

Assisted Living Residence Weekly Telegraph

February 10th – February 16th



The Nottingham Channel 1340
A publication for Residents and Employees

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











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MONDAY, February 10th, 2025

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|----------|---|---|
| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Sarah in the Community Room |
| 10:30 AM |  | What is that? With Sarah in the Community Room |
| 12:00 PM |  | Lunch |
| 2:00 PM |  | BINGO! With Sarah in the Community Room |
| 3:30 PM |  | <u>Musical Performance with Jillassa Vellake in the Community Room</u> |
| 5:00 PM |  | Dinner |
| 8:00 PM |  | Monday on Channel 1340: Over 58% Millennials and Gen Z say they don't have enough saved to retire and half of Americans have NO savings at all. What happened? Millions of Americans used to rely on pensions from their employers but companies replaced them with something a lot riskier: the 401(k). Runtime: 15 Minutes |

TUESDAY, February 11th, 2025

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| 8:00 AM |  | Breakfast |
| 9:30 AM |  | Reading Chicken Soup for the Soul with Sarah in the Community Room |
| 10:00 AM |  | Exercise with Sarah in the Community Room |
| 10:45 AM |  | Scattergories with Sarah in the Community Room |
| 12:00 PM |  | Lunch |
| 1:00 PM |  | Bean Bag Tic-Tac-Toe with Sarah in the Sun Room |
| 2:00 PM |  | <u>Syracuse Ballet Swing Dance Performance in Memory Care- Meet Sarah at 1:45</u> |
| 5:00 PM |  | Dinner |
| 7:15 PM |  | <u>Classical Musical Performance with Jill Minye in IL TV Meeting Room</u> |
| 8:00 PM |  | Tuesday on Channel 1340: Did you know the White House was once gutted and nearly collapsed? Or about the secret competitions to design it? Dive into the evolution of presidential residences, the dramatic changes, and the personal touches added by various presidents. Runtime: 13 Minutes |

WEDNESDAY, February 12th, 2025









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| 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 |  | <u>Healthy Living Presentation with Nicole in the Community Room on Heart Disease</u> |
| 12:00 PM |  | Lunch |
| 1:30 PM |  | Grandparents Program with Parkview Academy students The grandparent program matches you up with a student to get to know over monthly visits. Participate in a fun activity with your student while getting to know them! Open to all interested residents. |
| 2:30 PM |  | Resident Council in the Community Room- Come Join to hear about updates from each department |
| 2:30 PM |  | Writers' Group in IL 1st Floor Conference 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 |  | Happy Hour in the Community Room! No happy hour in IL this week |
| 5:00 PM |  | Dinner |
| 7:00 PM |  | Chicken Soup for the Soul stories with Angelina (room to room) |
| 8:00 PM |  | Wednesday on Channel 1340: Linguist Gareth Roberts answers the internet's burning questions about the etymologies of English words. How did the first languages first form? Was there once a single common language that all the others evolved from? Runtime: 25 Minutes |

THURSDAY, February 13th, 2025

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| 8:00 AM |  | Breakfast |
| 9:30 AM |  | Morning Chat with Angelina in the Community Room |
| 10:00 AM |  | Exercise with Angelina in the Community Room |
| 10:30 PM |  | <u>Dining Committee Meeting in the Community Room</u> |
| 10:45 AM |  | What's the Timeline with Angelina in the Community Room |
| 11:30 AM |  | <u>Jamesville-Dewitt Library Visit in the Community Room</u> |
| 12:00 PM |  | Lunch |
| 1:00 PM |  | <u>Massages with Donna in the Arts & Crafts Room</u> |
| 1:30 PM |  | <u>Manicures with Angelina in the Sun Room</u> |
| 2:30 PM |  | Guess Who with Angelina in the Sun Room |
| 5:00 PM |  | Dinner |
| 8:00 PM |  | Thursday on Channel 1340: Dr. Mike discusses the 23andMe Controversy and why he believes you should skip at home genetic testing. Runtime: 10 Min |

FRIDAY, February 14th, 2025

~Happy Valentine's Day~

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| 8:00 AM |  | Breakfast |
| 10:00 AM |  | Exercise with Angelina in the Community Room |
| 10:30 AM |  | Jeopardy with Angelina in the Community Room |
| 12:00 PM |  | Lunch |
| 2:30 PM |  | <u>Helping Hounds Dog Visits in the Community Room</u> |
| 2:30 PM |  | <u>Newlywed Game in the IL Clubhouse!</u> Watch Sarah and Kaileigh Compete in a hilarious game! Meet at 2:15 in the Community Room to walk up. |
| 5:00 PM |  | Dinner |
| 8:00 PM |  | Friday on Channel 1340: Dr. Helen Fisher, a biological anthropologist, answers the internet's burning questions about love. How does attraction work? Can you love someone and still cheat on them? Runtime: 14 min |

SATURDAY, February 15th, 2025

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| 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 |
| 1:30 PM |  | Grab the Gum Game with Sarah in the Community Room |
| 6:00 PM |  | S.U. Men's Basketball Game: S.U. vs. North Carolina on Channel 24. |

SUNDAY, February 16th, 2025

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| 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 |  | Boggle with Sarah in the Community Room |
| 2:30 PM |  | Movie Matinee in the Community Room |
| 5:00 PM |  | Dinner |
| 6:00 PM |  | News Hour in the Community Room |