

The Nottingham Assisted Living Residence

Weekly Telegraph
May 18th- 24th, 2026

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Abigail Loiselle, Recreation Therapist

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Angelina Roberts, Recreation Specialist

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- Calender of Events
- Upcoming Attractions
- Birthdays
- Special Announcements
- Menus

<p style="text-align: center;">Monday May 18th, 2026</p>	<p style="text-align: center;">Tuesday May 19th, 2026</p>	<p style="text-align: center;">Wednesday May 20th, 2026</p>
<p>10:00am Exercise with Abby CR</p> <p>10:30am Gardening Club with Abby- Making Garden Signs and Moving our plants outside!</p> <p>2:00pm Outdoor Stroll with Angelina Meet in the CR</p> <p>3:00pm Bingo with Abby CR</p>	<p>10:00am Exercise with Abby CR</p> <p>11:00am <u>JDMS Visit: Conversations and Bingo!</u> CR</p> <p>1:30pm <u>Spiritual Services</u> for all IL Interfaith Chapel- D-wing.</p> <p>2:00pm <u>Move Along CNY: Adaptive Bikes</u> Outside!</p> <p>3:30pm <u>Live Music by Jerry Cali</u> CR</p> <p>6:15pm Evening Visits with Kaileigh CR</p>	<p>10:00am Mindful Movement with Emily CR</p> <p>10:30am “I Got it” with Abby CR</p> <p>2:00pm Fashion Show Prep and Manicures with Abby and Angelina CR</p> <p>3:00pm <u>IL Housewarming- no live music</u> IL TV Room</p> <p>6:15pm Evening Visits with Angelina CR</p> <p style="text-align: center;">~Happy Birthday Jan M.! ~</p>

Location Key:

- CR= Community Room**
- AR= Arts and Crafts Room**
- SR= Sunroom**
- IL= Independent Living**
- Patio**

Programs are subject to change. Please see the whiteboard across from the dining room for accurate daily schedules.

Thursday May 21st, 2026	Friday May 22nd, 2026	Saturday May 23rd, 2026			
<p>10:00am Exercise with Angelina CR</p> <p>10:30am Healthy Living Series with Angelina CR</p> <p>12:00pm May Birthday Luncheon IL Clubhouse</p> <p>1:30pm Bridge Group AR</p> <p>2:00pm Try-it Thursday: and presentation by Kim Vespi, Nottingham Clinical Dietitian CR</p> <p>3:15pm EZ Short Stories with Angelina CR</p>	<p>10:00am Exercise with Angelina CR</p> <p>10:30am Name that Tune with Angelina CR</p> <p>1:30pm Sit and Stand Stronger Exercise with Tiffany CR</p> <p>2:15pm Women’s Group with Angelina AR</p> <p>3:00pm <u>Educators Appreciation Social</u> IL Clubhouse</p>	<p>10:00am Exercise with Abby CR</p> <p>10:15am Memorial Day Trivia CR</p> <p>1:30pm Ice Cream Social and Tunes Patio</p> <p>2:30pm Movie Matinee: <i>Top Gun: Maverick</i> CR</p> <tr> <td colspan="3" data-bbox="1381 812 2062 933" style="text-align: center;"> Sunday May 24th, 2026 </td> </tr> <p>10:00am Exercise with Abby CR</p> <p>10:30am <u>Communion Service with Eucharistic Minister Mark</u> CR</p> <p>1:30pm Patriotic Sing along CR</p> <p>2:30pm Movie Matinee: <i>Good Morning, Vietnam</i> CR</p>	Sunday May 24th, 2026		
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