

# Assisted Living Residence Weekly Telegraph

**December 8<sup>th</sup>-14<sup>th</sup>, 2025**












The Nottingham Channel 1340

A publicaion 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 8<sup>th</sup>, 2025







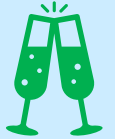


8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
11:15 AM		<u>Feast of the Immaculate Conception with Syracuse Diocese Priests in IL TV Room</u> (meet Abby in the lobby at 10:45 to attend)
12:00 PM		Lunch
2:00 PM		<u>Music Performance by John Vona in the Community Room</u>
3:00 PM		<u>Life Enrichment Meeting with Shannon and Bingo!</u> with Abby In the Community Room
5:00 PM		Dinner
6:15 PM		<b>Evening Visits with Angelina</b> Angelina will be around to chat, help with light tasks, play a game, etc.
7:00 PM		<u>Liverpool Community Band Performance in the IL TV Room</u> (meet staff in the lobby at 6:30 to attend)

IL= Independent Living  
IL TV Room is located on the 2<sup>nd</sup> floor of IL

## TUESDAY, December 9<sup>th</sup>, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Manicures with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Spiritual Services for all in the IL TV Room</u> <b>Must attend independently</b>
2:30 PM		<u>Gingerbread House Decorating in the Community Room!</u> Family, friends, and staff are welcome to join!
5:00 PM		Dinner
6:15 PM		<b>Evening Visits with Kaileigh</b> Kaileigh will be around to chat, help with light tasks, play a game, etc.

## WEDNESDAY, December 10<sup>th</sup>, 2025








8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		<u>Select Rehab Presentation in the Community Room: Staying Safe in the Winter!</u>
11:00 PM		Grinch Pass the Gift Game in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Movement with Tiffany in the Community Room
3:00 PM		<u>GRINCHMAS Happy Hour with Music by Jane Zell</u> (meet Angelina at 2:45 to attend) <i>Wear your Green</i>
5:00 PM		Dinner
6:15 PM		<b>Evening Visits with Angelina</b> Angelina will be around to chat, help with light tasks, play a game, etc.

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## THURSDAY, December 11<sup>th</sup>, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Making Ornaments for our mini Christmas Tree with Abby in the Arts & Crafts Room!
12:00 PM		Lunch
12:00 PM		<u>Jamesville-Dewitt Library Visit in the Community Room</u>
1:00 PM		<u>Massages with Donna in the Sun Room</u>
1:30 PM		<u>Bridge Card Game Group with IL Residents Fred and Marge in the Arts and Crafts Room</u>
3:00 PM		Betsy's Prayer Group in the Arts and Crafts Room
5:00 PM		Dinner

## FRIDAY, December 12<sup>th</sup> , 2025






8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Communtiy Room
10:30 AM		"I got it" Card Game with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Departure to the Everson Museum: Tree and Lights Festival</u> <u>Sign up with Abby in advance!</u>
2:30 PM		<u>Helping Hounds Puppy Visit in the Community Room</u>
5:00 PM		Dinner

## SATURDAY, December 13<sup>th</sup> , 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Angelina in the Community Room
10:15 AM		Name that Tune: Christmas Edition with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Make Paper Wreaths with Angelina in the Community Room

## SUNDAY, December 14<sup>th</sup>, 2025

~Hanukkah Begins~

8:00 AM		Breakfast
		<b>NO MORNING EXERCISE CLASS</b>
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		Afternoon Move and Groove with Angelina in the Community Room
2:30 PM		Movie Matinee: The Polar Express
5:00 PM		Dinner