

INDEPENDENT LIVING Weekly Telegraph



September 23- September 29

The Nottingham Channel 1340
A publication for Residents and Employees

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

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MONDAY, SEPTEMBER 23, 2024
NEW Buffalo Pharmacy office hours: 10 a.m. -12 p.m. in the Resident Store.
Medication and Sharps disposal are available with pharmacist during this time.

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| 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. |  | Move and Groove 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. |  | Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling). |
| 1:30 p.m. |  | Mahjong for advanced players in the Arts & Crafts Room. New players welcome! This is a resident-run activity. |
| 1:30 p.m. |  | Wii Games in the T.V. Room This is a resident-run activity. |
| 2:00 p.m. |  | Fall Craft with Jami: Slinky Pumpkins *Under the Tent* Please note: This craft will utilize spray paint, so in the event of bad weather, we will instead do a painting craft in the T.V. Room. |
| 3:00 p.m. - 7:00 p.m. |  | The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu |
| 8:00 p.m. |  | Money Monday on Channel 1340: American outlet malls have been a popular destination for bargain hunting Americans and international tourists for decades. But the pandemic and fierce competition from e-commerce giants like Amazon and Shein have been devastating for the near \$65 billion industry. While full-price shopping malls have experienced a near full recovery from the pandemic, outlet malls are lagging far behind. Watch the video about to learn what outlet companies like Simon Property Group and Tanger Outlets are doing to lure shoppers back. RUNTIME: 10 MINUTES |












TUESDAY, SEPTEMBER 24, 2024

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| 10:15 a.m. |  | Mindful Movement Class with Select Rehab's Emily, O.T. |
| 10:15 a.m. |  | Seated Exercise Video on the Nottingham Channel (Ch. 1340) |
| 10:45 a.m. |  | Life Enrichment Committee Meeting in the Arts and Craft Room All residents welcome to review monthly events, give suggestions and feedback to Life Enrichment! |
| 1:30 p.m. - 3:00 p.m. |  | Open Swim/Lap Swim in the Pool |
| 1:30 p.m. |  | Spiritual Services for All in the T.V. Room Jim Brule, Spiritual storyteller and Fred Fiske, musician <i>This is service for all faiths and denominations. All are Welcome.</i> |
| 2:15 p.m. |  | Spirited Aging Discussion with Nottingham Chaplain Mary Colleen in the 1 st Floor Conference Room. |
| 2:30 p.m. |  | Pitch Card Game in the Memories Lounge This is a resident-run activity. |
| 2:30 p.m. |  | Mahjong for beginners in the Arts & Crafts Room New players welcome! This is a resident-run activity. |
| 2:45 p.m. |  | BINGO In the T.V. Room. This is a resident-run activity. \$1 to play + \$1 for two boards. |
| 3:00 p.m. - 7:00 p.m. |  | The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu |
| 4:00 p.m. |  | Karaoke with Jami in the Clubhouse |
| 7:15 p.m. |  | Musical Performance by Michael Larkin on Acoustic Guitar in the T.V. Room |
| 8:00 p.m. |  | Tech Tuesday on Channel 1340: How Starlink is Going to Supercharge Airplane Wi-Fi. RUNTIME: 9 MIN |

HANDY HINTS . . .

The October outings list is now available in the Mailroom and the Glens Community Room.
Please pick up a new copy that has a corrected date for the *Les Miserables* show.

WEDNESDAY, SEPTEMBER 25, 2024

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| 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. |  | Bridge in the Memories Lounge. This is a resident-run activity. |
| 1:30 p.m. |  | Oprah Winfrey explores the future of AI technology In an all-new ABC primetime special, "AI and the Future of Us," Oprah Winfrey is taking a deep dive into artificial intelligence and its potential consequences. RUNTIME: 57 Min |
| 2:30 p.m. |  | Writers' Group in the Arts and Crafts Room Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome to join! |
| 3:00 p.m. - 4:30 p.m. |  | Happy Hour in the Clubhouse With musical performance by John Vona on piano Enjoy the new weekly cocktail special! |
| 4:30 p.m. - 7:00 p.m. |  | The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu |
| 8:00 p.m. |  | Wellness Wednesday on Channel 1340: Learn how to naturally boost dopamine, also known as the happy hormone. Many people need a dopamine detox, and they don't even know it. RUNTIME: 12 MINUTES |








THURSDAY, SEPTEMBER 26, 2024

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| 10:30 a.m. |  | Exercise Class with Jami in the T.V. Room |
| 10:15 a.m. |  | Exercise Video on the Nottingham Channel (Ch. 1340) |
| 11:00 a.m. |  | Cornhole Bean Bag Toss Game in the T.V. Room All are welcome to join and learn! |
| 1:00 p.m. |  | Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling) |
| 1:30 p.m. - 3:00 p.m. |  | Open Swim/Lap Swim in the Pool |
| 2:30 p.m. |  | Jamesville-DeWitt Library visit in the T.V. Room With books to loan & support in using tablets/digital content. |
| 3:30 p.m. |  | Book Club Meeting in the T.V. Room Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss this month's book: <i>Lessons In Chemistry</i> |
| 3:00 p.m. – 7:00 p.m. |  | The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu |
| 8:00 p.m. |  | Thoughtful Thursday on Channel 1340: In 2020 and 2021, amid a pandemic that wreaked general havoc on the social fabric of the United States, violent crime rose. Today, most Americans believe that crime in the US has come roaring back — maybe even to the levels of the 1980s and '90s. But a look at the data shows a very different story. Nevertheless, the feeling that our cities are less safe is at least partly coming from something real. Something has changed in American cities, particularly since the pandemic. So what's different, and what is the truth about crime in America right now? RUNTIME: 12 MINUTES |

FRIDAY, SEPTEMBER 27, 2024

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| 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. |  | Zumba with Dr. Ann on The Nottingham Channel 1340 |
| 10:30 a.m. |  | Fitness Fun with Jess in the T.V. Room This week: Seated Volleyball |
| 11:00 a.m. |  | Weekly Wrap-Up in the T.V. Room A current events discussion group. Bring news articles to share. This is a resident-run activity. |
| 1:30 p.m. |  | Bible Study in the Arts and Crafts Room With Pastor Tom Worth. All are welcome to join. |
| 1:30 p.m. |  | Ladder ball with Jami In the T.V. Room |
| 2:00 p.m. |  | Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity. |
| 3:00 p.m. - 7:00 p.m. |  | The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu |
| 3:00 p.m. |  | Growing Connections "Guess and Confess" with Kara in the T.V. Room Join Kara Gemmell, Director of Independent Living, for a monthly community building activity. |
| 7:00 p.m. |  | BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 for two boards |
| 8:00 p.m. |  | Feel-Good Friday on Channel 1340: Alice Barker was a chorus line dancer during the Harlem Renaissance of the 1930s and 40s. She danced at clubs such as The Apollo, Cotton Club, The Zanzibar Club, and on Broadway—with legends including Frank Sinatra, Gene Kelly, and Bill "Bojangles" Robinson. Although she danced in numerous movies, commercials and TV shows, she had never seen any of them, and all of her photographs and memorabilia had been lost over the years. RUNTIME: 8 MINUTES |

SATURDAY, SEPTEMBER 28, 2024








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| 10:30 a.m. |  | <p>Seated Yoga Tune into The Nottingham Channel 1340 to participate!</p> |
| 10:30 a.m. |  | <p>Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.</p> |
| 12:00 p.m. - 2:00 p.m. |  | <p>S.U. Tailgate with Jami in the T.V. Room Join us with your best SU apparel for some light refreshment and tailgate games as we cheer on S.U. vs Holy Cross! The Bistro will feature specials available for purchase.</p> |
| 1:30 p.m. |  | <p>65 Card Game in the Arts and Crafts Room This is a resident-run activity.</p> |
| 2:00 p.m. |  | <p>Train Dominos in the Memories Lounge This is a resident-run activity.</p> |
| 2:00 p.m. |  | <p>Let's Play Chess in the Bistro This is a resident-run activity.</p> |
| 8:00 p.m. |  | <p>Science Saturday on Channel 1340: Which will be the engine of the future? Truck manufacturers are under immense pressure to cut emissions. But should they bet on fully electric batteries, hydrogen fuel cells or even both? Multinationals are reaching different conclusions. And the wrong choice could be expensive. RUNTIME: 11 MINUTES</p> |

**Autumn ... the year's last,
loveliest smile.**

William Cullen Bryant



SUNDAY, SEPTEMBER 29, 2024

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|------------|---|---|
| 10:30 a.m. |  | Chair stretching - 20 minutes seated stretching On channel 1340 |
| 11:00 a.m. |  | Catholic Mass with Father 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 in the Arts and Crafts Room All are welcome! This is a resident-run activity. |
| 2:30 p.m. |  | Sunday Movie in the T.V. room: <i>Stand and Deliver</i> The true story of Jaime Escalante, a high school teacher who successfully inspired his dropout-prone students to learn calculus. In 2011, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant". RUNTIME: 102 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: The 1755 earthquake of Lisbon had such a profound effect on the world that we are still feeling its impact today. As well as devastating one of the most important cities of the 18th century, it shook the thinking of the time. Many believed the earthquake was a punishment from God. Others wondered if science was a better way to the understand the universe and how it works. We now associate these thinkers with the Age of Enlightenment, a period of history that led to the French Revolution and the American War of Independence. RUNTIME: 8 MINUTES |