

# Assisted Living Residence Weekly Telegraph

January 20<sup>th</sup> – January 26<sup>th</sup>



Please note change in program start times, as well as the addition of morning programs Tuesday, Wednesday, and Thursday

**The Nottingham Channel 1340**  
A publication for Residents and Employees

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

Shannon Loughlin, Director of Life Enrichment  
Sarah Bogacz, Recreation Specialist  
Angelina Roberts, Recreation Specialist












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MONDAY, January 20<sup>th</sup>, 2025












~Martin Luther King Jr. Day~

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Painting with Angelina in the Arts & Crafts Room
12:00 PM		Lunch
2:00 PM		What is It? ith Angelina in the Community Room
2:30 PM		Martin Luther King Remembered with Angelina in the Community Room
3:30 PM		<u>Musical Performance with Deb &amp; John Puma in the Community Room</u>
5:00 PM		Dinner
7:00 PM		Reading Chicken Soup for the Soul in the Sun Room
7:30 PM		College Football National Championship Game: Ohio State vs. Notre Dame on Channel 24.
8:00 PM		Monday topic on Channel 1340: Rarely seen footage of Martin Luther King, Jr. "What Is Your Life's Blueprint?" speech. Runtime: 21 Minutes
8:30 PM		I Have a Dream Speech: Martin Luther King's Address at March on Washington, August 28, 1963. Washington, D.C.










**TUESDAY, January 21<sup>st</sup>, 2025**

8:00 AM		Breakfast
9:30 AM		Tuesday Trivia with Sarah in the Fish Room
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Manicures with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in the IL TV Meeting Room-</u> <b>Meet Sarah at 1:15 in the Community Room</b>
3:00 PM		<u>Musical Performance with Sentimental Serenade in the Community Room</u>
4:00 PM		Karaoke Night in the Club House- <b>Must attend independently</b>
5:00 PM		Dinner
7:15 PM		<u>Musical Performance with The Cadleys-</u> <b>Meet Kaileigh in the Community Room at 7:00</b>
8:00 PM		<b>Tuesday Topic on Channel 1340:</b> Could AI Unlock the Secrets of Animal Communication? on “The Future With Hannah Fry.” Bioacoustics technology and artificial intelligence are revealing how animals communicate and may soon allow us to talk to them ourselves. What can we learn from wildlife? And should we be talking to the animals at all? RUNTIME: 25 Minutes









## WEDNESDAY, January 22<sup>nd</sup>, 2025

8:00 AM		<b>Breakfast</b>
9:30 AM		<b>Reminiscing with Sarah in the Community Room</b>
10:00 AM		<b><u>Mindful Movement with Emily in the Community Room</u></b>
10:30 AM		<b>Jeopardy with Sarah in the Community Room</b>
12:00 PM		<b>Lunch</b>
1:30 PM		<b><u>Grandparent Program in the Community Room with Students from Parkview Academy</u></b>
2:30 PM		<b>Writers' Group in the T.V. Room</b> Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. <b>Must Attend Independently</b>
3:00 PM		<b><u>Happy Hour with Music from Charolette's Web in the Club House- Meet Angelina at 2:45 in the Community Room</u></b>
5:00 PM		<b>Dinner</b>
7:00 PM		<b>SU Men's Basketball vs. Clemson ch. 388</b>
8:00 PM		<b>Wednesday topic on Channel 1340: Do popular foods live up to their labels? From "cholesterol free" to "made with real ginger", we reveal what's really in our food. RUNTIME: 17 Minutes</b>

## THURSDAY, January 23<sup>rd</sup>, 2025

8:00 AM		Breakfast
9:30 AM		What's in the News with Angelina in the Community Room
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Wheel of Fortune with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Looming with Sarah & Judy in the Arts & Crafts Room
2:30 PM		Nottingham Choir with Angleina in the Community Room
5:00 PM		Dinner
8:00 PM		<b>Thursday topic on channel 1340:</b> How Sweden survives without small talk by BBC REEL. In most cultures, small talk acts as a social lubricant. But in Sweden, people tend to avoid idle chit-chat. Some experts believe the Swedes are missing out on a vital communication tool, while others say it's just a part of Swedish life. RUNTIME: 7 Minutes

## FRIDAY, January 24<sup>th</sup>, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Idioms in Disguise with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Basketball with Angelina in the Community Room
3:00 PM		<u>Nottingham Remembrance Service in IL- Meet Angelina at 2:45 to attend</u>
5:00 PM		Dinner
8:00 PM		<b>Friday on Channel 1340:</b> Reconstruction and 1876: Crash Course US History. After the divisive, destructive Civil War, Abraham Lincoln had a plan to reconcile the country and make it whole again. Then he was shot, Andrew Johnson took over, and the disagreements between Johnson and Congress ensured that Reconstruction would fail. The election of 1876 made the whole thing even more of a mess, and the country called it off, leaving the nation still very divided. Runtime: 13 Minutes



## SATURDAY, January 25<sup>th</sup>, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Sarah in the Community Room
10:15 AM		Fill in the Blank with Sarah in the Community Room
12:00 PM		Lunch
12:30 PM		SU Men's Basketball vs. Pittsburgh on ch. 25
1:30 PM		Air Hockey with Sarah in the Community Room
6:00 PM		News Hour in the Community Room

## SUNDAY, January 26<sup>th</sup>, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Sarah 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 Sarah 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