

Assisted Living Residence Weekly Telegraph

March 23rd- 29th, 2026

Hello Spring



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 23rd, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Boggle Word Game with Abby in the Community Room
12:00 PM		Lunch
2:00 PM		Walk Through our Resident Art Gallery in the Sunroom
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. ~

TUESDAY, March 24th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
11:00 AM		Departure to Coleman's Irish Pub for lunch! Sign up with Abby (This outing is cash only!)
12:00 PM		Lunch
1:30 PM		Spiritual Services in IL TV Room: <u>MUST ATTEND INDEPENDENTLY</u> All Are Welcome.
3:30 PM		<u>Music Performance by Geoff Clough in the Community Room</u>
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Kaileigh

WEDNESDAY, March 25th, 2026

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		UNO Card Game with Abby in the Community Room
12:00 PM		Lunch
2:00 PM		Harry Potter Trivia with Angelina in the Community Room
3:00 PM		<u>Harry Potter themed Happy Hour in the IL Clubhouse with music by Jason Jeffers! Meet Angelina at 2:45 to attend together</u>
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Angelina

THURSDAY, March 26th, 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		Karaoke with Abby in the Community Room
11:00 AM		Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel *MUST ATTEND INDEPENDENTLY*
12:00 PM		Lunch
1:30 PM		Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room
2:00 PM		"I Got It" Card Game with Abby in the Community Room
5:00 PM		Dinner

FRIDAY, March 27th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Emily in the Community Room
10:30 AM		Bingo with IL Resident Sally in the Community Room
12:00 PM		Lunch
2:30 PM		Movie Matinee in the Community Room "My Fair Lady"
5:00 PM		Dinner

SATURDAY, March 28th, 2026

8:00 AM		Breakfast
10:00AM		~No Recreation Programs~
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12:00 PM		Lunch
2:30 PM		Movie Matinee in the Community Room “Poms” <i>Poms</i> (2019) is a feel-good comedy about Martha, a woman who moves into a retirement community and, with the help of colorful new friends, starts a cheerleading squad—proving that it’s never too late to chase dreams.
5:00 PM		Dinner

SUNDAY, March 29th, 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		Trivia and Indoor Walk with Angelina in the Community Room
2:00 PM		Easter Bunny Visits, Children’s Easter Egg Hunt, Fun and Games (Indoor/Outdoor Weather Permitting)
5:00 PM		Dinner