

Assisted Living Residence Weekly Telegraph



September 23 – September 29, 2024







The Nottingham Channel 1340
A publication for Residents and Employees

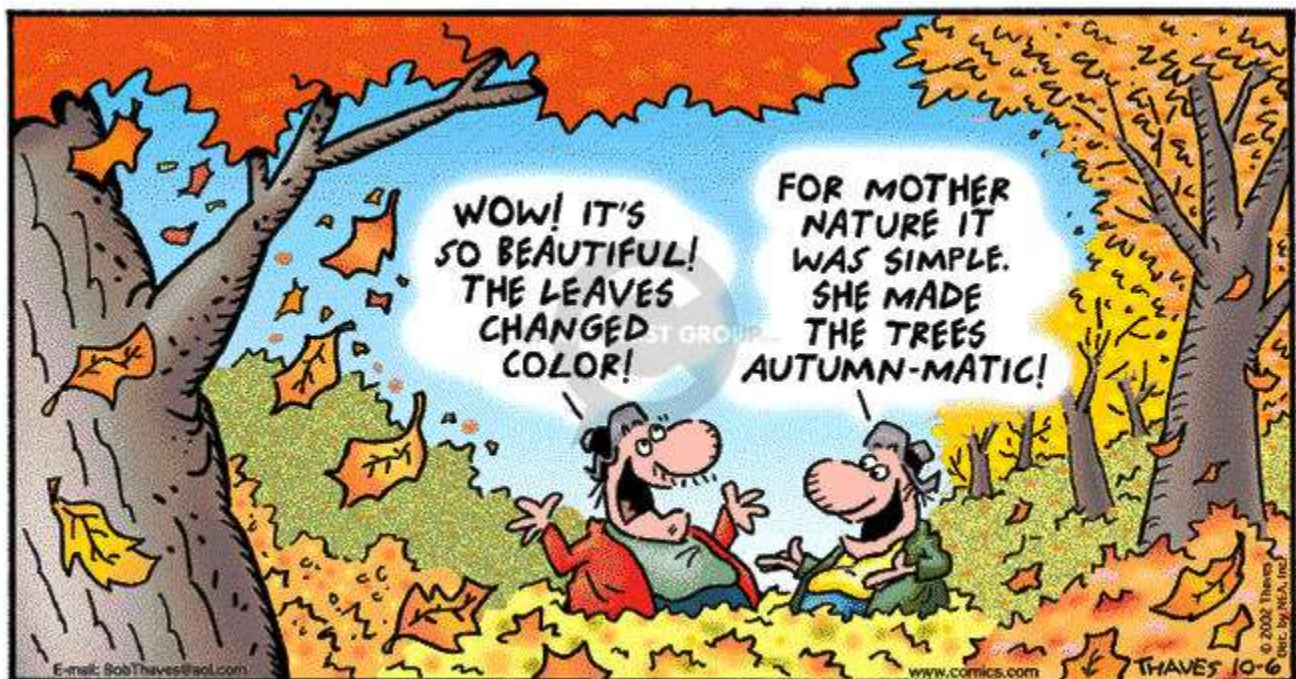
- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays

Shannon Loughlin, Director of Life Enrichment
Sarah Bogacz, Recreation Specialist
Kaileigh Roy, Recreation Specialist









315-413-3903
315-413-3596
315-445-9242

MONDAY, September 23, 2024

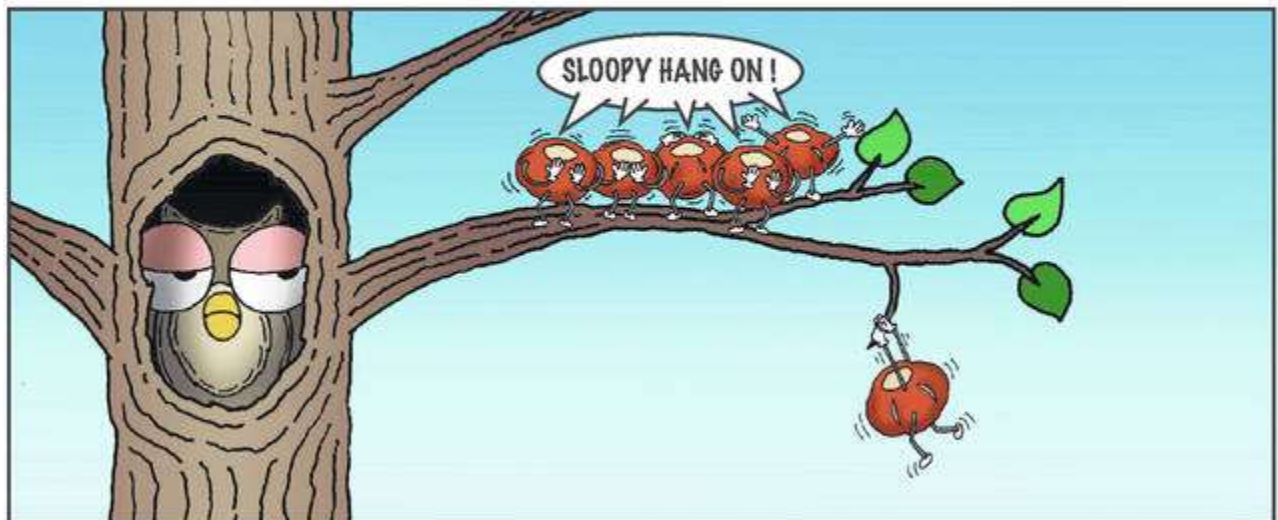
8:00 AM		Breakfast
9:00 AM		Outing: Apple Picking at Navarino Orchard Meet Sarah at 8:45 in lobby Attend
12:00 PM		Lunch
2:00 PM		BINGO! With Sarah in the Community Room
3:00		Wheel of Fortune with Sarah in the Community Room
3:00-7:00 PM		Club House is Open- Must Attend Independently
5:00 PM		Dinner
		No Evening Program






TUESDAY, September 24, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Manicures with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in IL TV Meeting Room</u> Meet Sarah in the Community Room at 1:15 to attend
2:30 PM		Volley Ball with Sarah and Kaileigh in the Sun Room
5:00 PM		Dinner
7:15 PM		<u>Musical Performance with Michael Larkin in IL TV Meeting Room</u> Meet Kaileigh at 7:00 PM in the Community Room








The Owl From Powell
by Jim Mankie



WEDNESDAY, September 25, 2024

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		Trivia with Sarah in the Community Room
11:15 AM		<u>Catholic Service with Father Murray in the Community Room</u>
12:00 PM		Lunch
2:00 PM		Corn Hole with Sarah in the Community Room
2:00 PM		<u>Bridge Club in RHCF</u> Must independently attend
2:30 PM		Writers' Group in the IL Arts and Crafts Room Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome to join! Must independently attend
3:00 PM		Happy Hour with John Vona in the Club House Meet Sarah at 2:45 in the Community Room
4:00-7:00 PM		The Club House is Open Must independently attend
5:00 PM		Dinner
7:00 PM		Jeopardy with Angelina in the Sun Room

THURSDAY, September 26, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Tea, Coffee, and Chat What is your Horoscope?
12:00 PM		Lunch
2:00 PM		Painting Fall Door Signs with Sarah in the Arts & Crafts Room
3:00 PM		Where Have You Been? Sharing Our Travels Around the World in the Arts & Crafts Room
5:00 PM		Dinner

Kevin & Kell

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FRIDAY, September 27, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Mini Crossword Puzzles with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		Prayer Group with Betsy in the Arts & Crafts Room
2:00 PM		Center, Right, Left Dice Game with Sarah in the Community Room
3:00 PM		Outdoor Walk & Talk with Sarah Meet Sarah in the Lobby
5:00 PM		Dinner



SATURDAY, September 28, 2024

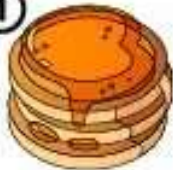


















8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh in the Community Room
10:15 AM		15 Minute Trivia with Kaileigh in the Community Room
12:00 PM		Lunch
12:00PM		<u>SU Football Game</u> - Ch. 388 ACC Network
1:30 PM		Parfaits with Kaileigh in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

SUNDAY, September 29, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh in the Community Room
10:30 AM		<u>Sunday Service with Deacon Ralph in the Community Room</u>
11:00 AM		<u>Service with Catholic Diocese Priests in IL TV Meeting Room</u> Must Attend Independently
12:00 PM		Lunch
1:30 PM		Hangman with Kaileigh in the Community Room
2:30 PM		Movie Matinee in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

[Type here]

Food Crossword Puzzle

1  2  3  4  5  6  7  8  9  10  11  12  13  14  15  16  17  18  19 

1 3 5 7
2 4 6
8 9
10 11 12
13
14 15
16
17
18
19