

Assisted Living Residence Weekly Telegraph

March 2nd - 8th, 2026



The Nottingham Channel 1340

A publication 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 2nd, 2026











| | | |
|----------|---|--|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | Jeopardy Trivia with Abby in the Community Room |
| 12:00 PM |  | Lunch |
| 2:00 PM |  | Move and Groove with Angelina in the Community Rom |
| 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.~











Need Tech Help?

Contact Abby in person or by phone
(315) 413-3596 to schedule an
appointment.

TUESDAY, March 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 |
| 1:15 PM |  | <p><u>Revolutionary Roots: The 1848 Convention</u> "How does a social movement grow? Join a ranger to meet the organizers of the 1848 Seneca Falls Women's Rights Convention and learn more about the Wesleyan Chapel in which it was held. Discover how Faith, Fortune and Fate combined to ignite a movement." In the Community Room</p> |
| 1:30 PM |  | <p><u>Spiritual Services in IL TV Room: Must attend independently this week.</u> <i>All Are Welcome.</i></p> |
| 2:30 PM |  | Afternoon Movement with Abby in the Community Room |
| 3:30 PM |  | <p><u>Music Performance by John and Deb Puma in the Community Room</u></p> |
| 5:00 PM |  | Dinner |
| 6:15 PM |  | Evening Visits and 1:1s with Kaileigh in the Community Room |

WEDNESDAY, March 4th, 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 |  | <u>Resident Council in the Community Room</u> |
| 11:00 AM |  | Po-ke-No with Angelina in the Arts and Crafts Room |
| 12:00 PM |  | Lunch |
| 2:00 PM |  | Afternoon Workout with Angelina in the Community Room |
| 3:00 PM |  | <u>Happy Hour with music by Dennis Goettel in the IL Clubhouse</u> (Meet Angelina at 2:45 to attend) |
| 5:00 PM |  | Dinner |
| 6:15 PM |  | Evening Visits and 1:1s with Angelina |
| 7:00 PM |  | <u>Irish Step Dancers from the McDonald School of Irish Dance in the Community Room</u> |

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THURSDAY, March 5th, 2026

| | | |
|----------|---|--|
| 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 |  | 5 to 1 Dice Game with Abby in the Community Room |
| 11:00 AM |  | Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel *MUST ATTEND INDEPENDENTLY* |
| 11:15 AM |  | Protestant Service from Pebble Hill Presbyterian Church with Reverend Courtney Steinger in the IL TV Room *Must attend independently* |
| 12:00 PM |  | <u>Pizza Party Lunch in Memory Care!</u> Let Abby know if you would like to attend. |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room |
| 3:00 PM |  | Prayer Group with Betsy in the Arts and Crafts Room. <i>All are welcome</i> |
| 5:00 PM |  | Dinner |









FRIDAY, March 6th, 2026

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|----------|---|---|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Abby in the Community Room |
| 10:30 AM |  | Bowling Tournament with Abby in the Community Room |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Sit and Stand Stronger Exercise with Tiffany in the Community Room |
| 2:30 PM |  | The Great Oreo Taste Test Challenge with Abby! Can you guess what flavor? And vote for the best Oreo! In the Community Room |
| 5:00 PM |  | Dinner |

SATURDAY, March 7th, 2026

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|----------|---|--|
| 8:00 AM |  | Breakfast |
| 9:45 AM |  | Exercise with Angelina in the Community Room |
| 10:15 AM |  | Group Crossword with Angelina in the Community Room |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Sing-a-long Choir with Angelina in the Community Room |
| 2:00 PM |  | Classical Music Performance with Sabine and Lana in the IL T.V. Room. (Must attend independently) |

SUNDAY, March 8th, 2026

| | | |
|----------|---|--|
| 8:00 AM |  | Breakfast |
| 9:45 AM |  | Exercise with Angelina 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 |  | Detective Puzzles with Angelina in the Community Room |
| 2:30 PM |  | Movie Matinee: Night at the Museum |
| 5:00 PM |  | Dinner |