4:30 Make A Checklist/Exercise Time 6:15 Name That Tune With Angela	31 Angela/David <u>Halloween</u> 10:00 Fitness Fun (S)/Halloween Songs 10:30 Ping Pong Throw 11:00 Halloween Dancing 1:00 Knock-Knock Jokes/Let’s Walk 1:30 Seated Stretching (S)/Balloon Swat 2:00 <u>Eric Lipper Performs</u> 2:45 Hand Massages 3:00 Halloween Snacks/Walk Around 4:00 Halloween Rhyme Time/Dice Game 4:30 List U. S. Cities/Exercise Session 6:15 Black/Orange Things