

Assisted Living Residence Weekly Telegraph

March 10th – March 16th











The Nottingham Channel 1340
A publication for Residents and Employees

- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays











Shannon Loughlin, Director of Life Enrichment
Sarah Bogacz, Recreation Specialist
Angelina Roberts, Recreation Specialist

315-413-3903
315-413-3596
315-413-3127

MONDAY, March 10th, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Morning Trivia with Sarah in the Community Room
11:00 AM		<u>Musical Performance with Dale Randall</u>
12:00 PM		Lunch
1:30 PM		Lawn Darts in the Community Room with Sarah
2:30 PM		BINGO! In the Community Room with Sarah
5:00 PM		Dinner











TUESDAY, March 11th, 2025

8:00 AM		Breakfast
9:30 AM		Morning Chats with Sarah in the Community Room
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		<u>Spring into Hope with Chaplain Mary Colleen in the Community Room</u>
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in the IL TV Room-</u> Meet Sarah in the Community Room at 1:15
2:30 PM		Indoor Walk & Stretch in the Community Room with Sarah
3:00 PM		Riddles with Sarah in the Community Room
5:00 PM		Dinner
7:15 PM		<u>Musical Performance with Stringdom in IL TV Meeting Room-</u> Meet Kaileigh at 7:00 to attend

WEDNESDAY, March 12th, 2025


8:00 AM		Breakfast
9:30 AM		Would You Rather? with Sarah in the Community Room
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		<u>Health & Wellness Presentation on Osteoporosis with Nicole in the Community Room</u>
12:00 PM		Lunch
1:30 PM		Grandparent Program with Parkview Elementary in the Community Room- Come join the kids for a March Craft!
2:30 PM		NO WRITERS GROUP
3:00 PM		St. Patricks Day Happy Hour in the Clubhouse. Musical Performance with Michael Larkin- Meet Angelina at 2:45 to attend
5:00 PM		Dinner
7:00 PM		Helping Hands with Angelina- Room to Room

THURSDAY, March 13th, 2025


8:00 AM		Breakfast
9:30 AM		Short Stories with Sarah in the Community Room
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Crosswords with Sarah in the Community Room
11:00 AM		<u>Jamesville-Dewitt Library Visit in the Community Room</u>
12:00 PM		Lunch
12:00 PM		<u>March Birthday Luncheon- Meet Sarah in the Community Room at 11:45</u>
1:30 PM		<u>Drumming with Jimbo in the Sun Room</u>
2:30 PM		Movie Matine in the Community Room “Working 9 to 5”
5:00 PM		Dinner

FRIDAY, March 14th, 2025









~ Pi Day ~

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:45 AM		Baking Pies in Memory Care- Meet Sarah after Exercise to attend!
12:00 PM		Lunch
1:00 AM		<u>Massages with Donna in the Sun Room</u>
1:30 PM		Manicures with with Sarah in the Community Room
2:30 PM		Helping Hounds Dog Visits in the Sunroom
2:30 PM		Let's Eat Pie! In the Communtiy Room
3:00 PM		Monthly Shabbat Service with Rabbi Moshe Saks in the IL Conference Room
5:00 PM		Dinner

SATURDAY, March 15th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh in the Community Room
10:15 AM		Name 10 with Kaileigh in the Community Room
12:00 PM		Lunch
1:30 PM		Name that Tune with Kaileigh in the Community Room
5:00 PM		Dinner

SUNDAY, March 16th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Sarah in the Community Room
10:30 AM		<u>Sunday Service with Deacon Ralph in the Community Room</u>
11:00 AM		Catholic Mass with Syracuse Diocese Priests In the IL T.V. Room (must attend independently)
12:00 PM		Lunch
1:30 PM		Basketball with Kaileigh in the Community Room
2:30 PM		Movie Matinee in the Community Room- "National Velvet" Mi Taylor (Mickey Rooney) was a young wanderer and opportunist whose father had given him "all the roads in the Kingdom" to travel. One of the roads, and a notation in his father's journal, leads him to the quiet English countryside home of the Brown family. The youngest daughter, Velvet (Dame Elizabeth Taylor), has a passion for horses and when she wins the spirited steed Pie in a town lottery, Mi is encouraged to train the horse for the Grand National - England's greatest racing event. 124 Minutes
5:00 PM		Dinner

6:00 PM



News Hour in the Community Room