

# The Nottingham Telegraph

**August 15<sup>th</sup>, 2022 to  
August 21<sup>st</sup>, 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



**Monday August 15<sup>th</sup>, 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 Saige in the Community Room**

**10:30 Trivia with Saige in the Community Room**

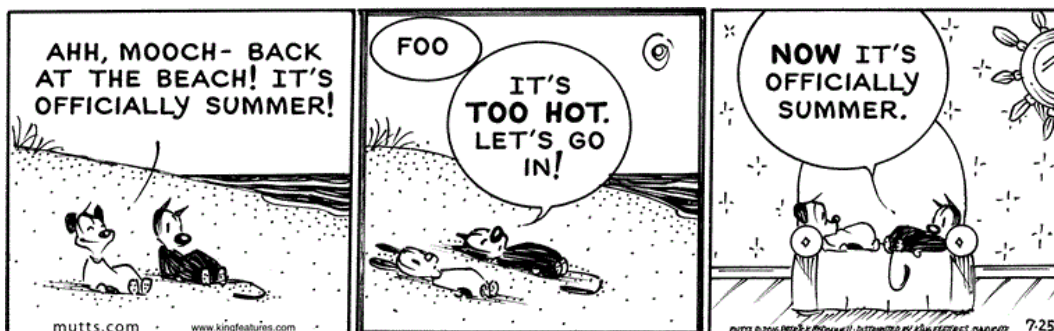
**12:00 Lunch**

**2:00 Egg Carton Craft with Saige in the Arts & Craft Room**

**3:00 Ladderball with Saige in the Community Room**

**5:00 Dinner**

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



**Tuesday August 16<sup>th</sup>, 2022**

**8:00 Breakfast**

**10:00 Exercise with Cammy in the Community Room**

**10:30 Finish the Song Title with Cammy in the Community 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**

**3:00 Skee-ball with Cammy in the Community Room**

**5:00 Dinner**

**7:30 Harps & Guitar Concert in IL (Meet Jade at 7:15pm to Walk Up)**



Imaged by Heritage Auctions, HA.com

**Wednesday, August 17<sup>th</sup>, 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 Nails and Piano Sounds with Cammy and Donna**

**12:00 Lunch**

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

**3:30 Life Stories with Cammy on the Back Patio**

**5:00 Dinner**

**7:15 Word Games with Andrew in the Community Room**





**Thursday, August 18<sup>th</sup>, 2022**

**8:00 Breakfast**

**10:00 Exercise with Shannon and Saige in the Community Room**

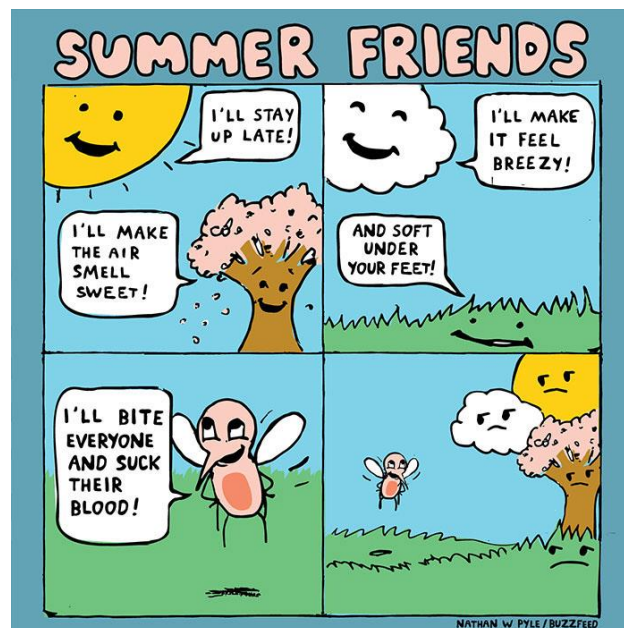
**10:30 Horse Racing with Saige in the Arts and Crafts Room**

**12:00 Lunch**

**1:30 Drum Circle with Jimbo in Sun Room**

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

**5:00 Dinner**



**Friday, August 19<sup>th</sup>, 2022**

**8:00 Breakfast**

**9:15 Holy Rosary with Joe in the Family Room**

**10:00 Exercise with Shannon and Saige in the Community Room**

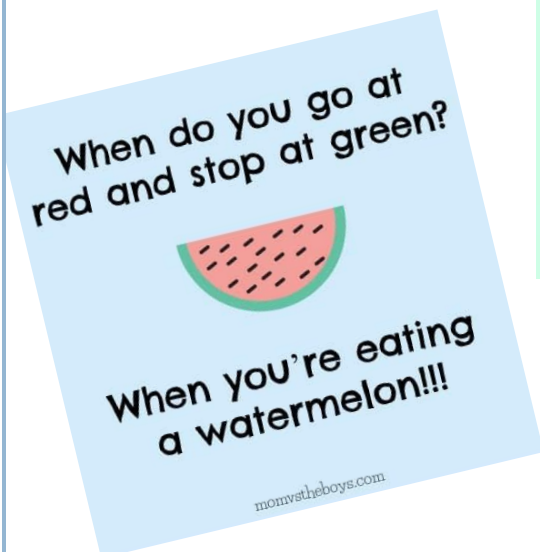
**10:30 Listening to Oldies with Saige in the Community Room**

**12:00 Lunch**

**2:00 Mini Golf with Saige in the Community Rom**

**3:00 Sunshine Walk with Saige (Meet in the Community )**

**5:00 Dinner**



**Saturday, August 20<sup>th</sup>, 2022**

**8:00 Breakfast**

**9:45 Exercise with Andrew in the Community Room**

**12:00 Lunch**

**1:30 Balloon Volley with Andrew in the Community Room**

**2:30 Movie Matinee in the Community Room**

**5:00 Dinner**

**PLEASE WEAR YOUR MASK!**

**Sunday August 21<sup>st</sup>, 2022**

**8:00 Breakfast**

**11:00 Catholic Mass with the Catholic Diocese Priests in the Independent Living TV Meeting room (Meet Andrew at 10:30 in the Assisted Living Community Room if interested)**

**12:00 Lunch**

**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:)

