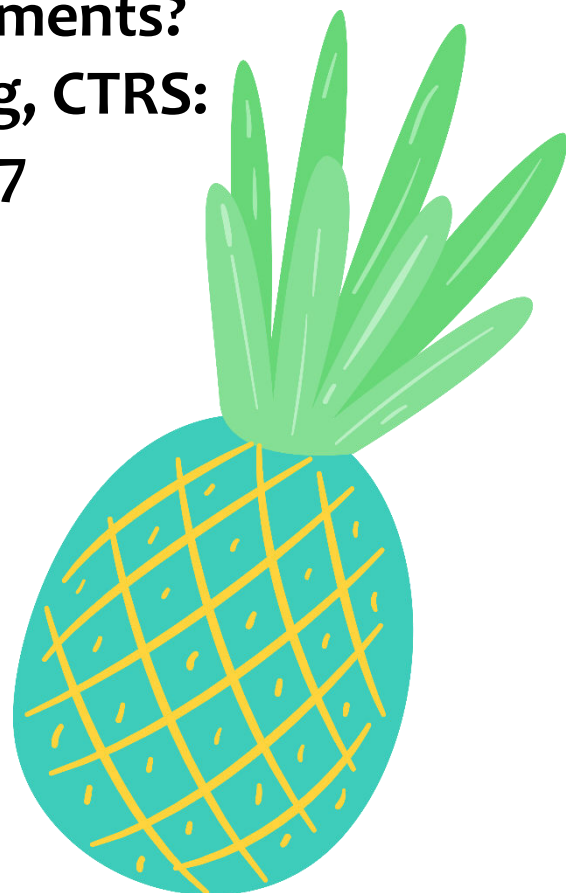




The Nottingham Telegraph

**June 20th, 2022 to
June 26th, 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 20th, 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 Sing-a-Long with Andrew in the Community Room

12:00 Lunch

2:00 Ladder Ball with Andrew in the Community Room

3:00 What is Juneteenth? With Andrew in the Community Room

5:00 Dinner

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



Tuesday June 21st, 2022

Happy First Day of Summer!



8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Summer Solstice Word Mining with 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 up)

2:00 One Year Anniversary Celebration for Memory Care (Meet at 1:30 in the Sun Room to walk over to Memory Care)

2:30 Little Jazz Trio Performance in Memory Care

5:00 Dinner

7:30 Highland Winds Concert under the Indepednent Living Tent (Meet Recreation Staff at 7:15 in the Assisted Living Community Room if interested)



Wednesday, June 22nd, 2022

8:00 Breakfast

10:00 Mindful Movement with Emily in the Community Room

10:30 LifeStories with Cammy in the Community Room

12:00 Lunch

2:00 Rainbow Fish Craft with Cammy in the Arts & Crafts Room

3:15 Stretch & Balance with Cammy in the Sun Room

7:15 Bonfire with Andrew on the Patio



Thursday, June 23rd, 2022

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Can you picture this? With Cammy in the Community Room

12:00 Lunch

2:00 Cooking Demonstration in Memory Care
(Meet at 1:30 in the Sun Room to walk over)

3:30 Basketball with Cammy in the Community Room

5:00 Dinner



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Friday, June 24th, 2022

Happy Birthday Sally!

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Flag Making Craft in the Arts & Craft Room with Cammy

12:00 Lunch

2:30 June Social with Cammy & Saige in the Community Room

5:00 Dinner



Saturday, June 25th, 2022

8:00 Breakfast

9:45 Exercise with Andrew in the Community Room

12:00 Lunch

1:30 Balloon Tennis with Andrew in the Community Room

2:30 Movie Matinee in the Community Rom

5:00 Dinner

Sunday June 27th, 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 Andrew 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:)**

