

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



What's Cooking



Our monthly 'Cooking with Christine' sessions offer up amazing recipes and equally amazing goodies.



November 2026



Assisted Living Neighborhood



Our Wonderful Activity Leaders

Alma, Joe, Angela, and David! They Bring the Fun!





November 2026

- LR

Living Room
- TS

Town Square
- TK

Town House Kitchen
- 4S

Four Seasons Room
- LB

Library

DR

Dining Room

RL

Resident Lounge

↔

Exercise

♪

Sing-Along

🎨

Creative Arts

📖

News/Stories/Discussions

☕

Social Event

🎲

Table Games

✝

Religious Services

📺

TV Trip Destination

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Kathy 1 10:00 TS Morning Crunch ↔ 10:30 TS Daily Chronicle & National Cinnamon Day 📺 11:00 LR Mass On TV[†] 1:30 LR Blue Hill Exercise Club ↔ 2:00 LR The New York City Marathon 🕒 2:30 DR Swing Those Rackets! 🎲 3:00 LR Blue Hill University Presents 📺 3:30 LR Sunday Bingo Tournament 🎲 4:30 LR Karaoke Sunday 🎵	Kathy 2 10:00 TS Promenade Exercise Club ↔ 11:00 TS News and National Ohio Day 📺 1:30 LR Stretch and Move! ↔ 2:00 LR Life Enrichment Activity 🕒 2:30 LR Trivia & Word Challenges 🎲 3:00 LR Promenade History Channel: Unique American Sports Traditions 📺 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/Angela 3 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR What's Going on These Days? 📺 1:30 LR National Housewives Day 📺 2:00 LR Blue Hill University Presents 📺 3:00 TK Jumbo Jenga Tuesdays (I) 🎲 3:00 LR Life Enhancement Activity 📺 4:00 LR Games People Play 🎲 4:00 LB Master Class - Chess 🎲 4:30 LR Let's Sing Songs Out Loud 🎵	Ismael/Kathy 4 10:15 TS Blue Hill Fitness Club Workout ↔ 11:00 LR The News & National Day Of ... 📺 2:00 LR Service with Reverend Hoover † 2:30 LR A Blast From the Past - Video Quiz 🕒 3:00 4S Men's Group 📺 3:00 LR Promenade History Channel Presents 📺 3:30 LR National Candy Day Social 📺 4:00 TK Resident Artist Workshop - Painting 🎲 4:15 LR The Variety Hour (Half Hour) @ The Promenade 🎵	Ismael/Angela 5 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 National Donut Day Social 🕒 2:30 LR Jeopardy! iPad Game 🎲 3:30 LR Evening at the Improv 🎲 4:15 LR Karaoke Thursday 🎵 6:00 LR Evening Life Enhancement Activity 🎲	Ismael/Alma 6 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR Laughing Yoga with Terri ↔ 1:00 LB The Reading Corner 📺 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 LB Independent Games/Books/Arts Session 🎲 4:30 RL Happy Hour: Meet Me at the Bar 🕒 6:00 LR Evening Life Enrichment Activity 🎲	Ismael/David 7 10:00 LR Fitness Fun - Move, Dance, Sing ↔ 10:30 LR National Bison Day 📺 11:00 LR Morning Sing-Along 📺 1:30 LR Launch Balloons, Swing Noodles ↔ 2:00 LR Blue Hill University Presents 📺 2:00 4S Independent Games/Books/Arts 🎲 3:00 LR Famous Quotes: Who Said It? 🕒 4:00 LR Mind Teasers, Facts, & Riddles 🕒 6:00 LR Evening Life Enrichment Activity 🎲	
Kathy 8 10:00 TS Sunday Sunshine Stretch ↔ 10:30 TS AM News & Horoscopes 📺 11:00 LR Mass On TV[†] 1:30 LR Chair Workout of the Day ↔ 2:00 LR Poetry Half Hour: Read One/Make One Up ... 🎲 2:30 LR Blue Hill University Presents 📺 3:30 LR Sunday Bingo Tournament 🎲 4:15 LR Songs We All Know 🎵 4:30 LR Karaoke Sunday 🎵	Kathy 9 10:00 TS Promenade Exercise Club ↔ 11:00 TS News & National Louisiana 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 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/Angela 10 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR United States Marine Corps Birthday 📺 1:30 LR Did You Know? Facts That We Didn't Know We Didn't Know 📺 2:00 TS Alex Prizgintas Entertains 🎵 3:00 LR Games People Play 🎲 3:00 TK Jumbo Jenga Tuesdays (I) 🎲 4:00 LR Life Enrichment Activity 🎲 4:00 LB Master Class - Chess 🎲 4:30 LB Blue Hill Book Club	Veterans Day 11 10:15 TS Blue Hill Fitness Club Workout ↔ 11:00 TS Veterans Day Event 🕒 12:00 TK Veterans Day Luncheon 📺 1:30 LR Service with Reverend Hoover † 2:00 TS AJ Freeman Entertains 🎵 3:00 LR National Sundae Day Social 🕒 3:30 4S Men's Group 📺 3:30 LR Promenade History Channel Presents 📺 4:15 LR The Variety Hour (Half Hour) @ The Promenade 🎵	Ismael/Angela 12 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 The Great Listing Game! American Sports 🎲 3:00 LR Jeopardy! iPad Game 🎲 3:30 LR Evening at the Improv 🎲 4:00 LR Games People Play 🕒 6:00 LR Evening Life Enhancement Activity 🎲	Ismael/David 13 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR What's Going On In The News? 📺 1:30 LR Unique American Sports Traditions 📺 2:00 LR Group Pictionary 🎲 3:00 LR Games People Play 🎲 3:00 TK Handcrafted: Artist Workshop 🎲 3:30 LR Blue Hill University Presents 📺 4:00 LB Independent Games/Books/Arts Session 🎲 4:30 RL Happy Hour: Meet Me at the Bar 🕒 6:00 LR Evening Life Enrichment Activity 🎲	Ismael/David 14 10:15 LR Fitness Fun - Move, Dance, Sing ↔ 11:00 LR The World of Sports Today 📺 1:30 LR Let's Sittercise 🕒 2:00 LR Games People Play 🎲 2:30 4S Independent Games/Books/Arts 🎲 3:30 LR Blue Hill University Presents 📺 4:00 LR Quiz & Puzzle Saturday 🎲 4:30 LR Blue Hill is Alive with the Sound of Music 🎵 6:00 LR Evening Life Enrichment Activity 🕒	
Kathy 15 10:00 TS Morning Crunch ↔ 10:30 TS Daily Chronicle & Refreshments 📺 11:00 LR Mass On TV[†] 1:30 LR Blue Hill Exercise Club ↔ 2:00 DR Swing Those Rackets! 🎲 2:45 LR Blue Hill University Presents 📺 3:30 LR Sunday Bingo Tournament 🎲 4:30 LR Karaoke Sunday 🎵	Kathy 16 10:00 TS Promenade Exercise Club ↔ 11:00 TS News and National Indiana Day 📺 1:30 LR Stretch and Move! ↔ 2:00 LR Life Enrichment Activity 🕒 2:30 LR Promenade History Channel: Greatest American Female Athletes of All Time 📺 3:30 LR Armchair Traveler: Where in the Country is Kathy? 🕒 4:00 LR The Great Listing Game! 🎲 4:30 LR Monday Sing-Along 🎵	Ismael/Angela 17 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR What's Going on These Days? 📺 1:30 LR Did You Know? Facts That We Didn't Know We Didn't Know 📺 2:00 LR Blue Hill University Presents 📺 3:00 TK Jumbo Jenga Tuesdays (I) 🎲 3:00 LR Life Enhancement Activity 📺 4:00 LR Games People Play 🎲 4:00 LB Master Class - Chess 🎲 4:30 LR Let's Sing Songs Out Loud 🎵	Ismael/Kathy 18 10:00 TS Blue Hill Fitness Club Workout ↔ 10:30 LR Mickey Mouse's Birthday 🕒 11:00 LR Mass w/ Father Raaser[†] 2:00 LR Service with Reverend Hoover † 2:30 LR A Blast From the Past - Video Quiz 🕒 3:00 4S Men's Group 📺 3:00 LR Promenade History Channel Presents 📺 3:30 LR National Princess Day 📺 4:00 TS Joe Blanco Entertains 🎵	Ismael/Angela 19 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 Blue Hill University Presents 📺 2:30 TK Cooking with Christine 🎲 3:30 LR Evening at the Improv 🎲 4:00 LR The Great Listing Game! American Sports 🎲 6:00 LR Evening Life Enhancement Activity 🎲	Ismael/Alma 20 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR What's Going On In The News? 📺 1:00 LB The Reading Corner 📺 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 LB Independent Games/Books/Arts Session 🎲 4:30 RL Happy Hour: Meet Me at the Bar 🕒 6:00 LR Evening Life Enrichment Activity 🎲	Ismael/David 21 10:15 LR Fitness Fun - Move, Dance, Sing ↔ 11:00 LR The World of Sports Today 📺 1:30 LR Launch Balloons, Swing Noodles ↔ 2:00 LR National Gingerbread Cookie Day Social 📺 2:30 4S Independent Games/Books/Arts 🎲 3:00 LR Blue Hill University Presents 📺 3:30 LR Famous Quotes: Who Said It? 🕒 4:00 LR Mind Teasers, Facts, & Riddles 🕒 6:00 LR Evening Life Enrichment Activity 🎲	
Kathy 22 10:00 TS Sunday Sunshine Stretch ↔ 10:30 TS AM News & Horoscopes 📺 11:00 LR Mass On TV[†] 1:30 LR Chair Workout of the Day ↔ 2:00 LR Blue Hill University Presents 📺 2:30 LR Poetry Half Hour: Read One/Make One Up ... 🎲 3:00 LR Songs We All Know 🎵 3:30 LR Sunday Bingo Tournament 🎲 4:30 LR Karaoke Sunday 🎵	Kathy 23 10:00 TS Promenade Exercise Club ↔ 11:00 TS News & Chat 📺 1:30 LR Stretch and Move! ↔ 2:00 LR Life Enrichment Activity 🕒 3:00 LR Trivia & Word Challenges 🎲 3:30 LR Armchair Traveler: Where in the Country is Kathy? 🕒 4:00 LR Did You Know? Facts That We Didn't Know We Didn't Know 📺 4:30 LR Monday Sing-Along 🎵	Ismael/Angela 24 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR Fascinating Facts and Curiosities 📺 1:30 LR Resident Council Meeting & Meet the Chef 📺 2:00 TS Karen Bella Entertains 🎵 3:00 LR Games People Play 🎲 3:00 DR Monthly Birthday Social 🕒 3:30 LR Did You Know? Facts That We Didn't Know We Didn't Know 📺 3:30 TK Jumbo Jenga Tuesdays (I) 🎲 4:00 LB Master Class - Chess 🎲 4:30 LB Blue Hill Book Club	Ismael/Kathy 25 10:15 TS Blue Hill Fitness Club Workout ↔ 11:00 LR National Jukebox Day 📺 1:30 LR Let's Move, Let's Stretch ↔ 2:00 LR Service with Reverend Hoover † 2:30 LR A Blast From the Past - Video Quiz 🕒 3:00 4S Men's Group 📺 3:00 LR Promenade History Channel Presents: She Plays Like a Girl 📺 3:30 LR Life Enrichment Activity - AL 🕒 4:00 TK Resident Artist Workshop - Painting 🎲 4:15 LR The Variety Hour (Half Hour) @ The Promenade 🎵	Thanksgiving 26 10:15 TS Blue Hill Fitness Club Workout ↔ 11:00 LR Blue Hill University Presents 📺 1:30 LR Singing and Chair Dancing ↔ 2:00 TS Ray Longchamp Entertains 🎵 3:00 LR Jeopardy! iPad Game 🎲 3:30 LR Games People Play 🕒 4:00 LR Thanksgiving Karaoke 🎵 6:00 LR Evening Life Enhancement Activity 🎲	Ismael/David 27 10:15 LR Blue Hill Fitness Club Workout ↔ 11:00 LR What's Going On In The News? 📺 1:30 LR What's Going on in Sports? 📺 2:00 LR Group Pictionary 🎲 3:00 LR Games People Play 🎲 3:00 TK Handcrafted: Artist Workshop 🎲 3:30 LR Blue Hill University Presents 📺 4:00 LB Independent Games/Books/Arts Session 🎲 4:30 RL Happy Hour: Meet Me at the Bar 🕒 6:00 LR Evening Life Enrichment Activity 🎲	Ismael/David 28 10:15 LR Fitness Fun - Move, Dance, Sing ↔ 11:00 LR National Day of Listening 📺 1:30 LR National Native American Heritage Day 📺 2:30 LR Games People Play 🎲 2:30 4S Independent Games/Books/Arts 🎲 3:30 LR Blue Hill University Presents 📺 4:00 LR Quiz & Puzzle Saturday 🎲 4:30 LR Blue Hill is Alive with the Sound of Music 🎵 6:00 LR Evening Life Enrichment Activity 🕒	
Kathy 29 10:00 TS Morning Crunch ↔ 10:30 TS Daily Chronicle & Refreshments 📺 11:00 LR Mass On TV[†] 1:30 LR Blue Hill Exercise Club ↔ 2:00 LR Blue Hill University Presents 📺 2:30 DR Swing Those Rackets! 🎲 3:00 LR Sunday Bingo Tournament 🎲 4:30 LR Karaoke Sunday 🎵	Kathy 30 10:00 TS Promenade Exercise Club ↔ 11:00 TS News and National Mississippi Day 📺 1:30 LR Stretch and Move! ↔ 2:00 LR Trivia & Word Challenges 🎲 3:00 LR Promenade History Channel: American Traditions 📺 3:30 LR Armchair Traveler: Where in the Country is Kathy? 🕒 4:00 LR The Great Listing Game! 🎲 4:30 LR Monday Sing-Along 🎵	AMERICANA NOVEMBER - SPORTS During Americana Month, we celebrate our rich heritage, traditions, and stories. This November, we'll take a closer look at American sports culture and its lasting impact on our country. We'll explore how sports have shaped American culture and history - from iconic athletes and legendary teams to community traditions and unforgettable moments. We'll explore how these stories and shared experiences have helped shape America's enduring legacy.		Recreation Director Ismael Rodriguez Senior Activity Lead Kathy Activity Leaders Alma Joe Angela David	Snack Social Daily 2:30 pm		



The trip to Spring Vale Farm was truly an edifying and breathtaking experience!



Art and creativity are vital components to our community; creating it, enjoying it, learning from it, and embracing it.