

The Nottingham Assisted Living Residence

October



Weekly Telegraph

September 28th - October 4th, 2026

Shannon Loughlin, Director of Life Enrichment

315-413-3903

Abigail Loiselle, Recreation Therapist

315-413-3596

Angelina Roberts, Recreation Specialist

315-413-3127

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

Monday September 28th, 2026	Tuesday September 29th, 2026	Wednesday September 30th, 2026
10:00am Exercise with Angelina CR 10:30am Group Crossword CR 2:00pm Bingo! 3:00pm <u>Live Music by Blair Frodelius</u> CR	10:00am Exercise with Abby CR 10:30am Manicures CR 1:30pm <u>Spiritual Services in</u> IL <u>Interfaith Chapel *meet Abby to attend*</u> 2:30pm Oktoberfest Social! CR 6:15 Evening Program with Kaileigh	10:00am Mindful Movement with Emily CR 11:00am <u>Lunch Outing: Vito's Italian Restaurant</u> 2:30pm <u>Writer's Group with Professor Schell</u> IL TV Room 3:00pm Oktoberfest themed <u>Happy Hour with Accordion Music by Fred Sherz</u> IL Clubhouse 6:15pm Evening Program with Angelina

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 October 1 st , 2026	Friday October 2 nd , 2026	Saturday October 3 rd , 2026
10:00am Exercise with Angelina CR 10:30am “Art Throb Club” Daily Art Craft 11:00am <u>Healthy Living Series: Select Rehab with Nicole</u> CR 11:15am <u>Protestant Service in IL</u> * attend independently* 2:00pm Jeopardy! CR 3:00pm Whiteboard Games with Angelina 6:15pm Rummikub with Abby	10:00am Exercise with Abby CR 10:30am “ I Got It” Card Game CR 11:15am Yoga with Tiffany CR 1:30pm Friday Fun with Tiffany! CR 2:00pm <u>ALR Fall Festival!</u> CR “Shop” at our farmers market, play games, and kick-off fall!!	10:00am Exercise with Abby CR 10:30am Who Am I? Trivia 12:00 SU Football vs. UCONN (Ch. 315) 1:30pm “I Got It” Card Game 2:30pm Movie Matinee: <i>Rocky</i> CR
		Sunday October 4 th , 2026
		10:00am Exercise with Abby CR 10:30am <u>Communion Service with Eucharistic Minister Mark</u> CR 1:30pm Weekend Bingo! CR 2:30pm Movie Matinee: <i>Rocky</i> //