

Assisted Living Residence Weekly Telegraph



December 2nd – December 8th

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

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MONDAY, December 2nd, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Kaileigh in the Community Room
10:30 AM		Name that Christmas Carol with Kaileigh in the Community Room
12:00 PM		Lunch
2:00 PM		Basketball 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
7:00 PM		*No Evening Program*
8:00 PM		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








TUESDAY, December 3rd, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Manicures with Sarah in the Sun Room
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in the IL TV Meeting Room</u>
2:15 PM		Holiday Choir! Join Sarah and Roger in the Community Room to discuss
3:00 PM		<u>Musical Performance with John Vona 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		Room to Room Visits with Kaileigh
8:00 PM		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 4th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		<u>Dining Committee Meeting in the Community Room</u>
10:45 AM		Family Feud with Sarah in the Community Room
12:00 PM		Lunch
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 and events from each department
2:00 PM		<u>Protestant Service in IL TV Meeting Room</u> Must Attend Independently
3:00 PM		<u>Happy Hour with Blair Frodelius in the IL Club House</u> Meet Sarah in the Community Room at 2:45 PM
4:30 PM - 7:00 PM		<u>Club House is Open-</u> Enjoy specialty drinks & Clubhouse menu Must Attend Independently
5:00 PM		Dinner
7:00 PM		Stories with Angelina in the Sun Room
8:00 PM		Wednesday topic on Channel 1340: What does reading on screens do to our brains? RUNTIME: 7 MINUTES

THURSDAY, December 5th

8:00 AM		Breakfast
10:00 AM		No Exercise
10:00 AM		Shopping Outing: The Gift Box Meet Sarah in the Lobby at 9:45 AM
11:00 AM		<u>Continuum of Care Presentation- Memory Care in IL TV Meeting Room</u> Must Attend Independently
12:00 PM		Lunch
3:00 PM		<u>Looming with Tina and Judy in the Arts & Crafts Room</u>
5:00 PM		Dinner
8:00 PM		Thursday topic on channel 1340: What La Niña Will do to Earth in 2025. RUNTIME: 19 MINUTES

FRIDAY, December 6th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Sarah in the Community Room
10:30 AM		Holiday Sing-a-Long wit Sarah in the Community Room
12:00 PM		Lunch
1:00 PM		Prayer Group with Betsy in the Arts & Crafts Room
2:00 PM		Corn Hole with Sarah in the Sun Room
3:00 PM		Musical Performance by Deb & John Puma 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		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 7th, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with in the Community Room
10:15 AM		LA Times Crossword Puzzles with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		Making Holiday Cards with Angelina in the Arts& Crafts Room
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

SUNDAY, December 8th, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with 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		Corn Hole 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