

Assisted Living Residence Weekly Telegraph

April 21st-27th



The Nottingham Channel 1340
A publication for Residents and Employees

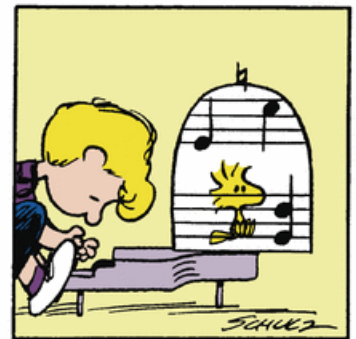
- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays

Shannon Loughlin, Director of Life Enrichment
Angelina Roberts, Recreation Specialist
Abigail Loiselle, Recreation Intern










315-413-3903
315-413-3127

MONDAY, April 21st, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Making Seed Bombs in MC *meet Abby in the community room to attend*
12:00 PM		Lunch
1:30 PM		Afternoon Stretches with Abby
2:00 PM		Bingo!
3:00 PM		<u>Live Music with Jilissa Vellake in the Community Room</u>
5:00 PM		Dinner












TUESDAY, April 22nd, 2025









8:00 AM		Breakfast
9:30 AM		Morning Chat with Abby in the Community Room
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		The History of Earth Day
12:00 PM		Lunch
1:00 PM		Campus Wide Clean up for Earth Day! Refreshements in the Clubhouse to follow
1:30 PM		Spiritual Services in IL with Mary Colleen Sinot (must attend independently)
5:00 PM		Dinner
7:15 PM		Piano Music with Mike Passarelli in IL TV Room *meet Kaileigh at 7pm to attend*



WEDNESDAY, April 23rd, 2025

8:00 AM		Breakfast
9:30 AM		Morning Chat with Abby
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		Making Stress Balls To use for hand strength or to relieve some stress!
12:00 PM		Lunch
1:30 PM		<u>Outing to Helping Hounds Animal Rescue with Abby and Shannon!</u> Sign up with Abby if interested!
2:30 PM		Writer's Group in the IL T.V. Room Syracuse University Professor Schell and intern Sarah Wells leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome!
3:00 PM		Happy Hour with Deb and John Puma in IL Clubhouse
5:00 PM		Dinner
7:00 PM		No Evening Program

THURSDAY, April 24th, 2025

8:00 AM		Breakfast
9:30 AM		What's going on in the News?
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Boggle
12:00 PM		Lunch
1:30 PM		Afternoon Stretches with Abby
2:30 PM		Planting seeds, let's build a garden! In the Community Room
5:00 PM		Dinner

FRIDAY, April 25th , 2025


8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Group Crossword
12:00 PM		Lunch
1:30 PM		Afternoon Walk- outside (weather permitting)
2:30 PM		Arbor Day Craft in the Arts and Crafts Room
5:00 PM		Dinner

What is Arbor Day?


Arbor Day is a holiday dedicated to celebrating trees and promoting tree planting. It is observed on the last Friday in April in the United States, where people come together to plant trees and emphasize the importance of caring for them to protect the environment. The holiday was first proposed in the 19th century by J. Sterling Morton, and it aims to raise awareness about the significance of trees for wildlife and human well-being.



SATURDAY, April 26th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Shannon in the Community Room
10:15 AM		Poetry Reading/Open Mic with Shannon
12:00 PM		Lunch
1:30 PM		Skippo card game with Shannon
5:00 PM		Dinner

SUNDAY, April 27th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Shannon
10:30 AM		<u>Sunday Service with Deacon Ralph in the Community Room</u>
12:00 PM		Lunch
2:30 PM		Movie Matinee in the Community Room
3:00		Outing to Hendrick's Chapel for Choir Performance with Shannon. Sign up with Abby if interested
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room