

The Nottingham Telegraph

**August 8th, 2022 to
August 14th, 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 8th, 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 Learning about Boats with Andrew in the Community Room

12:00 Lunch

2:00 Bombardment Pins with Andrew in the Sun Room

3:00 Pokeno with Andrew in the Arts & Crafts Room

5:00 Dinner



Tuesday August 9th, 2022

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

10:30 Massages with Andrew & Donna 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 Jilissa Vellake Vocal Performance in the Community Room

5:00 Dinner



Wednesday, August 10th, 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 Famous Middle Children with Saige in the Community Room

12:00 Lunch

2:00 Corn Hole with Saige in the Community Room

3:00 Sing-a-long with Saige in the Community Room

5:00 Dinner

7:00 Wheel of Fortune with Andrew in the Community Room



Thursday, August 11th, 2022

8:00 Breakfast

10:00 Exercise with Andrew in the Community Room

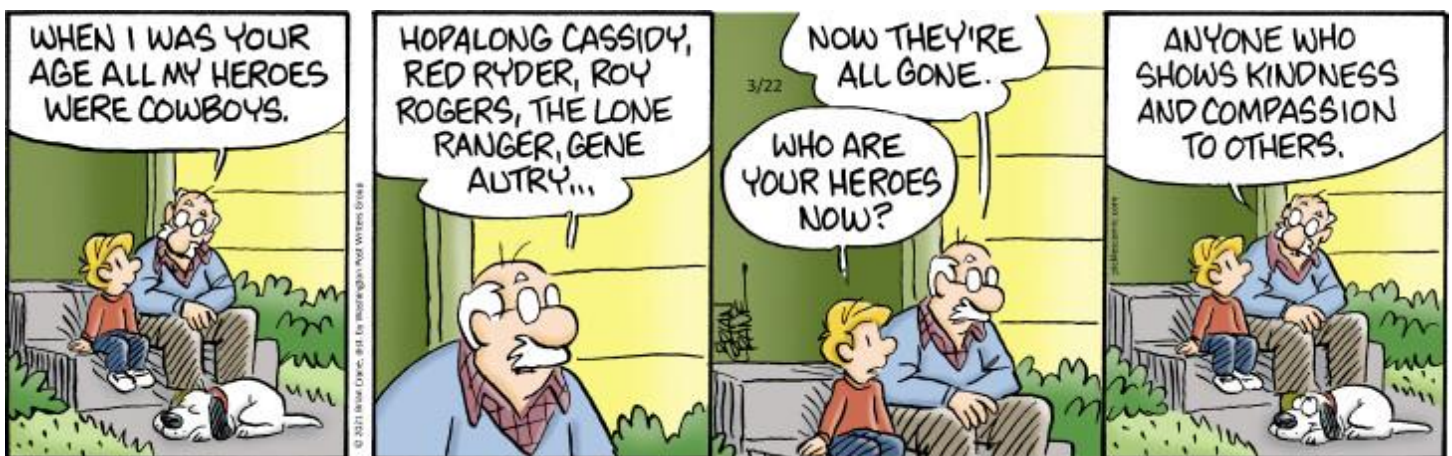
10:30 Uno with Andrew in the Sun Room

12:00 Lunch

2:30 Adirondacks History with Andrew in the Community Room

3:30 All Six Dice Game with Andrew in the Arts & Crafts Room

5:00 Dinner



Friday, August 12th, 2022

8:00 Breakfast

9:15 Holy Rosary with Joe in the Family Room

10:00 Exercise with Andrew in the Community Room

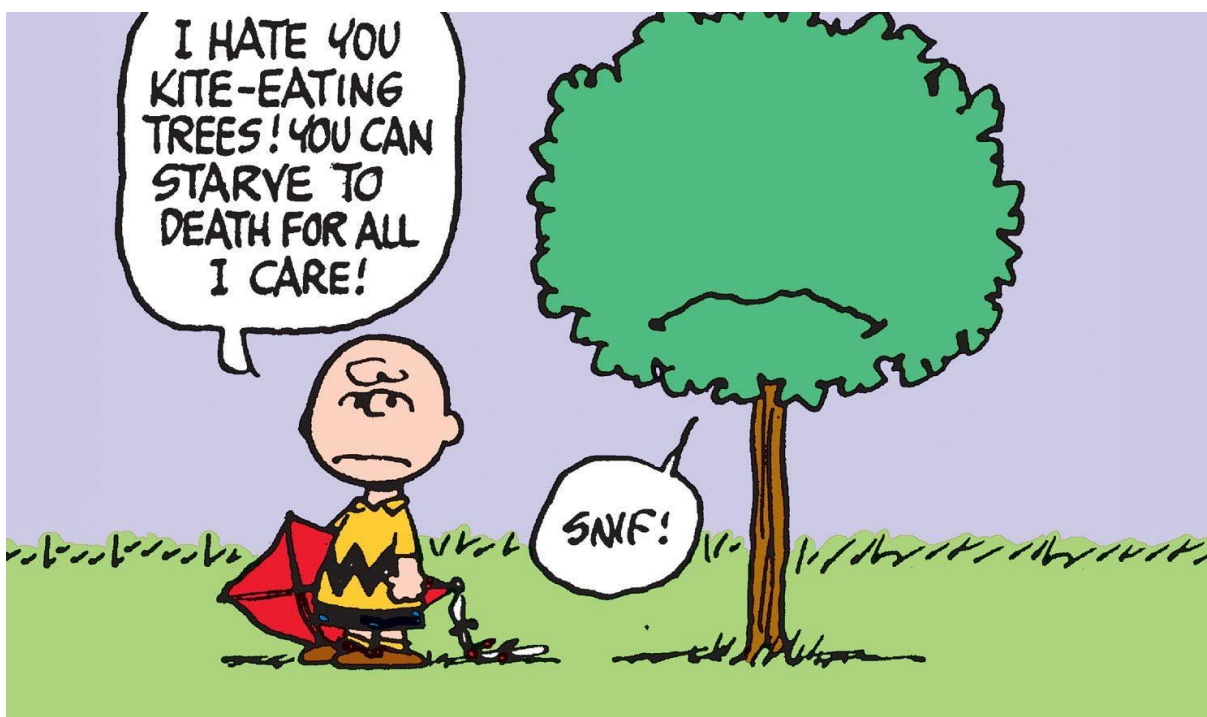
10:30 Book Club with Andrew in the Arts & Crafts Room

12:00 Lunch

2:00 Helping Hounds in MC (Meet in Sun Room @ 1:45pm to Walk over)

3:00 Coloring Pages with Andrew in the Arts & Crafts Room

5:00 Dinner



Saturday, August 13th, 2022

8:00 Breakfast

9:45 Exercise with Jade in the Community Room

12:00 Lunch

1:30 Bowling with Jade in the Community Room

2:30 Movie Matinee in the Community Room

5:00 Dinner

Sunday August 14th, 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:)

