



The Nottingham
A Loretto Community

INDEPENDENT LIVING Weekly Telegraph



January 6—January 12

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, JANUARY 6, 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. - 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.		NO Wii Bowling in the T.V. Room This is a resident-run activity.
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.		Local Artist Spotlight Syracuse Jewish Family Service Art Work Presentation on their displayed collection “Arts and Minds” in the T.V. Room.
1:30 p.m.		Mahjong for advanced players in the A-Wing 2nd Floor Elevator Lobby. New players welcome! This is a resident-run activity.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
3:00 p.m.		January Jeopardy! With Jami in the T.V. Room
3:00 p.m.- 4:00 p.m.		Featured Audiobook on Channel 1340: <i>Ethan Frome</i> by Edith Wharton. Listen to chapters 1-3 today.
8:00 p.m.		Monday topic on Channel 1340: UnitedHealth vs. Patients: NYC Man's Battle to Get Lifesaving Drug Highlights Broken Health System by Democracy Now. RUNTIME: 20 Minutes

TUESDAY, JANUARY 7, 2025

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
10:45 a.m.		Rummikub Tile Game with Shannon in the T.V. Room Experienced or beginners welcome!
1:30 p.m.		Spiritual Services for All in the T.V. Room With Multifaith storyteller Jim Brule and music by Nancy Pease
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
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.
2:45 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.- 4:30 p.m.		Featured Audiobook on Channel 1340: <i>Ethan Frome</i> by Edith Wharton. Listen to chapters 4-7 today.
4:00 p.m.		Karaoke Night with Jami in the Clubhouse
7:00 p.m.		SU Men's Basketball: SU vs Georgia Tech on Channel 388 Residents may watch together in the Clubhouse!
7:15 p.m.		Classical musical performance in the T.V. Room by Lana Stafford on flute and pianist Sabine Krantz
8:00 p.m.		Tuesday Topic on Channel 1340: The Secret Plan Behind Artificial Intelligence. There's a war brewing between a handful of billionaires to seize control of AI. They want you to think their tech will make the world better for all of us. We dug into what they really want. Runtime: 15 Minutes













WEDNESDAY, JANUARY 8, 2025









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.		Monthly Protestant Service with Rev. Courtney of Pebble Hill Presbyterian Church in the T.V. Room
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		Grandparents Program with Parkview Academy students in the Memories lounge. Led by Ruby of Interfaith Works, the grandparent program matches you up with a student to get to know over monthly visits. Participate in a fun activity with your student while getting to know them!
3:00 p.m.- 4:00 p.m.		Featured Audiobook on Channel 1340: <i>Ethan Frome</i> by Edith Wharton. Listen to final chapters 8 & 9 today!
3:00 p.m. - 4:30 p.m.		Elvis' Birthday Celebration Happy Hour in the Clubhouse Featuring musical performance with the Pumas Enjoy the new weekly cocktail special!
8:00 p.m.		Wednesday topic on Channel 1340: Etiquette expert William Hanson joins WIRED to answer the internet's burning questions about proper manners and polite behavior. Why is "no elbows on the table" a rule? Is there a proper way to stir tea? Who decides what proper table etiquette is? Why should we even care about etiquette in the first place? Runtime: 12 Minutes

THURSDAY, JANUARY 9, 2025

9:00 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
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.		Upstate Health Presentation in the T.V. Room Upstate will present on the SheMatters program. Residents interested in helping promote the program and assisting in scheduling mammograms are welcome to meet in the T.V. Room. This position would include a stipend through Upstate. They will also have an opportunity for residents to let them know what other health topics or needs they have that Upstate can address in future programs. Refreshments provided!
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:30 p.m.		Exercise Video on the Nottingham Channel 1340
1:30 p.m.		Resident Forum in the T.V. Room Forum is a space for all resident-run committees to share updates, take question and comments from residents, and update on site-wide initiatives. This month, Ichor research will give a brief presentation.
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room
3:00 p.m.		Former Educator's Meeting in the First Floor Conference Room. A monthly, open form for former teachers and educators to meet and chat! This is a resident-run activity.
8:00 p.m.		Thursday topic on channel 1340: The WSJ asked an architect to break down how airports are built to better manage crowds. Runtime: 8 Minutes

FRIDAY, JANUARY 10, 2025

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Shannon 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 Shannon 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 First Floor Conference Room With Pastor Tom Worth. All are welcome to join.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:45 p.m.		Helping Hounds visit in the T.V. Room. A therapeutic animal visit with adoptable poochies!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		Bring-A-Game in the Clubhouse. Bring a game to teach other interested residents or come to play a game with Life Enrichment!
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
8:00 p.m.		Friday topic on Channel 1340: The Wasatch Ultimate Ridge Linkup in Utah (known to locals as the WURL) is a climbing and running route that circumnavigates the ridgeline of beautiful Little Cottonwood Canyon. The route is 36 miles long, has over 20,000 feet of vertical gain, and summits countless peaks. "Rite of Passage: The Story of the WURL" is a 21 minute documentary that follows local athlete Mali Noyes on her attempt of the route, while hearing from several people who have completed it on what makes it such a unique and challenging experience.

SATURDAY, JANUARY 11, 2025		
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.
1:30 p.m.		65 Card Game in the in the A-Wing 2nd Floor Elevator Lobby. 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.
3:00 p.m.		SU Men's Basketball vs Boston College on Channel 6. Residents may watch together in the T.V. Room
8:00 p.m.		Saturday topic on channel 1340: We Might Find Alien Life In 2278 Days. Europa Clipper is looking for signs of alien life in a very deadly place. Runtime: 18 Minutes

SHAKESPEAREAN NEW YEAR'S RESOLUTIONS, part 3











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SUNDAY, JANUARY 12, 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 (Located outside 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: Hemingway & Gellhorn Tells the story of the passionate love affair and tumultuous marriage between Martha Gellhorn and Ernest Hemingway, following the adventurous writers through all the great conflicts of their time. RUNTIME: 155 minutes
3:00 p.m.		Pinocle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Sunday topic on Channel 1340: An aerial tour of Chicago the "City in a Garden," whose park system is considered the most important in the country. Runtime: 10 Minutes

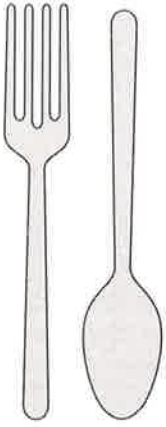
HANDY HINTS . . .

Have batteries to dispose of? Bring them to the drop off bin outside the Housekeeping office to be recycled!



This Week's Featured Menu—For Delivery or Pickup—call 315-413-3941

	Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11	Saturday 11/12	Sunday 1/13
SOUP	Creamy Italian Chicken	Bacon and Potato	Beef Tortilla	Ham and Cheddar Chowder	New England Chowder	Chicken and Pumpkin	Sweet Potato Bisque
SALAD	Couscous Salad	Broccoli Salad	Apple Maple Pecan Slaw	Baby Mix Lettuce w/ Walnuts, Blue Cheese and Pears	Caesar Salad w/ Anchovies	Tomato and Olive Salad	Cucumber, Tomato Feta Cheese Salad
SPECIAL #1	Citrus Shrimp Skewers w/ Hollandaise Sauce	Beef Burgundy	Chef's Pasta Special	Flat Iron Steak w/ Caramelized Corn	Roasted Turkey w/ Wild Mushroom Gravy	Yankee Pot Roast	Eggs and Omelets Cook to Order
SPECIAL #2	Beef Braciola	Golumpki (Stuffed Cabbage)	Corned Beef and Cabbage	Asian Grilled Chicken w/ Pineapple Teriyaki Sauce	Baked Haddock	Honey Lime Wings	Shrimp and Grits With Bacon and Sausage
SPECIAL #3	Pecan Crusted Chicken w/ Maple Bourbon Glaze	Roasted Cod w/ Almond Lemon Thyme Breadcrumbs	Poached Salmon w/ Tomato Basil Capers Relish	Portabello Steak w/ Aracado Chimichurri	Calamari Steak Piccata	Pan seared Swordfish w/ pineapple Salsa	Veal Parmesan
STARCH	Cheesy Creamy Polenta	Orange Pecan wild Rice	Boiled Parsley Potatoes	Baked Potato	Scalloped Potatoes	Herb Infused Basmati Rice	Home Fries
VEGETABLE #1	Oven Roasted Vegetables w/ Caramelized Onions	Roasted Garlic Asparagus	Steam Baby Carrots	Bok Choy	Swiss Chard	Roasted Garlic Broccoli	Ginger Carrots
VEGETABLE #2	French Green Beans	Spaghetti Squash	Roasted Pepper Medley	Roasted Tomato and Basil	Roasted Brussel Sprout	Steamed kale	Peas and Pearl Onion
DESSERT	Chocolate Cake	Carrot Cake	Dutch Apple Pie	Strawberry Rhubarb pie	Cheesecake w/ Blueberry Sauce	Large M&M Cookie	Blondie Brownie



The BISTRO

For Pickup or Delivery 315-413-

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 1/7	Creamy Italian Chicken	Couscous Salad	Italian Sub	Taco	Pecan Crusted Chicken with Maple Bourbon Glaze, Mashed Potato, Roasted Vegetables
TUES 1/8	Bacon and Potato	Broccoli Salad	Thanksgiving Sandwich	Grilled Vegetables	Beef Burgundy, Orange Pecan Wild Rice, Roasted Garlic Asparagus
WED 1/9	Beef Tortilla	Apple Maple Pecan	Red Reuben	Steak and Mushroom	Corned Beef and Cabbage, Boiled Parsley Potatoes, Baby Carrots
THUR 1/10	Ham and Cheddar	Caesar	Hamlet	Bacon Ranch Chicken	Asian Grilled Chicken with Baked Potato and Roasted Tomato and Basil
FRI 1/11	New England Clam Chowder	Creamy Cole Slaw	Fried Haddock	California Vegetable	Baked Haddock, Scalloped Potato, Roasted Brussel Sprouts
SAT 1/12	Chicken and Pumpkin	Spinach Balsamic Vinaigrette	Greek Lemon Chicken	Carolina Pulled Pork	Yankee Pot Roast, Mashed Potato, Roasted Garlic Broccoli
SUN 1/13	Sweet Potato Bisque	Garden Salad	Italian Sausage w/ Peppers and Onions	Breakfast w/ choice of bacon or sausage	Veal Parmesan, Baked Potato, Ginger Carrots