



The Nottingham Telegraph

**January 17th, 2022 to
January 23rd, 2022**

Assisted Living Residence
Questions? Comments?

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JANUARY

The word "JANUARY" is written in a large, bold, dark blue font with a pattern of small white snowflakes inside the letters. It is surrounded by several light blue snowflake graphics of various sizes.

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



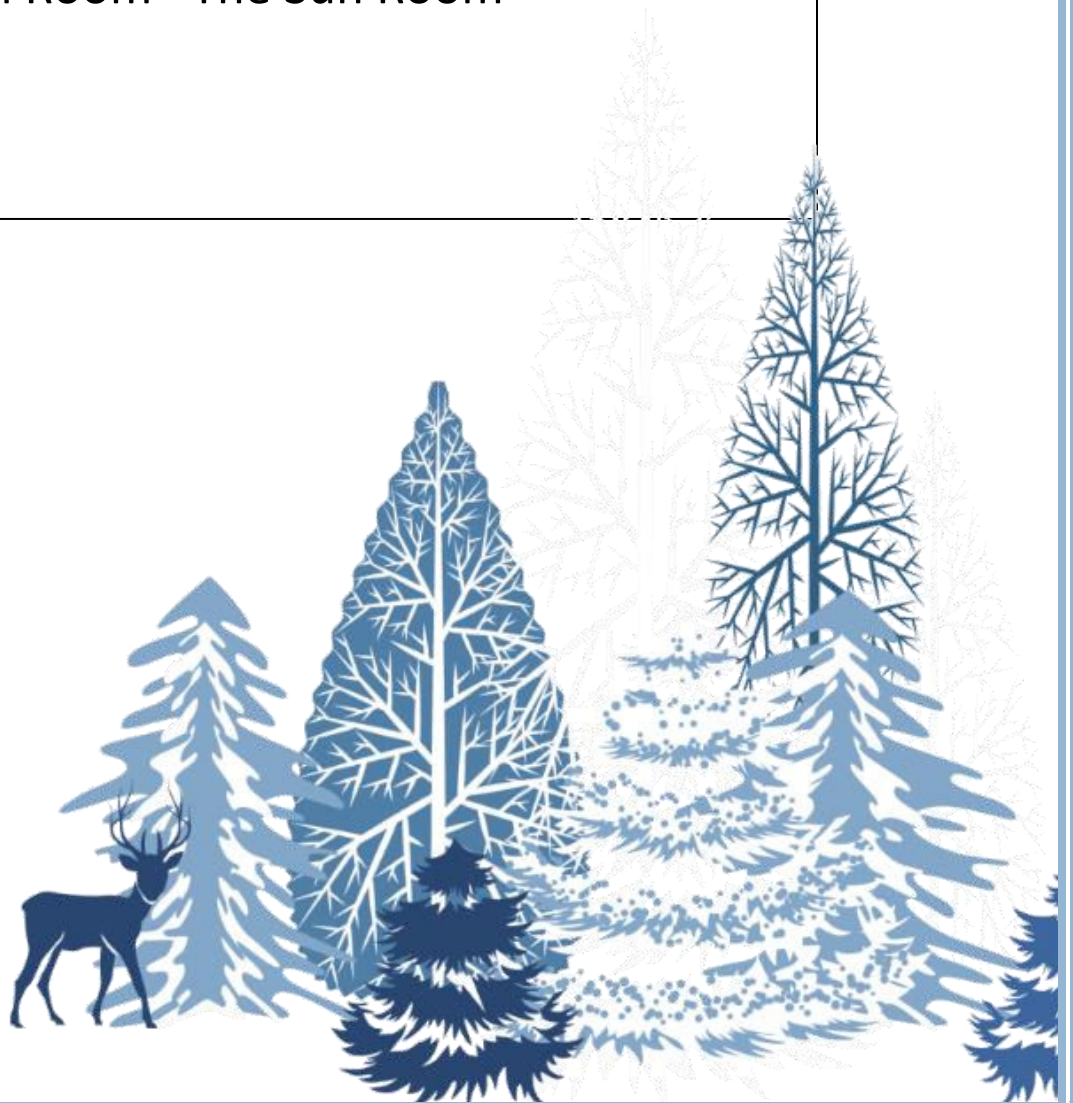
Program Location Name Change!

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 17th, 2022

PLEASE WEAR YOUR MASK!

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

Happy Martin Luther King Jr. Day!

Welcome 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 Honoring Martin Luther King Jr. with Cammy in the Community Room

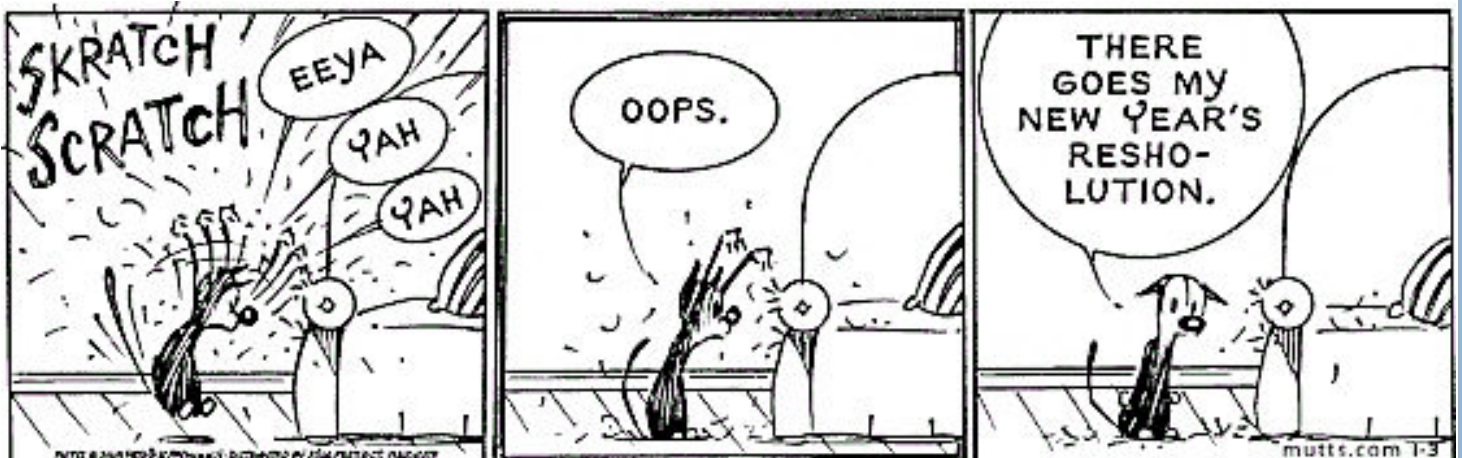
12:00 Lunch

PLEASE WEAR YOUR MASK!

1:15 Ladder Ball with Jess in the Community Room

2:30 Blaire Frodeulius Singing Performance in the Community Room

5:00 Dinner



PLEASE WEAR YOUR MASK!

Tuesday, January 18th, 2022

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Can you picture this? 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 if interested)

3:00 Category Puzzle with Cammy in the Community Room

PLEASE WEAR YOUR MASK!

5:00 Dinner

7:00 History & Cultural Presentation in the Independent Living TV Meeting Room (Meet in the Assisted Living Community Room to walk up with Shannon & Jade @6:30)

9:00 Syracuse University Men take on Clemson (ACC Network, Ch.388) in the Community Room



Wednesday, January 19th, 2022

8:00 Breakfast

9:15 Morning Rosary with Joe in the Family Room

10:00 Exercise with Shannon in the Community Room

10:30 Morning Manicures & Piano Notes with Shannon & Donna in the Community/family Room

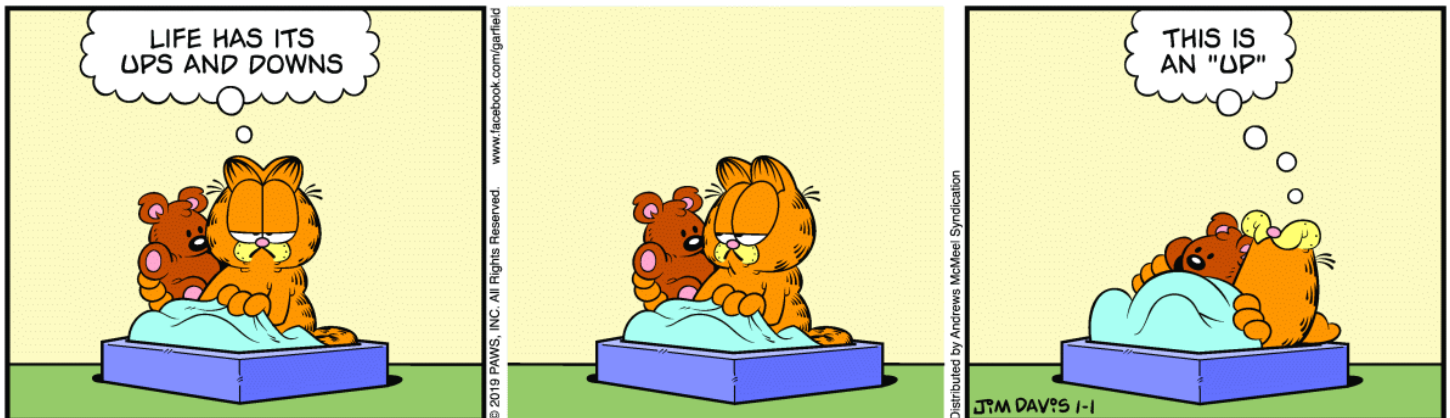
12:00 Lunch

1:15 Word Mining with Jess in the Community Room

2:30 Resident Council Meeting in the Community Room (All encouraged to attend)

5:00 Dinner

PLEASE WEAR YOUR MASK!



Thursday, January 20th, 2022

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Reminscing with Cammy in the Community Room

PLEASE WEAR YOUR MASK!

12:00 Lunch

2:00 Drum circle with Jimbo in the Sun Room

3:30 Bingo with Cammy in the Sun Room

5:00 Dinner



PLEASE WEAR YOUR MASK!

Friday, January 21st, 2022

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Exercise with Cammy in the Community Room

10:30 Wheel of Fortune with Cammy in the Community Room

12:00 Lunch

2:30 Buffalo Chips Acapella Concert in the Memory Care Facility (Meet in the Assisted Living Sun Room at 2:00 if interested)

3:30 Frank Sinatra's Best Hits with Cammy in the Community Room

5:00 Dinner

PLEASE WEAR YOUR MASK!



Saturday, January 22nd, 2022

8:00 Breakfast

9:45 Exercise with Shannon in the Community Room

12:00 Lunch

12:00 Syracuse University Men take on Duke on ESPN Network (ch.370) in the Community Room

1:30 Poker with Shannon in the Community Room

5:00 Dinner

PLEASE WEAR YOUR MASK!

Sunday January 23rd, 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 Shannon)

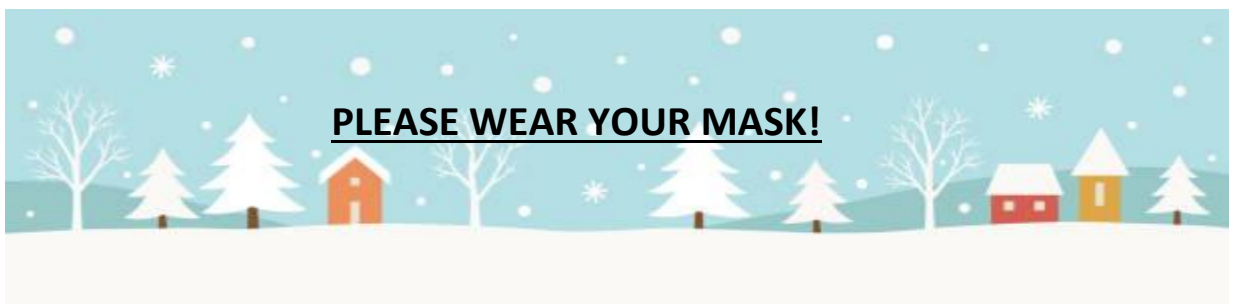
PLEASE WEAR YOUR MASK!

12:00 Lunch

1:30 Games with Shannon 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:)

