



# The Nottingham Telegraph

**October 3<sup>rd</sup>, 2022 to  
October 9<sup>th</sup>, 2022**

Assisted Living Residence  
Questions? Comments?  
Camille Blumberg, CTRS:  
315-413-3127



**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 October 3<sup>rd</sup>, 2022**

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

**8:00 Breakfast**

**9:15 Holy Rosary with Joe in the Family Room**

**10:00 Exercise with Andrew in the Community Room**

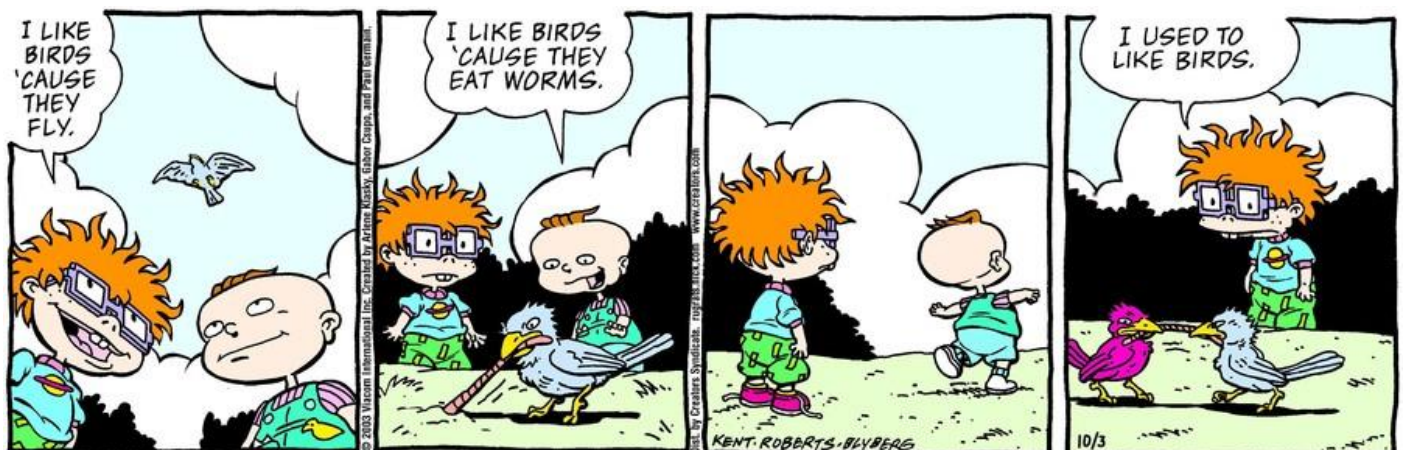
**10:30 Southern Road Trip Travelogue with Andrew in the Community Room**

**12:00 Lunch**

**2:30 Mini Golf with Andrew in the Community Room**

**3:30 Bingo with Andrew in the Arts & Crafts Room**

**5:00 Dinner**



**Tuesday October 4<sup>th</sup>, 2022**

**8:00 Breakfast**

**10:00 QiGong (Slow moving stretching) with Katrin in the Community Room**

**10:30 Fall Poems with Andrew in the Community Room**

**12:00 Lunch**

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

**3:30 Blair Frodelius Vocal Performance in the Community Room**

**5:00 Dinner**

**7:30 Piano Concert in IL TV Meeting Room (Meet at 7:15 to walk over with Jade)**





**Wednesday, October 5<sup>th</sup>, 2022**

**8:00 Breakfast**

**9:15 Holy Rosary with Joe in the Family Room**

**10:00 Mindful Movement with Emily from SelectRehab in the Community Room**

**10:30 Sing-a-long with Andrew in the Community Room**

**11:00 Dining Committee in the Community Room**

**12:00 Lunch**

**2:30 Penny Pitch with Andrew in the Sun Room**

**3:30 Mad Libs with Andrew in the Sun Room**

**5:00 Dinner**

**7:15 Black Jack with Andrew in the Arts & Crafts Room**



**Thursday, October 6<sup>th</sup>, 2022**



## **Happy Birthday Sewell!**

**8:00 Breakfast**

**10:00 Exercise with Shannon in the  
Community Room**

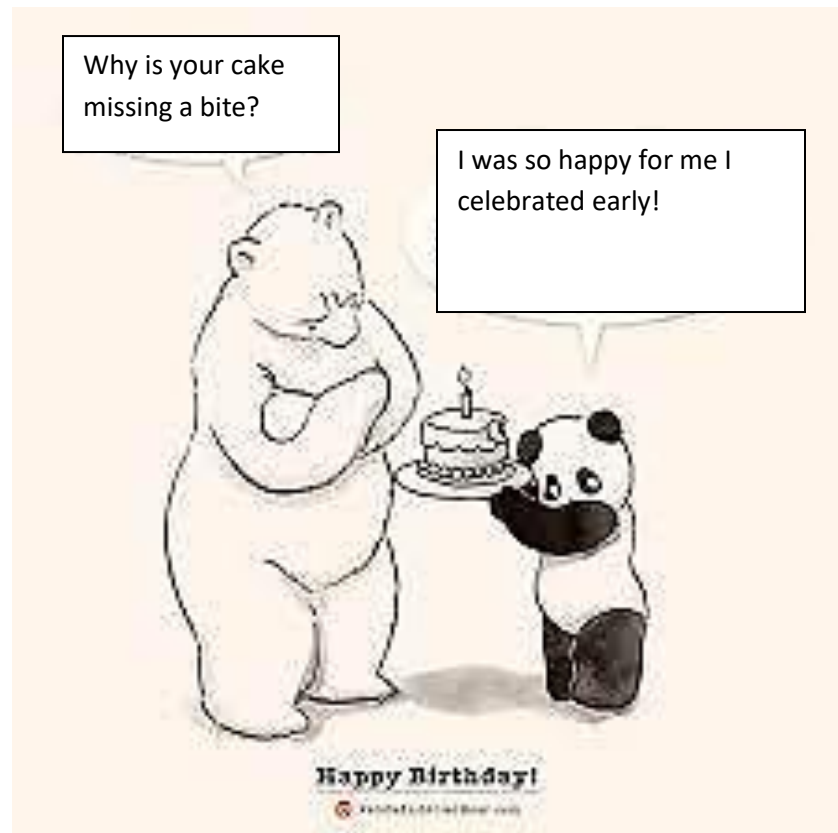
**10:30 Ladder Ball with Shannon in the  
Community Room**

**12:00 Lunch**

**2:30 Word Games with Shannon in the  
Community Room**

**3:30 Stretch & Talk with Shannon in the Sun  
Room**

**5:00 Dinner**



**Friday, October 7<sup>th</sup>, 2022**

**8:00 Breakfast**

**9:15 Holy Rosary with Joe in the Family Room**

**10:00 Exercise with Shannon in the  
Community Room**

**10:30 Famous October Birthdays with  
Shannon in the Community Room**

**12:00 Lunch**

**2:30 October Birthday Social with Shannon in  
the Community Room**

**5:00 Dinner**

mutts



Patrick McDonnell



**Saturday, October 8<sup>th</sup>, 2022**

**Happy Birthday Paul!**

**8:00 Breakfast**

**9:45 Exercise with Andrew in the Community Room**

**1:30 Balloon Tennis with Andrew in the Community Room**

**2:30 Guest Speaker in the IL TV Room "My Dearest Darling"- Author Lisa Franco shares 150 love letters she found inside a piece of furniture she bought at a thrift store.**

**2:30 Movie Matinee in the Community Room**

**5:00 Dinner**

**PLEASE WEAR YOUR MASK!**

**Sunday October 9<sup>th</sup>, 2022**

**8:00 Breakfast**

**11:00 Catholic Mass with the Catholic Diocese Priests in the Independent Living TV Meeting room (Meet Recreation Staff at 10:30 in the Assisted Living Community Room if interested)**

**12:00 Lunch**

**1:30 Exercise with Andrew in the Community Room**

**2:30 Movie Matinee in the Community Room**

**5:00 Dinner**





# 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:)

