



The Nottingham Telegraph

**January 10th, 2022 to
January 16th, 2022**

Stay Cool



Wear Your Mask

Assisted Living Residence
Questions? Comments?

Camille Blumberg, CTRS:

315-413-3127

Andrew Katko, CTRS:

315-413-3596



PLEASE wear your mask over
your nose and mouth anytime
you're outside of your room!
Including when you're at **ALL**
recreation programs! Let's
keep ourselves and our
neighbors safe!!

Please Wear a Face Mask Properly



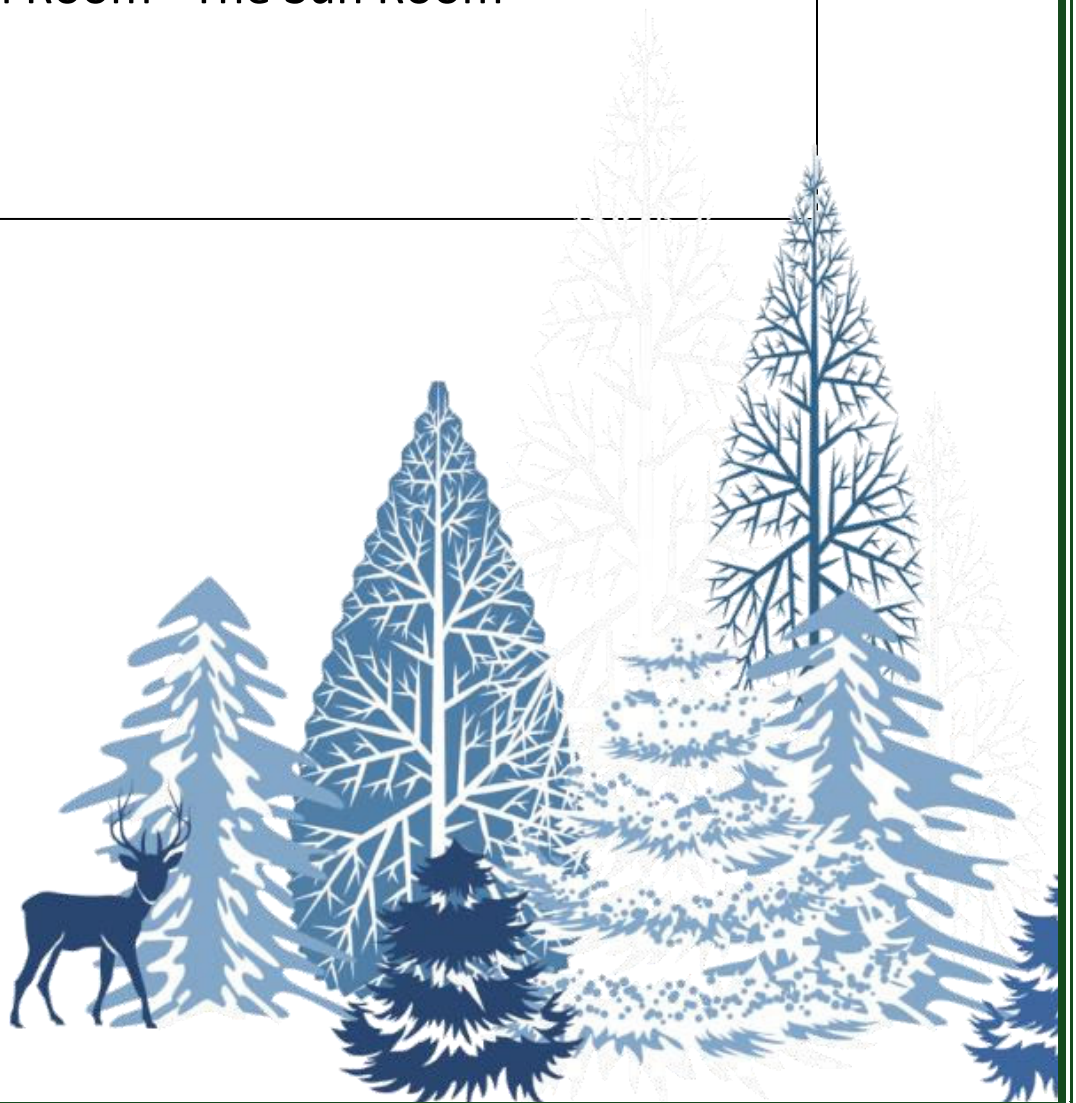
Program Location Name Change!

The TV Room= The Community Room

The Fish Room= The Family Room

The Corner Room= The Arts & Crafts Room

The Sun Room= The Sun Room



Monday January 10th, 2022

PLEASE WEAR YOUR MASK!

Daily updates will be adjusted on the whiteboard across from the dining room!

Welcome our New Recreation Specialist, Jade!

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Exercise with Cammy in the Community Room

10:30 Bowling with Cammy in the Community Room

PLEASE WEAR YOUR MASK!

12:00 Lunch

2:00 Nails, Massages & Piano Notes with Cammy & Donna in the TV Room

5:00 Dinner

7:00 "Pitch Perfect" Movie Showing in the Family Room



PLEASE WEAR YOUR MASK!

Tuesday, January 11th, 2022

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 January Jeopardy with Cammy in the Community Room

12:00 Lunch

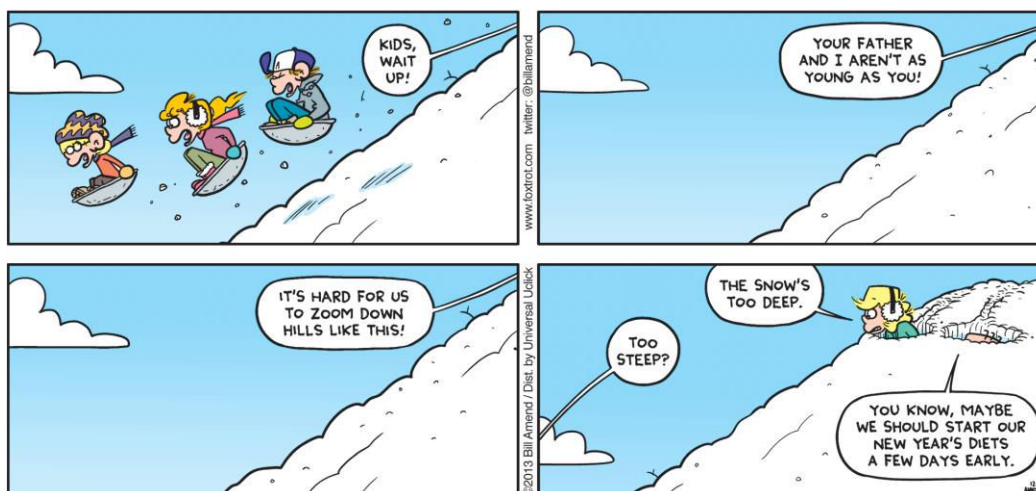
1:30 Ecumenical Services in the upstairs Independent TV Meeting Room (meet at 1:00 in the Assisted Living Community Room)

3:00 Listening to Elvis Oldies with Cammy in the Community Room

5:00 Dinner

7:00 Syracuse University Men take on Pittsburg (ESPNU Network, Ch.370) in the Community Room

PLEASE WEAR YOUR MASK!



Wednesday, January 12th, 2022

8:00 Breakfast

9:15 Morning Rosary with Joe in the Family Room

10:00 Exercise with Cammy in the Community Room

10:30 Dining Committee with Jim, Alice & Beth in the Community Room

12:00 Lunch

2:30 Howie Bartolo flautist performance in the Community Room

3:30 Flower Arranging with Cammy in the Sun Room

5:00 Dinner

PLEASE WEAR YOUR MASK!



Thursday, January 13th, 2022

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Boggle with Andrew in the Community Room

11:00 James Dewitt Library visit with Kara in the Family Room (bring books you borrowed last month)

PLEASE WEAR YOUR MASK!

12:00 Lunch

2:30 Arm Chair Travels with Kara in the Community Room

3:30 Penny Pitch with Andrew in the Community Room

PLEASE WEAR YOUR MASK!

5:00 Dinner



Friday, January 14th, 2022

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Exercise with Andrew in the Community Room

10:30 Trivia with Andrew in the Community Room

12:00 Lunch

2:30 Balloon Tennis with Andrew in the Community Room

3:30 Bingo with Andrew in the Community Room

5:00 Dinner

PLEASE WEAR YOUR MASK!



Saturday, January 15th, 2022

8:00 Breakfast

9:45 Exercise with Cammy in the Community Room

12:00 Lunch

1:30 UNO with Cammy in the Community Room

3:00 Syracuse University Men take on Florida State
on ESPN Network (ch.370) in the Community Room

5:00 Dinner

PLEASE WEAR YOUR MASK!

Sunday January 16th, 2022

8:00 Breakfast

11:00 Catholic Mass with the Syracuse Diocese Priests in
the Independent Living TV Meeting room (Meet at 10:15
in the Assisted Living Community Room to walk upstairs
with Cammy)

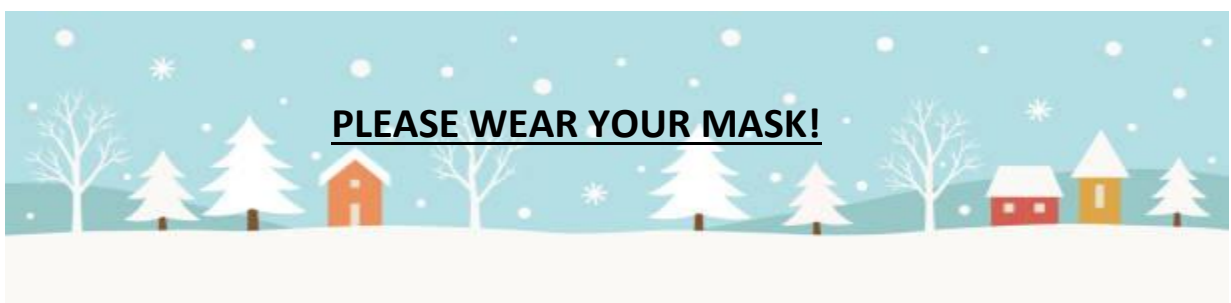
PLEASE WEAR YOUR MASK!

12:00 Lunch

1:30 Bean Bag Target Practice with Cammy in the
Community Room

5:00 Dinner

PLEASE WEAR YOUR MASK!



Holy Rosary

After breakfast join Joe
Monday/Wednesday/Friday's at 9:15 in
the Fish Room to say a few prayers! All
you need are your rosary beads and
yourself! All are welcome:)

