

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

The Nottingham Assisted Living Residence

								10:00 Exercise with Angelina 10:30 Name That Tempo 1:30 Richard W. Birthday Party 2:30 Afternoon Exercise with Angelina May Day		10:00 Exercise with Abby 10:15 Kentucky Derby Trivia 1:30 Making Mock Mint Juleps 2:30 Movie Matinee: Secretariat 6:00 Kentucky Derby Main Race ch. 3 NBC																													
10:00 Exercise with Abby 10:30 Communion Service with Eucharistic Minister Mark 1:30 "I Got It" Card Game 2:30 Movie Matinee: Going My Way	3	10:00 Exercise with Abby 10:30 Kick-off Walking Challenge! 11:15 Hydration Station on the patio 2:00 Jeopardy with Angelina 3:00 Bingo!	4	10:00 Exercise with Abby 10:30 Manicures 1:30 Spiritual Services in IL 2:30 Cinco De Mayo Snack 3:30 Live Music with John Vona 6:15 Evening Visits with Kaileigh Cinco de Mayo	5	10:00 Mindful Movement with Emily 10:30 Resident Council 11:00 A-Z of Aging Well with Chris Norman 2:00 Walk Along Campus 2:30 Writer's Group in IL 3:00 Happy Hour with Music by The Puma's 6:15 Evening Visits with Angelina	6	10:00 Exercise with Abby 10:30 Brain Games: Cranium Crunches 11:15 Protestant Service in IL Interfaith Chapel 1:30 Bridge Group 2:30 Sing-along with Richard in IL 3:30 Try-it Thursday: Healthy Snack	7	10:00 Exercise with Abby 10:30 Flower Arranging 11:15 Patio Chats 1:15 Sit and Stand Stronger with Tiffany 2:00 Mother's Day Tea Party in the Sunroom	8	10:00 Exercise with Kaileigh 10:30 Communion Service with Eucharistic Minister Mark 1:30 Mom-osas & Music with Kaileigh 2:30 Movie Matinee: St. Marianne Cope Mother's Day National Skilled Nursing Care Week	10	10:00 Exercise with Abby 10:30 Mindfulness and Yoga with Melissa 1:30 The Importance of True Stories by Sean Kirst 2:15 Nottingham Better Breathers Club in IL 3:00 Bingo! With Abby	11	10:00 Exercise with Abby 10:30 Outing: St. Marianne Cope Museum 1:30 Spiritual Services in IL 2:30 Manicures with Abby and Abel 3:30 Live Music with The Puma's 6:15 Evening Visits with Kaileigh	12	10:00 Mindful Movement with Emily 10:30 Po-ke-No with Abby 2:00 Outdoor stroll 3:00 Happy Hour with Music by the Lil' Jazz Trio 6:15 Evening Visits with Angelina	13	10:00 Exercise with Abby 10:30 To a "T" Word Game 11:15 Mass of the Ascension in IL 12:30 Jamesville-Dewitt Library Visit 1:00 Massages with Donna, LMT 1:30 Bridge Group 2:00 Try-It Thursday: Healthy Snack and Hydration 3:00 Prayer Group with Betsy	14	10:00 Exercise with Abby 10:30 Penny-ante on the patio 12:00 Pizza Party Lunch on the patio (weather permitting) 1:30 Sit and Stand Stronger with Tiffany 3:00 Name that Tune on the patio Armed Forces Day	15	10:00 Exercise with Angelina 10:30 Communion Service with Eucharistic Minister Mark 1:30 Puzzles and pondering 2:30 Movie Matinee: The Lovebug	17	10:00 Exercise with Abby 10:30 Gardening Club: Move our plants outside! 2:00 Outdoor stroll with Angelina 3:00 Bingo! With Abby Victoria Day (Canada)	18	10:00 Mindful Movement with Emily 10:30 "I Got It" with Abby 2:00 Fashion Show Prep: picking out outfits 3:00 Housewarming in IL-no Live Music 6:15 Evening Visits with Angelina	20	10:00 Exercise with Shannon 10:30 Name That Tune with Shannon 1:30 Sit and Stand Stronger with Tiffany 2:15 Women's Group with Shannon	22	10:00 Exercise with Abby 10:30 Healthy Living Series with Angelina 12:00 May Birthday Luncheon 1:30 Bridge Group 2:30 Try-it Thursday: Healthy Snack and Chat with Kim Vespi, Clinical Dietitian 3:15 EZ Short Stories Shavuot Begins	21	10:00 Exercise with Abby 10:30 Rummikub Tile Game 1:30 Sit and Stand Stronger with Tiffany 3:00 Bingo! On the Patio!	29	10:00 Exercise with Abby 10:30 Communion Service with Eucharistic Minister Mark 1:30 Spin And Think 2:30 Movie Matinee: Mamma Mia: Here We Go Again	31	Questions or Suggestions? Contact Abby Loisel, CTRS (315) 413-3596 aloiselle@lorettosystem.org Or Angelina Roberts, Recreation Specialist (315) 445- 9294 aroberts@lorettosystem.org	
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Happy Older American's Month!
"Champion Your Health"