


The Nottingham Telegraph **May 22nd, 2023 to May 28th, 2023**

**Assisted Living Residence
Questions? Comments?
Cammy Blumberg, CTRS:
315-413-3127**

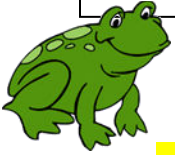


Telegraph Scavenger **Hunt!**

How many of these 
can you find in the telegraph?
Circle all the ones you find.
(Count this one ↑) Give
Cammy the right answer and
you will win a prize!



Monday May 22nd, 2023



Daily updates will be adjusted on the whiteboard across from the dining room!

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Bean Bag Bowling in the Community Room

12:00 Lunch

2:30 Question Ball with Cammy in the Community Room

3:30 “Flip It” Card Game with Cammy in the Sun Room

4:15 Holy Rosary with Joe in the Sun Room

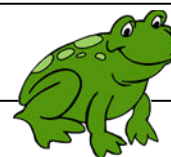
5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

7:15 Tea, Coffee & Talking with Cammy in the Family Room (PJ's Welcome)



Tuesday May 23rd, 2023



8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Mini Golf with Cammy in the Community Room

12:00 Lunch



1:30 Ecumenical Service in IL TV Room (Meet in the Community Room at 1:15)

2:30 Show of Love Performance in the Sun Room

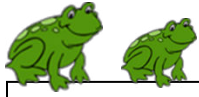
3:45 Outdoor Sight Seeing & Trivia with Cammy (Meet in the ALR Lobby at 3:45)

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

7:30 String Quartet in the IL TV Meeting Room (Meet Jade in the ALR Community Room at 7:15)





Wednesday, May 24th, 2023

8:00 Breakfast

10:00 Mindful Movement with Emily in the Community Room

10:30 Cranium Crunch Trivia with Cammy in the Community Room

12:00 Lunch

2:30 Name that Face with Cammy in the Community Room

**3:00 Happy Hour with Music from The Little Jazz Trio in Independent Living Club House
(Must independently attend)**

3:30 Cactus Rock Painting Craft with Cammy in the Sun Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)



Thursday, May 25th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Sing-Along with Cammy in the Community Room

11:00 LeMoyne Fall Prevention Series Class in the Community Room

12:00 Lunch

1:30 Beaver Lake Birding Presentation in the IL TV Meeting Room (Must independently attend)

1:30 Dan Robbino Piano Concert in the Sun Room

3:00 Water Pong with Cammy in the Sun Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)



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Friday, May 26th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 with Cammy in the Community Room

12:00 Lunch

2:00 Resident Fashion Show in the IL TV Meeting Room (Meet Cammy at 1:30 in the Community Room to walk up)

2:30 Movie Matinee in the Community Room

3:30 Independent Adult Coloring in the Sun Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)



Saturday, May 27th, 2023



8:00 Breakfast

10:00 Independent Word Searches & Coloring in the Sun Room

12:00 Lunch

2:30 Movie Matinee in the Community Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

7:00 Tune into Oldie/Goldie Band music with Lawrence Welk on Channel 11 in the Community Room or in your own Room!



Sunday May 28th, 2023

8:00 Breakfast

10:30 Catholic Mass with Father Heagerty in the Community Room

11:00 Catholic Mass with the Catholic Diocese Priests in the Independent Living TV Meeting room (Must Independently attend)

12:00 Lunch

1:30 Wheel of fortune with Shannon with in the Community Room

2:30 Movie Matinee in the Community Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)





Holy Rosary

Before dinner join Joe

Monday/Wednesday/Friday's at 4:15pm

in the Family Room to say a few prayers!

All you need is yourself! All are welcome:)

