

INDEPENDENT LIVING Weekly Telegraph



November 25—December 1, 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
Jami Leone, Recreation Specialist
Jess Wood, Wellness and Fitness Coach

315-413-3903
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**Life Enrichment will be sending out a
Christmas Care Package to our
Adopted Platoon stationed in Iraq.**

We are looking for Christmas cards, and if you wish to make a donation, these are the items the platoon is in most need of:

Mints

Trail mix & nuts

Toothpaste / floss

Kleenex

Hygiene products

Lip Balm

Lotion

Snacks

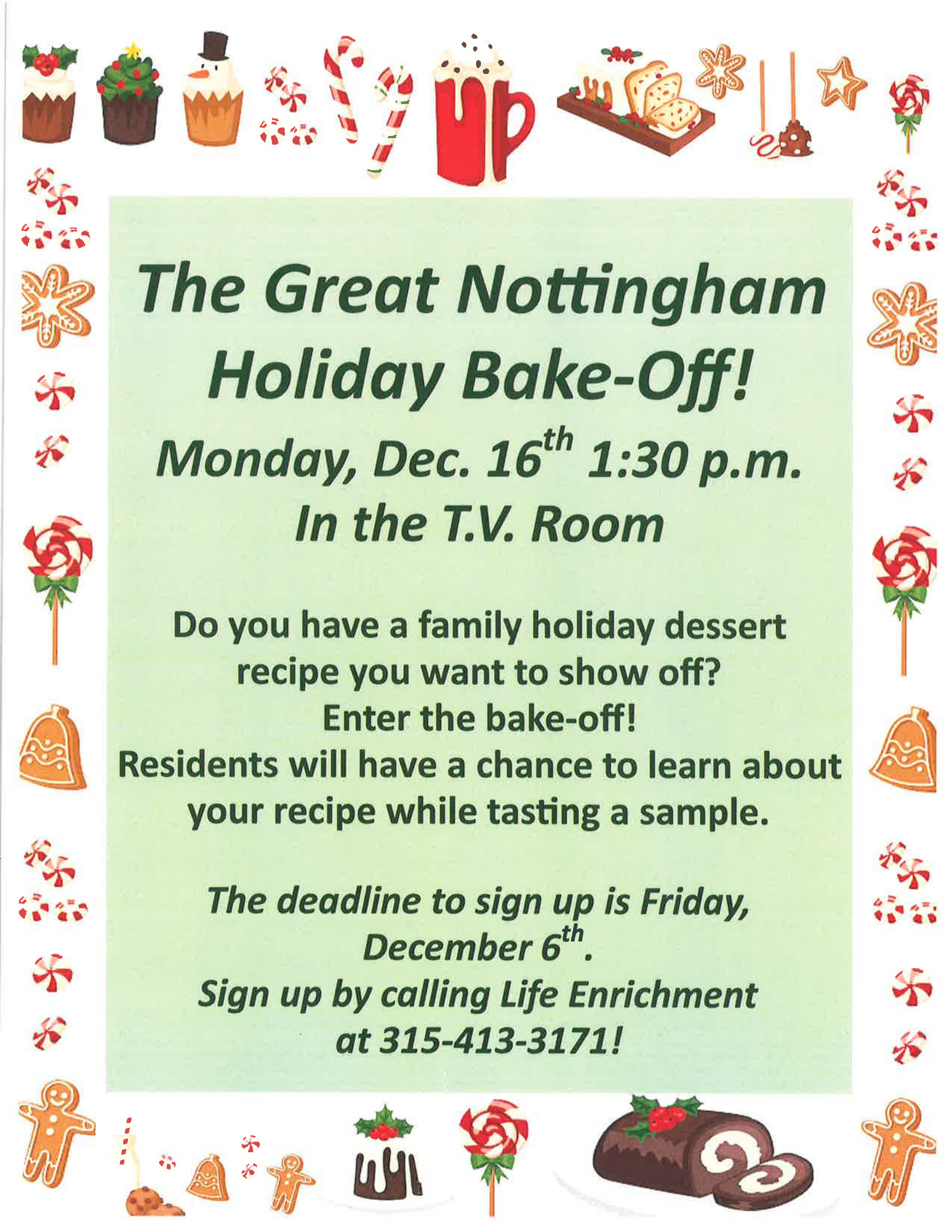
Chocolate

We can also accept monetary donations to shop for these items.

Cards and donations will be accepted until Mon. Dec. 2nd to the Life Enrichment office. Cards can be returned to the suggestion box in the Mailroom as well.

We thank you for your generosity!





The Great Nottingham Holiday Bake-Off!

***Monday, Dec. 16th 1:30 p.m.
In the T.V. Room***

**Do you have a family holiday dessert
recipe you want to show off?**

Enter the bake-off!

**Residents will have a chance to learn about
your recipe while tasting a sample.**

***The deadline to sign up is Friday,
December 6th.***

***Sign up by calling Life Enrichment
at 315-413-3171!***

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

MONDAY, NOVEMBER 25, 2024
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 Shannon 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 Jami 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 Jami in the T.V. Room
1:00 p.m.		Wii Bowling 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.		Zumba with Dr. Ann on The Nottingham Channel 1340
2:00 p.m.		Craft with Jami in the T.V. Room. Decorate placemats and paper bags for the Rescue Mission to use during the holidays!
2:30 p.m.		Oasis Online Course: The Presidents XI in the 1st Floor Conference Room. Prior registration with Oasis required.
3:00 p.m.		Growing Connections Series with Kara Gemmell, Director of Independent Living in the T.V. Room. This month: Bring a Childhood Picture.
6:30 p.m.		Crossroads Choral Performs at the Assisted Living Family Room. All residents welcome to attend.
3:00 p.m. - 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.
8:00 p.m.		Monday topic on Channel 1340: Private Equity's Ruthless Takeover of The Last Affordable Housing In America. RUNTIME: 14 MINUTES

TUESDAY, NOVEMBER 26, 2024






10:15 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340
11:00 a.m.		Le Moyne Falls Prevention Class First Session in the T.V. Room. <i>Prior registration required.</i>
1:00 p.m.		Life Enrichment Committee Meeting in the Arts and Crafts Room All residents encouraged to attend for monthly planning and to 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 With Nottingham Chaplain Mary Colleen Sinnott Music by Fred Fiske and postlude by Richard Weiskopf
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
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 per board
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.
4:00 p.m.		Caroling with Jami in the T.V. Room Sing along with some favorites!
7:15 p.m.		Musical performance by Ron Ziomek A duet, acoustic guitar cover songs performance
8:00 p.m.		Tuesday Topic on channel 1340: How Macy's Thanksgiving Day Parade balloons are Made! RUNTIME: 6 MINUTES

WEDNESDAY, NOVEMBER 27, 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.		Bridge in the Memories Lounge This is a resident-run activity.
1:30 p.m.		Stock Market Group in the Glens Community Room This is a resident-run activity.
1:30 p.m.		Jeopardy! With Jami in the T.V. Room
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
3:00 p.m. – 4:30 p.m.		Wednesday Happy Hour Party in the Clubhouse with a piano and vocal performance by Jerry Cali. 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.		Wednesday topic on Channel 1340: Dietitian Answers Commonly Asked Questions About Going Vegan like - Is it possible to get enough protein on a vegan diet? and other common questions that people have. RUNTIME: 11 MINUTES

THURSDAY, NOVEMBER 28, 2024







Happy Thanksgiving! No In-Person Programming Today.

<p>8:30 a.m.- 12:00 p.m.</p>		<p>The 98th annual Macy's Thanksgiving Day Parade will be the largest yet! From 8:30 a.m. to 12 Noon. On NBC Channel 4 Residents may watch together in the T.V. Room!</p>
<p>10:30 a.m.</p>		<p>Exercise Video on the Nottingham Channel 1340</p>
<p>11:30 a.m.- 1:00 p.m.</p>		<p>Thanksgiving Dinner in the Dining Room Please join us for a special Thanksgiving Menu in the Dining Room from 11:30 a.m. to 1:00 p.m. There will be <u>no evening meal today in the IL Dining Room.</u> <i>The Bistro will be open 9:00 a.m. until 7:00 p.m. Room delivery will be available.</i></p>
<p>1:30 p.m.</p>		<p>Exercise Video on the Nottingham Channel 1340</p>
<p>8:00 p.m.</p>		<p>Thursday topic on channel 1340: A day of Thanksgiving, courtesy Prelinger Archives Cold War-era educational film. A family who cannot afford a turkey at Thanksgiving reviews what they have to be thankful about. RUNTIME: 13 MINUTES</p>









Christmas Drive for Nottingham's Adopted Troop: Please return cards to Life Enrichment by Mon. Dec 2nd. If desired, any goods you want to send can be dropped off to the Life Enrichment office or cards can be placed in the suggestion box located in the Mailroom!



FRIDAY, NOVEMBER 29, 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.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
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.		The Price is Right! Game with Jami in the T.V. Room Try your hand at classic The Price is Right games like High or Low, Bogus Bargain, and more! (Sorry, no new cars or vacation giveaways as prizes!)
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 per board
8:00 p.m.		Friday topic on Channel 1340: What it would look like if the Department of Education was eliminated? Some of the first questions that were brought up after President-Elect Donald Trump made his desires clear - to get Washington's influence out of schools and hand control over to the states. RUNTIME: 5 MINUTES









SATURDAY, NOVEMBER 30, 2024

10:30 a.m.		Seated Yoga on The Nottingham Channel 1340
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.
1:30 p.m.		65 Card Game in the Arts and Crafts Room This is a resident-run activity.
1:30 p.m.		Seated Yoga on The Nottingham Channel 1340
2:00 p.m.		Train Dominos in the Memories Lounge This is a resident-run activity.
2:00 p.m.		Let's Play Chess in the Bistro This is a resident-run activity.
3:30 p.m.		SU Men's Football Game: SU vs Miami On the ACC Network Channel 388. Residents may watch together in the T.V. Room.
8:00 p.m.		Saturday topic on channel 1340: The Legal Eagle team of lawyers takes a deep dive into Project 2025. RUNTIME: 30 MINUTES



The Women's Health Initiative (WHI) is a long-term national health study funded by the National Heart, Lung, and Blood Institute. The original WHI study began in the early 1990s and concluded in 2005. Since 2005, the WHI has continued as Extension Studies, which are annual collections of health updates and outcomes in active participants. The second Extension Study enrolled 93,500 women in 2010 and follow-up of these women continues annually. If you would like more information on the study/how to volunteer, please call Lois Meyer at 315-446-5185.

SUNDAY, DECEMBER 1, 2024

10:30 a.m.		Seated stretching on The Nottingham 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
1:30 p.m.		Seated stretching on The Nottingham Channel 1340
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: Paradise Canyon As a government agent, John Wayne goes undercover with a travelling medicine show to flush out a counterfeiting ring. RUNTIME: 55 Minutes
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Sunday on Channel 1340: What Were Wild West Saloons Really Like. Wild West saloons have been portrayed in popular culture as dens of vice and violence. Located throughout the American frontier, Western saloons were part of the landscape, present in small camps and growing towns alike. Saloons in the Wild West served as repositories of information, houses of companionship, and refuge points amid isolation and loneliness. RUNTIME: 17 MINUTES

HANDY HINTS . . .

Med alerts are waterproof! You can wear it in the shower or in the pool.