


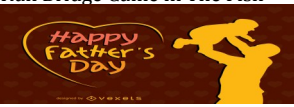



# June 2019

## The Nottingham Assisted Living Recreation Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:00 Exercise with Donna in the Dining Room 10:30 Piano Sounds with Donna in the Sun Room 1:15 Movie Matinee "A Star is Born" in the TV Room 4:00 <i>Catholic Mass with Father Heagerty in the RHCf Library</i> 6:00 Resident Run Bridge in the Fish Room
<b>2</b> 9:45 Exercise with Shannon in the Dining Room 1:15 <i>Outing to the Civic Morning Musical Concert with Shannon (Please sign up with Shannon)</i> 1:45 Movie Matinee in The TV Room "Mary Queen of Scots" (2018) Starring Saoirse Ronan, Margot Robbie. 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	<b>3</b> 10:00 Zumba with Dr. Ann in The Dining Room 10:30 Balloon Tennis with Shannon in the Sun Room 1:15 Piano Sounds with Donna in the Sun Room 2:30 Stretching with Dr. Ann in the Corner Room	<b>4</b> 9:15 Exercise with Shannon in the Corner Room <b>10:15 Montessori School Visit &amp; Performance in the Dining Room</b> 1:30 Spin & Solve with Shannon in the TV Room 3:00 Horseshoes with Shannon in the Sun Room	<b>5</b> 10:00 Exercise with Colleen in The Dining Room 10:30 Picnic Word Game with Colleen in the Corner Room 1:15 Horse Racing with Colleen in the Corner Room (Bring Your Nickels) 2:30 Flower Arranging With Dining Staff in The Small Dining Room 2:15 Movie Matinee in the TV Room	<b>6</b> 10:00 Exercise with Shannon in The Dining Room 10:30 Independent Word Searches in the Corner Room 11:00 <i>Protestant Church Service in The RHCf Terrace Room</i> 2:30 <i>Gardening Club with SUNY ESF in the Corner Room making Strawberry Salsa</i> 3:30 Happy Hour in The Small Dining Room	<b>7</b> 9:30 Brain Busters with Shannon in the Sun Room 10:00 Exercise with Shannon in the TV Room 10:30 Ellis Island History Video in the TV Room 11:00 <i>Dewitt Library Visits in the RHCf Terrace Room</i> 1:15 Massages & Manicures with Shannon in the TV Room <b>3:15 Concert with Dan Robbino in the Dining Room</b>	<b>8</b> 10:00 Exercise with Donna in the Dining Room 1:15 Doc Martin TV Series- British Comedy in the TV Room 4:00 <i>Catholic Mass with Father Heagerty in the RHCf Library</i> 6:00 Resident Run Bridge in the Fish Room
<b>9</b> 1:45 Movie Matinee in The TV Room "The Sound of Music" starring Julie Andrews 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	<b>10</b> 10:00 Zumba with Dr. Ann in The Dining Room 10:30 Casino Games with Shannon in the Corner Room 1:15 Corn Hole with Shannon in the Sun Room 2:30 Stretching with Dr. Ann in the Corner Room <b>3:15 Entertainment with the DeWitt Choraliers in the Dining Room</b>	<b>11</b> 9:30 Daily Trivia with Shannon in the Sunroom 9:45 Exercise with Shannon & Kayla in The Dining Room <b>10:30 Music Therapy with Tim Herron in the Sun Room</b> 1:30 Jeopardy with Kayla & Kara in the Corner Room 3:00 Red, White & Blue Craft with Shannon in the Corner Room 7:00 20 Questions with Nadja in the Sun Room	<b>12</b> 10:00 Exercise with Kara & Kayla in The Dining Room 10:30 Famous June Birthdays with Kara & Kayla in the TV Room 1:15 <i>Yoga &amp; Music with Kelly in the Corner Room</i> 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 What Am I? with Shannon in the Sun Room 4:30 <i>Dinner Outing to Water Front Bar &amp; Grill with Shannon</i>	<b>13</b> 10:00 Exercise with Shannon in The Dining Room 10:30 <i>Massages with Donna Massage Therapist in the TV Room</i> 11:00 <i>Protestant Church Service in The RHCf Terrace Room</i> <b>12:00 Birthday Luncheon in the IL TV/Meeting Room</b> 1:15 <i>Chair Exercise with Sue in the Sun Room</i> 2:30 <i>Gardening Club with SUNY ESF on the Patio</i> 3:15 Banana Split Happy Hour in The Small Dining Room	<b>14 FLAG DAY~ WEAR RED &amp; BLUE</b> 9:30 Flag Day Facts with Shannon in the Sun Room 10:00 Exercise with Shannon in the TV Room 10:30 Famous Mustaches & Fathers Day Celebration with Donuts with Shannon in the TV Room 1:15 Patriotic Songs with Shannon in the TV Room 3:15 Penny Pitch with Shannon in the Corner Room 	<b>15</b> 9:45 Exercise with Shannon in the Dining Room 1:15 <i>Jazz Piano Concert in the Dining Room</i> 4:00 <i>Catholic Mass with Father Heagerty in the RHCf Library</i> 6:00 Resident Run Bridge in the Fish Room
<b>16 Happy Fathers' Day!</b> 1:45 Movie Matinee in The TV Room "Battle of the Sexes" (2017) Emma Stone and Steve Carell 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room 	<b>17</b> 10:00 Zumba with Dr. Ann in The Dining Room 10:30 Crossword with Kara in the Corner Room 1:15 Guess Who? with Kara in the Corner Room 2:30 Stretching with Dr. Ann in the Corner Room 3:30 Balloon Tennis & Trivia with Kara in the Sun Room	<b>18</b> 9:30 Morning Trivia with Shannon in the Sunroom 10:00 Exercise with Shannon & Kayla in The Dining Room 10:30 Bowling with Shannon in the Sun Room 1:30 <i>Pet Visits with PAWS with Shannon &amp; Kayla in the TV Room</i> <b>3:30 Entertainment with Tommy Barr in the RHCf Family Room</b>	<b>19</b> 10:00 Exercise with Kara & Kayla in The Dining Room 10:30 Scategories with Kara & Kayla in the Corner Room 1:15 <i>Yoga &amp; Current Events with Kelly in the Corner Room</i> 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Table Games with Shannon in the Corner Room 7:15 Moby Dick with Shannon in the TV Room	<b>20</b> 10:00 Exercise with Shannon in The Dining Room 10:30 Sing-A-Long with Shannon in the TV Room 11:00 <i>Protestant Church Service in The RHCf Terrace Room</i> 1:30 Chalk Words with Shannon in the TV Room 2:30 <i>Gardening Club with SUNY ESF on the Patio</i> 3:30 Brownie A La Mode Happy Hour in The Small Dining Room	<b>21 The Longest Day! Summer Begins</b> 9:45 Exercise with Shannon in the TV Room <b>10:30 Picnic at Jamesville Beach Sign Up with Shannon!</b> 2:30 Shabbat with Rabbi Fellman in the Corner Room 3:15 Smoothie Social with Shannon on the Patio	<b>22</b> 10:00 Exercise with Donna in the Dining Room 1:15 Doc Martin TV Series- British Comedy in the TV Room 4:00 <i>Catholic Mass with Father Heagerty in the RHCf Library</i> 6:00 Resident Run Bridge in the Fish Room
<b>23</b> 1:45 Movie Matinee in The TV Room "Won't You Be My Neighbor" (2018) starring Fred Rogers 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	<b>24</b> 10:00 Zumba with Dr. Ann in The Dining Room 10:30 Card Shuffle with Shannon in the Corner Room 1:15 Pictionary with Kayla in the Corner Room 2:30 Stretching with Dr. Ann in the Corner Room 3:15 <i>Musical Trumpet Player Joe Henneberry in the Dining Room</i>	<b>25</b> 9:30 Guess What? with Shannon in the Sunroom 10:00 Exercise with Kayla in The Dining Room 10:30 Balloon Volley with Shannon in the Sun Room 1:15 Wheel of Fortune with Kayla in the Corner Room 3:00 Hello Summer Craft with Shannon in the Corner Room 7:00 Trivial Pursuit with Nadja in the Sun Room.	<b>26</b> 10:00 Exercise with Shannon in The Dining Room 10:30 Hangman with Shannon in the TV Room 1:15 <i>Yoga &amp; Current Events with Kelly in the Corner Room</i> 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Hoop Shots with Shannon in the Sun Room 6:30 <i>Musical Performance by Aaron Karpalla in the RHCf Family Room</i>	<b>27</b> 10:00 Exercise with Shannon in The Dining Room 10:30 Independent Paint By Numbers in the Corner Room 11:00 <i>Protestant Church Service in The RHCf Terrace Room</i> 1:30 <i>Drum Circle with Jimbo in the Sun Room</i> 2:30 <i>Gardening Club with SUNY ESF on the Patio</i>	<b>28</b> 9:30 Mind Joggers with Shannon in the Sun Room 10:00 Exercise with Shannon in the TV Room 10:30 Bocce Ball with Shannon in the Sun Room 2:00 <i>Everson Museum Presentation in IL/TV Room</i> 3:15 Happy Hour with Shannon in the Small Dining Room	<b>29</b> 9:45 Exercise with Shannon in the Dining Room <b>2:00 Piano Concert in the IL TV/Meeting Room</b> 4:00 <i>Catholic Mass with Father Heagerty in the RHCf Library</i> 6:00 Resident Run Bridge in the Fish Room 
<b>30</b> 1:45 Movie Matinee in The TV Room "The Leisure Seeker" (2017) Helen Mirren, Donald Sutherland 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room				<b>Programs &amp; Times are subject to change or be cancelled. Please refer to the daily board for the most up to date information. Please contact Shannon at 315-413-3127 if you have any questions or concerns.</b>		