

# Assisted Living Residence Weekly Telegraph

May 5<sup>th</sup> - 11<sup>th</sup>



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

315-413-3903  
315-413-3127

## MONDAY, May 5<sup>th</sup>, 2025

|          |   |   |
|----------|---|---|
| 8:00 AM  |    | Breakfast   |
| 10:00 AM |    | Exercise with Shannon in the Community Room         |
| 10:30 AM |    | Crosswords with Shannon in the Community Room       |
| 11:00 AM |    | Musical Performance by Howie Bartolo                |
| 12:00 PM |    | Lunch   |
| 1:30 PM  |    | Making Mocktails with Shannon in the Community Room |
| 2:30 PM  |  | Mexico City Travelogue                              |
| 5:00 PM  |  | Dinner  |
| 7:00     |  | Making Cinco De Mayo Pinatas                        |

## TUESDAY, May 6<sup>th</sup>, 2025

|          |   |   |
|----------|---|---|
| 8:00 AM  |    | Breakfast   |
| 9:30 AM  |    | True or False Angelina in the Community Room  |
| 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  |   | Spiritual Services in IL TV Room (meet Angelina at 1:15 in the lobby to attend)                               |
| 2:30 PM  |  | Paint our pinatas in the Arts and Crafts Room with Angelina   |
| 5:00 PM  |  | Dinner  |
| 7:15 PM  |  | Evening Musical Performance with Blair Frodelius in IL TV Room (meet Kaileigh at 7:00 in the lobby to attend) |

## WEDNESDAY, May 7<sup>th</sup> , 2025

|          |   |   |
|----------|---|---|
| 8:00 AM  |    | Breakfast   |
| 9:30 AM  |    | Morning Chat with Shannon in the Community Room   |
| 10:00 AM |    | <u>Mindful Movement with Emily in the Community Room</u>  |
| 10:30 AM |    | Resident Council in the Community Room  |
| 11:00 AM |    | Bingo with Shannon in the Community Room  |
| 12:00 PM |   | Lunch   |
| 1:00 PM  |  | Protestant Service In IL (must attend independently)  |
| 2:00 PM  |  | Stretches and Trivia with Angelina in the Community Room  |
| 3:00 PM  |  | Happy Hour with Music by Ron Ziomac in IL Clubhouse<br>(meet Angelina at 2:45 in the lobby to attend) |
| 5:00 PM  |  | Dinner  |
| 7:00 PM  |  | Scrabble with Angelina in the Community Room  |




**THURSDAY, May 8<sup>th</sup> , 2025**

|          |   |   |
|----------|---|---|
| 8:00 AM  |    | Breakfast   |
| 9:30 AM  |    | What's new in the news? with Angelina in the Community Room     |
| 10:00 AM |    | Exercise with Angelina in the Community Room                    |
| 10:45 AM |    | Outing to Elderberry Pond with Angelina (sign up with Angelina) |
| 12:00 PM |    | Lunch   |
| 1:00 PM  |    | Massages with Donna in the Arts and Crafts room                 |
| 2:30 PM  |   | Afternoon Matinee in the Community Room                         |
| 5:00 PM  |  | Dinner  |

**FRIDAY, May 9<sup>th</sup>, 2025**




|          |   |   |
|----------|---|---|
| 8:00 AM  |    | Breakfast   |
| 10:00 AM |    | Exercise with Angelina in the Community                 |
| 10:30 AM |    | WORDLE the Community Room with Angelina                 |
| 12:00 PM |    | Lunch   |
| 2:00 PM  |    | Mother's Day Tea Party in the Sunroom (All Are Welcome) |
| 5:00 PM  |  | Dinner  |

**SATURDAY, May 10<sup>th</sup>, 2025**

|          |   |  |
|----------|---|--|
| 8:00 AM  |  | Breakfast  |
| 9:45 AM  |  | Exercise with Shannon in the Community Room                                |
| 10:15 AM |  | High or Low in the Community Room  |
| 12:00 PM |  | Lunch  |
| 1:30 PM  |  | CNYAMT Recital in IL TV Room (meet Shannon at 1:15 in the lobby to attend) |
| 5:00 PM  |  | Dinner   |

**SUNDAY, May 11<sup>th</sup>, 2025**

*~Happy Mother's Day~*

|          |   |   |
|----------|---|---|
| 8:00 AM  |  | Breakfast   |
| 10:30 AM |  | <u>Sunday Service with Deacon Ralph in the Community Room</u> |
| 12:00 PM |  | Lunch   |
| 2:30 PM  |  | Movie Matinee   |
| 5:00 PM  |  | Dinner  |
| 6:00 PM  |  | News Hour in the Community Room                               |