



JUNETEENTH

The Nottingham Telegraph

**June 13th, 2022 to
June 19th, 2022**

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



PLEASE wear your mask over
your nose and mouth anytime
you are outside of your room
inside the building! Including
when you are at **ALL**
recreation programs! Let's
keep ourselves and our
neighbors safe!!

Please Wear a Face Mask Properly



Program Location Name Change!

**Guests are welcome to join
programs and must keep masks
on at all times!**

Thank You

The TV Room= The Community Room

The Fish Room= The Family Room

The Corner Room= The Arts & Crafts Room

The Sun Room= The Sun Room

Monday June 13th, 2022

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

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Jeopardy with Andrew in the Community Room

12:00 Lunch

2:00 Balloon Volley With Andrew in the Community Room

3:30 Jilissa Vellake Vocal Performance in the Community Room

5:00 Dinner

7:15 Tea, Coffee, Cookies & Talking with Cammy in the Family Room



Tuesday June 14th, 2022

Happy Flag Day!

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Masages with Donna (Licensed Massage Therapist) & Cammy in the Community Room

12:00 Lunch

1:30 Ecumenical Services in the IL TV Room (meet at 1:15 in the ALR Community Room to walk with Recreation Staff)

2:30 QiGong with Katrin in the Sun Room

3:30 Making Berry Kabobs with Cammy in the Sun Room

5:00 Dinner

7:30 Onondaga Historical Association Presentaton with Robert Searing "Abolitionist Tribualtions & Celebrations: The Aftermath of The Jerry Rescuse" in Indepednent Living (walk up with Jade at 7:15, meet in the community Room)



Wednesday, June 15th, 2022

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

**10:00 Mindful Movement with Emily from
Select Rehab in the Community Room**

**10:30 Dining Committee with Dining Staff in
the Community Room**

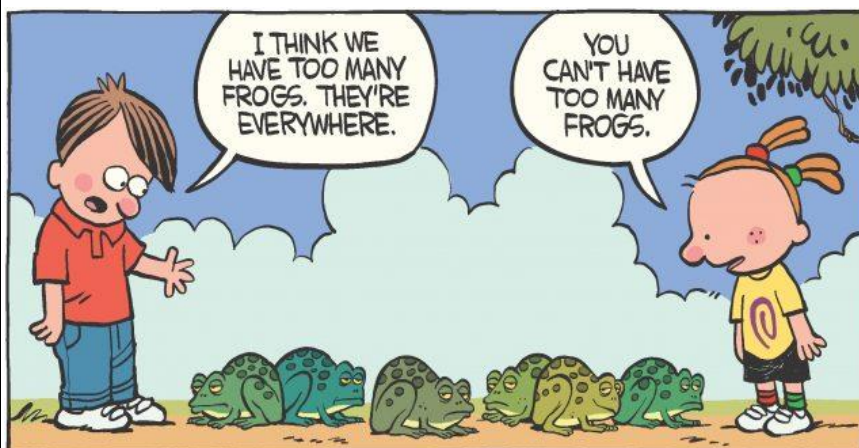
12:00 Lunch

**2:30 Resident Council with Administration in
the Community Room**

**3:00 Bingo with Cammy in the Community
Room**

5:00 Dinner

**7:15 Wheel of Fortune with Andrew in the
Community Room**



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Thursday, June 16th, 2022

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Trivia with Cammy in the Community Room

12:00 Lunch

1:30 Drum Circle with Jimbo in the Sun Room

3:30 Corn Hole with Cammy in the Community Room

5:00 Dinner



Friday, June 17th, 2022

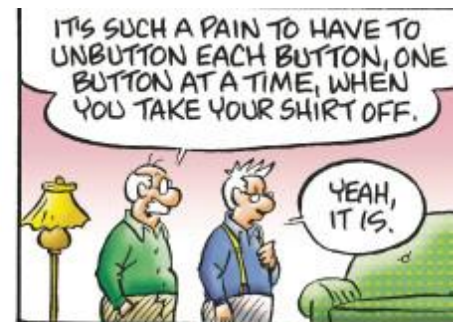
8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Chicken Soup for the Soul Stories with Cammy on ALR back patio

12:00 Lunch

2:00 Father's Day Root Beer Float Social with Cammy & Saige in the Community Room



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Saturday, June 18th, 2022

8:00 Breakfast

9:45 Exercise with Jade in the Community Room

12:00 Lunch

1:30 Sunshine Walk outside with Jade (meet in the ALR Lobby)

2:30 Movie Matinee in the Community Rom

5:00 Dinner

Sunday June 19th, 2022



8:00 Breakfast

11:00 Catholic Mass with the Catholic Diocese Priests in the Independent Living TV Meeting room (Meet at 10:15 in the Assisted Living Community Room if interested)

12:00 Lunch

PLEASE WEAR YOUR MASK!

1:30 Exercise with Jade in the Community Room

2:30 Movie Matinee in the Community Room

5:00 Dinner

Holy Rosary

**After breakfast join Joe
Monday/Wednesday/Friday's at 9:15 in
the Fish Room to say a few prayers! All
you need are your rosary beads and
yourself! All are welcome:)**

