

Assisted Living Residence Weekly Telegraph

February 9th-15th, 2026



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 9th, 2026

| | | |
|----------|---|--|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | Valentine's Décor Craft with Abby in the Arts and Crafts Room |
| 12:00 PM |  | Lunch |
| 2:00 PM |  | Reminiscing and Make a Sweetheart Tree with Angelina in the Arts & Crafts Room |
| 3:00 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.~

The Sun Room will be Olympic Headquarters! Stop by throughout the day to watch your favorite events! Times and Events will be posted here!



TUESDAY, February 10th, 2026

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|----------|---|--|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | <u>Music Performance by Howie Bartolo in the Community Room</u> |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | <u>Spiritual Services for All in IL TV Room: Meet Abby at 1:15 to attend</u> |
| 2:30 PM |  | Manicures and Chats with Abby in the Community Room |
| 5:00 PM |  | Dinner |
| 6:15 PM |  | Evening Visits and 1:1s with Kaileigh in the Community Room |

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WEDNESDAY, February 11th, 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>Healthy Living Series with Nicole from Select Rehab. This month's topic: Heart Health in the Community Room</u> |
| 11:00 AM |  | Valentine's Hangman with Abby in the Community Room |
| 12:00 PM |  | Lunch |
| 2:00 PM |  | Afternoon move and groove with Angelina |
| 3:00 PM |  | <u>Valentine's Day Happy Hour with music by The Puma's! Meet Angelina and Tiffany at 2:45 to attend together</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 12th, 2026

| | | |
|----------|---|--|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | "I Got it" Card Game in the Community Room |
| 12:00 PM |  | Lunch |
| 12:30 PM |  | <u>Jamesville-Dewitt Library Visit in the Community Room</u> |
| 1:00 PM |  | <u>Massages with Donna in the Family Room (Fish Room)</u> |
| 1:30 PM |  | <u>Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room</u> |
| 2:30 PM |  | <u>Sing-a-long with piano music by Richard W! In the Community Room</u> |
| 5:00 PM |  | Dinner |

FRIDAY, February 13th, 2026

| | | |
|----------|---|---|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | Candy Heart Dice Game with Abby in the Community Room |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Seated Yoga with Tiffany in the Community Room |
| 2:15 PM |  | <u>Helping Hounds Puppy Visit in the Sun Room</u> |
| 3:00 PM |  | Chocolate and Wine Tasting Valentine's Day Social with Abby in the Community Room |
| 5:00 PM |  | Dinner |

SATURDAY, February 14th, 2026 ~ Happy Valentine's Day~

| | | |
|----------|---|--|
| 8:00 AM |  | Breakfast |
| 9:45 AM |  | Exercise with Kaileigh in the Community Room |
| 12:00 PM |  | Lunch |
| 2:30 PM |  | Movie Matinee: Serendipity in the Community Room |
| 5:00 PM |  | Dinner |

SUNDAY, February 15th, 2026

| | | |
|----------|---|--|
| 8:00 AM |  | Breakfast |
| 9:45 AM |  | Exercise with Kaileigh 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 |  | Guess the Song with Kaileigh in the Community Room |
| 2:30 PM |  | Movie Matinee: Cool Runnings in the Community Room |
| 5:00 PM |  | Dinner |