

Assisted Living Residence Weekly Telegraph

December 1st - 7th, 2025











The Nottingham Channel 1340

A publication for Residents and
Employees

- Calendar of Events
- Coming attractions
- Special announcements
- Birthdays

Shannon Loughlin, Director of Life Enrichment (315) 413-3903
Abigail Loiselle, Recreation Therapist (315) 413-3596
Angelina Roberts, Recreation Specialist (315) 445-9242

MONDAY, December 1st, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Giant UNO! In the Arts and Crafts Room
12:00 PM		Lunch
12:00 PM-4:00 PM		<u>Holiday Craft Fair in IL Fireplace Lounge and TV Room</u> <u>Meet Abby at 1:30 to attend</u>
3:00 PM		Bingo! with Abby In the Community Room
5:00 PM		Dinner
6:15 PM		Evening Visits with Angelina Angelina will be around to chat, help with light tasks, play a game, etc.








IL= Independent Living
IL TV Room is located on the 2nd floor of IL

TUESDAY, December 2nd, 2025

8:00 AM		Breakfast
10:00 AM		Yoga with Melissa Curran in the Community Room
10:30 AM		Bingo with IL Resident, Barb in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Spiritual Services for all in the IL TV Room</u> <u>Must attend independently</u>
3:30 PM		<u>Holiday Music by Geoff Clough in the Community Room</u>
5:00 PM		Dinner
6:15 PM		Evening Visits with Kaileigh Kaileigh will be around to chat, help with light tasks, play a game, etc.

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WEDNESDAY, December 3rd, 2025








8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		Resident Council in the Community Room
11:00 PM		Po-Ke-No with Abby in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Movement with Tiffany in the Community Room
2:30 PM		Writer's Group in the IL TV Room (Must attend independently)
3:00 PM		Happy Hour with Music by The Puma's (meet Angelina at 2:45 to attend)
5:00 PM		Dinner
6:15 PM		Evening Visits with Angelina Angelina will be around to chat, help with light tasks, play a game, etc.

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THURSDAY, December 4th, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
11:15 AM		<u>Depart for Lunch Outing to Bull and Bear</u> (Must sign up in advance!)
11:15 AM		<u>Protestant Service with Pebble Hill</u> <u>Presbyterian Church in the IL TV Room</u> (must attend independently)
12:00 PM		Lunch
1:30 PM		<u>Bridge Card Game Group with IL Residents</u> <u>Fred and Marge in the Arts and Crafts Room</u>
3:00 PM		Movie Matinee: Elf in the Community Room
5:00 PM		Dinner





FRIDAY, December 5th, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Make Christmas Cards with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		<u>An Afternoon of Jazz: with Kai Wong and Maya Perez, SU Students in the Community Room</u>
2:15 PM		Nottingham Choir Practice with Angelina in the Community Room
5:00 PM		Dinner

SATURDAY, December 6th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Abby in the Community Room
10:15 AM		"Yule Never Guess" December Trivia with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		"I Got It" Card Game with Abby in the Community Room

SUNDAY, December 7th, 2025

8:00 AM		Breakfast
		NO MORNING EXERCISE CLASS
11:00 AM		<u>Catholic Mass with Syracuse Diocese Priests in the Independent Living TV Room</u> (Meet in the Community Room at 10:15 to go upstairs as a group)
12:00 PM		Lunch
2:00 PM		<u>Holiday Music by Emmet in the Community Room</u>
2:30 PM		Movie Matinee: How the Grinch Stole Christmas in the Community Room
5:00 PM		Dinner