

# Assisted Living Residence Weekly Telegraph

**January 6<sup>th</sup> – January 12<sup>th</sup>**



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

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










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## MONDAY, January 6<sup>th</sup>, 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Family Feud with Sarah in the Community Room
12:00 PM		Lunch
2:00 PM		Basketball with Sarah in the Community room
3:30 PM		BINGO! With Sarah in the Community Room
5:00 PM		Dinner
7:00 PM		Helping Hands with Sarah- Room to Room
8:00 PM		<b>Monday topic on Channel 1340:</b> UnitedHealth vs. Patients: NYC Man's Battle to Get Lifesaving Drug Highlights Broken Health System by Democracy Now. RUNTIME: 20 Minutes

**TUESDAY, January 7<sup>th</sup>, 2025**

8:00 AM		Breakfast
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>
3:30 PM		<u>Musical Performance with Blair Frodelius in the Community Room</u>
5:00 PM		Dinner
7:15 PM		<u>Musical Performance with Nick &amp; Lana Stafford-</u> <b>Meet Kaileigh in the Community Room at 7:00</b>
8:00 PM		<b>Tuesday Topic on Channel 1340:</b> The Secret Plan Behind Artificial Intelligence. There's a war brewing between a handful of billionaires to seize control of AI. They want you to think their tech will make the world better for all of us. We dug into what they really want. Runtime: 15 Minutes

## WEDNESDAY, January 8<sup>th</sup>, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Sarah in the Community Room
10:15 AM		<u>Lunch Outing: Cracker Barrel-</u> <b>Meet Sarah in the lobby at 11:00</b>
12:00 PM		Lunch
1:00 PM		<u>Protestant Service in IL TV Meeting Room-</u> <b>Must Attend Independently</b>
1:30 PM		<u>Grandparent Program in the Community Room-</u> Students from Parkview Elementary are coming to spend the afternoon with us!
3:00 PM		<u>Elvis Happy Hour Celebration with Deb &amp; John Puma in the Club House-</u> <b>Meet Angelina at 2:45 in the Community Room</b>
5:00 PM		Dinner
8:00 PM		<b>Wednesday topic on Channel 1340:</b> Etiquette expert William Hanson joins WIRED to answer the internet's burning questions about proper manners and polite behavior. Why is "no elbows on the table" a rule? Is there a proper way to stir tea? Who decides what proper table etiquette is? Why should we even care about etiquette in the first place? Runtime: 12 Minutes

**THURSDAY, January 8<sup>th</sup>, 2025**

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Mouse and Cheese Game with Sarah in the Community Room
11:00 AM		<u>Massages with Donna Massage Therapist in the Community Room</u>
11:30 AM		<u>Jamesville-Dewitt Library Visit in the Community Room</u>
12:00 PM		Lunch
1:00 PM		<u>Massages with Donna Massage Therapist in the Arts &amp; Crafts Room</u>
3:00 PM		Reverse Charades with Sarah in the Sun Room
5:00 PM		Dinner
8:00 PM		<b>Thursday topic on channel 1340:</b> Architect Explains Hidden Airport Design Tricks That Guide Travelers. A well-designed airport can ease the flow of millions. Seamless passenger flow reduces confusion, makes airports more money and helps prevent delays. WSJ asked an architect to break down how airports are built to better manage crowds. Runtime: 8 Minutes

**FRIDAY, January 9<sup>th</sup>, 2025**

8:00 AM		<b>Breakfast</b>
10:00 AM		<b>Exercise with Sarah in the Community Room</b>
10:30 AM		<b>Crossword Challenge in the Community Room</b>
12:00 PM		<b>Lunch</b>
2:00 PM		<b><u>Afternoon Trivia with Sarah in the Community Room</u></b>
2:30 PM		<b><u>Helping Hounds Dog Visit in the Community Room</u></b>
3:00 PM		<b>Sing-A-Long with Sarah in the Community Room</b>
5:00 PM		<b>Dinner</b>
8:00 PM		<b>Friday topic on Channel 1340:</b> Rite of Passage: The Story of the WURL. The Wasatch Ultimate Ridge Linkup in Utah (known to locals as the WURL) is a climbing and running route that circumnavigates the ridgeline of beautiful Little Cottonwood Canyon. The route is 36 miles long, has over 20,000 feet of vertical gain, and summits countless peaks. “Rite of Passage: The Story of the WURL” is a 21 minute documentary that follows local athlete Mali Noyes on her attempt of the route, while hearing from several people who have completed it on what makes it such a unique and challenging experience.

## SATURDAY, January 10<sup>th</sup>, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Sarah in the Community Room
10:15 AM		Name 10 with Kaileigh in the Community Room
12:00 PM		Lunch
1:30 PM		Snowball Pong with Kaileigh in the Community Room
6:00 PM		News Hour in the Community Room

## SUNDAY, January 12<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		UNO! With Kaileigh 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