
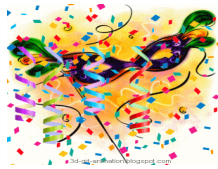







March 2019

The Nottingham Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*Programs & 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.</i></p>						
					1 9:30 "A Pint of Ale" with Shannon in the Sun Room 10:00 Zumba With Shantina The Dining Room 10:30 Questions & Answers with Shannon in the Dining Room 11:00 Devitt Library in the RHCF Terrace Room 1:30 Table Games with Shannon in the Corner Room 3:30 Sing-A-Long with Shannon in the TV	2 9:30 Exercise with Drew in the Dining Room 12:00 SU Basketball in the TV Room 4:00 Catholic Mass with Father Heagerty in the RHCF Library 6:00 Resident Run Bridge Game in the Fish Room
3 1:45 Movie Matinee in the TV Room " Brooklyn " Starring Saoirse Ronan & Domhnall Gleeson. 2015 Romantic. 3:30 Listening to The Oldies 6:00 Resident Run Bridge Game in The Fish Room	4 10:00 Exercise With Shannon in The Dining Room 10:30 Shamrock Wreath Craft with Shannon in The Corner Room 1:15 Historic March with Drew in The Corner Room 3:15 Card Games with Shannon in the Corner Room 7:00 Cheers with Drew in the TV Room	5 Mardi Gras 9:30 Fat Tuesday with Shannon in the Sunroom 10:00 Exercise With Shannon in The Dining Room 10:30 Dining Committee Meeting in The Corner Room 1:15 Jeopardy with Drew in the Corner Room 3:15 Mardi Gras Party in the RHCF Family Room 6:30 Bingo with Nadja in the Sun Room	6 Ash Wednesday 10:00 Exercise With Shannon in The Dining Room 11:00 Protestant Service in the RHCF Terrace Room 2:00 Catholic Mass in the RHCF Library 2:30 Looming with Ro in the Sun Room 3:00 Clover All Over Card Game With Shannon in The Corner Room	7 10:00 Exercise With Shannon in The Dining Room 10:30 St. Patrick's Pistachio Cake Prep with Shannon in the Corner Room 12:00 Birthday Luncheon in IL Dining Room 1:15 Beach Ball Blast with Drew in The Sun Room 3:00 Happy Hour & Pistachio Cake with Shannon in The Small Dining Room 7:00 SU Woman's Acapella "Main Squeeze" Performance in the IL TV Room	8 9:30 St. Patrick's Day Facts with Shannon in the Sun Room 10:00 Zumba With Shantina The Dining Room 10:30 Irish Blessing Craft with Shannon in the Corner Room 1:15 Refrazed Movie with Shannon in the Corner Room 3:15 Music with David Lekki in the Dining Room	9 9:45 Exercise with Shannon in the Dining Room 1:15 Shamrock Designs with Shannon in the Corner Room 4:00 Catholic Mass with Father Heagerty in the RHCF Library 6:00 Resident Run Bridge Game in the Fish Room
10 1:45 Movie Matinee in The TV Room " The Miracle Worker " Starring Anne Bancroft & Patty Duke. 1962. 3:30 Listening to The Oldies 6:00 Resident Run Bridge Game in The Fish Room	11 10:00 Exercise With Kara in The Dining Room 10:30 You Be the Judge with Kara The Corner Room 1:15 Bean Bag Bonanza with Drew in The Sun Room 3:30 Guinness World Records with Drew in the TV Room 6:15 Non-Political News with Drew in the Corner Room	12 9:30 Talk Time with Shannon in the Sun Room 10:00 Exercise With Shannon in The Dining Room 10:30 Famous Irish Americans with Shannon in the TV Room 1:15 Proverbs with Drew in the Corner Room 2:15 Piano Sounds with Donn in the Sun Room 3:30 Ladder Ball with Shannon in The Sun Room 7:00 20 Questions with Nadja in the Sun Room	13 10:00 Exercise With Drew in The Dining Room 10:30 Musicians Bracket With Kara in The TV Room 1:15 Yoga & Current Events with Kelly in the Corner Room 3:30 Word Scramble with Shannon in the Corner Room 7:00 Mini Golf with Shannon in the Sunroom 	14 10:00 Exercise with Shannon in the Dining Room 11:00 Protestant Service in the RHCF Terrace Room 2:00 Resident Council with Catherine in the TV Room 3:00 Happy Hour with Shannon in the Small Dining Room	15 9:30 It's Not Easy Being Green with Shannon in the Sun Room 10:00 Zumba With Shantina in The Dining Room 10:30 At the Races with Shannon in the Corner Room 1:15 Prophecies & Predictions with Drew in the Corner Room 2:00 Shabbat Service in the Corner Room 3:15 Johnston School of Irish Step Dance Performance in the Dining Room	16 9:45 Exercise With Drew in The Dining Room 1:15 Sing-A-Long (Irish Tunes) with Drew in the Sun Room 2:30 Shamrock Shake Social with Drew in the RHCF Family Room 4:00 Catholic Mass with Father Heagerty in the RHCF Library 6:00 Resident Run Bridge Game in the Fish Room
17 Happy St. Patrick's Day 1:45 Movie Matinee in The TV Room " The Best Years of Our Lives " Starring Myrna Loy & Fredric March. 1946. Classic 3:30 Listening to The Oldies 6:00 Resident Run Bridge Game in The Fish Room 	18 10:00 Exercise With Shannon in The Dining Room 10:30 Let's Make A Deal with Shannon in The Corner Room 1:15 SQUADOOSH! with Drew in the Corner Room 3:30 Tea Light Decor with Shannon in the Corner Room 7:00 Tournament Brackets & Pitch with Drew in the Corner Room	19 9:30 Geography Challenge with Shannon in the Sun Room 10:00 Exercise With Shannon in The Dining Room 10:30 Concentration with Shannon in the TV Room 1:30 Pet Visits with PAWS in the TV Room 3:30 Piano Sounds with Austin Scharf in the RHCF Family Room 	20 First Day of Spring 10:00 Exercise With Shannon in The Dining Room 10:30 Massages & Manicures with Shannon in The Corner Room 1:15 Yoga & Current Events with Kelly in the Corner Room 2:30 Looming with Ro in the Sun Room 3:00 Watercolors with Shannon in The Corner Room 7:00 Bowling with Nadja in the Sun Room	21 10:00 Exercise With Drew in The Dining Room 11:00 Protestant Service in the RHCF Terrace Room 1:15 MARH MADNESS!! with Drew in the Sun Room 3:00 Happy Hour With in The Small Dining Room 	22 9:30 Morning News with Shannon in the Sun Room 10:00 Zumba With Shantina in The Dining Room 10:30 Calculation Criss Cross with Shannon in the Corner Room 1:15 Ever Wonder WHY? With Drew in The Corner Room 1:30 Christmas Tree Outing with Shannon	23 9:45 Exercise with Shannon in the Dining Room 1:15 Spring Craft with Shannon in the Corner Room 4:00 Catholic Mass with Father Heagerty in the RHCF Library 6:00 Resident Run Bridge Game in the Fish Room
24 1:45 Movie Matinee in The TV Room "Papillon" Starring Steve McQueen & Dustin Hoffman. 1973 Action. 3:30 Listening to The Oldies 6:00 Resident Run Bridge Game in The Fish Room 	25 10:00 Exercise With Kara in The Dining Room 10:30 Scategories with Kara in The Corner Room 1:15 Music Hits from 1960-Today with Drew in the Corner Room 3:30 Wii Bowling with Drew in the TV Room 6:15 40's & 50's Trivia with Drew in the Corner Room	26 10:00 Music with Blair in the RHCF Family Room 1:15 Smokin' Mirrors with Drew in The Corner Room 2:30 Stretching with Shannon in the Corner Room 3:30 Balloon Tennis with Shannon in The Sun Room 6:30 Bingo with Nadja in the Sunroom	27 10:00 Exercise With Drew in The Dining Room 10:30 Famous March Babies With Kara in The TV Room 1:15 Yoga & Current Events with Kelly in The Corner Room 2:30 Sing Along With Shannon in The TV Room 4:30 Dinner Outing to Thai Flavor with Shannon	28 10:00 Exercise With Shannon in The Dining Room 11:00 Protestant Service in the RHCF Terrace Room 1:15 Apples to Apples with Drew in the Corner Room 3:15 Onondaga Historical Association Presents- Abolitionist Meeting after the Jerry Rescue in the Dining Room	29 9:30 Name 5 with Shannon in the Sun Room 10:00 Zumba With Shantina in The Dining Room 10:30 With Shanno in The Corner Room 1:15 Travelogue with Shannon to Switzerland in the TV Room 2:30 Penny Pitch with Shannon in the TV Room 3:15 Massages & Manicures with Shannon in the TV Room	30 9:45 Exercise with Drew in the Dining Room 1:15 National Doctors Day Trivia with Drew in the Corner Room 4:00 Catholic Mass with Father Heagerty in the RHCF Library 6:00 Resident Run Bridge Game in the Fish Room
31 1:45 Movie Matinee in The TV Room " The Zoo Keepers Wife " Starring Jessica Chastain & Daniel Bruhl. 2017. Drama 3:30 Listening to The Oldies 6:00 Resident Run Bridge Game in The Fish Room		