

Assisted Living Residence Weekly Telegraph

November 4th – November 10th











The Nottingham Channel 1340
A publication for Residents and Employees

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











Shannon Loughlin, Director of Life Enrichment
Sarah Bogacz, Recreation Specialist
Kaileigh Roy, Recreation Specialist

315-413-3903
315-413-3596
315-445-9242

MONDAY, November 4th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Kaileigh in the Community Room
10:30 AM		Making Homemade Applesauce with Kaileigh and Mary Ann
12:00 PM		Lunch
2:00 PM		Sing-a-Long and Serving Up Our Applesauce with Kaileigh in the Community Room
3:00 PM		BINGO! With Kaileigh in the Community Room
3:00 PM - 7:00 PM		Club House is Open- Enjoy specialty drinks & Clubhouse menu Must Attend Independently
5:00 PM		Dinner
6:30 PM		Crossroads Chorus Performs in the Community Room
8:00 PM		Money Monday on Channel 1340: If high inflation hurts just about everyone, why can't we have no inflation? RUNTIME: 8 minutes











TUESDAY, November 5th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Manicures with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in IL TV Meeting Room</u> Meet Sarah at 1:15 in the lobby to attend
3:00 PM		<u>Musical Performance with Jerry Cali in the Community Room</u>
3:00 PM - 7:00 PM		Club House is Open- Enjoy specialty drinks & Clubhouse menu Must Attend Independently
5:00 PM		Dinner
7:15 PM		<u>Musical Performance with Dennis Goettel in IL TV Meeting Room</u> Meet Kaileigh at 7:15 to Attend
8:00 PM		Tech Tuesday on Channel 1340: Learn about the AI already in your phone with BBC News. RUNTIME: 8 minutes











WEDNESDAY, November 6th, 2024

8:00 AM		Breakfast
10:00 AM		<u>Mindful Movement with Emily in the Community Room</u>
10:30 AM		<u>Dining Committee Meeting in the Community Room</u>
10:45 AM		Jeopardy with Sarah in the Community Room
12:00 PM		Lunch
1:00 PM		<u>Protestant Service in IL TV Meeting Room</u> Meet Sarah at 12:45 to attend
2:00 PM		<u>Bridge Club in RHCF</u> Must independently attend
2:00 PM		<u>Resident Council in the Community Room</u> Learn about upcoming changes from each department
3:00 PM		Hot Rocks and Dice Rolls with Sarah in the Arts & Crafts Room
4:00 PM-7:00 PM		The Club House is Open Must independently attend
5:00 PM		Dinner
7:00 PM		Thanksgiving Craft with Angelina in the Arts & Crafts Room
8:00 PM		Wellness Wednesday on Channel 1340: What does bilingualism do to the brain? And are there benefits to being bilingual? Turns out there are lots of upsides. RUNTIME: 6 Minutes

THURSDAY, November 7th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		History of Basketball & Basketball Trivia with Kaileigh in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Looming with Tina & Judy in the Arts & Crafts Room</u>
3:00 PM		Basketball with Kaileigh in the Community Room
3:30 PM		Popcon & The Harlem Globetrotters Movie with Kaileigh in the Community Room
3:00 PM - 7:00 PM		Club House is Open- Enjoy specialty drinks & Clubhouse menu Must Attend Independently
5:00 PM		Dinner
8:00 PM		Thoughtful Thursday on Channel 1340: Embark on a mind-bending journey into the 4th dimension as we explore the fascinating geometry of the Möbius Strip and Klein Bottle. This video will take you on a whirlwind tour of time travel, geometric paradoxes, 4D visualization, and sentient primitive shapes. RUNTIME: 13 minutes

FRIDAY, November 8th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Making Turkey Wreaths with Kaileigh in the Arts & Crafts Room
12:00 PM		Lunch
1:00 PM		Prayer Group with Betsy in the Arts & Crafts Room
2:00 PM		Holiday Craft Fair from 12-4PM Meet Kaileigh at 1:45 to attend as a group
3:00 PM		Punny Hour with Kaileigh in the Community Room Can ay of my ouns make you laugh? Serving Laffy Taffy and Giggle Juice
3:00 PM - 7:00 PM		Club House is Open- Enjoy specialty drinks & Clubhouse menu Must Attend Independently
5:00 PM		Dinner
8:00 PM		Feel Good Friday on Channel 1340: A roundup of good news stories you might have missed. 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, November 10th, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh in the Community Room
10:15 AM		Mad Libs with Sarah in the Community Room
12:00 PM		Lunch
1:30 PM		Hangman with Sarah in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

SUNDAY, November 11th, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with Kaileigh 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		Trivia with Sarah in the Community Room
2:30 PM		Movie Matinee in the Community Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

