

# Assisted Living Residence Weekly Telegraph

February 23<sup>rd</sup> - March 1<sup>st</sup>, 2026



The Nottingham Channel 1340

A publicaion for Residents and






- Calendar of Events
- Coming attractions
- Special announcements

Shannon Loughlin, Director of Life Enrichment (315) 413-3903

Abigail Loiselle, Recreation Therapist (315) 413-3596










Angelina Roberts, Recreation Specialist (315) 445-9242

**MONDAY, February 23<sup>rd</sup>, 2026**

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Corn Hole Tournament with Abby in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Movement with Angelina in the Community Room
2:30 PM		Bingo! with Abby In the Community Room
5:00 PM		Dinner








~Programs are subject to change. Any changes will be posted on the whiteboard outside of the dining room.~

**TUESDAY, February 24<sup>th</sup>, 2026**

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Manicures with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Spiritual Services in IL TV Room: Meet Abby at 1:15 to attend. All Are Welcome.</u>
2:30 PM		Rummikub Tile Game with Abby in the Arts and Crafts Room
3:30 PM		<u>Music Performace by John Vona in the Community Room</u>
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Kaileigh in the Community Room










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## WEDNESDAY, February 25<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		Knock-Out Basketball with Abby in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Exercise with Angelina in the Community Room
3:00 PM		<u>Happy Hour with music by Charlotte's Web in the IL Clubhouse</u> (Meet Angelina at 2:45 to attend)
5:00 PM		Dinner Tonight's Theme: Spain
6:15 PM		Evening Visits and 1:1s with Angelina

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## THURSDAY, February 26<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:00 AM		Sacrament of Reconciliation with Syracuse Diocese Priests in the Interfaith Chapel <b>*MUST ATTEND INDEPENDENTLY*</b>
11:00 AM		Lunch Outing to the B-Ville Diner with Angelina <b>(Please sign up in advance)</b>
11:00 AM		Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel <b>*MUST ATTEND INDEPENDENTLY*</b>
12:00 PM		Lunch
1:30 PM		Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room
3:00 PM		Prayer Group with Betsy in the Arts and Crafts Room. <i>All are welcome</i>
5:00 PM		Dinner






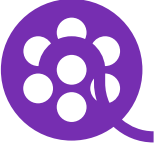

## FRIDAY, February 27<sup>th</sup>, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Trivia with Angelina in the Community Rom
12:00 PM		Lunch
1:15 PM		Sit and Stand Stronger Exercise with Tiffany in the Community Room
2:00 PM		<u>Echoes of Syracuse Flute and Oboe Performance in Memory Care</u> (Meet Angelina at 1:45 to walk over together)
5:00 PM		Dinner

## SATURDAY, February 28<sup>th</sup>, 2026

8:00 AM		Breakfast
9:45 AM		Exercise with Abby in the Community Room
10:15 AM		Hangman with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		Weekend Bingo! with Abby In the Community Room
5:00 PM		Dinner

## SUNDAY, March 1<sup>st</sup>, 2026

8:00 AM		Breakfast
9:45 AM		Exercise with Abby in the Community Room
10:30 AM		<u>Communion Service with Eucharistic Minister, Mark Barnes in the Community Room. All are welcome.</u>
11:00 AM		<u>Catholic Mass with Syracuse Diocese Priests in the Independent Living TV Room. <b>Must attend independently</b></u>
12:00 PM		Lunch
1:30 PM		Boggle with Abby in the Community Room
2:30 PM		Movie Matinee: "La la Land" in the Community Room
5:00 PM		Dinner