

INDEPENDENT LIVING

Weekly Telegraph



September 30 - October 6

The Nottingham Channel 1340
A publication for Residents and Employees

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

Shannon Loughlin, Director of Life Enrichment
Jami Leone, Recreation Specialist
Jess Wood, Wellness and Fitness Coach

315-413-3903
315-413-3903
315-413-3817

*In Remembrance of
our Nottingham
Family*



*Ruth Haase
Beverly Pelo*



MONDAY, SEPTEMBER 30, 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.











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.		Wii Games in the T.V. Room This is a resident-run activity.
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.
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: Why A \$100,000 Salary Can't Buy The "American Dream." More than half (52%) of Americans say they would need at least \$100,000 a year to be financially comfortable, according to the August 2023 CNBC Your Money Survey. It's becoming increasingly more difficult to achieve the American Dream, especially as younger generations are beginning their adulthood with thousands of dollars in student loans. RUNTIME: 10 MINUTES











TUESDAY, OCTOBER 1, 2024

10:15 a.m.		Mindful Movement Class with Emily OT
10:15 a.m.		Seated Exercise Video on the Nottingham Channel (Ch. 1340)
11:00 a.m.		Artist Presentation in the T.V. Room Resident and artist Barbara Bickford discusses her art currently being displayed in the T.V. Room.
1:00 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 Rev. Eric Jackson and prelude by Fred Fiske <i>This is service for all faiths and denominations.</i> <i>All are Welcome.</i>
2:30 p.m.		Mahjong for beginners in the Arts & Crafts Room New players welcome! This is a resident-run activity.
2:30 p.m.		Pitch Card Game in the Memories Lounge This is a resident-run activity.
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 for 2 boards
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.
7:15 p.m.		Musical Performance in the T.V. Room Duet performance by Stephen Daniels on Saxophone and Zack Knewstub on piano
8:00 p.m.		Tech Tuesday on Channel 1340: AI-Driven Weather Confidence. As severe weather's impact escalates, businesses urgently need reliable weather intelligence. Confidence is paramount when operational decisions can affect both lives and profitability. Weather forecasting is far more than just small talk. RUNTIME: 6 MINUTES



Resident Store Hours: Open 1 p.m. – 4 p.m.

WEDNESDAY, OCTOBER 2, 2024







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.		Protestant Service in the T.V. Room with Pebble Hill Presbyterian Church minister Courtney Steiniger
1:00 p.m.		Bridge in the Memories Lounge This is a resident-run activity.
3:00 p.m. – 4:30 p.m.		Happy Hour in the Clubhouse with musical performance by Dale Randall. 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: The Secret to Stopping Fear and Anxiety (That Actually Works) presented by Mel Robbins. RUNTIME: 6 MINUTES

THURSDAY, OCTOBER 3, 2024		
10:30 a.m.		Exercise Video on the Nottingham Channel (Ch. 1340)
10:30 a.m.		Exercise Class for all residents in the T.V. Room
11:00 a.m. - 12:00 p.m.		Massages with Donna, L.M.T. in the Conference Room Sign up for a 10-minute appointment by calling Shannon at 315-413-3903.
12:30 p.m. - 2:00 p.m.		Massages with Donna, L.M.T. in the Conference Room Sign up for a 10-minute appointment by calling Shannon at 315-413-3903.
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
1:30 p.m.		W.I.S.E Monthly Meeting in the Arts and Crafts Room W.I.S.E. is a group for Women Interested in Sharing Experiences. Each month a new topic is discussed. All are welcome! This month's topic: How do you make the most out of your day to day life?
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room All are welcome to join and learn!
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: The myth of the moon goddess. Fay Davis details the Maya myth of Ix Chel. RUNTIME: 5 MINUTES

FRIDAY, OCTOBER 4, 2024

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: Cardio Drumming
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.
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
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: Elders react to seeing their black and white photos in color for the first time. Watch to see their reactions! RUNTIME: 11 MINUTES.
9:00 p.m.		S.U. Men’s Football Game vs. UNLV Residents may watch together in the T.V. Room! T.V. Channel TBD - check Spectrum guide

SATURDAY, OCTOBER 5, 2024

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>
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: Did you know that in the 1960s, NASA launched a groundbreaking satellite that forever changed the way we communicate? Meet Echo; the weirdest satellite ever launched, and in this video, we'll unravel its incredible story and learn more about how Echo's technological advancements continue to influence spacecraft today. RUNTIME: 9 MINUTES</p>

SUNDAY, OCTOBER 6, 2024

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: Pajama Game An Iowa pajama factory worker falls in love with an affable superintendent who had been hired by the factory's boss to help oppose the workers' demand for a pay raise. RUNTIME: 101 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 Evolution of Music. Clips from ancient music up until modernism and popular music. RUNTIME: 24 MINUTES