

Independent Living Weekly Telegraph



December 1—December 7, 2025

*A publication for residents and employees
Available on The Nottingham Channel 1340*

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

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WINTER COAT & BOOT DRIVE

**Help families in need
with new or gently used
coats & boots**










**Donation Deadline:
December 19th**

**Drop Of Location:
Memories Lounge or
Life Enrichment Office**

***All donations will support
We Rise Above the Streets Recovery
Outreach Inc.***












MONDAY, DECEMBER 1, 2025

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.		Non-urgent Tech Help with Jami: 2 appointments available. Sign up using the Mailroom sign-up sheet for a 1:1 visit where Jami comes to your apartment.
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Chair Zumba! on The Nottingham Channel 1340
10:30 a.m.		Indoor Cardio Walk with Tiffany. Meet in the IL Front Lobby!
12:00 p.m. – 4:00 p.m.		Holiday Craft Fair @ The Nottingham! Join us in the T.V. Room, Fireplace Lounge, and Clubhouse for a variety of vendors and craft holiday items!
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.		Advanced Mahjong Group is looking for more players! Join in the B-Wing 2nd Floor Elevator Lobby. This is a resident-run activity.
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340

Last day to get your doors ready for the door and ledge decorating contest!
Register with Jami if you are interested in participating.












TUESDAY, DECEMBER 2, 2025

10:15 a.m.		Mindful Movement Class with Emily, Select Rehab O.T. In the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340
10:45 a.m.		Play Rummikub in the Gathering Lounge!
1:30 p.m.		Spiritual Services for All in the T.V. Room With presentation by multifaith storyteller Jim Brule and music by Fred Fiske.
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
1:30 p.m. - 3:00 p.m.		NO Open Swim/Lap Swim in the Pool
2:30 p.m.		Mahjong for beginners in the A-Wing 2nd Floor Elevator Lobby. 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.
2:30 p.m.		Afternoon Yoga with Melissa Curran in the T.V. Room.
7:00 p.m.		S.U. ACC/SEC Challenge Game: S.U. vs Tennessee on Channel 25. Residents may watch together in the Clubhouse!
7:15 p.m.		Classical Musical Performance with Ida Tili-Tribecka and Syracuse Studio in the T.V. Room.













WEDNESDAY, DECEMBER 3, 2025

9:00 a.m. – 10:00 a.m.		Tech Help Drop-In Time with Jami. Stop by with quick questions regarding phones, tablets, etc.
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room
10:30 a.m.		Zumba on The Nottingham Channel 1340
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:30 p.m.		Zumba on The Nottingham Channel 1340
1:30 p.m.		Vision Loss Support Group in the T.V. Room. All are welcome.
2:30 p.m.		Writers' Group in the T.V. 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.		Happy Hour with Life Enrichment in the Clubhouse! Enjoy snacks and drinks and a live musical performance by Deb and John Puma.
6:30 p.m.- 7:00 p.m.		Caroling & Cocoa with Dewitt Community Church in the T.V. Room.






THURSDAY, DECEMBER 4, 2025

9:45 a.m.		Tai Chi in the T.V. Room
10:30 a.m.		Exercise Video on The Nottingham Channel 1340
10:30 a.m.		In person Exercise Class in the T.V. Room
11:15 a.m.		Monthly Protestant Service with Pebble Hill Presbyterian Church in the T.V. Room. All are welcome.
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:00 p.m. - 2:30 p.m.		Massages with Donna in the 1 st Floor Conference Room. Sign up for a 10-minute massage by calling Jami at 315-413-3171 or in person with Donna.
1:30 p.m.		Exercise Video on The Nottingham Channel 1340
1:30 p.m.		Therapeutic Drumming with Jimbo in the Clubhouse. All are welcome, drums and instruction provided!
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
2:30 p.m.		Jamesville-DeWitt Library visit in the T.V. Room With books to loan & support in using tablets/digital content.
3:30 p.m.		Book Club Meeting in the T.V. Room Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss this month's book.




FRIDAY, DECEMBER 5, 2025

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
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 Tiffany in the T.V. Room
11:05 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.		NO Bible Study in the Conference Room With Pastor Tom Worth. All are welcome to join.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		Wii Bowling in the T.V. Room
1:30 p.m.		Volunteer Opportunity: Card writing for David's Refuge in the Clubhouse. Write thank you cards from a short script.
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		Craft with Ro: Scrabble tile ornament craft in the T.V. Room. Supplies limited to first come, first serve.
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board

SATURDAY, DECEMBER 6 , 2025

10:30 a.m.		Seated exercises for Falls Prevention 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.		Seated exercises for Falls Prevention on The Nottingham Channel 1340
2:00 p.m.		Looking for players! Beginners Chess with Alan in the Bistro. This is a resident-run activity.
2:30 p.m. – 3:00 p.m.		Erie Canal Cloggers Performance in the T.V. Room.

SUNDAY, DECEMBER 7, 2025

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 Gathering Lounge. All are welcome! This is a resident-run activity.
2:30 p.m.		Weekend Movie in the T.V. Room: <i>Christmas in Connecticut</i>. A 1945 American Christmas romantic comedy film about an unmarried city magazine writer who pretends to be a farm wife and mother for the sake of her popular lifestyle column who falls in love with a returning war hero while hosting him for a Christmas holiday. Runtime: 101 Minutes
2:30 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.