



The Nottingham Telegraph **January 15th, 2024 to January 21st, 2024**

Assisted Living Residence
Questions? Comments?

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Recreation Specialist:
315-413-3127



WINTER WORD SEARCH

D Y P P H S N H R N V S U O G E U A
 D R W Q B O S E B C B C Y S I Q O E
 U A V Q D K T A W N G A D K E P H X
 B U U S G D R N V O G R K I Q H Z P
 S R X F N K I K C Q Y F Q I J Q M T
 X B B R I O S R I H M E K N E H E K
 O E T O T Z W C M D O E A G K K K M
 G F A S A Z H M X R R C A R C D K O
 J W O T K I Y B A A G Q O A V U V O
 K Y C B S C K L U N I K J L P J H L
 X R C I H I B E R N A T E Y A T G G
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 B N T Q I E O M E T V N F C T G L M
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 E C O L D V I R U M I T T E N S X N
 D L I Y E Q C H L P N N T C B G Q I
 H S L O L W E C F D S R W P M U Z W

CHILLY
 CHRISTMAS
 COAT
 COLD
 DECEMBER
 FEBRUARY

FLURRIES
 FREEZE
 FROSTBITE
 HIBERNATE
 HOT CHOCOLATE
 ICE SKATING

ICICLE
 IGLOO
 JACKET
 JANUARY
 MITTENS
 NEW YEAR

SCARF
 SKIING
 SLEIGH
 SNOWMAN
 SOLSTICE
 WINTER

PLEASE wear your mask over
your nose and mouth anytime
you are outside of your room
inside the building! Including
when you are at **ALL**
recreation programs!
(10-15 person max).

Let's keep ourselves and our
neighbors safe!!

Please Wear a Face Mask Properly



Monday January 15th, 2024

Martin Luther King Jr. Day

8:00 Breakfast

9:45 Exercise with Jade in the Community Room

10:15 KING Categories with Jade in the Community Room

12:00 Lunch

2:00 Vocal Performance by Jilissa Vellake in Memory Care (meet Jade at 1:30 in the Sun Room to walk over)

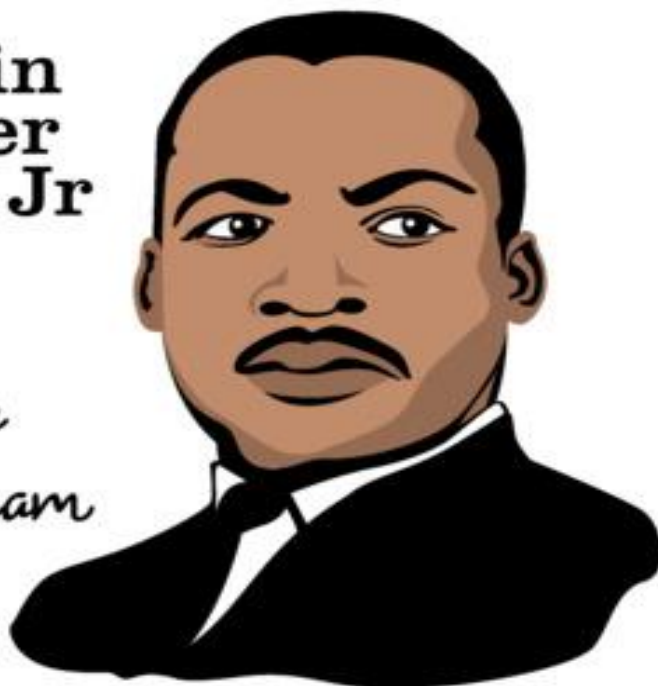
3:30 Movie Matinee in the Community Room

5:00 Dinner

6:00 News Hour in the Community Room

**Martin
Luther
King Jr**

*I Have
a Dream*



Tuesday January 16th, 2024

8:00 Breakfast

10:00 Exercise with Sarah in the Community Room

10:30 Manicures with Sarah in the Sun Room

12:00 Lunch

1:30 Ecumenical Services in the IL TV Meeting Room (Meet Sarah in ALR Community Room at 1:15)

3:30 Musical Performance with The Cadley's in the Community Room

5:00 Dinner

7:30 Musical Performance by Sentimental Serenade in the IL TV Meeting Room (Must attend independently)

~NO EVENING PROGRAM~



Wednesday, January 17th, 2024

8:00 Breakfast

10:00 Mindful Movement with Emily in the Community Room

10:30 Jeopardy with Sarah in the Community Room

12:00 Lunch

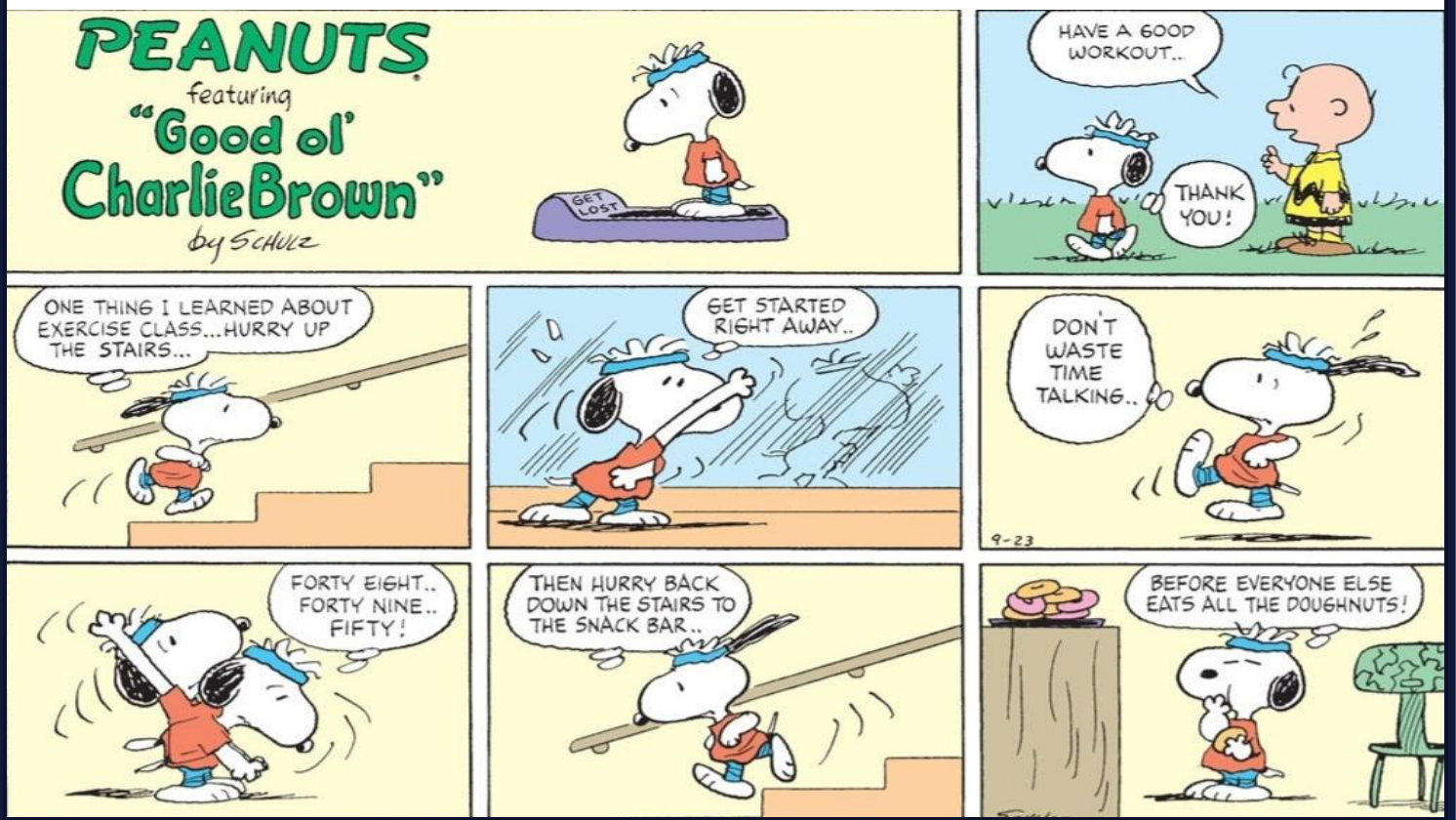
2:00 Snow Ball Bucket Toss with Sarah in the Sun Room

2:30 Resident Council in the Community Room

3:00 Scattergories with Sarah in the Sun Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner



Thursday January 18th, 2024

8:00 Breakfast

10:00 Exercise with Sarah in the Community Room

10:30 Word Games with Sarah in the Community Room

12:00 Lunch

12:00 January Birthday Luncheon in the Clubhouse
(For January Birthdays only) (Sarah will assist residents)

2:30 EZ Trivia with Sarah in the Community Room

5:00 Dinner



Friday January 19th, 2024

8:00 Breakfast

10:00 Exercise with Sarah in the Community Room

10:30 Winter Crafts with Sarah in the Sun Room

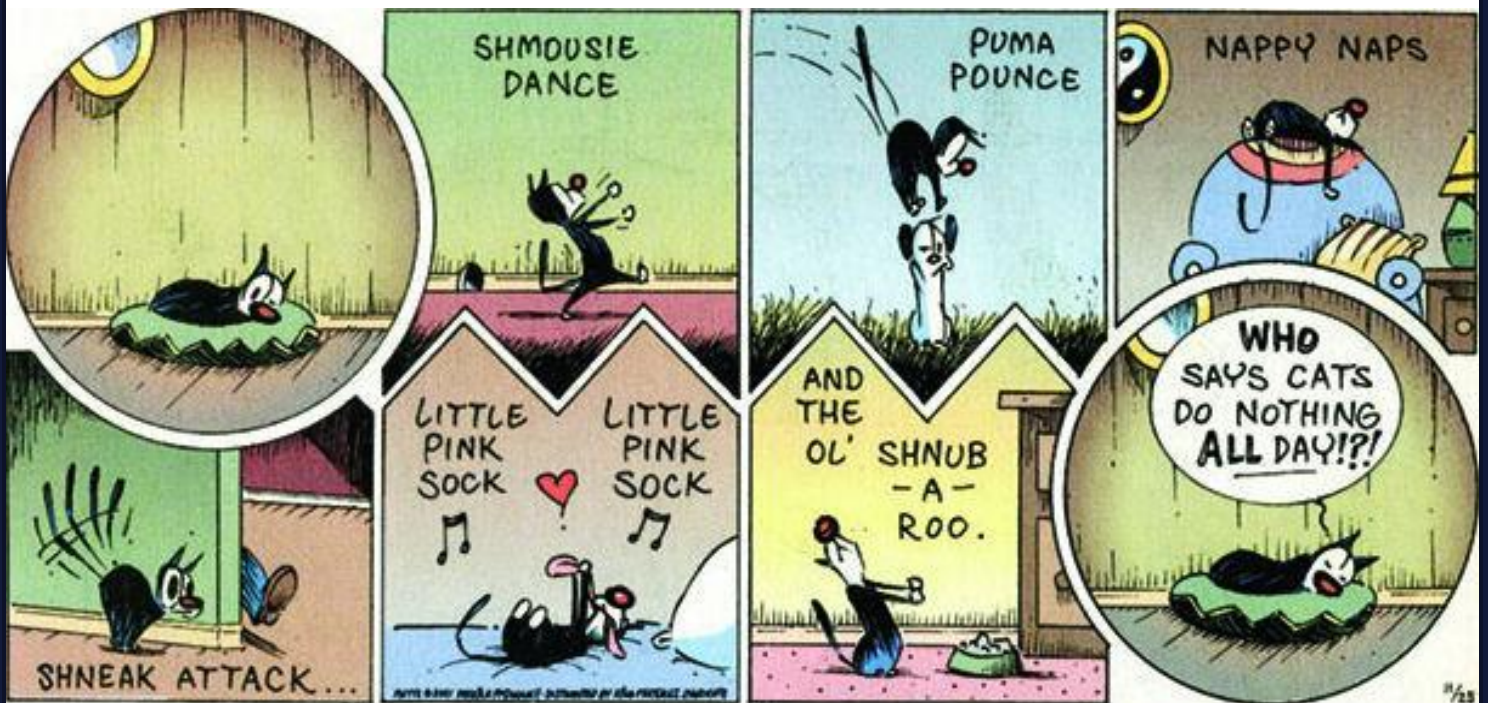
12:00 Lunch

2:00 Bocce with Sarah in the Sun Room

3:00 Guess Who with Sarah in the Sun Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner



Saturday January 20th, 2024

8:00 Breakfast

10:00 Independent Word Searches & Coloring in the Sun Room

12:00 Lunch

5:00 Dinner

6:00 News Hour in the Community Room

Sunday January 21st, 2024

8:00 Breakfast

9:45 Exercise with Jade in the Community Room

10:30 Sunday Service with Deacon Ralph in the Community Room

11:00 Catholic Mass with the Catholic Diocese Priests in the IL TV Room **(must Independently attend)**

12:00 Lunch

1:30 Jeopardy with Jade in the Community Room

2:30 Movie Matinee in the Community Room

5:00 Dinner

6:00 News Hour in the Community Room

Holy Rosary

Before dinner join Joe
Monday/Wednesday/Friday's at 4:15pm
in the Family Room to say a few prayers!
All you need is yourself! All are welcome:)

