

Independent Living Weekly Telegraph



July 8—July 16, 2024

The Nottingham Channel 1340

A publication for Residents & Employees

- Calendar of Events
 Coming Attractions
 - Special Announcements
- Birthdays

Shannon Loughlin, Director of Life Enrichment 315-413-3903 Jami Leone, Recreation Specialist 315-413-3171 315-413-3817 Jess Wood, Wellness & Fitness Coach



Trash to Treasures

Monday, July 8th from 2:00 p.m.—4:00 p.m. under the tent weather permitting or the T.V. Room Entertainment by Jilissa Vellake from 2:00 p.m.—3:00 p.m.!

How it works

Drop off small items in good/great condition only (clothing, towels, small décor, working small appliances like toasters or coffee makers, etc.) to the collection bins between Mon. July 1st —Fri. July 5th.

Collection bins will be located in the Glens Community Room, the Mailroom, and in the T.V. Room. Everything collected will be available for others to claim for free during Trash to Treasures on July 8th! *Everyone is welcome*, whether you have things to give away or not!

Please call Life Enrichment at 315-413-3171 with any questions! We are also looking for volunteers to set out items before the event.





Wednesday, July 10th 2024

Resident Store Open 1 p.m. - 3 p.m.

Buffalo Pharmacy will be in the Resident Store from 10:00 a.m.-12:00 p.m. Medication and Sharps disposal are available with pharmacist during this time.

9:00 a.m. -9:45 a.m. **Aquatics Exercise with Jess** in the Pool

9:45 a.m. -10:30 a.m. **Open Swim/Lap Swim** in the Pool

10:30 a.m.

Exercise Class with Jess in the T.V. Room

10:30 a.m.

Zumba with Dr. Ann on The Nottingham Channel 1340

11:00 a.m.

Gentle Yoga with Jess in the T.V. Room



1:00 p.m.



Let's Play Bridge in the Memories Lounge New Players Welcome! This is a resident-run activity.

1:30 p.m. – 3:00 p.m.



Mary Kay Representative Darlene Wrenn brings samples of make up, body lotions and skin care, and perfume/cologne available for order. Drop in anytime to test out samples! She is also available to schedule individual appointments for a 1:1 visit! In the Arts and Crafts Room

2:00 p.m.



Brain Games with Jami: Word Games in the T.V. Room



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TV

3:00 p.m. – 4:30 p.m.



Happy Hour in the Clubhouse With piano performance by John Vona Enjoy the new weekly cocktail special:

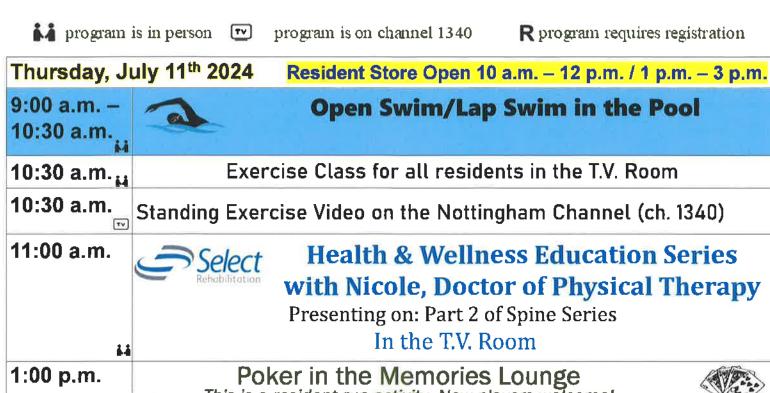


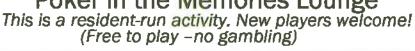
4:30 p.m. -7:00 p.m.

The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu

8:00 p.m.

Wellness Wednesday on Channel 1340: When it comes to what you bite, chew and swallow, your choices have a direct and long-lasting effect on the most powerful organ in your body: your brain. So which foods cause you to feel so tired after lunch? Or so restless at night? Mia Nacamulli takes you into the brain to find out. RUNTIME: 5 Min





1:30 p.m.

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TV

Resident Forum in the T.V. Room All residents welcome and





3:00 p.m.



Cornhole Bean Bag Toss Game Under the tent weather-permitting or T.V. Room

This is a resident-run activity.

3:00 p.m. -

7:00 p.m. 🚜

The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu

8:00 p.m.





Thoughtful Thursday on Channel 1340: Fake Cities. Foreign Affairs Security Training Center in VA. The simulated cities of Survival City in N.V., Playas Training and Research center, and Pegasus. These are uncanny, entirely fake cities designed to test

technology, train miliary, or even dedicated solely to propaganda, to make a country seem more prosperious than it is. RUNTIME: 16 Min

2:00 p.m.

3:00 p.m.-

3:00 p.m.



Bocce in the Bistro Courtyard with Jami Come to learn and come to play!

7:00 p.m.

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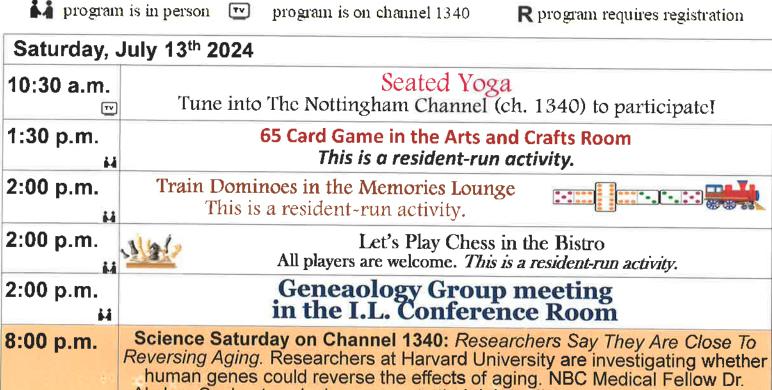
TV



In the T.V. Room. This is a resident-run activity.

8:00 p.m.

Friday on Channel 1340: Earthships. In New Mexico's desert town of Taos there is a large community of like minded people that dwell in earthships made out of garbage and off the grid. Explore why they are there and why they choose this way of life. RUNTIME: 34 MINUTES



TV	Akshay Syal got exclusive access to their lab to discuss the future of how to defy aging. RUNTIME: 8 MINUTES
Sunday, July 14 th 2024	
11:00 a.m.	Catholic Mass with Fr. Kehoe in the D-Wing Chapel
11:00 a.m.	Catholic Mass with Syracuse Diocese Priests in the T.V. Room
2:00 p.m.	Scrabble Game in the Arts & Crafts Room All are welcome! This is a resident-run activity.
2:30 p.m.	Sunday movie in the T.V. Room: Memoirs Of A Geisha The film centers around the sacrifices and hardship faced by pre-World War II geisha, and the challenges posed by the war and a modernizing world to geisha society. RUNTIME: 145 MINUTES
3:00 p.m.	PINOCHLE IN THE MEMORIES LOUNGE This is a resident-run activity.
8:00 p.m. ™	Historical Sunday on Channel 1340: It's a story that goes back to the 1820s, when that part of New York was largely open countryside. Soon it became home to about 1,600 people. Among them was a predominantly black community that bought up affordable plots to build homes, churches and a school. It became known as Seneca Village. And when Irish and German immigrants moved in, it became a rare example at the time of an integrated neighborhood. Everything changed on July 21, 1853. New York took control of the land to create what would become the first major landscaped park in the US — they called it "The Central Park." RUNTIME: 8 MIN