

# INDEPENDENT LIVING Weekly Telegraph



**November 4—November 10, 2024**

**The Nottingham Channel 1340**

A publication for Residents and 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














Jess Wood, Wellness and Fitness Coach

315-413-3817

**MONDAY, NOVEMBER 4, 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.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. - 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Move and Groove with Jess in the T.V. Room</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
11:00 a.m.		<b>Gentle Yoga with Jess in the T.V. Room</b>
<b>1:00 p.m.</b>		<b>Wii Games in the T.V. Room</b> This is a resident-run activity.
1:00 p.m.		<b>Poker in the Memories Lounge</b> This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:30 p.m.		<b>Mahjong for advanced players in the Arts &amp; Crafts Room</b> New players welcome! This is a resident-run activity.
2:30 p.m.		<b>Oasis Online Course: The Presidents XI in the 1<sup>st</sup> Floor Conference Room.</b> Prior registration with Oasis required.
3:00 p.m. - 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu.
3:00 p.m.		<b>Wits and Wagers game with Jami in the Clubhouse</b> A trivia game where you bet against answers to win!
6:30 p.m.		<b>Crossroads Chorus Concert</b> in the Assisted Living Family Room. All are welcome.
8:00 p.m.		<b>Money Monday on Channel 1340: If high inflation hurts just about everyone, why can't we have no inflation?</b> RUNTIME: 8 minutes

**TUESDAY, NOVEMBER 5, 2024**












10:15 a.m.		<b>Mindful Movement Class with Emily OT in the T.V. Room</b>
10:15 a.m.		<b>Seated Exercise Video on the Nottingham Channel</b> (Ch. 1340)
11:00 a.m.		<b>Bananagrams word game with Shannon in the T.V. Room</b>
1:30 p.m. - 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With Rev. Eric Jackson and postlude by Fred Fiske
2:30 p.m.		<b>Mahjong for beginners in the Arts &amp; Crafts Room</b> New players welcome! This is a resident-run activity.
2:30 p.m.		<b>Pitch Card Game in the Memories Lounge</b> This is a resident-run activity.
2:30 p.m.		<b>Oasis Zoom Class: The American Revolution</b> In the Conference Room. <b>Prior registration with Oasis req.</b>
2:45 p.m.		<b>BINGO in the T.V. Room</b> This is a resident-run activity. Cost to play: \$1 + \$1 per board
3:00 p.m. – 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu.
4:00 p.m.		<b>Karaoke with Jami in the Clubhouse</b>
7:15 p.m.		<b>Musical Performance in the T.V. Room</b> <b>With guitar and vocal cover songs by Dennis Goettel</b> Sponsored by the Musicians Performance Trust Fund
8:00 p.m.		<b>Tech Tuesday on Channel 1340: Learn about the AI already in your phone with BBC News.</b> RUNTIME: 8 minutes

WEDNESDAY, NOVEMBER 6, 2024








9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. - 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Exercise Class with Jess in the T.V. Room</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
11:00 a.m.		<b>Gentle Yoga with Jess in the T.V. Room</b>
1:00 p.m.		<b>Protestant Service in the T.V. Room</b> with Pebble Hill Presbyterian Church minister Courtney Steiniger
1:00 p.m.		<b>Bridge in the Memories Lounge</b> This is a resident-run activity.
2:30 p.m.		<b>Housewarming for all residents in the T.V. Room</b> Join us to learn and greet new residents with light refreshments served!
2:30 p.m.		<b>Writers' Group in the Arts and Crafts Room</b> 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!
3:00 p.m. - 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu.
8:00 p.m.		<b>Wellness Wednesday on Channel 1340:</b> What does bilingualism do to the brain? And are there benefits to being bilingual? Turns out there are lots of upsides. RUNTIME: 6 Minutes

<b>THURSDAY, NOVEMBER 7, 2024</b>		
<b>10:30 a.m.</b>		<b>Exercise Video on the Nottingham Channel (Ch. 1340)</b>
<b>10:30 a.m.</b>		<b>Exercise Class for all residents in the T.V. Room</b>
<b>11:00 a.m.</b>		<b>Nottingham Continuum of Care Presentation / Q &amp; A in the T.V. Room</b> With Niki Heaton and Jade Hendricks, Resident Relations Representatives, presenting on Assisted Living.
<b>11:00 a.m. - 12:30 p.m.</b>		<b>Massages with Donna, L.M.T. in the Conference Room</b> Sign up for a 10-minute appointment by calling 315-413-3171
<b>12:30 p.m. - 2:00 p.m.</b>		<b>Massages with Donna, L.M.T. in the T.V. Room</b> Sign up for a 10-minute appointment by calling 315-413-3171.
<b>1:00 p.m.</b>		<b>Poker in the Memories Lounge</b> This is a resident-run activity. New players welcome! (Free to play — no gambling)
<b>1:00 p.m.</b>		<b>Oasis Online Course: The Civil War Ironclads in the 1<sup>st</sup> Floor Conference Room.</b> Prior registration with Oasis required.
<b>1:30 p.m. - 3:00 p.m.</b>		<b>Open Swim/Lap Swim in the Pool</b>
<b>1:30 p.m.</b>		<b>W.I.S.E Monthly Meeting in the Arts and Crafts Room</b> 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: Favorite memories with pets.
<b>3:00 p.m.</b>		<b>Cornhole Bean Bag Toss Game in the T.V. Room</b> All are welcome to join and learn!
<b>3:00 p.m. – 7:00 p.m.</b>		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu
<b>8:00 p.m.</b>		<b>Thoughtful Thursday on Channel 1340:</b> Embark on a mind-bending journey into the 4th dimension as we explore the fascinating geometry of the Möbius Strip and Klein Bottle. RUNTIME: 13 minutes








FRIDAY, NOVEMBER 8, 2024

9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. – 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Fitness Fun with Jess in the T.V. Room</b> This week: Cardio Drumming
11:00 a.m.		<b>Weekly Wrap-Up in the Glens Community Room</b> A current events discussion group. Bring news articles to share. This is a resident-run activity.
12:00 p.m. - 4:00 p.m.		<b>Annual Nottingham Holiday Craft Fair!</b> Stop by for an assortment of homemade crafts by over 20 vendors! In the T.V. Room, Fireplace Lounge, and Clubhouse.
1:30 p.m.		<b>Bible Study in the Arts and Crafts Room</b> With Pastor Tom Worth. All are welcome to join.
2:00 p.m.		<b>Knit-Wits in the Memories Lounge</b> New members always welcome! This is a resident-run activity.
4:00 p.m. – 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu
7:00 p.m.		<b>BINGO in the T.V. Room</b> This is a resident-run activity. \$1 to play + \$1 per board
8:00 p.m.		<b>Feel Good Friday on Channel 1340: A roundup of good news stories you might have missed.</b> Head to Austria, National Park Neusiedlersee, to visit one of Huawei's Tech4All initiatives (in collaboration with the University of Vienna) that's helping to protect biodiversity in one of Europe's most precious ecosystems. RUNTIME: 14 minutes

**SATURDAY, OCTOBER 5, 2024**

10:30 a.m.		<b>Seated Yoga</b> Tune into The Nottingham Channel 1340 to participate!
10:30 a.m.		<b>Seated Balloon Volleyball in the T.V. Room</b> This is a resident-run activity.
1:30 p.m.		<b>65 Card Game in the Arts and Crafts Room</b> This is a resident-run activity.
2:00 p.m.		<b>Train Dominos in the Memories Lounge</b> This is a resident-run activity.
2:00 p.m.		<b>Let's Play Chess in the Bistro</b> This is a resident-run activity.
2:00 p.m.		<b>Monthly Genealogy Group Meeting in the 1<sup>st</sup> Floor Conference Room</b>
8:00 p.m.		<b>Science Saturday on Channel 1340: Plastic-eating worms.</b> These worms can eat plastic. Not only that, but they can digest it too! RUNTIME: 10 minutes
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**SUNDAY, OCTOBER 6, 2024**

10:30 a.m.		<b>Chair stretching - 20 minutes seated stretching</b> On channel 1340
11:00 a.m.		<b>Catholic Mass with Father Kehoe</b> In the D-Wing Chapel
11:00 a.m.		<b>Catholic Mass with Syracuse Diocese Priests</b> In the T.V. Room
2:00 p.m.		<b>Scrabble in the Arts and Crafts Room</b> All are welcome! This is a resident-run activity.
2:30 p.m.		<b>Sunday Movie in the T.V. room: Abigail.</b> A 2024 American horror comedy film directed by Matt Bettinelli-Olpin and Tyler Gillett, and written by Stephen Shields and Guy Busick. It stars Alisha Weir as the title character alongside Melissa Barrera, Dan Stevens, Kathryn Newton, Will Catlett, Kevin Durand, Angus Cloud, and Giancarlo Esposito. The film follows a group of kidnappers who capture the daughter of a powerful underworld figure and demand \$50 million for her release, unaware of something sinister. RUNTIME: 109 MINUTES
3:00 p.m.		<b>Pinochle in the Memories Lounge</b> This is a resident-run activity.
8:00 p.m.		<b>Historical Sunday on Channel 1340: Inside Plaza San Luis,</b> a cultural-commercial complex in Intramuros, is a remarkable house that takes us back in time to experience a principalia's domestic life in the 1800s. RUNTIME: 7 minutes