

# Assisted Living Residence Weekly Telegraph

March 9<sup>th</sup>-15<sup>th</sup>, 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 9<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Shannon in the Community Room
10:30 AM		All About Women! Trivia
12:00 PM		Lunch
1:30 PM		Making Women's March signs with Shannon in the Community Room
2:30 PM		Women's March in IL (outside weather permitting) <b>Wear purple!</b>
5:00 PM		Dinner

~Programs are subject to change. Any changes will be posted on the whiteboard outside of the dining room.~

## TUESDAY, March 10<sup>th</sup> , 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Manicures with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Spiritual Services in IL TV Room: Meet Angelina at 1:15 to attend</u> <i>All Are Welcome.</i>
3:30 PM		<u>Music Performance by Jerry Cali in the Community Room</u>
5:00 PM		Dinner

## WEDNESDAY, March 11<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		<u>Healthy Living Series with Nicole from Select Rehab! Learn all about the Spine!</u>
11:00 AM		Virtual Tour of Ireland with Angelina in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Workout with Angelina in the Community Room
2:30 PM		<b>Writers' Group in the IL T.V. Room</b> Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome! (must attend independently)
3:00 PM		<u>St. Patrick's Day themed Happy Hour with music by The Syracuse Irish Session! 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 12<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:00 AM		Sacrament of Reconciliation with Syracuse Diocese Priests in the Interfaith Chapel <b>*MUST ATTEND INDEPENDENTLY*</b>
10:30 AM		Make bird feeders with Angelina in the Community Room
11:00 AM		Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel <b>*MUST ATTEND INDEPENDENTLY*</b>
12:00 PM		Lunch
12:30 PM		<u>Jamesville-Dewitt Library Visit in the Community Room</u>
1:00 PM		<u>Massages with Donna in the Sun Room</u>
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 13<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Shannon in the Community Room
10:30 AM		Shamrock Wreath With Shannon in the Arts and Crafts Room
12:00 PM		Lunch
1:30 PM		Sit and Stand Stronger Exercise with Tiffany in the Community Room
2:15 PM		<u>Helping Hounds Dog Visit in the Community Room</u>
3:00 PM		Women's Group and Short Stories with Shannon in the Arts and Crafts Room
5:00 PM		Dinner

## SATURDAY, March 14<sup>th</sup>, 2026

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

## SUNDAY, March 15<sup>th</sup>, 2026

8:00 AM		Breakfast
9:45 AM		Exercise with Abby 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. <b>Must attend independently</b></u>
12:00 PM		Lunch
1:30 PM		"I Got it" Card Game in the Community Room
2:30 PM		Movie Matinee: "The Life and Times of Hank Greenberg"
5:00 PM		Dinner