

Assisted Living Residence Weekly Telegraph

January 13th – January 19th













The Nottingham Channel 1340
A publication for Residents and Employees

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


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MONDAY, January 13th, 2025

8:00 AM		Breakfast
9:30 AM		Morning Chat with Sarah in the Fish Room
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Painting with Sarah in the Arts & Crafts Room
12:00 PM		Lunch
2:00 PM		What is it? With Sarah in the Community Room
3:30 PM		<u>Musical Performance with Deb & John Puma in the Community Room</u>
5:00 PM		Dinner
7:00 PM		Reading Chicken Soup for the Soul in the Sun Room
8:00 PM		Monday topic on Channel 1340: Good News in 2024 you might have missed! Runtime: 24 Minutes










TUESDAY, January 14th, 2025

8:00 AM		Breakfast
9:30 AM		Trivia with Sarah in the Fish Room
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		<u>Dining Committee Meeting in the Community Room</u>
10:45 AM		Manicures with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in the IL TV Meeting Room- Meet Sarah at 1:15 in the Cmmunity Room</u>
2:30 PM		BINGO! With Sarah in the Community Room
5:00 PM		Dinner
7:00 PM		<u>Musical Performance with Sentimental Serenade- Meet Kaileigh in the Community Room at 6:45</u>
8:00 PM		Tuesday Topic on Channel 1340: The world received its first glimpse inside the new-look Notre Dame Cathedral since it was engulfed by flames in 2019. France's Emmanuel Macron praised the restoration of the cathedral, telling restoration workers that they have "transformed ashes into art" during his final site visit of the beloved Gothic gem in the heart of Paris, ahead of its grand reopening on December 7 and 8. CNN's Melissa Bell reports and Michel Picaud, the president of Friends of Notre-Dame de Paris, a group that raised millions for the rebuilding of the cathedral joins CNN's Richard Quest to discuss. RUNTIME: 10 minutes








WEDNESDAY, January 15th, 2025

8:00 AM		Breakfast
9:30 AM		Reminiscing with Sarah in the Community Room
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		Select Rehab Presentation with Nicole in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Grandparent Program in the Community Room with Students from Parkview Elementary School</u>
3:00 PM		<u>Happy Hour with Jane Zell in the Club House- Meet Angelina at 2:45 in the Community Room</u>
5:00 PM		Dinner
7:15 PM		Helping Hands with Angelina- Room to room
8:00 PM		Wednesday topic on Channel 1340: Dr. Peter Attia and Dr. Andrew Huberman discuss the risk factors and prevention of cancer. Dr. Peter Attia is the host of The Drive podcast and is a world expert on behavioral approaches, nutritional interventions, supplementation and pharmacological techniques to improve lifespan, healthspan and athletic performance. Dr. Andrew Huberman is a tenured professor of neurobiology and ophthalmology at Stanford University School of Medicine. RUNTIME: 18 Minutes

THURSDAY, January 16th, 2025

8:00 AM		Breakfast
9:30 AM		Tea, Coffee, and Chat with Sarah in the Fish Room
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		<u>January Birthday Luncheon in IL Clubhouse-</u> Meet Sarah at 11:45 in the Community Room
12:00 PM		Lunch
1:30 PM		Looming with Sarah & Judy in the Arts & Crafts Room
5:00 PM		Dinner
8:00 PM		Thursday topic on channel 1340: What George Orwell Actually Believed: An overview of George Orwell's political views, guided by his reflections on his own career. Runtime: 16 Minutes

FRIDAY, January 17th, 2025

8:00 AM		Breakfast
9:30 AM		Everson Museum Outing: Meet Sarah at 9:15 in the lobby
12:00 PM		Lunch
1:30 PM		Make your own Stress Ball with Sarah in the Arts & Crafts Room
2:30 PM		Paint and Sip in IL TV Meeting Room- Meet Sarah at 2:15 to attend
5:00 PM		Dinner
8:00 PM		Friday on Channel 1340: The National's Adrienne Arsenault travelled to speak to the people who knew the former U.S. president best and learn more about his life, legacy and love story. Runtime: 10 Minutes

SATURDAY, January 18th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Angelina in the Community Room
10:15 AM		Trivia Time with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Corn Hole with Angelina in the Community Room
4:00 PM		SU Men's Basketball Vs. Notre Dame on Channel 388
6:00 PM		News Hour in the Community Room

SUNDAY, January 19th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Angelina in the Community Room
10:30 AM		<u>Sunday Service with Deacon Ralph in the Community Room</u>
12:00 PM		Lunch
1:30 PM		Board Games with Angelina in the Arts & Crafts Room
2:30 PM		Movie Matinee in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room