

# Assisted Living Residence Weekly Telegraph

**October 21<sup>st</sup> - October 27<sup>th</sup>**











**The Nottingham Channel 1340**  
A publication for Residents and Employees

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












Shannon Loughlin, Director of Life Enrichment  
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**MONDAY, October 21<sup>st</sup>, 2024**

8:00 AM		<b>Breakfast</b>
10:00 AM		<b>Exercise with Kaileigh in the Community Room</b>
10:30 AM		<b>Haunted Hangman with Kaileigh in the Sun Room</b>
12:00 PM		<b>Lunch</b>
2:00 PM		<b>Pool Noodle Balloon Baseball with Kaileigh in the Sun Room</b>
3:00 PM		<b>BINGO! With Kaileigh in the Community Room</b>
3:00 PM - 7:00 PM		<b>Club House is Open-</b> Enjoy specialty drinks & Clubhouse menu <b>Must Attend Independently</b>
5:00 PM		<b>Dinner</b>
7:00 PM		<b>Tea, Coffee, and Chat with Sarah in the Sun Room</b> Pajamas are welcome!
8:00 PM		<b>Money Monday on Channel 1340: Amtrak's Billion-Dollar problem.</b> Taking a train in the U.S. is often more expensive than flying and more expensive than intercity train systems in other developed countries, which often have even faster trains and better service. But Amtrak, the federally funded company that runs many of America's passenger trains, has never made money. Runtime: 21 Minutes











**TUESDAY, October 22<sup>nd</sup>, 2024**

8:00 AM		<b>Breakfast</b>
10:00 AM		<b>Exercise with Sarah in the Community Room</b>
10:30 AM		<b>Manicures with Sarah in the Community Room</b>
12:00 PM		<b>Lunch</b>
1:15 PM		<b>Spiritual Visits with Chaplain Mary Colleen</b> Room to Room
1:30 PM		<b>Ecumenical Services in IL TV Meeting Room</b> Meet Sarah at 1:15 in the lobby to attend
2:30 PM		<b>Ladder Ball with Sarah in the Sun Room</b>
3:00 PM - 7:00 PM		<b>Club House is Open-</b> Enjoy specialty drinks & Clubhouse menu <b>Must Attend Independently</b>
5:00 PM		<b>Dinner</b>
7:15 PM		<b><u>Musical Performance with Meriyln Fuller in IL TV Meeting Room</u></b> Meet Kaileigh at 7:00 PM in the Community Room
8:00 PM		<b>Tech Tuesday on Channel 1340:</b> How AI facial recognition is being used to track down criminals. <b>RUNTIME: 26 MINUTES</b>











**WEDNESDAY, October 23<sup>rd</sup>, 2024**

8:00 AM		<b>Breakfast</b>
10:00 AM		<b><u>Mindful Movement with Emily in the Community Room</u></b>
10:30 AM		<b>Spooky Scattergories with Sarah in the Community Room</b>
11:15 PM		<b>Catholic Mass with Father Murray in the Community Room</b>
12:00 PM		<b>Lunch</b>
2:00 PM		<b>Bowling with Sarah in the Sun Room</b>
2:00 PM		<b><u>Bridge Club in RHCF</u></b> <b>Must independently attend</b>
3:00 PM		<b>Happy Hour with Barry Blumenthal the Club House</b> Meet Sarah at 2:45 in the Community Room
4:00 PM- 7:00 PM		<b>The Club House is Open</b> Must independently attend
5:00 PM		<b>Dinner</b>
7:00 PM		<b>Helping Hands with Angelina- Room to Room</b>
8:00 PM		<b>Wellness Wednesday on Channel 1340:</b> With the help of scientists at King's College London, identical twins went on a 12-week fitness program with a twist: Hugo turned vegan, and Ross continued to eat meat to find out which diet is the best. RUNTIME: 8 Minutes

## THURSDAY, October 24<sup>th</sup>, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
11:00 AM		<u>Lunch Outing: Cracker Barrel</u> Meet Sarah in the Lobby at 10:45 AM
12:00 PM		Lunch
1:30 PM		Looming with Tina & Judy in the Arts & Crafts Room
3:30 PM		Musical Performance with Deb and John Puma in the Community Room
3:00 PM - 7:00 PM		<b>Club House is Open-</b> Enjoy specialty drinks & Clubhouse menu <b>Must Attend Independently</b>
5:00 PM		Dinner
7:30 p.m.		SU game: SU vs Pittsburgh on Channel 24 ESPN
8:00 PM		Thursday on Channel 1340: Epigenetics: Can we change our genes? Runtime: 6 Minutes







**FRIDAY, October 25<sup>th</sup>, 2024**

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Basketball with Sarah in the Sun Room
12:00 PM		Lunch
1:00 PM		Prayer Group with Betsy in the Arts & Crafts Room
2:00 PM		Spooky Halloween Social in the Community Room
3:00 PM		Halloween Movie Matinee in the Community Room
3:00 PM - 7:00 PM		<b>Club House is Open-</b> Enjoy specialty drinks & Clubhouse menu <b>Must Attend Independently</b>
5:00 PM		Dinner
8:00 PM		<b>Feel Good Friday on Channel 1340: Learn about The Tree that Changed the world. RUNTIME: 6 Minutes</b>

## SATURDAY, October 26<sup>th</sup>, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with Angelina in the Community Room
10:15 AM		15 Minute Trivia & Riddles with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Halloween Mocktails with Angelina in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

## SUNDAY, October 27<sup>th</sup>, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with Angelina in the Community Room
10:30 AM		<u>Sunday Service with Deacon Ralph in the Community Room</u>
11:00 AM		<u>Service with Catholic Diocese Priests in IL TV Meeting Room</u> Must Attend Independently
12:00 PM		Lunch
1:30 PM		Charades with Angelina in the Sun Room
2:30 PM		Movie Matinee in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room



# AUTUMN



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apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow

