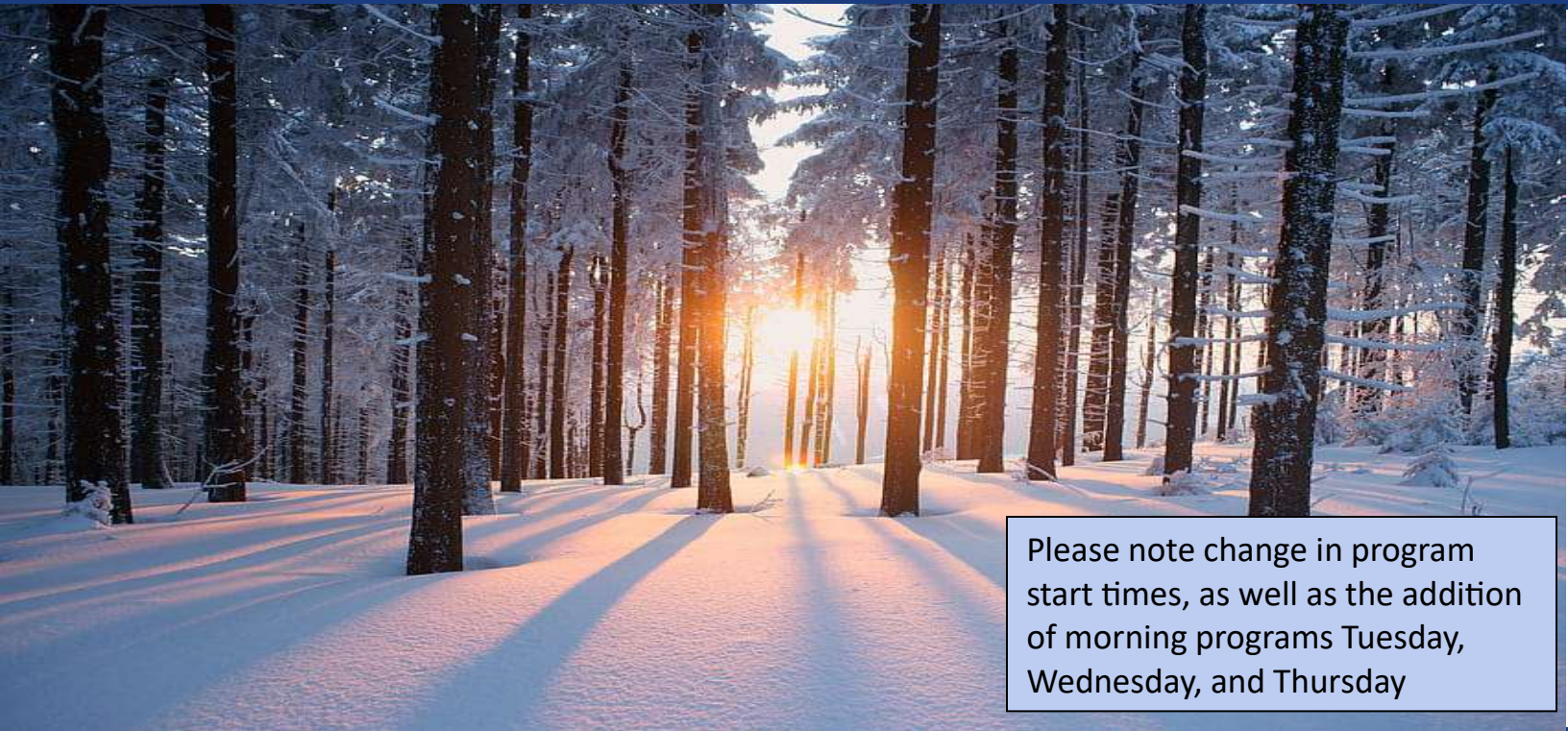


Assisted Living Residence Weekly Telegraph

January 27th – February 2nd



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

315-413-3903
315-413-3596
315-413-3127













MONDAY, January 27th, 2025 ~International Holocaust Day of Remembrance~

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Jumbo Crossword Puzzle in the Community Room
12:00 PM		Lunch
12:00 PM		YouTube Live Presentation presented by the United States Holocaust Memorial Museum. Teenagers Ruth Cohen, Steven Fennes, and Irene Weiss were deported in crowded freight cars to Auschwitz-Birkenau with 440,000 other Jews from Hungary in mid-1944. Eighty years after Auschwitz was liberated, we invite you to hear Ruth, Steven, and Irene recount their harrowing experiences at one of the deadliest Nazi camps and what contributed to their remarkable survival.
2:00 PM		Tea & Trivia in the MC Garden- <u>Meet Sarah at 1:45 to attend</u>
3:15 PM		<u>BINGO! With Sarah 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: How did synthetic dyes take over America's food system? And how will the FDA's new policy change how food giants formulate their products? Health editor Mia de Graaf breaks it down. Runtime: 18 Minutes



TUESDAY, January 28th, 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>Spiritual Program & Visits with Chaplain Mary Colleen in the Community Room</u>
3:00 PM		<u>Musical Performance with Meg in the Community Room</u>
5:00 PM		Dinner
7:15 PM		<u>Musical Duet with Ron Ziomek- Meet Kaileigh in the Community Room at 7:00</u>
8:00 PM		Tuesday Topic on Channel 1340: U.S. Secretary of State Antony Blinken sits down with WIRED Contributing Editor Garrett M. Graff to talk about emerging technology, cybersecurity, and how the State Department is evolving to meet a new set of challenges. Runtime: 10 Minutes










WEDNESDAY, January 29th, 2025

8:00 AM		Breakfast
9:30 AM		What's in the News? with Sarah in the Community Room
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		Small Talk with Sarah in the Community Room
11:00 AM		<u>Catholic Mass with Father Murray in the Community Room</u>
12:00 PM		Lunch
1:30 PM		Corn Hole with Angelina in the Community Room
2:30 PM		Writers' Group in the T.V. Room Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. Must Attend Independently
3:00 PM		<u>Chinese New Year Happy Hour with Music from Dale Randall in the Club House- Meet Angelina at 2:45 in the Community Room</u>
5:00 PM		Dinner
7:00 PM		Visits with Angelina- Room to Room
8:00 PM		Wednesday topic on Channel 1340: Dr. Amy Shah answers the internet's burning questions about those oh so elusive signaling molecules we like to call "hormones." Can you remove all of your hormones? What does low testosterone even feel like or look like? Why does adrenaline affect memory? How does cortisol affect body fat? Dr. Shah answers all these questions and much, much more! Runtime: 16 Minutes

THURSDAY, January 30th, 2025

8:00 AM		Breakfast
9:30 AM		Morning Chat Sarah in the Community Room
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Wheel of Fortune with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		Looming with Sarah & Judy in the Arts & Crafts Room
2:00 PM		Channel 1340: <i>All Quiet on the Western Front</i> Audiobook, part 1 of 4 (Approximately 1.5 hour runtime)
2:30 PM		Nottingham Choir with Sarah in the Community Room
5:00 PM		Dinner
8:00 PM		Thursday topic on channel 1340: Presidential historian and head of the George Washington Presidential Library Lindsay Chervinsky joins WIRED to answer the internet's burning questions about the American Presidency. How did the United States end up with only two dominant political parties? Can Donald Trump run for President again? What are the actual duties of a Vice President? Why is election season so long in America? And how many presidents have ever been arrested? Runtime: 30 Minutes

FRIDAY, January 31st, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Winter Craft with Sarah in the Arts & Crafts Room
12:00 PM		Lunch
1:30 PM		Knock out with Sarah in the Community Room
2:00 PM		Channel 1340: <i>All Quiet on the Western Front</i> Audiobook, part 2 of 4 (Approximately 1.25 hour runtime)
2:30 PM		Nottingham Chior with Sarah the Community Room
5:00 PM		Dinner
8:00 PM		Friday on Channel 1340: Dialect coach Erik Singer takes us on a tour of different accents across English-speaking North America. Erik, along with a host of other linguists and language experts, takes a look at some of the most interesting and distinct accents around the United States, Mexico and Canada. Runtime: 11 Minutes

SATURDAY, February 1st, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh in the Community Room
10:15 AM		Fill in the Blank with Kaileigh in the Community Room
12:00 PM		Lunch
1:30 PM		Boggle with Kaileigh in the Community Room
2:00 PM		Channel 1340: <i>All Quiet on the Western Front</i> Audiobook, part 3 of 4 (Approximately 1.25 hour runtime)
6:00 PM		News Hour in the Community Room

SUNDAY, February 2nd, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh 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		What's Your Verdict? Will you be the Judge? With Kaileigh in the Community Room
2:00 PM		Channel 1340: <i>All Quiet on the Western Front</i> Audiobook, part 4 of 4 (Approximately 2 hour runtime)
2:30 PM		Movie Matinee in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room