

Assisted Living Residence Weekly Telegraph

March 3rd – March 9th










The Nottingham Channel 1340
A publication for Residents and Employees

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

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

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MONDAY, February 24th, 2025












8:00 AM		Breakfast
10:00 AM		Exercise with Abby in the Community Room
10:30 AM		BINGO! With Abby in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Marshall's Shopping Trip- Meet Abby and Sarah in the lobby at 1:15</u>
2:30 PM		Independent Coloring in the Sun Room
5:00 PM		Dinner
7:15 p.m.		Musical performance with the Highland Winds Clarinet Quartet in the IL T.V. Room (must attend independently)
8:00 PM		Monday on Channel 1340: Full Documentary on Marie Antoinette: The Downfall & Death of a Queen. Runtime: 65 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>

TUESDAY, March 4th, 2025

~National Music Day~

8:00 AM		Breakfast
9:30 AM		Morning Chats with Abby in the Community Room
10:00 AM		Exercise with Abby in the Community Room
10:45 AM		Name That Tune with Abby in the Community Room
12:00 PM		Lunch
1:00 PM		Mardi Gras Social in the Community Room
2:00 PM		<u>Musical Performance with Ron Ziomac in the Community Room</u>
5:00 PM		Dinner
7:15 PM		<u>Classical Musical Performance with Tom Reitano in IL TV Meeting Room- Meet Kaileigh at 7:00 to attend</u>
8:00 PM		Tuesday on Channel 1340: From “The Woman King” star Viola Davis, to track and field athlete Allyson Felix... “The Jennifer Hudson Show” recognizes the contributions guests have made in history and contemporary society and celebrates the strength they’ve shown along the way. Runtime: 18 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally.</i>









WEDNESDAY, March 5th, 2025

8:00 AM		Breakfast
9:30 AM		Would You Rather? with Sarah in the Community Room
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		<u>Ash Wednesday Service with Deacon Ralph in the Community Room</u>
12:00 PM		Lunch
2:00 PM		<u>Resident Council in the Community Room</u> - Listen to each department talk about upcoming events, give suggestions, and ask questions!
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 Clubhouse. Musical Performance with Jason Jeffers- Meet Angelina at 2:45 to attend
5:00 PM		Dinner
7:00 PM		Shamrock Shakes with Angelina in the Community Room
8:00 PM		Wednesday on Channel 1340: Medieval historian Dr. Eleanor Janega investigates one of the least recorded aspects of medieval life - working women. In this video, Eleanor gets hands on in the medieval kitchen with experiential archaeologist Caroline Nicolay to explore the jobs of country women, from dairymaids to cheese-sellers to bakers, uncovering some crooked practices along the way... Runtime: 13 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally.</i>

THURSDAY, March 6th, 2025

8:00 AM		Breakfast
9:30 AM		Short Stories with Angelina in the Community Room
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		<u>Dining Committee Meeting in the Community Room</u>
10:45 AM		WORDLE with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Afternoon Walk with Angelina
2:30 PM		Make Shamrock Garland with Angelina in the Arts & Crafts Room
5:00 PM		Dinner
8:00 PM		Thursday on Channel 1340: Tedx Talk on Women's health. Sophie Masson is a Year 13 student planning to study Medicine at University, with interests in medical ethics and global health. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Runtime: 11 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally</i>

FRIDAY, March 7th , 2025

8:00 AM		Breakfast
10:00 AM		Exercise with Angelina in the Community Room
10:30 AM		Mini Crosswords with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Basketball with Angelina in the Community Room
2:30 PM		Making Rice Crispy Treats in the Arts & Crafts Room
5:00 PM		Dinner
8:00 PM		<p>Friday on Channel 1340: Annie Turnbo Malone was that girl. Annie may have been the first Black woman to become a self-made millionaire although it is taught that Madame CJ Walker was the first. She taught Madame CJ Walker much of what she knew about haircare, she opened the first cosmetology school for Black hair, and she was a philanthropist for the people. Runtime: 28 Min. <i>Disclaimer: Sound may stop transmitting occasionally</i></p>

SATURDAY, March 8th, 2025

8:00 AM		Breakfast
9:45 AM		Exercise with Sarah in the Community Room
10:15 AM		True or False with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Bingo and Visits with Girl Scout Troop #10105 in the Community Room</u>
5:00 PM		Dinner
8:00 p.m.		S.U. Game vs. Virginia on Channel 388. Residents welcome to watch together in the T.V. Room!

SUNDAY, March 9th, 2025 **Daylight Savings Time Begins - Spring ahead! Double check your clocks in the morning against devices that automatically reset, like your cell phone.**

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		Fact or Crap with Sarah in the Community Room
2:30 PM		Movie Matinee in the Community Room- "Singing in the Rain"
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room