



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



Sept. 2 — Sept. 8, 2024

The Nottingham Channel 1340

A publication for Residents & Employees

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

Shannon Loughlin, Director of Life Enrichment

315-413-3903

Jami Leone, Recreation Specialist

315-413-3171

Jess Wood, Wellness & Fitness Coach

315-413-3817

👤 Program is in person

📺 Program is on Channel 1340

📝 Program requires registration

Monday, September 2nd

Resident Store Open 1 p.m. – 4 p.m.



9:00 a.m.—
10:30 a.m.

NO Aquatics Exercise/Open Swim today

10:30 a.m.

NO Move and Groove group exercise with Jess

10:30 a.m.

Zumba with Dr. Ann on The Nottingham Channel 1340

11:00 a.m.

NO Gentle Yoga with Jess

11:30 a.m.-
1:00 p.m.

Please join us for a special Labor Day Menu in the Dining Room.
Please follow the scheduled seating times for holidays & Sundays.

11:30 a.m. to 1:00 p.m.

There will be no evening meal today in the IL Dining Room.

The Bistro will be open from 9 a.m. to 7 p.m.

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.

NO Wii Games in the T.V. Room

3:00 p.m.

Virtual Tour



**China: East meets West at Metropolitan
Museum of Art Virtual Tour**

from PBS *Great Museums: A Documentary Series*
Celebrating the World of Museums series. Go behind the
scenes to a museum vault, an art restoration lab, or an
archaeological dig with the museum curators, scientists,
historians, collectors and conservators who make our museums
living spaces.



In the T.V. Room.

RUNTIME: 57 Minutes

8:00 p.m.

Money Monday on Channel 1340: *How Singapore Got So Crazy Rich.*

Singapore has transformed itself from a colonial trading port to a buzzing financial center in just a matter of decades. It's been held up as an example of how small countries can seek a pathway to rapid growth and development. So what's the city-state's formula for success? **RUNTIME: 7 MINUTES**

👤 Program is in person

📺 Program is on Channel 1340

📌 Program requires registration

Tuesday, September 3rd

Resident Store: Open 1 p.m. – 4 p.m.

10:15 a.m.



Mindful Movement Class with Emily, O.T.
in the TV Room **open to all ability levels**



10:15 a.m.



Seated Exercise Video on the Nottingham Channel (ch. 1340)

1:30 p.m. —

3:00 p.m.



Open Swim/Lap Swim in the Pool

1:00 p.m.



**Life Enrichment Committee Meeting
in The Arts and Crafts Room**



All residents welcome to join the meeting & committee

1:30 p.m.



Spiritual Services for All in the T.V. Room
*Rev. Eric Jackson, Plymouth Congregational
Church U.C.C.*
Fred Fiske, prelude

1:30 p.m.



NEW GROUP! Pitch Card Game in the Memories Lounge
This is a resident-run activity.

2:30 p.m.



Mahjong for beginners in the Arts & Crafts Room
New players welcome! *This is a resident-run activity.*

2:45 p.m.



In the T.V. Room
This is a resident-run activity.

3:00 p.m. —

7:00 p.m.



The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

4:00 p.m.



Karaoke Night with Jami!
in the Clubhouse

7:15 p.m.



**Tuesday Night Music
in the T.V. Room**



with a duet performance by Bob Sperry on drums

8:00 p.m.



Tech Tuesday on Channel 1340: *Where Your Data Goes.* With the AI boom and a growing appetite for cloud computing, data centres are popping up and expanding all over the country. While they bring huge economic opportunities, there are major concerns about the amount of energy they consume and whether the power grid can cope. Just one large data centre can consume the same amount of energy required to power 50,000 homes. Energy experts fear the growing number of power-hungry data centres could make electricity more expensive. The rapid growth in data centres also comes with big carbon risks too. **RUNTIME: 14 MIN**

👤 Program is in person

📺 Program is on Channel 1340

📄 Program requires registration

Wednesday, September 4th

Resident Store: Open 1 p.m. – 4 p.m.

Buffalo Pharmacy will be in the Resident Store from 10:00 a.m.–12:00 p.m.
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

9:45 a.m.



Walking on Wednesdays: Join us for a chat and walk to start the day! Inside or outside depending on weather. Friendly doggies welcome! **Meet up in the I.L. Front Lobby**

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.



Let's Play Bridge in the Memories Lounge
New Players Welcome! This is a resident-run activity.

1:00 p.m.



Protestant Service in the T.V. Room
with Rev. Courtney Steininger of
Pebble Hill Presbyterian Church



1:45 p.m.

Special screening of Mr. Bates Vs. Post Office: Episode 4 of 4



Alan and his friends finally get the chance to embark on the epic challenge of battling the Post Office in court.

RUNTIME: 52 minutes In the T.V. Room

3:00 p.m. -
4:30 p.m.



Happy Hour in the Clubhouse
With musical performance by
Mike Romano Piano duet

Enjoy the new weekly cocktail special!



4:30 p.m. -
7:00 p.m.

The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

8:00 p.m.

Wellness Wednesday on Channel 1340: *Can you change your sleep schedule?* Are you an early bird or a night owl? Explore how your circadian system acts as an internal clock to keep your body functioning.

RUNTIME: 5 MIN



If interested in making a donation to support the Fort Drum 10th Mountain Division please see Life Enrichment. Soldiers in need of: chapstick, trail mix, granola, hard candy and Foot Care Kits. Thank you for your consideration!

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Thursday, September 5th

Resident Store: Open 1 p.m. – 4 p.m.

10:30 a.m. 📺

Exercise Class for all residents in the T.V. Room

10:30 a.m. 📺

Standing Exercise Video on the Nottingham Channel (ch. 1340)

11:00 a.m. - 12:00 p.m. 📌

Massages with Donna, Licensed Massage Therapist in the Memories Lounge

Sign-up is required. Please call 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)



1:00 p.m. - 2:30 p.m. 📌

Massages with Donna, Licensed Massage Therapist in the 1st Floor Conference Room

Sign-up is required. Please call 315-413-3171.



1:30 p.m. 📺



W.I.S.E. Discussion Group

(Women Interested in Sharing Experiences)

in The Arts and Crafts Room

Join the informal group to chat about life experiences and share your stories & interests.

Topic of Discussion: Favorite Labor Day memories

1:30 p.m. - 3:00 p.m. 📺



Open Swim/Lap Swim in the Pool

2:30 p.m. 📺



2nd annual Cornhole Tournament! Under the Tent/T.V. Room in inclement weather

This is a resident-run activity.

3:00 p.m. - 7:00 p.m. 📺

The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

8:00 p.m. 📺

Thoughtful Thursday on Channel 1340: *What is the Grandfather Paradox?* On this explainer, Neil deGrasse Tyson and comic co-host Chuck nice discuss destiny, tachyons, and the most famous time travel paradox: the Grandfather Paradox. What would happen if you traveled back in time and prevented your parents from meeting each other? We break down the paradox's role in pop culture through The Terminator and Back to the Future. Are there other major and minor events that could prevent your birth? Find out how using subatomic particles like tachyons could help you communicate with your past self. Will some things turn out to be inevitable? What's the butterfly effect named after? This time travel explainer will have us saying "I'll be back." RUNTIME: 13 MIN

📺 Program is in person

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📺 Program requires registration

Friday, September 6th

Resident Store: Open 1 p.m. – 4 p.m.

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.

Fitness Fun with Jess in the T.V. Room



This week: Cardio Drumming



10:30 a.m.

Zumba with Dr. Ann on The Nottingham Channel 1340

11:00 a.m.

Weekly WRAP-UP

Current Events Discussion Group in the T.V. Room

Bring news articles to share. This is a resident-run activity.

11:15 a.m.



Walk to End ALZ Campus Walk

Show your support and raise awareness for Alzheimer's research.

Meet in the I.L. Front Lobby - walk to Memory Care together

1:30 p.m.



Bible Study with Pastor Tom Worth in the Arts and Crafts Room. All Are Welcome!

2:00 p.m.



Knit-Wits in the Memories Lounge

New members welcome. This is a resident-run activity.

2:30 p.m. -
4:30 p.m.



Fair Fun at The Nottingham

Join us for fair games, prizes, and fair goodies like popcorn and SnoCones! Featuring an Alzheimer's Awareness fundraiser

DUNK TANK

Under the Bistro Tent - Rain or Shine!

3:00 p.m.



Monthly Shabbat Service with Rabbi Moshe Saks of Temple Adath

In the 1st floor Conference Room

7:00 p.m.



In the T.V. Room.

This is a resident-run activity.

8:00 p.m.

Feel Good Friday on Channel 1340: Good News from August (you might have missed). A compilation of feel-good stories.

RUNTIME: 13 MINUTES

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Saturday, September 7th

10:30 a.m.



Seated Yoga

Tune into The Nottingham Channel (ch. 1340) to participate!

1:30 p.m.



65 Card Game in the Arts and Crafts Room

This is a resident-run activity.

2:00 p.m.



Train Dominoes in the Memories Lounge

This is a resident-run activity.



2:00 p.m.



Let's Play Chess in the Bistro

All players are welcome. *This is a resident-run activity.*

8:00 p.m.



Science Saturday on Channel 1340: *How the tides REALLY work.* Join marine physicist Dr. Patrick Rynne as he explores the science behind the tides, what creates earth's tidal bulges, and why the tides are bigger in some places than others. **RUNTIME: 14 MINUTES**

Sunday, September 8th

11:00 a.m.



Catholic Mass with Fr. Kehoe in the D-Wing Chapel

11:00 a.m.



Catholic Mass with Syracuse Diocese Priests
in the T.V. Room

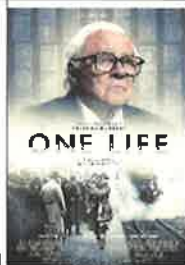
2:00 p.m.



Scrabble Game in the Arts & Crafts Room

All are welcome! *This is a resident-run activity.*

2:30 p.m.



SUNDAY MOVIE

IN THE T.V. ROOM: ONE LIFE

Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

RUNTIME: 110 MINUTES

3:00 p.m.



PINOCHLE IN THE MEMORIES LOUNGE

This is a resident-run activity.

8:00 p.m.



Historical Sunday on Channel 1340: *The Underground Clocks of Paris.* Have you ever wondered how cities kept time before the era of electronic clocks? In this video, we'll dive into the fascinating story of the Paris underground clock system. Developed by Austrian engineer Victor Popp in the late 19th century, this ingenious system revolutionized timekeeping, ensuring that everyone in Paris was on the same time down to the minute.

RUNTIME: 9 MINUTES