

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

November 2026
Country Cottage

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1Jeniffer/Janice All Saints Day 10:00 Sunday Stretching (S) 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Balloon Swat Fun /Walking Club 1:00 Daily News & Horoscopes/Let’s Stroll 1:30 Ring Toss/Time Slips Story 2:00 Famous Faces With Jeniffer 2:45 Sunday Snacks/Football Talk 3:15 Improv Fun 4:00 November List/ Daylight Savings 4:30 Afternoon Exercises/Hand Massages 6:15 Karaoke and Dancing With Alma	2 Jeniffer/Janice All Souls Day 10:00 Morning Fitness (S)Let’s Stroll 10:30 <u>Mitch Korn Performs-CC</u> 11:30 Walking Club 1:00 <i>Afternoon Rosary/Hymns</i> 1:30 Balloon Swat Fun/Elton John Tunes 2:00 Magnetic Dart Throw 2:45 Afternoon Snacks/Today’s News 3:15 Shuffleboard Fun/Disco Tunes 4:00 Sensory Spa/Soccer Ball Kick 4:30 Reminiscing/Monday Movements 6:15 Karaoke With Alma	3 Kathy/Jeniffer Election Day 10:00 Sittercise (S) 10:15 Morning Volley/Daily Chronicles 11:00 Basketball Throw 1:00 Different Ways to Paint/Let’s Walk 1:30 Cornhole Throw/Hollywood Ratings 2:00 Card Games With Jeniffer 2:45 Snacks/Welcome to November 3:15 Horseracing 4:00 Octagon Band Stretching/Stories 4:30 Favorite Foods/Let’s Stretch 6:15 Famous Authors/Books With Kathy	4 Angela/Jeniffer 10:00 Morning Exercises (S) 10:15 <i>Mass on TV</i> /Hymns 11:00 AM News/Frisbee Toss 1:00 Ice Cream Flavors/Let’s Stroll 1:30 November Discussion/Darts 2:00 <i>Rev. Hoover Service</i> /Games W/Angela 2:45 Afternoon Snacks/Birthstone Discussion 3:15 Pictionary Fun 4:00 Table Dice Game/Sensory Bag 4:30 Kickball Circle/Soda Tasting 6:15 Balloon Swat Fun With Jeniffer	5 Kathy/Jeniffer 10:00 Morning Stretching (S) 10:15 News Today/Morning Volley 11:00 Hoop Frisbee/Rock ‘N Roll Songs 1:00Ladder Words/ Veterans Lunch 12 noon 1:30Baking W/ Jeniffer/Nat King Cole Tunes 2:00 Newscast Challenge/Sing-a-long 2:45 Thursday Snacks/Bar Fun 3:15 Ping Pong Throw/Bob Dylan Songs 4:00 Let’s Talk Turkey/Sensory Basket 4:30 WNBA Teams/Let’s Stretch 6:15 Timeslips With Joe	6 David/Angela 10:00 AM Stretch (S) 10:15 Morning News/Balloon Swat 11:00 Music & Chair Dancing 1:00 List Veggies/Walk Around 1:30 Ka-ching Discussion/Frisbee Toss 2:00 Riddles/Table Dot Art 2:45 Snack Social/Funny Couple Friday 3:15 Parachute With Balloons/Sinatra Tunes 4:00 <i>Shabbat</i> /Blast From The Past 4:30 Hangman/Aromas/Fitness Friday 6:15 Karaoke Friday/Word Ball With Ange-	7 Alma/Angela 10:00 Morning Walking/Exercises 10:30 <u>Jeff Selear Entertains-CC</u> 11:30 News/Let’s Stroll 1:00 Types of Halloween Candy/Walking 1:30 Sing-a-long Fun/Let’s Dance 2:00 Table Puzzles/Engelbert Songs 2:45 Snacks & Social/Rose Mary Clooney 3:15 Scavenger Hunt 4:00 7-11 Dice Game/Kickball Fun 4:30 U Words/Time To Stretch 6:15 Pass The Pumpkin Musical Game
8 Jeniffer/Alma 10:00 Morning Stretching (S) 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Cornhole Toss/Let’s Walk 1:00 News Today/Afternoon Stroll 1:30 List Desserts/Basketball Throw 2:00 Instruments To Music 2:45 Snack Social/Beach Boy Tunes 3:15 Table Bowling 4:00 Kickball Fun/Sensory Basket 4:30 Presidential Chat/Afternoon Stories 6:15 Evening Games With Alma	9 Jeniffer/Alma 10:00 Let’s Stretch (S) 10:15 <i>Morning Rosary & Hymns</i> 11:00 Cornhole Throw/Morning Walking 1:00 List Red /Orange Things/Daily News 1:30 Scrabble/Patti Page Tunes 2:00 Pickle Tasting 2:45 Snack Social/Riddles 3:15 Horseracing/Disney Songs 4:00 1920’s Music & Discussion/Aromas 4:30 List Sports/Basket Throw/Exercises 6:15 Ladder Words/Tons Of Puns	10 Kathy/Jeniffer 10:00 Morning Exercises (S) 10:30 <i>Massage Therapy</i> /News Today 11:00 Magnetic Darts/Rolling Stones Tunes 1:00 List Activity Suggestions/Walking Club 1:30 Time To Stretch 2:00 <u>Alex Prizgintas on Cello</u> 3:00 Walk Around/Afternoon Snacks 3:15 Things In A Can/Table Ball 4:00 Christmas Wish List/Sensory 4:30 Invisible Chat/Tone It Tuesday 6:15 Classical Songs With Kathy	11 Angela/Jeniffer Veterans Day 10:00 Morning Stretch (S) 10:15 <i>Mass on TV</i> /Hymns 11:00 Polka Tunes/Beach Ball 1:00 List Hobbies/Exercise Time 1:30 Instruments/Walking Club 2:00 <i>Rev. Hoover Service/AJ Freeman</i> 2:45 Magazines 3:00 Cherades/Snacks/Let’s Stroll 4:00 Hand Massages/Patriotic Tunes 4:30 Seated Stretching/Rhymes With Mum 6:15 Hoop Frisbee With Jeniffer	12 Kathy/Jeniffer 10:00 Morning Fitness (S) 10:15 Cooking With Kathy/Kate Smith Tunes 11:00 Basketball Throw/Morning News 1:00 Presidential Discussion/Walking Club 1:30 Family Feud Game/Bulls Eye 2:00 Our Favorite Appetizers/Frisbees 2:45 Thursday Snacks/Pub Fun-Mocktails 3:15 Improv Fun For All 4:00 Interview Time/Exercises 4:30 List Healthy Snacks/Hand Massages 6:15 Sports Talk With Joe/Favorite Songs	13 David/Angela 10:00 Morning Exercises (S) 10:15 News Today/Noodle Balloons 11:00 Hi-Lo Cards/Let’s Promenade 1:00Famous Talk Show Hosts/Game Shows 1:30 Things On A Boat/Let’s Promenade 2:00 Roll A Turkey/Basket Throw 2:45 Afternoon Snacks/ Yellow Things 3:15 Table Bowling/Beatles Tunes 4:00 <i>Shabbat</i> /Fall Sensory/B Words 4:30 Let’s Stretch/Dancing Fun 6:15 Magnetic Darts With Angela	14 Alma/Angela 10:00 Basket Throw/Morning Stretch (S) 10:15 Celebrity Faces 11:00 Fall Flower Arranging/Let’s Stroll 1:00 Tongue Twisters/Walking Club 1:30 Fall Jokes/Fall Scents 2:00 Cookie Tastings 2:45 Saturday Snacks/50’s Tunes 3:15 Scavenger Hunt 4:00 Making Leaves Art/Ball Games 4:30 Guess The Fall Picture/Saturday Stretch 6:15 Karaoke Fun With Angela
15 Jeniffer/Alma 10:00 Hymns 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Beach Ball Catch/Morning Walk 1:00 B Words/Let’s Promenade 1:30 News & Views/Tell A Joke 2:00 Petula Clark Songs/Hoop Frisbees 2:45 Sunday Snacks/Dolly Parton Tunes 3:15 Floor Bowling 4:00Things We Recycle/Shoulder Massages 4:30 Guess The Object/Let’s Stretch 6:15 A-Z Animals With Alma	16 Jeniffer/Alma 10:00 Morning Stretching(S) 10:15 <i>Morning Rosary & Songs/Messages</i> 11:00 Frisbee Fun/Morning Stroll 1:00 Ladder Words/What’s In The News ? 1:30 Group Writing Day/Beach Ball Fun 2:00 Celebrity Photos 2:45 Snack Social/Dean Martin Songs 3:15 Table Art/Games 4:00 Spanish With Alma/Balloon Swat Fun 4:30 Dog Book Discussion/Pets/Workout 6:15 Sing-a-long With Alma	17 Kathy/Jeniffer 10:00 AM Exercises (S) 10:15 Basket Throw/Billy Joel Tunes 11:00 Morning Sensory/Stroll ARound 1:00 Things In A Classroom/Walking 1:30 Bean Bag Throw/Abba Tunes 2:00 Card Sharks With Jeniffer 2:45 Snack Social/Happy Hour at The Pub 3:15 Mens Group/Leftover Discussion 4:00 Sing-a-long/Proverbs/Exercise Time 4:30 Dictionary Words/Hand Massages 6:15 Where In The World with Kathy	18 Angela/Jeniffer 10:00 Morning Workout (S) 10:15 <i>Mass on TV</i> /Hymns 11:00 <i>Catholic Mass</i> /Sensory 1:00 Disney Characters/Songs/Walking Fun 1:30 Word Ball Game/Pie Tasting 2:00 <i>Rev. Hoover Service</i> /Un Words 2:45 Snacks/Owl Discussion 3:15 Picture Bingo/Pet Companions 4:00 Time Zone Quiz/Hi-Lo Cards 4:30 Shoulder Massages/Exercises 6:15 Bulls Eye With Jeniffer	19 Kathy/Jeniffer 10:00 Fitness Fun (S) 10:15 Balloon Swat/Morning Volley 11:00 Daily Chronicle/Morning Walking 1:00 Famous Movie Quotes/Let’s Stroll 1:30 Readers Theatre/Beach Ball 2:00 Guess Airport Codes/Table Games 2:45 Snack Social/Walking Club 3:15 Floor Bowling 4:00 Mural Table Art/Shoulder Massages 4:30 Short Stories/Exercise Time 6:15 Ways To Be Kind	20 David/Angela 10:00 Friday Fitness (S) 10:15 Ball Games/Morning News 11:00 Sing-a-long and Dancing Fun 1:00 Baking With Angela/Stroll Around 1:30 Famous Philosophers/Cornhole 2:00 Short Stories 2:45 Snack Social/Share Your Talent 3:15 Scavenger Hunt 4:00 <i>Shabbat</i> /World Hello Day/Sensory 4:30 Green Things/Let’s Stretch 6:15 Floor Bowling With Angela	21 Alma/Angela 10:00 Work Out (S) 10:15 AM News/Bulls Eye Game 11:00 Morning Promenade/Sing-a-long 1:00 Types of Cheese/Let’s Stroll 1:30 Senior Olympic Games 2:00 Cherades Fun 2:45 Afternoon Snack /Things That Go Up 3:15 Collage Making 4:00 Exercise Your Mind & Body 4:30 Ways To Volunteer/Best Jokes 6:15 Puns & Proverbs With Angela
22 Jeniffer/Alma 10:00 Morning Hymns 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Fill A Bucket With Kindness/Volley 1:00 Best Leftovers/Let’s Stroll 1:30 Guess The Character/Balloon Swat 2:00 Doo Wop Tunes 2:45 Snack Social/Fun Facts 3:15 Bingo For Prizes/Aromatherapy 4:00 List Fruits/Fall Sensory 4:30 Fitness Fun/Mealtime Discussion 6:15 Trivia With Alma	23 Jeniffer/Alma 10:00 Monday Morning Movements (S) 10:15 <i>Morning Rosary/Hymns</i> 11:00 Morning Ball Games/Walk Around 1:00 Rhyming Words/News Briefs 1:30 Let’s Interview/Frisbees 2:00 Pictionary 2:45 Afternoon Snacks/Riddles 3:15 Thankful Tree/Shoulder Massages 4:00 A Words/Short Stories 4:30 Music & Dancing/Monday Movements 6:15 Blackjack With Alma	24 Kathy/Jeniffer 10:00 Morning Stretches (S) 10:15 Morning Dancing With Favorite Tunes 11:00 Daily Chronicles/Walking Around 1:00 Types of Nuts/Let’s Promenade 1:30 Afternoon Stretching/Volley 2:00 <u>Karen Bella Performs</u> 2:45 Magazines 3:00 Afternoon Snacks/Walk Around 4:00 Guess The Object/Let’s Talk Turkey 4:30 Famous Faces/Afternoon Stretching 6:15 Word Ball/Famous Museums	25 Angela/Jeniffer 10:00 Exercise Time (S) 10:15 <i>Mass on TV</i> /Hymns 11:00 Let’s Promenade/Ball Games 1:00 A-Z Animals/Dog Book 1:30 Turkey Trot/Turkey Jokes 2:00 <i>Rev. Hoover Service</i> /Floor Bowling 2:45 Snacks/Pub Fun 3:15 Sand Art/70’s Tunes 4:00 M Words/Workout 4:30 Phototherapy/Short Stories 6:15 Floor Bowling With Jeniffer	26Kathy/Jeniffer THANKSGIVING 10:00 Balloons/ <i>Mass on TV</i> 10:15 Morning Volley/Favorite Songs 11:00 Things That I am Grateful For 1:00 After Lunch Stretch/Walking Club 1:30 Balloon Swat 2:00 <u>Ray Lonchamp Performs</u> 2:45 Hand Massages 3:00 Afternoon Snacks/Read the Bucket 4:00 Interview Time/Pet Companions 4:30 Thanksgiving Exercises/Music 6:15 Tina Turner Concert	27 David/Angela 10:00 Morning Stretching (S) 10:15 Balloon Swat Fun/Idioms 11:00 Daily News/Walking Club 1:00 What Makes A Good Leader/Strolling 1:30 Soda Tasting/Famous Faces 2:00 Let’s Make A Deal 2:45 Snacks /Tina Turner Music 3:15 Puzzle Fun/Play Dough Art 4:00 <i>Shabbat</i> /Black Friday Discussion 4:30 World Puzzle Friday/Workout 6:15 Black Jack Fun With Angela	28 Alma/Angela 10:00 Saturday Stretching (S) 10:15 Morning Music & Dance 11:00 Table Bowling 1:00 Cooking With Alma/Walking 1:30 N-H-L Words/Clap A Long Classics 2:00 Mark Twain Quotes/Dog Book 2:45 Snacks /Chocolate Tasting 3:15 Small Group Games/Would You Rather 4:00 Things In A Department Store/Sensory 4:30 Presents That Cost Nothing?/Exercises 6:15 Name That Tune With Angela
29 Jeniffer/Alma 10:00 Morning Hymns 10:15 <i>Mass on TV/Shabbat Service</i> 11:00 Balloon Swat/Walking 1:00 Trivia Fun/AM News 1:30 Karaoke Fun/Dancing 2:00 Famous Faces With Jeniffer 2:45 Afternoon Snacks/John Lennon Tunes 3:15 Missing Letter/Spa Sensory 4:00 Ring Throw/Favorite Songs 4:30 Interview Time/Exercises 6:15 Fun Games With Alma	30 Jeniffer/Alma 10:00 Morning Workout (S) 10:15 <i>Morning Rosary/Songs</i> 11:00 Balloon Swat/Let’s Stroll 1:00 Category Words/Walking Club 1:30 Bulls Eye Throw/Doo Wop Tunes 2:00 Name That Tune With Jeniffer 2:45 Afternoon Snacks/50’s Top Hits 3:15 Stamp Painting/Aromatherapy 4:00 Music & Bubbles/Bingo With Prizes 4:30 Follow The Leader Exercises/Stories 6:15 Sing-a-long Fun With Alma	SAVE THE DATE: FAMILY /RESIDENT HOLIDAY PARTY SATURDAY DECEMBER 12	SPECIAL EVENTS Mitch Korn-November 2 10:30am CC Jeff Selear Nov. 7 10:30am CC Massage Therapy Nov. 10 & 16 10:30am CC Alex Prizgintas-Nov. 10-2:00pm AJ Freeman-Nov. 11 2:00pm Joe Blanco-Nov 18 2:00pm Karen Bella-Nov. 24 2:00pm Ray Longchamp-Nov. 26 2:00pm	HAPPY THANKSGIVING With Respect Honor & Gratitude We thank You <u>Veterans</u>	<i>Please Make All</i> <i>Hairdresser Appointments</i> <i>at Front Desk</i>	Activities Are Subject To Change PLEASE MAKE ALL FACETIME APPOINTMENTS AT FRONT DESK