



Independent Living Weekly Telegraph **July 13 – July 19, 2026**

Calendar of Events | Birthdays | Menus | Special Announcements



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Special events this week

Mon the 13th @ 2:15 p.m. American Lung Association's Better Breathers Club w/ Tiffany. This support group provides a welcoming space for persons with chronic lung diseases, family members, friends and support persons to learn about chronic lung diseases, disease management and share their lived experiences. In the T.V. Room.

Tues the 14th @ 11:00 a.m. Schuyler County historian Gary Emerson presents on *The Great Steam Canal Boat Race of 1873* in the T.V. Room. On October 15, 1873, throngs gathered along the Erie



Canal in Syracuse to inspect the five steam canal boats tied up at the docks. People had come from around the state to witness the competition of the steamers for a \$100,000 prize offered by the New York State Legislature for the fastest and most practical steam canal boat. Each boat would haul a load of 200 tons from Syracuse to Utica. *Gary Emerson is a retired high school teacher. He currently serves as the Schuyler County historian. He received a B.A. in history from St. Bonaventure University in 1977, an M.A.*

in history from Binghamton University in 2000 and a PhD from Binghamton University in 2024.

Special feature presentation: Watch *Project Hail Mary* Tues the 14th @ 2:00 p.m. in the T.V. Room. Science teacher Ryland Grace (Ryan Gosling) wakes up on a spaceship light years from home with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out. He must call on his scientific knowledge and unorthodox ideas to save everything on Earth from extinction. Based on the novel by Andy Weir.



Wed the 15th @ 2:30 p.m. in the T.V. Room
Summer Housewarming for new residents! All residents welcome for free drinks & snacks as we learn about & welcome our new residents.

**Fri the 17th
6:30 p.m. – 8:00 p.m.**
Disco party w/ DJ Mike in the T.V. Room!

Come to boogie down in your best sparkly, bright outfits!

Monday July 13, 2026	Tuesday July 14, 2026	Wednesday July 15, 2026
9:00 Tech Help w/ Maddie - use sign-up sheet in mailroom 9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 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 and Balance w/ Tiffany TR 1:30 Exercise video TV 2:15 Advanced mahjong B 2nd Floor Lobby 2:15 <u>Better Breathers Club</u> TR 3:00 Play BINGO! \$1 per board CH 3:00 Taste & Travel: Virtually visit the most-famous National Parks as you make your own trail mix! TR	9:30 <u>Tai Chi w/ Anna</u> TR 9:30 Seated Tai Chi TV 10:15 Exercise w/ Shannon TR 10:30 Exercise video TV 11:00 <u>Schuyler County historian Gary Emerson presents on <i>The Great Steam Canal Boat Race of 1873</i></u> TR 1:30 Exercise video TV 1:30 <u>Spiritual Service w/ Jim Brule & Nancy Pease</u> IC 1:30 – 3:00 Open Swim Pool 2:00 Special Feature: Watch <i>Project Hail Mary</i>. Runtime: 2 hours 30 min – will have an intermission TR 2:30 Play Pitch ML 2:30 Beginner's Mahjong A wing 2nd Floor lobby 7:00 <u>Piano performance by John Vona</u>. Enjoy \$1 off bottle of wine specials during Tuesday night concerts! CH	9:00 Drop -In Tech Help w/ Jami 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 1:00 <i>This Land</i> Ep 5: DeWitt Clinton's launch of the Erie Canal and the immigrants who built New York into a global superpower. TR 2:30 <u>Summer Housewarming</u> TR 2:30 Writer's Group 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 Lounge

Thursday July 16, 2026	Friday July 17, 2026	Saturday July 18, 2026
10:15 Confessions IC 10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 Connections word game w/ Jami TR 11:15 Catholic Mass IC 12:00 <u>Birthday lunch for July birthdays. RSVP according to invitation.</u> CH 1:00 Play Poker ML 1:00 <u>Caregiver Support Group</u> CR 1:30 – 3:00 Open Swim Pool 1:30 <i>This Land</i> Ep 6: The purchase of Alaska, the discovery of oil, and its impact on the American economy. TR 1:30 Exercise video TV 3:00 Cornhole TR 3:00 Play games we have or bring your own! 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 11:15 Walking Group w/ Tiffany weather permitting only ; meet in CH 1:30 Wii Games TR 1:30 Exercise Video TV 2:00 Knit-Wits ML 3:00 <u>Women's Health Initiative Virtual health presentation on: How the kidney's work and what happens when they don't</u> TR 6:30 <u>Disco night w/ DJ Mike!</u> Wear your sparkles & get ready to boogie down! 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 2:30 Weekend movie: <i>A Man Called Ove</i> . An isolated retiree forms an unlikely friendship with his boisterous new neighbors. <i>In Swedish with English subtitles. Runtime 1 hr 36 min, no ads.</i> TR
		Sunday July 19, 2026
		10:30 Seated Stretching TV 11:00 Catholic Mass IC 1:30 40 min exercise TV 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie re-run TR 2:30 Play Pinochle ML

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