

Assisted Living Residence Weekly Telegraph

February 2nd-8th, 2026

HAPPY
Groundhog
— DAY —



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, February 2nd, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		All About Groundhog's Day Trivia: Did Phil see his shadow?
12:00 PM		Lunch
2:00 PM		Seated Yoga with Abby in the Community Room
2:30 PM		Bingo! with Abby in the Community Room
5:00 PM		Dinner

~Programs are subject to change. Any changes will be posted on the whiteboard outside of the dining room.~

~Happy Birthday Shirley!~

TUESDAY, February 3rd, 2026

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 IL TV Room: Meet Abby at 1:15 to attend</u>
3:00 PM		<u>Music Performance by Mike Passarelli in the Community Room</u>
5:00 PM		Dinner

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New dining and recreation committees have begun- Please see the below members if you have any questions or suggestions! "Your voice matters"

Dining:

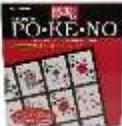
- Betsy L.
- Frank F.
- Joe N.
- Nancy
- Barb P.
- Patricia C.

Recreation:

- Betsy L.
- Bill R.
- Ann V.
- Richard W.



WEDNESDAY, February 4th, 2026

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		<u>Resident Council in the Community Room</u>
11:00 AM		<u>Po-Ke-No ~bingo card game~ with Abby in the Arts and Crafts Room</u>
12:00 PM		Lunch
2:00 PM		Better Bones and Balance with Tiffany in the Community Room
3:00 PM		Happy Hour with Jerry Cali in the IL Clubhouse <u>(Meet Angelina and Tiffany in the Community Room at 2:45)</u>
5:00 PM		Dinner
6:15 PM		1:1 Visits and Chats with Angelina in the Community Room

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THURSDAY, February 5th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Let's Make Valentine's for our friends in Memory Care and/or family members! with Angelina in the Arts & Crafts Room.
11:15 AM		<u>Protestant Service in IL TV Room</u> (Must attend Independently)
12:00 PM		Lunch
1:30 PM		<u>Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room</u>
3:00 PM		<u>Betsy's Prayer Group in the Arts and Crafts Room</u>
5:00 PM		Dinner

FRIDAY, February 6th, 2026 ~Wear Red for Heart Health~

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Boggle Word Game in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Move and Groove with Angelina in the Community Room
3:00 PM		Remembrance Service in IL TV Room (Meet Angelina at 2:45 to attend)
5:00 PM		Dinner

SATURDAY, February 7th, 2026

8:00 AM		Breakfast
9:45 AM		Exercise with Abby in the Community Room
10:15 AM		Daily Chronicle and Jokes of the Day with Abby in the Community Room!
12:00 PM		Lunch
1:30 PM		"I Got it!" Card Game with Abby in the Community Room
5:00 PM		Dinner

SUNDAY, February 8th, 2026

8:00 AM		Breakfast
9:45 AM		Exercise with Abby in the Community Room
10:30 AM		<u>Communion Service with Eucharistic Minister, Mark Barnes in the Community Room. All are welcome.</u>
11:00 AM		<u>Catholic Mass with Syracuse Diocese Priests in the Independent Living TV Room. Must attend independently</u>
12:00 PM		Lunch
1:30 PM		Superbowl Pre-Game Party with Abby in the Community Room
2:30 PM		Sunday Movie Matinee: "Friday Night Lights"
5:00 PM		Dinner
6:30 PM		Watch the Superbowl: New England Patriots vs Seattle Seahawks! On NBC channel 3.