



The
Nottingham Telegraph
**March 13th, 2023 to
March 19th, 2023**

Assisted Living Residence
Questions? Comments?
Cammy Blumberg, CTRS:

315-413-3127

Andrew Katko, CTRS:

315-413-3596



PLEASE wear your mask over your nose and mouth anytime you are outside of your room inside the building! Including when you are at **ALL** recreation programs! Let's keep ourselves and our neighbors safe!!

Please Wear a Face Mask Properly



Monday March 13th, 2023

Daily updates will be adjusted on the whiteboard across from the dining room!

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Baking Irish Soda Bread with Andrew in the Sun Room

12:00 Lunch

2:30 Making Celtic Knot Jewelry with Andrew in the Sun Room

3:30 March Jeopardy with Andrew in the Arts & Crafts Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

7:15 Tea, Coffee & Talking about Women that Changed the World with Cammy in the Family Room



Tuesday March 14th, 2023

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Massages & Piano Notes with Donna (Massage Therapist), Cammy & Donna in the Community Room

12:00 Lunch

1:30 Ecumenical Service in IL TV Room (Meet in the Community Room at 2:15)

2:30 The Puma Production Vocal Performance in the Community Room

3:30 Bowling with Cammy in the Sun Room

5:00 Dinner

7:30 Syracuse University Student Performance in the Independent Living TV Meeting Room (Meet at 7:15 to walk upstairs)



Wednesday, March 15th, 2023

8:00 Breakfast

10:00 Mindful Movement with Emily in the Community Room

10:30 Nails & Piano Notes with Cammy & Donna in the Community & Family Room

12:00 Lunch

1:30 Cardio Drumming with Jess upstairs in the Independent Living TV Meeting Room (Meet at 1:15 in the ALR Community Room to walk upstairs)

2:30 Resident Council in the Community Room

3:15 Lucky Bingo with Cammy in the Community Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

7:15 Word Games with Andrew in the Sun Room Room



Thursday, March 16th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Ladder Ball with Cammy in the Community Room

12:00 Lunch

1:45 Drum Circle with Jimbo in the Sun Room

3:30 Lawn Darts with Cammy in the Community Room

5:00 Dinner



Friday, March 17th, 2023

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 St. Patrick's Day Sing-a-Long with Andrew in the Community Room

11:15 Johnston School of Irish Dancing in Memory Care (Meet at 11:00 in the Sun Room to walk over)

12:00 Lunch

2:30 St. Patrick's Day Social with Andrew in the Sun Room

4:15 The Way of the Cross with Joe in the Family Room

5:00 Dinner



Saturday, March 18th, 2023

8:00 Breakfast

9:45 Exercise with Jade in Community Room

12:00 Lunch

**1:30 Traveling to Spain with Jade in the
Community Room**

2:30 Movie Matinee in the Community Room

5:00 Dinner

Sunday March 19th, 2023

8:00 Breakfast

**10:30 Catholic Mass with Father Heagerty in the ALR
Community Room**

12:00 Lunch

**1:30 Reverse Charades with Jade in the Community
Room**

2:30 Movie Matinee in the Community Room

5:00 Dinner



Holy Rosary

After Dinner join Joe

Monday/Wednesday/Friday's at 4:15pm

in the Family Room to say a few prayers!

All you need are your rosary beads and yourself! All are welcome:)

