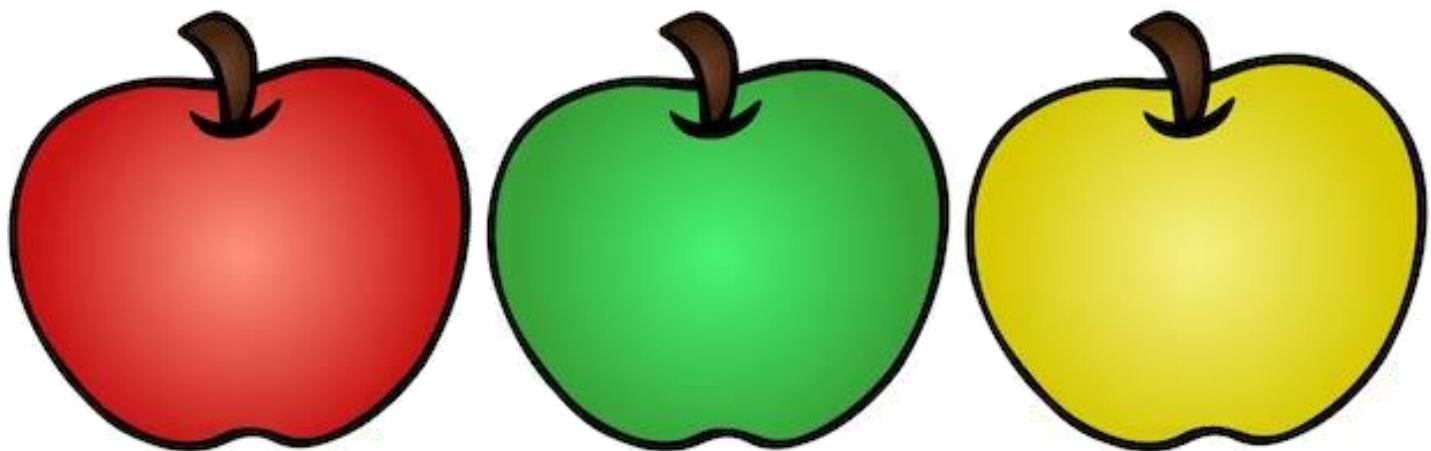


The Nottingham Telegraph **September 18th, 2023 to September 24th, 2023**

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



Telegraph Scavenger

Hunt!



How many of these
can you find in the telegraph?
Circle all the ones you find.
(Count this one ↑) Give
Cammy the right answer and
you will win a prize!





Monday September 18th, 2023

8:00 Breakfast

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

**10:30 Bowling with Shannon in the
Community Room**

12:00 Lunch

Sun Room

**2:30 Walk & Stretch with Shannon in the
Community Room**

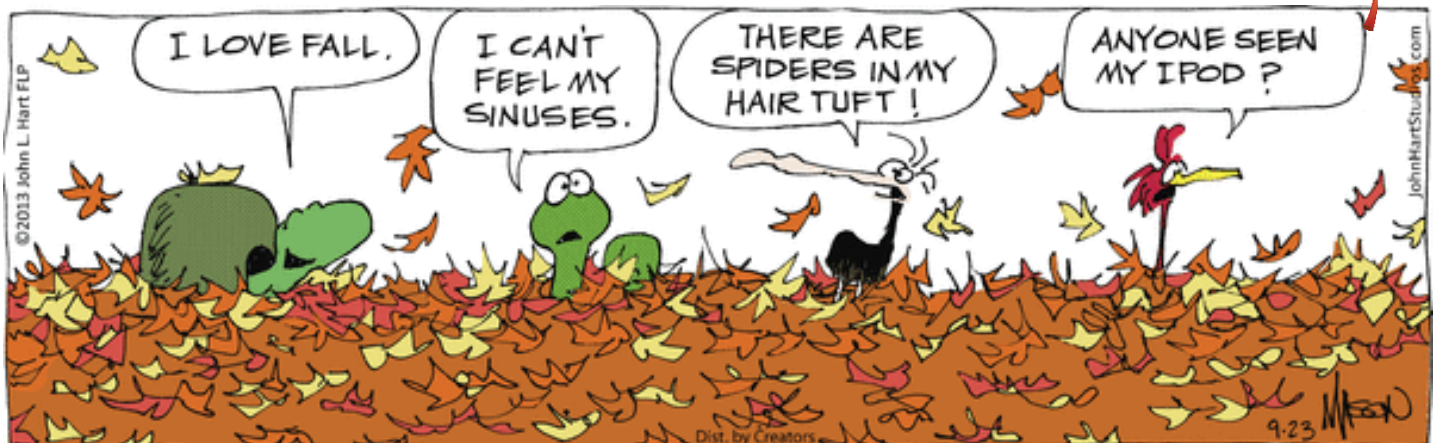
**3:30 Bingo with Shannon in the Community
Room**

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

**6:00 News Hour in the Community Room (Join
your peers to tune into the news)**

~No Night Programs~



Tuesday September 19th, 2023



8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Jeopardy with Cammy in the Community Room

12:00 Lunch

1:30 Ecumenical Service in IL TV Room (Meet in the Community Room at 1:15)

3:30 Blair Frodelius Vocalist Performance in the Community Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

7:30 Music by dennis Goettel in the IL TV Meeting Room (Meet Jade in the ALR Community Room at 715 if interested)



MUTTS





Wednesday, September 20th, 2023

8:00 Breakfast

10:00 Mindful Movement Exercise with Emily in the Community Room

10:30 Travelogue to Milan with Cammy in the Community Room

12:00 Lunch

2:30 Resident Council in the Community Room

3:00 Happy Hour with Tammi Sue & JB Duo –in the Independent Living Club House (Meet Cammy in the Community Room if interested)

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

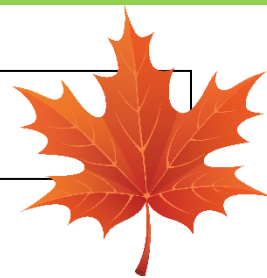


www.foxrot.com twitter: @billamend

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AMEND 11-1

Thursday, September 21st, 2023



8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Nails & Piano Notes with Cammy & Donna in the Community Room

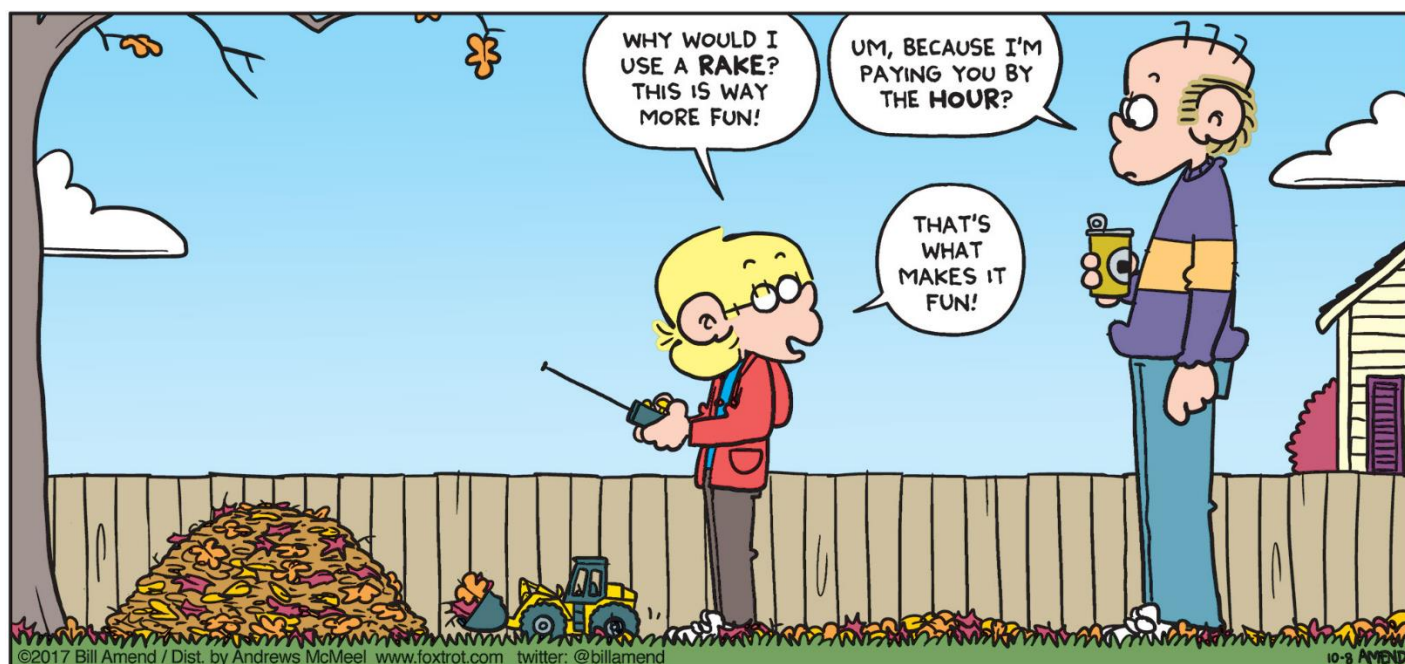
12:00 Lunch

2:30 Water Pong with Cammy in the Sun Room

3:30 Black Jack with Cammy in the Sun Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)



Friday, September 22nd, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Making Apple Crisp Pie with Cammy in the Community Room

12:00 Lunch

2:30 September Birthday Social with Cammy in the Community Room

3:30 Movie Matinee in the Community Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

Kevin & Kell



10/15

I SEE SHE'S
LEARNING
CAMOUFLAGE.

...AND PATIENCE.
FOUR...THREE...
TWO...



© 2005 Bill Holbrook

Saturday, September 23rd, 2023

Happy First Day of Fall!

8:00 Breakfast

10:00 Independent Word Searches & Coloring in the Sun Room

12:00 Lunch

12:00 **SU Football takes on Army
(ACC Network ch. 388)**

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

7:00 Tune into Oldie/Goldie Band music with Lawrence Welk on Channel 11 in the Community Room or in your own Room!

Sunday September 24th, 2023

8:00 Breakfast

10:30 Sunday Services in the Community Room

11:00 Catholic Mass with the Catholic Diocese Priests in the Independent Living TV Meeting room (Must Independently attend)

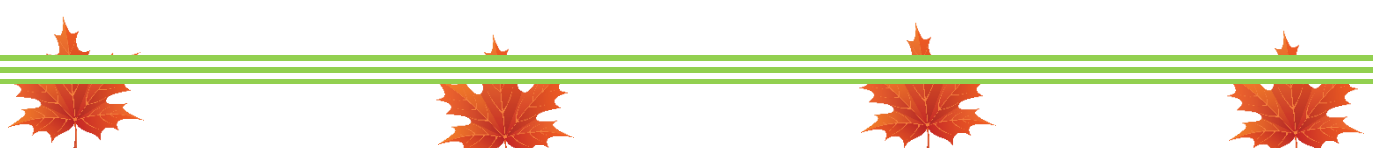
12:00 Lunch

1:30 Horse Racing with Shannon in the Sun Room

2:30 Movie Matinee in the Community Room

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)





Holy Rosary

Before dinner join Joe
Monday/Wednesday/Friday's at 4:15pm
in the Family Room to say a few prayers!
All you need is yourself! All are welcome:)

