

Assisted Living Residence Weekly Telegraph

March 30th- April 5th, 2026



The Nottingham Channel 1340

A publication for Residents and Employees

- 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 30th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		“These Hands” Guess Who? In the Community Room
12:00 PM		Lunch
2:00 PM		Rummikub Tile Game with Abby in the Arts and Crafts Room
3:00 PM		Special Prize 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. ~

Technology help is available!
See Recreation Staff to set up an appointment.

TUESDAY, March 30th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
11:00 AM		Manicures with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Spiritual Services in IL TV Room: Meet Abby at 1:15 to attend</u> <i>All Are Welcome.</i>
2:30 PM		Afternoon Movement with Abby: Stretch in the Community Room and go for a walk!
3:30 PM		<u>Live Music by Dennis McGuire in the Community Room</u>
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Kaileigh

WEDNESDAY, April 1st, 2026, ~ April Fool's Day! ~

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. All Are Welcome</u>
11:00 AM		Easter Craft 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 in the IL Clubhouse with music by Jill Minye ! Meet Angelina at 2:45 to attend together</u>
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Angelina

THURSDAY, April 2nd, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Shannon in the Community Room
10:00 AM		Sacrament of Reconciliation with Syracuse Diocese Priests <u>in the Interfaith Chapel</u> *MUST ATTEND INDEPENDENTLY* Take the elevator up to the 2 nd floor, make the first right out of the elevator, and follow the signs down the hall.
10:30 AM		Name 5 with Shannon in the Community Room
11:15 AM		Mass of the Lord's Supper in <u>IL TV Room</u> *Meet Shannon at 10:45am to attend*
11:15 AM		Protestant Services in the <u>IL Interfaith Chapel</u> . Take the elevator up to the 2 nd floor, make the first right out of the elevator, and follow the signs down the hall.
12:00 PM		Lunch
1:30 PM		Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room
3:15 PM		Spring Canvas Designs with Shannon in the Community Room
5:00 PM		Dinner

FRIDAY, April 3rd, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Shannon in the Community Room
10:30 AM		Tidbits of Trivia with Shannon in the Community Room
11:15 AM		Good Friday Service in IL TV Room *Meet Shannon at 11:00 am to attend*
12:00 PM		Lunch
1:30 PM		Sit and Stand Stronger with Tiffany in the Community Room
2:30 PM		Ice Cream Social and Conversation with Shannon in the Community Room
5:00 PM		Dinner

SATURDAY, April 4th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Kaileigh in the Community Room
10:30 AM		4 by 4 Word Game with Kaileigh in the Community Room
12:00 PM		Lunch
2:30 PM		High! Low! Hail Mary! With Kaileigh in the Community Room
5:00 PM		Dinner

SUNDAY, April 5th, 2026, ~Happy Easter~

8:00 AM		Breakfast
		~No Recreation Programs~
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		~No Recreation Programs~
2:00 PM		Movie Matinee: Hop!
5:00 PM		Dinner