



The Nottingham Telegraph

**January 16th, 2023 to
January 22nd, 2023**

Assisted Living Residence

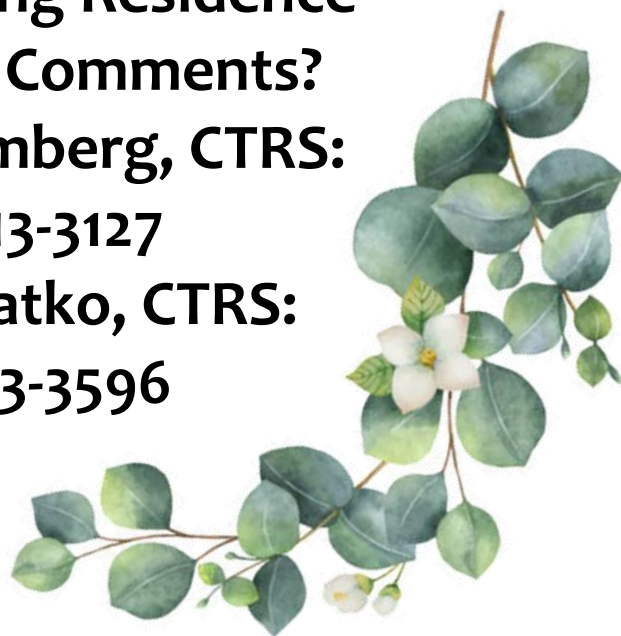
Questions? Comments?

Cammy Blumberg, CTRS:

315-413-3127

Andrew Katko, CTRS:

315-413-3596



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! Let's keep ourselves and our neighbors safe!!

Please Wear a Face Mask Properly



Monday January 16th, 2023

~Martin Luther King Jr. Day~

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

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Memorial to MLK with Andrew in the Community Room

12:00 Lunch

2:00 Water Pong & Trivia Mash up with Andrew in the Sun Room

3:00 Presentation by Brian Taylor- Syracuse University Professor on "Russia with a focus on the Ukraine War" in IL (Meet at 2:45 in the Community Room to walk up)

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

~No Evening Programs~

I have decided
to stick with love.
Hate is too great a
burden to bear.

- Martin Luther King Jr.



Tuesday January 17th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Manicures & Piano Notes with Cammy & Donna in the Community Room

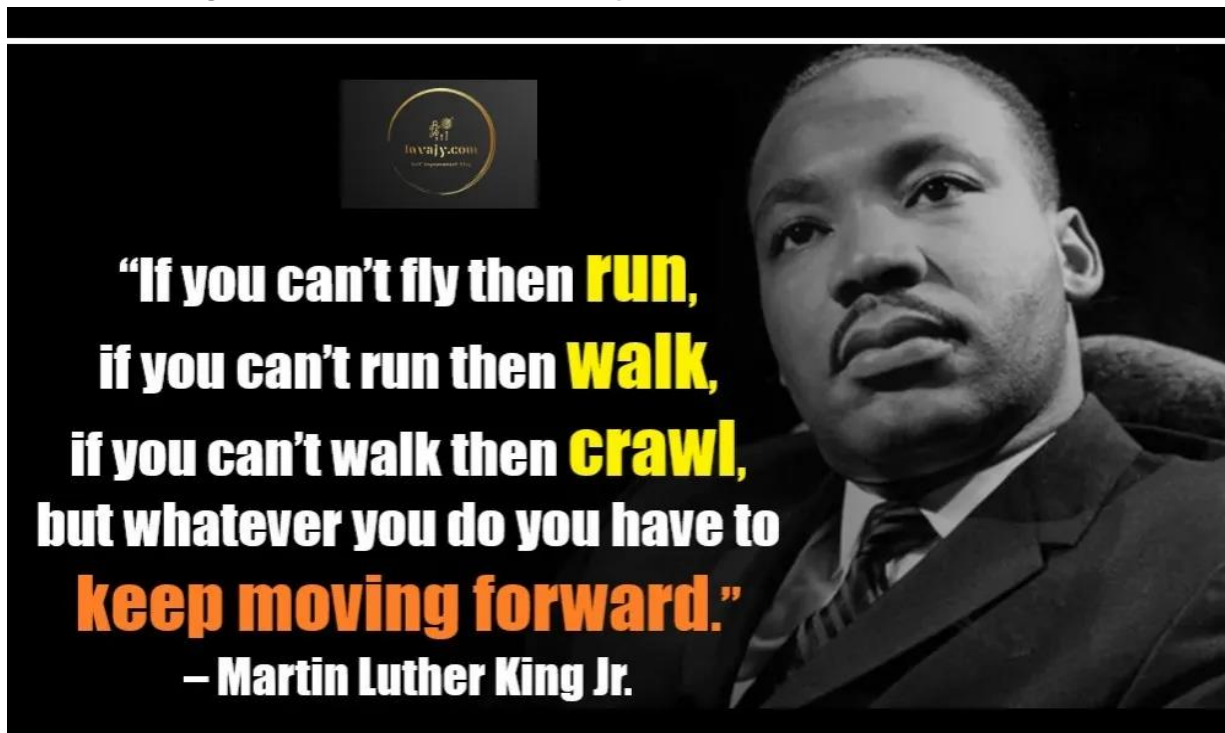
12:00 Lunch

1:30 Ecumenical Service in IL TV Room (Meet at 1:15 in the Community Room to walk up)

3:00 Pirate Booty Dice Game with Cammy in the Arts & Crafts Room

5:00 Dinner

7:30 Steve Daniels; Saxophone & Zach Knewstub; Piano in IL (Meet at 7:15 in the Community Room to walk upstairs with staff)



Wednesday, January 18th, 2023

8:00 Breakfast

10:00 Mindful Movement with Emily in the Community Room

10:30 Magazine Scavenger Hunt with Cammy in the Community Room

12:00 Lunch

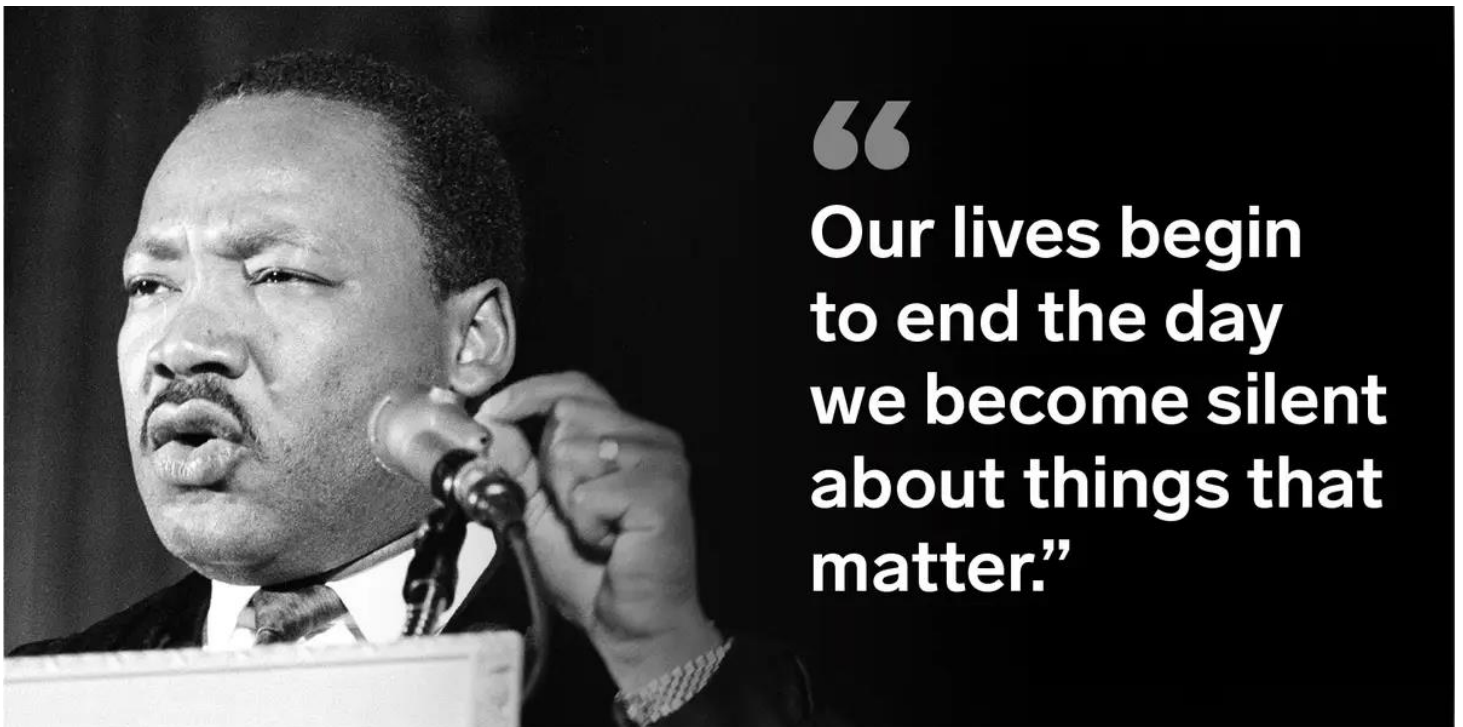
2:30 Resident Council in the Community Room

3:30 Winter Bingo with Cammy in the Community Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

~No Evening Programs~



**“
Our lives begin
to end the day
we become silent
about things that
matter.”**

Thursday, January 19th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

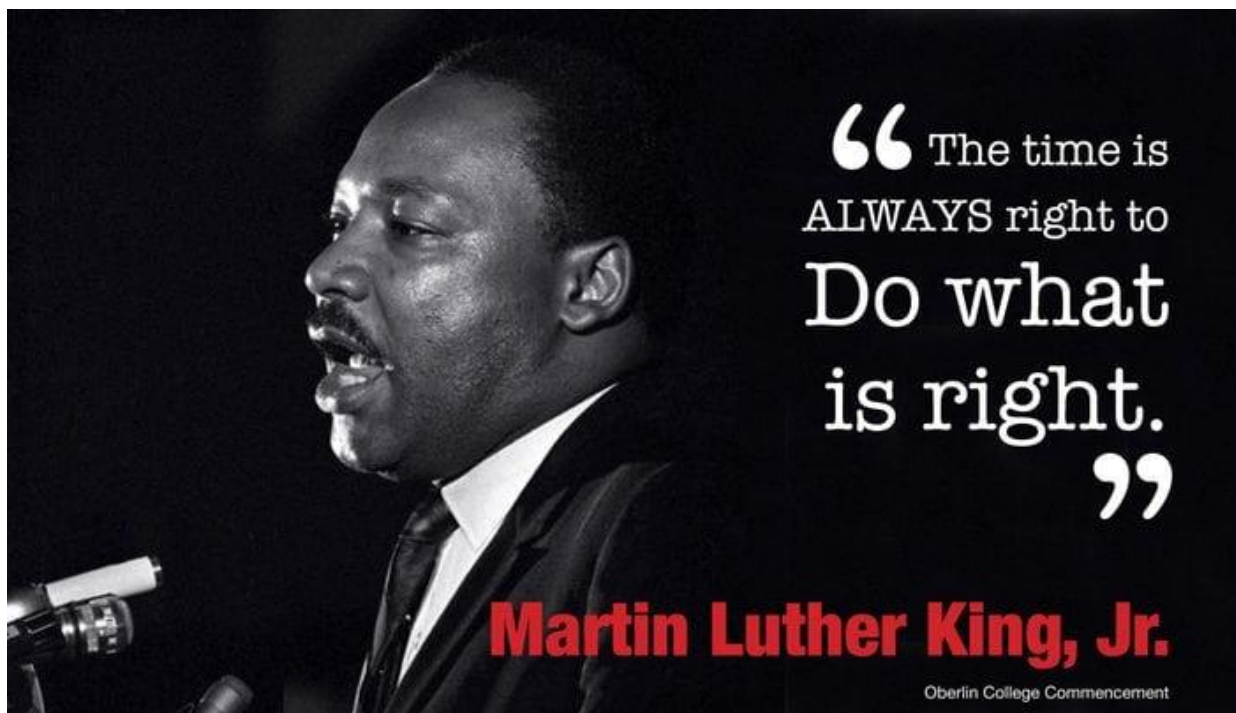
10:30 Snowball Pong with Cammy in the Community Room

12:00 Lunch

2:30 Reminiscing and Tea with Cammy in the Arts & Crafts Room

3:30 Mike Burns Piano Performace in the Community Room

5:00 Dinner



Friday, January 20th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Baking Cupcakes with Cammy in the Arts & Crafts Room

12:00 Lunch

2:30 December & January Birthday Social with Cammy in the Community Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

**“Love
is the only force
capable of
transforming an
enemy into
friend.”**

Martin Luther King Jr.



@socialmedia

Martin Luther King Jr.

Saturday, January 21th, 2023

8:00 Breakfast

9:45 Exercise with Andrew in Community Room

12:00 Lunch

1:30 Balloon Volley with Andrew in Community Room

2:30 Afternoon Movie Matinee in the Community Room

5:00 Dinner

PLEASE WEAR YOUR MASK!

Sunday January 22nd, 2023

8:00 Breakfast

11:00 Catholic Mass with the Catholic Diocese Priests in the Independent Living TV Meeting room(Meet at 10:30 to in the Community Room to walk upstairs)

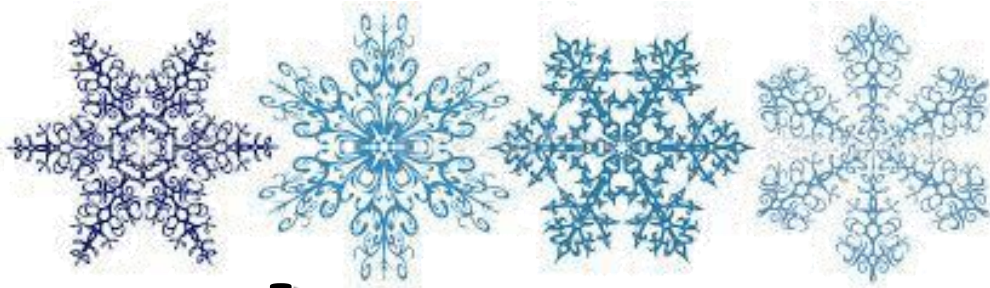
12:00 Lunch

1:30 Exercise with Andrew in the Community Room

2:00 Word Mining with Andrew in the Community Room

2:30 Movie Matinee in the Community Room

5:00 Dinner



Holy Rosary

After Dinner join Joe
Monday/Wednesday/Friday's at 4:15pm
in the Family Room to say a few prayers!
All you need are your rosary beads and
yourself! All are welcome:)

