

INDEPENDENT LIVING Weekly Telegraph



January 13—January 19

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

Abigail Loisselle will be joining the Nottingham as an Intern with Life Enrichment & Recreation. Abigail is a student with SUNY Cortland and is earning a Bachelor's of Science in Therapeutic Recreation. She will support the Life Enrichment Department in Independent Living, Memory Care, Assisted Living and Skilled Nursing Residence. Abigail is currently the President of Student Activities and an Admissions Tour Guide with SUNY Cortland. Abigail is originally from Long Island and loves playing games, puzzles and arts & crafts. She also loves spending time outdoors. Abigail is looking forward to getting to know everyone and is excited to be a part of The Nottingham community.

~Abigail will join the Nottingham Team on Monday, January 13th~

~Welcome Abigail~





sip & paint

**Paint a winter
scene on canvas -
or trace and draw
& enjoy \$4.00
wine specials!**

**Friday, Jan 17th
2:30 p.m.—4:00 p.m.
in the T.V. Room**

This week's
Happy Hour
in the Clubhouse
Sponsored by
Ichor Research



Enjoy drink tickets provided
by Ichor and the new weekly
cocktail special!



With a guitar and
vocal performance by
Jane Zell

sponsored by
the Musicians Performance
Trust Fund

Wednesday, January 15th
3:00 p.m.—4:30 p.m.

Remembrance Service

***In memory of our
Nottingham Community Residents***

Friday, January 24th, 2025

3:00 P.M.













***Independent Living Residence
TV/Meeting Room.***

***All Residents & Staff are encouraged to attend
in recognition of our Nottingham family.***















MONDAY, JANUARY 13, 2024

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.		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.		Mahjong for advanced players in the B-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
2:00 p.m.		Brain Games with Jami: TimeGuessr Game in the T.V. Room. Work together to solve a picture clue - each picture displayed will have clues, we decide which decade and what geographical location it belongs to!
3:00 p.m.		Monthly Poetry Lover's Group meeting in the 1 st Floor Conference Room. Share your favorite poems with the group! This is a resident-run activity. All are welcome!
8:00 p.m.		Monday topic on Channel 1340: Good News in 2024 you might have missed! Runtime: 24 Minutes












TUESDAY, JANUARY 14, 2024

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
11:00 a.m.		Monthly Healthy Living series with Nicole Veltri-Petrosino PT, DPT of Select Rehab in the T.V. Room. This month's topic presented by Dan, speech-language pathologist, on the scope of speech-language services.
1:30 p.m.		Spiritual Services for All in the T.V. Room With presentation by Nottingham Chaplain Mary Colleen Sinnott and music by Nancy Pease and postlude by Richard Weiskopf. This is a non-denominational service; all are welcome!
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
1:30 p.m. - 3:00 p.m.		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.
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
7:00 p.m.		*Earlier start time* Musical Performance in the T.V. Room with Sentimental Serenade's Songbook Performance
7:00 p.m.		SU Men's basketball game vs Louisville on Channel 388. Residents may watch together in the Clubhouse!
8:00 p.m.		Tuesday Topic on Channel 1340: CNN's Melissa Bell and Michel Picaud, the president of Friends of Notre-Dame de Paris, a group that raised millions for the rebuilding of the cathedral, joins CNN's Richard Quest to discuss the reopening of Notre-Dame. RUNTIME: 10 minutes












WEDNESDAY, JANUARY 15, 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.
1:30 p.m.		Grandparents Program with Parkview Academy students in the T.V. Room. Led by 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!
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
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 in the Clubhouse with musical performance by Jane Zell, sponsored by the Musicians Performance Trust Fund and drunk tickets provided by Ichor Research! Enjoy the new weekly cocktail special!
8:00 p.m.		Wednesday topic on Channel 1340: Dr. Peter Attia and Dr. Andrew Huberman discuss the risk factors and prevention of cancer. Dr. Peter Attia is the host of The Drive podcast and is a world expert on behavioral approaches, nutritional interventions, supplementation and pharmacological techniques to improve lifespan, healthspan and athletic performance. Dr. Andrew Huberman is a tenured professor of neurobiology and ophthalmology at Stanford University School of Medicine. RUNTIME: 18 Minutes









THURSDAY, JANUARY 16, 2025

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.		Wits and Wagers with Jami in the T.V. Room A game played by not knowing the answer! Play as teams to try and answer impossible questions, then to earn points, bet on which answer is most accurate!
12:00 p.m.		Birthday Luncheon for December and January Birthdays in the Clubhouse. RSVP according to the invitation.
1:00 p.m.		Caregivers Support Group in the Conference Room with Kimberly Connell, LMSW, Caregiver Services & Support Coordinator, Onondaga County Department of Adult & Long-Term Care Services. Everyone is welcome for discussion and support.
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Exercise Video on the Nottingham Channel 1340
1:30 p.m. - 3:30 p.m.		Manicures with Jami in the A-Wing Gathering Lounge (across from the Fitness Room). Please sign up for a spot by calling Jami at 315-413-3171.
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room
8:00 p.m.		Thursday topic on channel 1340: What George Orwell Actually Believed: An overview of George Orwell's political views, guided by his reflections on his own career. Runtime: 16 Minutes

FRIDAY, JANUARY 17, 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.		Zumba with Dr. Ann on The Nottingham Channel 1340
10:30 a.m.		Fitness Fun with Jess in the T.V. Room This week: Cardio Drumming
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
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
2:30 p.m.		Paint 'N Sip Fun with Jami Paint or draw a winter scene in the T.V. Room and enjoy \$4.00 wine specials!
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 on Channel 1340: The National's Adrienne Arsenault travelled to speak to the people who knew the former U.S. president best and learn more about his life, legacy and love story. Runtime: 10 Minutes









SATURDAY, JANUARY 18, 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.
4:00 p.m.		SU Men's basketball game vs Notre Dame on Channel 388. Residents may watch together in the T.V. Room!
8:00 p.m.		Saturday on channel 1340: "Sunday Morning" correspondent Lee Cowan remembers some of the newsworthy men and women who passed away this year – musicians and storytellers who surpassed the ordinary, athletes who defied expectations, and activists who defied injustice, all touching us with their creativity and humanity. Runtime: 22 Minutes

HANDY HINTS . . .

Please label canes and walkers with your name in case of separation in common areas!

SUNDAY, JANUARY 19, 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 across from the fitness room) All are welcome! This is a resident-run activity.
2:30 p.m.		Sunday Movie in the T.V. Room: Prometheus Prometheus is a 2012 science fiction horror film directed by Ridley Scott and written by Jon Spaihts and Damon Lindelof. Set in the late 21st century, the film centers on the crew of the spaceship Prometheus as it follows a star map discovered among the artifacts of several ancient Earth cultures. Seeking the origins of humanity, the crew arrives on a distant world and discovers a threat that could cause the extinction of the human species. RUNTIME: 124 Minutes
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Sunday topic on Channel 1340: Inside America's Most Mysterious Place - Mt. Shasta, CA Full Documentary. In the far northern part of California lies Mount Shasta, a place of legend and mystery. Spiritual seekers come from around the world to connect with its energy. Today, we're going to go on our own little spiritual journey with the locals and learn what they're like and why Mount Shasta is such a mysterious and special place. Runtime: 73 Minutes



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

	Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17	Saturday 1/18	Sunday 1/19
SOUP	Cream of Tomato	Beef Chili	Cream Mushroom	Chicken Escarole	Aunt Nancy's Cream of Crab	Creamy Carrot and Tomato	French Onion
SALAD	Strawberry Walnut Salad	Bacon Pea Salad	Caesar w/ Sundried Tomato	Tomato Cucumber Salad	Creamy Cole Slaw	Gemelli Pasta w/ Spinach and Feta	Garden Salad
SPECIAL #1	Swiss Steak	Chicken Marsala	Rigatoni Calabress Style w/ Pork Ragu	Chicken and Biscuits	Nottingham Reuben	Lasagna Bolognese	Chicken Parmesan Over Spaghetti
SPECIAL #2	Lobster Thermidor in Pastry Shell	Leg of Lamb	Mediterranean Grouper	Roasted Vegetable w/ Sundried Tomato Sauce	Fried Haddock	Louisiana Seafood Stew	Eggs and Omelets cooked to order
SPECIAL #3	Pork Scallopini	Baked Flounder	Chef's Special	Marinated Flank Steak w/ Chimichurri Sauce	Pan Seared Seafood Platter	Roasted Pork Loin	Stuffed French Toast w/ Berries
STARCH	Rice Pilaf	Basmati Rice w/ Pecan and Cranberries	Couscous	Baked Sweet Potato	Macaroni and Cheese	Wild Rice Blend	Home Fries
VEGETABLE #1	Grilled Zucchini	Snap Peas	Roasted Cauliflower	Parmesan Broccoli	Sauteed Spinach	Patty Pans	Mashed Acorn Squash
VEGETABLE #2	Steamed Broccoli Rabe	Acorn Squash w/ Honey Glaze	Sherry Braised Button Mushrooms	Roasted Okra	Spaghetti Squash	Roasted Parsnips	French Green Beans
DESSERT	Pecan Pie	Pumpkin Pie	Blueberry Cobbler	Apple Turnovers	Lemon Meringue Pie	Brownie Ala Mode	Raspberry White Chocolate Layer Cake



The BISTRO

For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 1/13	Cream of Tomato	Strawberry Walnut	Turkey Pinwheels	Feta, Red onion and Pinenuts	Lobster Thermidor in Pastry Shell, Rice Pilaf and Zucchini
TUES 1/14	Beef Chili	Bacon and Pea	Chili Twin Dogs	Hawaiian	Chicken Marsala with Basmati Rice and Snap Peas
WED 1/15	Cream of Mushroom	Ceasar w/ Sundried Tomatoes	Egg and Olive	Shrimp ,Basil Pesto and Fresh Mozzarella	Mediterranean Grouper with Couscous & Roasted Cauliflower
THUR 1/16	Chicken Escarole	Tomato and Cucumber	Chicken Chipotle Club	BBQ Chicken	Chicken and Biscuits, Baked Sweet Potato and Parmesan Broccoli
FRI 1/17	Aunt Nancy's Cream of Crab	Creamy Cole Slaw	Crab Cake BLT	Pear, Goat Cheese and Prosciutto	Fried Haddock, Macaroni and Cheese, Spaghetti Squash
SAT 1/18	Cream of Carrot and Tomato	Gemelli Pasta w/ Spinach and Feta	Nashville Hot Chicken	Meat Lovers	Lasagna Bolognese, Wild Rice Blend and Patty Pans
SUN 1/19	French Onion	Garden Salad	Chicken Cordon Bleu	Breakfast w/ Choice of Bacon or Sausage	Chicken Parmesan Over Spaghetti with Home Fries and Green Beans