



Independent Living Weekly Telegraph

October 19 - October 25, 2026

Calendar of Events | Birthdays | Menus | Special Announcements



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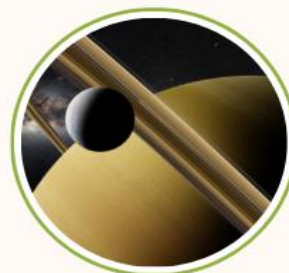
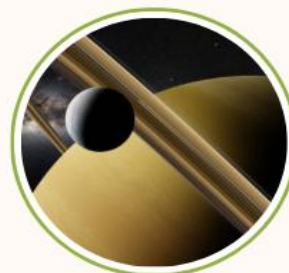
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Follow our YouTube Channel: [@NottinghamLifeEnrichment](https://www.youtube.com/@NottinghamLifeEnrichment)

Mon 19 @ 3:00 p.m.: Taste & Travel Japan!
Sample matcha & mochi as we watch a travel documentary/ share your travel experience!

Tues 20 @ 3:30 p.m.: Join us for the Monthly Astronomy Group featuring a presentation by Jim Hassett on The Weather on Titan



Thursday Oct. 22: Trick or Treating night! Join us in the Clubhouse to pass out candy from 6:00 – 7:00 p.m. Please bring your own candy. If you wish to donate candy, donate to Merv the Monster in the Mailroom! Thank you to all who donated so far.



Weekend movie: *Arrival*.

Linguist Louise Banks leads a team of investigators when gigantic spaceships touch down around the world. As nations teeter on the verge of global war, Banks and her crew must find a way to communicate with the extraterrestrial visitors.

Saturday, Oct. 24
2:00 p.m.
T.V. Room

*Golden Age
Musical Theater
Cabaret*

By the voice studio
of Sabine & Andreia
Krantz

Starring students
from homeschooling,
F.M., Liverpool,
& J.D. School
Districts

Featuring songs
from Cinderella.
Carousel,
The Music Man, West
Side Story, & more!

The Nottingham Craft Fair will be Friday, December 4, 12:00 – 4:00 p.m.
Residents who wish to have a table please contact Jami to sign up.
Family, friends, and the public are welcome!
Help us spread the word!

Monday October 19, 2026	Tuesday October 20, 2026	Wednesday October 21, 2026
9:00 Tech Help w/ Jami. <u>Use the sign up sheet in the mailroom.</u> 9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:00 – 12:00 <u>Buffalo Pharmacy hours in the Resident Store for medication and sharps disposal</u> 10:30 Exercise w/ Tiffany TR 10:30 Chair Zumba TV 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga TV 1:00 Poker ML 1:30 Better Bones & Balance w/ Tiffany TR 1:30 Exercise video TV 2:15 Advanced mahjong B 2nd Floor Lobby 3:00 <u>Taste & Travel Japan: Try Matcha and Mochi as we watch a travelogue – or share your own travel stories!</u> TR	10:15 Mindful Movements w/ Emily TR 10:30 Exercise video TV 11:00 Brain Games w/ Jami: Play Scattergories TR 1:30 Exercise video TV 1:30 <u>Spiritual Services w/ Dave Pasinski and Fred Fiske</u> IC 1:30 – 3:00 Open Swim Pool 1:30 <u>Fall Fun Social! Enjoy apple cider & sliced apples with toppings!</u> TR 2:30 Beginner's Mahjong A wing 2nd Floor lobby 2:30 Play Pitch ML 3:30 Astronomy Group w/ presentation by Jim Hassett on: Weather on Titan TR 7:00 <u>The Cadleys folk music performance</u> CH	9:00 – 10:00 <u>Drop in tech help w/ Jami</u> CH 9:00 Aquatics Exercise with Tiffany Pool 9:45-10:30 Open Swim Pool 10:30 Exercise w/ Tiffany TR 10:30 Exercise video TV 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga TV 2:30 <u>Writer's Group with Professor Schell</u> TR 3:00 – 4:30 <u>Happy Hour</u> <u>With guitar and vocal performance by Blair Frodelius from</u> <u>3:30 – 4:30 p.m.</u> Enjoy free Hors d'oeuvres! CH

GC: Glens Comm. Rm.
CR: Conference Room
TV/YT: Channel 1340/YouTube

TR: T.V. Meeting Room
GL: Gathering Lounge
FP: Fireplace Lounge

CH: Clubhouse
IC: Interfaith Chapel
ML: Memories

Thursday October 22, 2026	Friday October 23, 2026	Saturday October 24, 2026
10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 Cornhole TR 1:00 Play Poker ML 1:00 Caregiver Support <u>Group led by Trish Johnson,</u> <u>Onondaga County</u> <u>Department of Adult & Long</u> <u>Term Care Services</u> CR 1:00 – 3:00 Manicures w/ <u>Jami. Sign up for an appt in</u> <u>the mailroom.</u> 1:30 Exercise video TV 1:30 – 3:00 Open Swim Pool 2:30 Jamesville-Dewitt <u>Library visit</u> TR 3:30 Jamesville-Dewitt <u>Library Book Club</u> TR 6:00 – 7:00 Trick or Treat <u>night! Residents passing out</u> <u>candy meet in the</u> <u>Clubhouse. Bring candy to</u> <u>pass.</u> CH	9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:30 Exercise w/ Tiffany TR 11:10 Weekly Wrap Up TR 1:00 <u>What is an End of Life</u> <u>Doula? Presentation and</u> <u>Q & A with Jim Brule, Doula</u> <u>and volunteer chaplain at</u> <u>Upstate Hospital</u> TR 1:30 Exercise Video TV 1:30 NO Wii Bowling today 1:30 Bible Study w/ Pastor Tom Worth CR 2:00 Knit-Wits ML 3:00 <u>Growing Connections w/</u> <u>Kara Gemmell: Desert Island</u> <u>Game</u> TR 7:00 BINGO night! \$1 per board TR	10:30 Seated Stretching TV 10:30 Seated Volleyball TR 1:30 Exercise for fall prevention TV 2:00 Play Chess w/ Alan in the Bistro 2:00 <u>Golden Age Musical</u> <u>Theater Cabaret</u> <u>performance</u> TR 3:30 Weekend movie: <i>Arrival</i> . RT 116 min
		Sunday October 25, 2026
		10:30 Seated Stretching TV 11:00 <u>Catholic Mass</u> IC 1:30 40 min exercise TV 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie rerun TR 2:30 Play Pinochle ML

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