

Assisted Living Residence Weekly Telegraph

March 16th-22nd, 2026



The Nottingham Channel 1340

A publicaion for Residents and

- Calendar of Events
- Coming attractions
- Special announcements

Shannon Loughlin, Director of Life Enrichment (315) 413-3903

Abigail Loiselle, Recreation Therapist (315) 413-3596

Angelina Roberts, Recreation Specialist (315) 445-9242

MONDAY, March 16th, 2026

| | | |
|----------|---|---|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | St. Patrick's Themed Wheel of Fortune in the Community Room |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | St. Patrick's Day Trivia with Abby in the Community Room |
| 2:30 PM |  | Bingo! With Angelina 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.~

TUESDAY, March 17th, 2026 ~St. Patrick's Day~

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| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | St. Patrick's Day Irish Breakfast. Try Irish Soda bread, Irish Breakfast Tea, and listen to traditional Irish music! |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | <u>Spiritual Services in IL TV Room:</u> Must attend independently <i>All Are Welcome.</i> |
| 2:00 PM |  | "Luck of the Irish" Casino Day! Join us for an afternoon of friendly fun with classic casino-style games, prizes, and plenty of laughs. No real money, just good luck and great company! |
| 5:00 PM |  | Dinner |

WEDNESDAY, March 18th, 2026

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| 8:00 AM |  | Breakfast |
| 10:00 AM |  | <u>Mindful Movement with Emily from Select Rehab in the Community Room</u> |
| 10:30 AM |  | Manicures with Abby in the Community Room |
| 10:30 AM |  | Virtusense Screenings with Select Rehab: Sign up in advance . Located in Select Rehab Therapy in IL. |
| 12:00 PM |  | Lunch |
| 2:00 PM |  | Let's Have a Ball! Workout with Angelina in the Community Room |
| 3:00 PM |  | <u>Spring themed Happy Hour in the IL Clubhouse!</u> Meet Angelina at 2:45 to attend together |
| 5:00 PM |  | Dinner |
| 6:15 PM |  | Evening Visits and 1:1s with Angelina |

THURSDAY, March 19th, 2026

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| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:00 AM |  | Sacrament of Reconciliation with Syracuse Diocese Priests in the Interfaith Chapel *MUST ATTEND INDEPENDENTLY* |
| 10:30 AM |  | <u>Flower arranging with Abby in the Community Room: Making centerpieces for housewarming this afternoon!</u> |
| 11:00 AM |  | Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel *MUST ATTEND INDEPENDENTLY* |
| 12:00 PM |  | Lunch |
| 12:00 PM |  | <u>March Birthday Luncheon in the IL Clubhouse!</u> <u>Meet Abby at 11:45 to attend</u> |
| 1:30 PM |  | Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room |
| 2:00 PM |  | <u>Welcoming New Residents Housewarming Party!</u> Residents, family, and staff are invited to join us for an afternoon of introductions of our newest residents, light refreshments, and time to connect as a community. In the Community Room |
| 3:30 PM |  | <u>Live Music by Blair Frodelius in the Community Room</u> |
| 5:00 PM |  | Dinner |

FRIDAY, March 20th, 2026

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| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | Tour the New Chapel in IL with Abby and Shannon |
| 11:00 AM |  | <u>New! Gardening Club!</u> Start vegetable and herb seeds indoors. In the Sun Room |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Sit and Stand Stronger Exercise with Tiffany in the Community Room |
| 2:30 PM |  | <u>First Day of Spring Social: Making strawberry shortcake cups and SPRING bingo!</u> |
| 5:00 PM |  | Dinner |

SATURDAY, March 21st, 2026

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| 8:00 AM |  | Breakfast |
| 10:00AM |  | Exercise with Kaileigh in the Community Room |
| 10:30 AM |  | Daily Chronicle Reading with Kaileigh |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Weekend Bingo! With Kaileigh in the Community Room |
| 5:00 PM |  | Dinner |

SUNDAY, March 22nd, 2026

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| 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 |  | "I Got it" Card Game in the Community Room |
| 2:30 PM |  | Movie Matinee: The Wizard of Oz |
| 5:00 PM |  | Dinner |