

Assisted Living Residence Weekly Telegraph

April 6th- 12th, 2026



The Nottingham Channel 1340

A publication for Residents and Employees








- 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









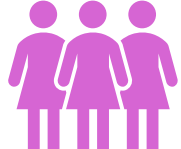
MONDAY, April 6th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Shannon in the Community Room
10:30 AM		Morning Sing-along with Shannon in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Bingo with Shannon in the Community Room
3:00 PM		Balloon Volley with Shannon 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. ~

Technology help is available!
See Recreation Staff to set up an appointment.

TUESDAY, April 7th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
11:00 AM		Manicures with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Spiritual Services in Interfaith Chapel in the D-Wing of IL: Meet Abby at 1:15 to attend.</u> <i>All Are Welcome.</i>
3:00 PM		<u>Live Music Performance by Dennis McGuire in the Community Room</u>
4:30PM-6:00PM		<u>Passover Sedar Dinner in the IL Clubhouse: sign up with recreation staff if interested in attending.</u>
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Kaileigh

WEDNESDAY, April 8th, 2026

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily from Select Rehab in the Community Room</u>
10:30 AM		<u>Healthy Living Series with Nicole from Select Rehab on Spine Health part II</u>
11:00 AM		Travelogue to Alaska in the Community Room
12:00 PM		Lunch
2:00 PM		Afternoon Movement with Angelina in the Community Room
2:30 PM		Writer's Group in the IL TV Room *Must attend independently*
3:00 PM		<u>Happy Hour in the IL Clubhouse with music by John Vona</u> Meet Angelina at 2:45 to attend together
5:00 PM		Dinner
6:15 PM		Evening Visits and 1:1s with Angelina







THURSDAY, April 9th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Blooming Boot Décor Craft with Angelina in the Arts and Crafts Room
12:00 PM		Lunch
12:30 PM		<u>Jamesville-Dewitt Library Visit in the Community Room</u>
1:00 PM		<u>Massages with Donna- Therapeutic Massage Therapist in the Sunroom</u>
1:30 PM		Bridge Group with IL Residents Fred and Marge in the Arts and Crafts Room
2:30 PM		Name Ten with Angelina in the Community Room
5:00 PM		Dinner








FRIDAY, April 10th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		<u>Lunch Outing to the Salt Restaurant with Angelina</u>
12:00 PM		Lunch
1:30 PM		Sit and Stand Stronger with Tiffany in the Community Room
2:15 PM		<u>Visits from Helping Hounds Dog Rescue in the Community Room</u>
3:00 PM		<u>Piano Performance by SU Student Kai Wong in the Community Room</u>
5:00 PM		Dinner

SATURDAY, April 11th, 2026

8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		Morning Chats with Abby in the Community Room
12:00 PM		Lunch
1:30 PM		Movie Matinee: Wicked Part 1
5:00 PM		Dinner

SUNDAY, April 12th, 2026

8:00 AM		Breakfast
10:00 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 Interfaith Chapel in the D-Wing of IL. Must attend independently</u>
12:00 PM		Lunch
1:30 PM		Movie Matinee: Wicked Part 2 (newly released!)
5:00 PM		Dinner