

Assisted Living Residence Weekly Telegraph

December 18th – December 22nd













The Nottingham Channel 1340
A publication for Residents and Employees

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











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MONDAY, December 16th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Kaileigh in the Community Room
10:30 AM		Baking for the Bake-Off with Kaileigh in the Arts & Crafts Room
12:00 PM		Lunch
1:30 PM		<u>The Great Nottingham Bake Off in IL- Meet Kaileigh at 1:15 to attend</u>
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
7:00-7:30 PM		<u>Christmas Caroling with Girl Scout Troop #1004 in the TV Room-</u> Must Attend Independently
8:00 PM		Monday topic on Channel 1340: Why Economists Hate Trump's Tariff Plan. Tariffs are at the center of former President Donald Trump's economic plan. It's an extreme trade policy that he wants to use to generate revenue to cut taxes. But how would they work? Runtime: 9 Minutes

TUESDAY, December 17th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Kaileigh in the Community Room
10:45 AM		Manicures with Kaileigh in the Sun Room
12:00 PM		Lunch
1:30 PM		<u>Ecumenical Services in the IL TV Meeting Room- Meet Kaileigh at 1:15 to attend</u>
3:00 PM		Holiday Choir! Join Kaileigh and Roger in the Sun Room to practice
2:15 PM		<u>Spirited Aging with Mary Colleen in the Community Room</u>
5:00 PM		Dinner
7:15 PM		<u>Classical Music with The Brass Act in IL- Meet Kaileigh at 7:00 PM to Attend</u>
8:00 PM		Tuesday Topic on Channel 1340: Urban Designer Answers City Planning Questions From Twitter. Former Chief Urban Designer of The City of New York Alexandros Washburn joins WIRED to answer the internet's burning questions about city planning. How does the New York City Subway compare to others worldwide? What are the pros and cons of rent control initiatives? Which city can lay claim to being "smartest" in the world? Or has the best airport? Runtime: 12 Minutes











WEDNESDAY, December 18th, 2024

8:00 AM		Breakfast
10:00 AM		
10:30 AM		
11:00 AM		
12:00 PM		Lunch
2:00 PM		Holiday Choir! Join Angelina and Roger in the Sun Room to practice
3:00 PM		<u>Christmas Happy Hour in the Community Room with Angelina!</u> _Wear Red & Green!
5:00 PM		Dinner
8:00 PM		Wednesday topic on Channel 1340: Train for any argument with Harvard's former debate coach. Bo Seo, an author and two-time world debate champion, believes our public conversations are in crisis. To Seo, our arguing skills have collectively atrophied over recent decades, resulting in bad arguments that have caused many people to lose faith in the idea that productive disagreements are even possible. Runtime: 12 Minutes

THURSDAY, December 19th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Jade in the Community Room
10:30 AM		Chirstmas Name 10 in the Community Room
11:00 AM		Christmas Music BINGO
12:00 PM		Lunch
1:30 PM		<u>Snowball Pong with Jade in the Community Room</u>
2:30 PM		<u>Musical Performance with John Vona in the Community Room</u>
5:00 PM		Dinner
8:00 PM		Thursday topic on channel 1340: Join Simon Sinek and Trevor Noah in this candid discussion where they dig into the critical role of friendships in mental health, success, and happiness. Simon argues that while we're constantly improving ourselves as leaders and professionals, we neglect the deep, emotional bonds that help us thrive. Runtime: 24 Minutes

FRIDAY, December 20th, 2024

8:00 AM		Breakfast
10:00 AM		Exercise with Jade in the Community Room
10:30 AM		Boggle with Jade in the Community Room
11:15 AM		Christmas Watercoloring with Jade in the Community Room
12:00 PM		Lunch
1:30 PM		Christmas Caroling with Shannon
2:30 PM		Snowball Skee-ball in the Community Room with Shannon
3:30 PM		Christmas Movie Mattinee in the Community Room
5:00 PM		Dinner
8:00 PM		Friday topic on Channel 1340: 15 knit and crochet gift ideas for the holidays. all of these projects are super easy and fast, you would be able to get them done in a few hours to a day! Runtime: 16 Minutes

SATURDAY, December 21st, 2024

8:00 AM		Breakfast
9:45 AM		Exercise with Angelina in the Community Room
10:15 AM		Short Christmas Stories with Angelina in the Community Room
12:00 PM		Lunch
1:30 PM		<u>Opera Performance by Sue Fannetti in the Sun Room</u>
5:00 PM		Dinner
6:00 PM		News Hour in the Community Room

SUNDAY, December 22nd, 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>
12:00 PM		Lunch
1:30 PM		Holiday Reminiscing with Angelina 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