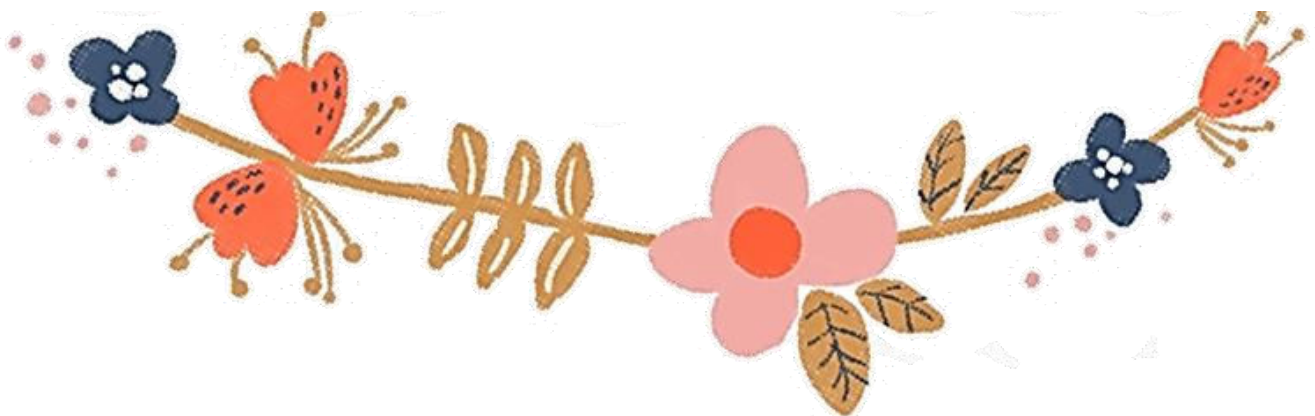




The Nottingham Telegraph

**August 1st, 2022 to
August 7th, 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 August 1st, 2022

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

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Exercise with Andrew in the Community Room

10:30 Walking Trail with Andrew in the Community Room

12:00 Lunch

2:00 ABC Basketball with Andrew in the Sun Room

3:00 Word Mining with Andrew in the Arts & Crafts Room

5:00 Dinner

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



Tuesday August 2nd, 2022

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Coloring Fans with Cammy in the Arts & Crafts Room

12:00 Lunch

1:30 Ecumenical Services in the IL TV Room (Meet at 1:15 in the Community Room if interested)

2:15 QiGong with Katrin in the Sun Room

3:30 Jilissa Vellake Vocal Performance in the Community Room

5:00 Dinner

7:15 Guest Speaker: Erie Canal Museum in IL (Meet Jade at 7:15pm to walk up)



© Brian Crane

Wednesday, August 3rd, 2022

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Mindful Movement with Emily in the Community Room

10:30 Health & Wellneses Education with Pershant from SelectRehab in the Community Room

11:30 Clam Bake outside under the ALR Tent with Performance by Locke 52 Performance

5:00 Dinner

7:00 Mafia with Andrew in the Community Room



© Brian Crane.

Thursday, August 4th, 2022

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Crayon Scratching Craft with Andrew in the Community Room

12:00 Lunch

1:30 Noodle Hockey with Andrew in the Sun Room

3:30 Dennis McGuire Performance in the Community Room

5:00 Dinner



Friday, August 5th, 2022

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Exercise with Andrew in the Community Room

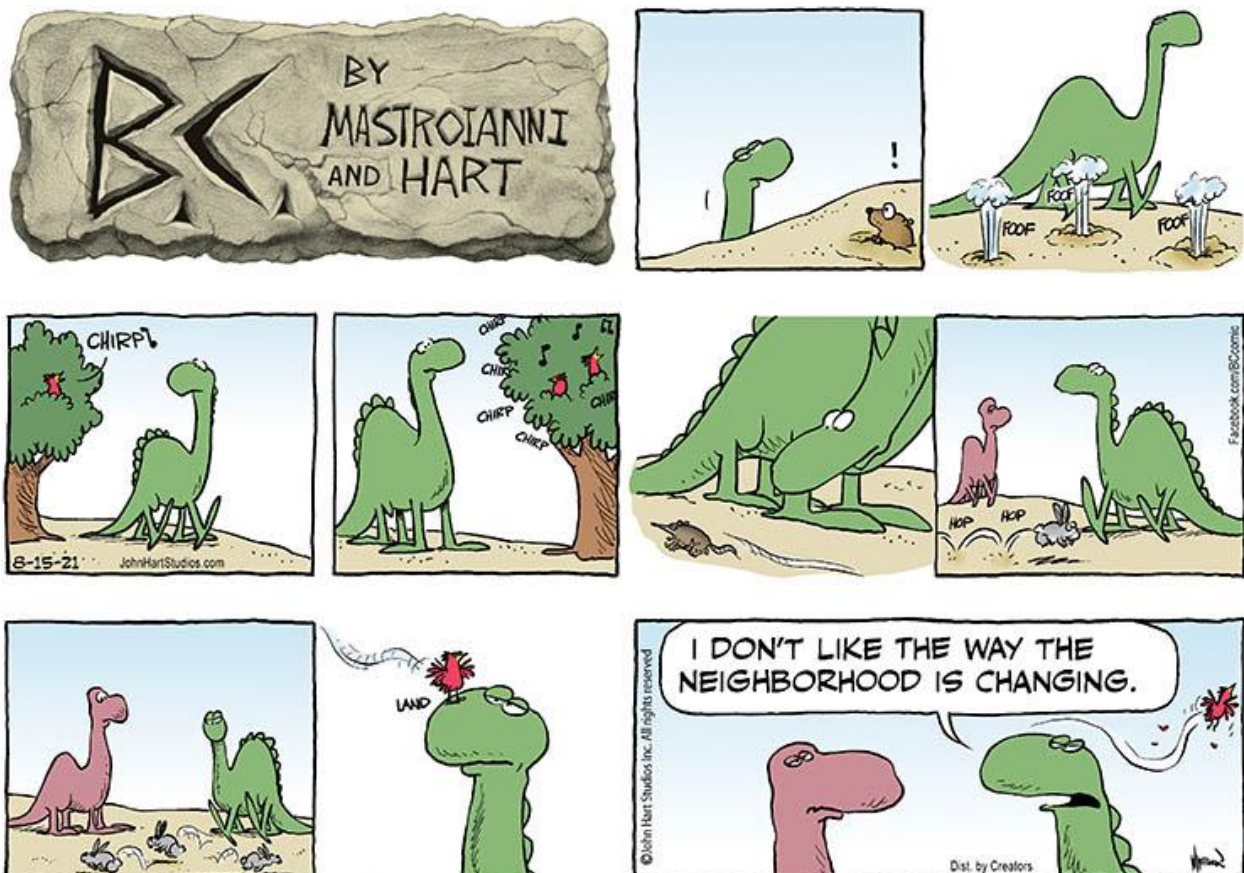
10:30 Gardening on the patio with Andrew

12:00 Lunch

2:00 Ladder Ball with Andrew in the Community Room

3:00 Ice Cream with Andrew out front of ALR

5:00 Dinner



Saturday, August 6th, 2022

8:00 Breakfast

9:45 Exercise with Cammy in the Community Room

12:00 Lunch

1:30 Trivia with Cammy outside on the Front of ALR

2:30 Movie Matinee in the Community Room

5:00 Dinner

Sunday August 7th, 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 Balloon Fly Swatter with Cammy in the Community Room

2:30 "A Country Romance" Hallmark Movie 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:)

