

INDEPENDENT LIVING Weekly Telegraph



December 2—December 8, 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
315-413-3171
315-413-3817











MONDAY, DECEMBER 2, 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 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 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
1:30 p.m.		Speaker's Bureau Presentation in the T.V. Room with Mark Monmonier presenting on The Four Shorelines of Coastal Cartography.
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.		TimeGuessr Game with Jami in the T.V. Room A picture clue is presented, participants must guess the time and place of the picture using clues.
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: Musk's new position as head of the Department of Government Efficiency aims to tackle wasteful spending and reduce the deficit. This video delves into how these changes could reshape our government's financial landscape while addressing deregulation efforts that may follow. Runtime: 17 min

Any cards or donations for our adopted platoon due today to Life Enrichment

TUESDAY, DECEMBER 3, 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 in the T.V. Room. <i>Prior registration required.</i>
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 S.U. Buddhist Chaplain Joann Cooke presenting, with Fred Fiske, musician
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.		Christmas Caroling with Jami in the T.V. Room
7:00 p.m.		SU Men’s Basketball Game: S.U. vs Tennessee on ESPN Channel 24. Residents may watch together in the Clubhouse
7:00 p.m.		Patrice: The Movie screening. A disabled couple in their 50s, Patrice and Garry, want to marry but risk losing their benefits if they do. Despite the risk, they decide to hold a commitment ceremony. The creative team behind the film included a diverse group of disabled and non-disabled people. RUNTIME: 1 hr 30 min
8:00 p.m.		Tuesday Topic on channel 1340: With the promise of unimaginable computing power, a global race for quantum supremacy is raging. Who will be first to harness this new technological force, and what will they do with it? RUNTIME: 24 Min



WEDNESDAY, DECEMBER 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.		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.
1:00 p.m.		Protestant Service with Pebble Hill Presbyterian Church in the T.V. Room
1:30 p.m.		Stock Market Group in the Glens Community Room This is a resident-run activity.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		Writers' Group in the Arts and Crafts Room 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. – 4:30 p.m.		Wednesday Happy Hour Party in the Clubhouse with a guitar and vocal performance by Blair Frodelius. 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: What does reading on screens do to our brains? RUNTIME: 7 MINUTES

THURSDAY, DECEMBER 5, 2024

10:30 a.m.		Exercise Video on The Nottingham Channel 1340
10:30 a.m.		Exercise Class for all residents in the T.V. Room
11:00 a.m.		Nottingham Continuum of Care Presentation / Q & A in the T.V. Room With Niki Heaton and Jade Hendricks, Resident Relations Representatives, presenting on Assisted Living.
11:00 a.m.		Bag Decorating craft with Jami for the Rescue Mission In the Arts and Crafts Room
11:00 a.m. - 12:30 p.m.		Massages with Donna, L.M.T. in the Conference Room Sign up for a 10-minute appointment by calling 315-413-3171
12:30 p.m. - 2:00 p.m.		Massages with Donna, L.M.T. in the T.V. Room Sign up for a 10-minute appointment by calling 315-413-3171.
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: Favorite holiday traditions.
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
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.		Thursday topic on channel 1340: What La Niña Will do to Earth in 2025. RUNTIME: 19 MINUTES

FRIDAY, DECEMBER 6, 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: Seated Volleyball
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.
2:00 p.m.		Monthly Shabbat Service with Rabbi Moshe Saks of Temple Adath in the 1 st floor Conference Room
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
7:00 p.m. - 8:30 p.m.		Holiday Party with Life Enrichment in the T.V. Room With musical performance by Stringdom Join for some light refreshments, mocktails, and more!
8:00 p.m.		Friday topic on Channel 1340: How trees talk to each other. "A forest is much more than what you see," says ecologist Suzanne Simard. Her 30 years of research in Canadian forests have led to an astounding discovery — trees talk, often and over vast distances. Learn more about the harmonious yet complicated social lives of trees and prepare to see the natural world with new eyes. RUNTIME: 19 MINUTES

SATURDAY, DECEMBER 7, 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.
12:00 p.m.		SU Men's Basketball: S.U. vs Notre Dame on the ACC Network Channel 388. Residents may watch together in the T.V. Room.
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.
8:00 p.m.		Saturday topic on channel 1340: James Webb's 13 Billion Year Old Picture. Have you ever wondered how the James Webb Telescope could take a photo that's 13 billion years old? Or how light can reveal secrets from billions of years ago? In this video, I'm exploring the fascinating concept of the Doppler effect as it applies to light, known as redshift. By understanding redshift, and the expanding universe, scientists can peer almost 13.6 billion years into the past, observing the universe when it was just 2% of its current age. RUNTIME: 11 Minutes

SUNDAY, DECEMBER 8, 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.		Immaculate Conception 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: Christmas in Connecticut. Christmas in Connecticut is a 1945 American Christmas romantic comedy film about an unmarried city magazine writer who pretends to be a farm wife and mother and then falls in love with a returning war hero. RUNTIME: 101 MINUTES
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Sunday on Channel 1340: Join us for a new journey to Bedford Falls! This was an amazing trip to Seneca Falls NY where they host the "It's a Wonderful Life" Festival. It's said that the director Frank Capra spent some time in town before writing the movie. All living actors visit yearly for signings and they have a pretty awesome museum. RUNTIME: 19 Minutes