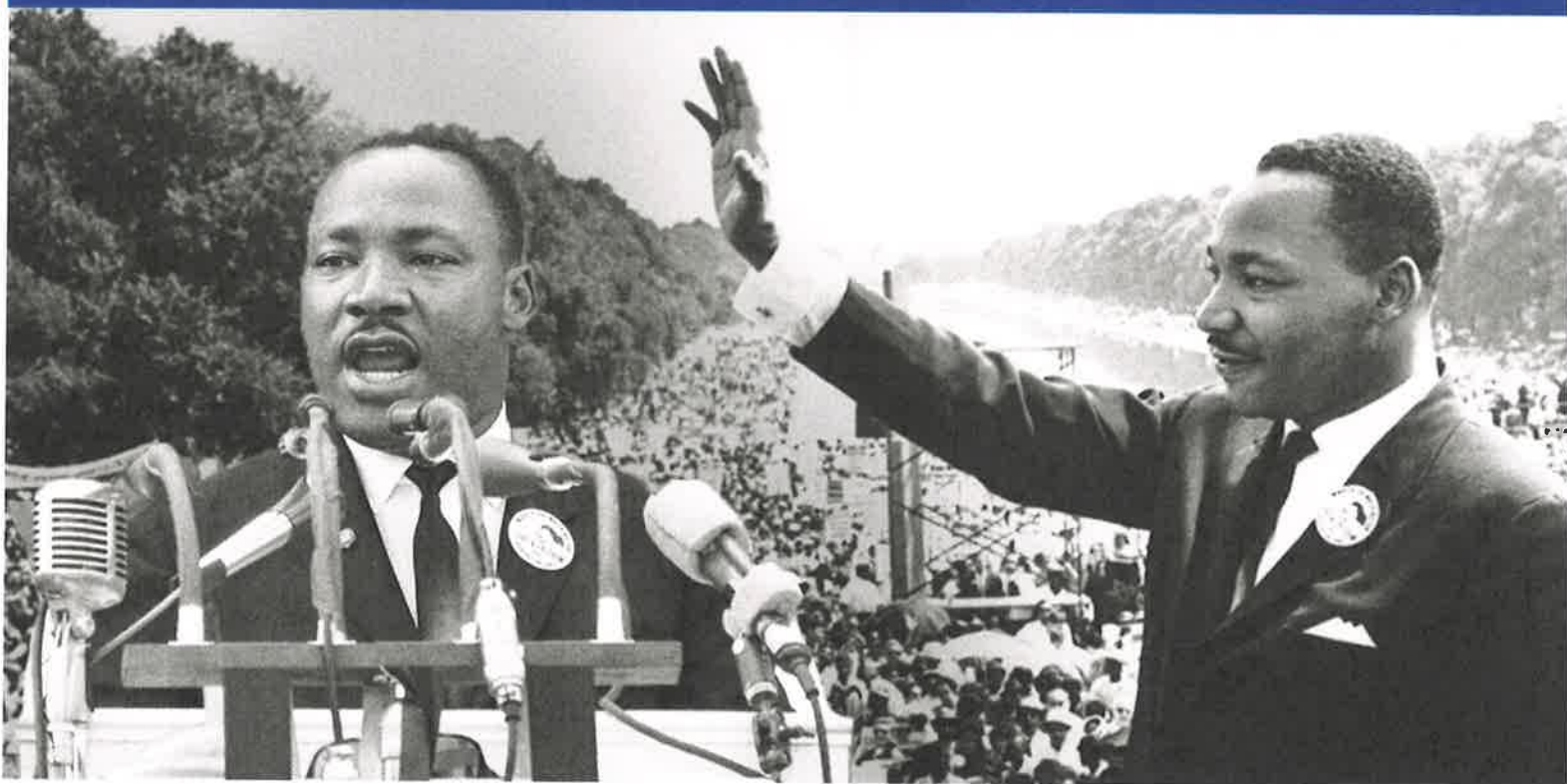


# INDEPENDENT LIVING Weekly Telegraph



**January 20—January 26**

**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

# Electronic Recycling Options

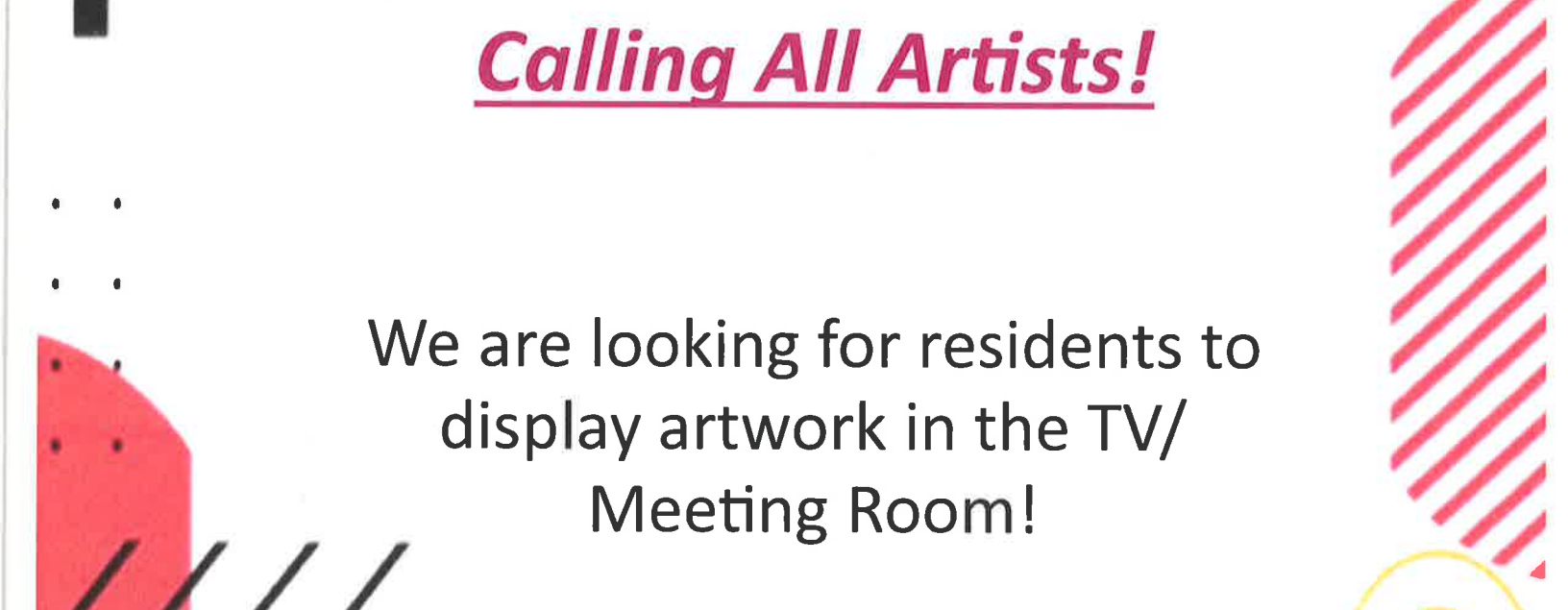
The Nottingham is working to host another e-recycling collection in the Spring!

Alternatively, below is a list of locations that accept electronics for recycling all year round. There are also free drop off drives throughout the year that can be searched for online.

Location	Address	Phone	Details	Cost
Battery World	5820 E Molloy Rd, Syracuse	437-1404	Appt Req. Call for details.	Free
Best Buy	3401 Erie Blvd East, Dewitt	449-1784	Various items accepted. Call for details	Fee may be charged
Bruin Recycling	1001 Vine St, Liverpool	410-0050	Drop off hours: M-F 6am—10 p.m. <b>NO T.V.s or CRT Monitors.</b>	Free
Salvation Army	2433 Erie Blvd East ( <i>This location only</i> )	445-0520	One TV accepted per drop off.	Free



## *Calling All Artists!*



We are looking for residents to display artwork in the TV/ Meeting Room!

Artwork can include anything:  
Painting, drawings, quilts,  
needlepoint, photography,  
collages, personal collections,  
etc.



If you are interested, please let Life Enrichment know.

*Thank you!*



SHE MATTERS  
BREAST CANCER  
EDUCATIONAL SESSION

**The Nottingham**  
**Tuesday 1/28**

**In the T.V. Room**  
**11:00 a.m.—12:00 p.m.**

Light refreshments  
will be provided  
RSVP with Jami at  
315-413-3171































**MONDAY, JANUARY 20, 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.

**Happy Martin Luther King Jr. Day**


9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. - 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Move and Groove with Jess in the T.V. Room</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
11:00 a.m.		<b>Gentle Yoga with Jess in the T.V. Room</b>
1:00 p.m.		<b>Wii Bowling in the T.V. Room</b> This is a resident-run activity.
1:00 p.m.		<b>Poker in the Memories Lounge</b> This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:30 p.m.		<b>Mahjong for advanced players in the B-Wing 2<sup>nd</sup> Floor Elevator Lobby.</b> New players welcome! This is a resident-run activity.
1:30 p.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
2:00 p.m.		<b>Documentary in the T.V. Room <i>John Lewis: Good Trouble.</i></b> Using interviews and rare archival footage, this chronicles Lewis's 60-plus years of social activism and legislative action on civil rights. Using present-day interviews with Lewis, now 80 years old, it explores his childhood experiences, his inspiring family, and his meeting with Dr. Martin Luther King Jr. in 1957. Runtime: 97 Minutes
3:00 p.m.		<b>Nurses Group Meeting</b> in the Conference Room. This is a resident-run activity.
7:30 p.m.		<b>College Football National Championship Game: Ohio State vs. Notre Dame on Channel 24.</b> Residents may watch together in the T.V. Room!
8:00 p.m.		<b>Monday topic on Channel 1340:</b> Rarely seen footage of Martin Luther King, Jr. "What Is Your Life's Blueprint?" speech followed by I Have A Dream speech.

**TUESDAY, JANUARY 21, 2024**


10:00 a.m.		<b>Wing Socials for A and B wing Residents</b> In the A & B Wing 2 <sup>nd</sup> Floor Elevator Lobbies
10:15 a.m.		<b>Mindful Movement Class with Emily, O.T.</b> in the T.V. Room
10:15 a.m.		<b>Seated Exercise Video on the Nottingham Channel 1340</b>
11:00 a.m.		<b>Bananagrams with Shannon in the T.V. Room</b>
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With Dave Pasinski and music by Nancy Pease
1:30 p.m.		<b>Seated Exercise Video on the Nottingham Channel 1340</b>
1:30 p.m. - 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
2:30 p.m.		<b>Mahjong for beginners in the A-Wing 2nd Floor Elevator Lobby.</b> New players welcome! This is a resident-run activity.
2:30 p.m.		<b>Pitch Card Game in the Memories Lounge</b> This is a resident-run activity.
2:45 p.m.		<b>BINGO in the T.V. Room</b> This is a resident-run activity. Cost to play: \$1 + \$1 per board
4:00 p.m.		<b>Karaoke night with Jami in the Clubhouse</b> Sing a long style! Come to sing or just to enjoy some of your favorite songs!
7:15 p.m.		<b>Musical Performance in the T.V. Room by the Cadleys</b> An acoustic guitar duo covering folk songs
8:00 p.m.		<b>Tuesday Topic on Channel 1340:</b> Could AI Unlock the Secrets of Animal Communication? on "The Future With Hannah Fry." Bioacoustics technology and artificial intelligence are revealing how animals communicate and may soon allow us to talk to them ourselves. What can we learn from wildlife? And should we be talking to the animals at all? RUNTIME: 25 Minutes



**WEDNESDAY, JANUARY 22, 2025**












9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. - 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Exercise Class with Jess in the T.V. Room</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
11:00 a.m.		<b>Gentle Yoga with Jess in the T.V. Room</b>
1:00 p.m.		<b>Bridge in the Memories Lounge</b> This is a resident-run activity.
1:30 p.m.		<b>Grandparents Program with Parkview Academy students</b> 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.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
2:30 p.m.		<b>Writers' Group in the T.V. Room</b> 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.		<b>Happy Hour in the Clubhouse with Charlotte's Web</b> Playing mandolin and guitar cover songs. Enjoy the new weekly cocktail special!
7:00 p.m.		<b>SU Men's Basketball: SU vs Clemson on Channel 388.</b> Residents may watch together in the T.V. Room!
8:00 p.m.		<b>Wednesday topic on Channel 1340: Do popular foods live up to their labels? From "cholesterol free" to "made with real ginger", we reveal what's really in our food.</b> RUNTIME: 17 Minutes

**THURSDAY, JANUARY 23, 2025**









<b>10:00 a.m.</b>		<b>Wing Socials for C, D and Glens Residents</b> In the Glens Community Room
<b>10:30 a.m.</b>		<b>Exercise Video on The Nottingham Channel 1340</b>
<b>10:30 a.m.</b>		<b>Exercise Class for all residents in the T.V. Room</b>
<b>11:00 a.m.</b>		<b>Cornhole Bean Bag Toss Game</b> in the T.V. Room. This is a resident-run activity.
<b>1:00 p.m.</b>		<b>Poker in the Memories Lounge</b> Free to play- no gambling. This is a resident-run activity.
<b>1:30 p.m.</b>		<b>Exercise Video on the Nottingham Channel 1340</b>
<b>1:00 p.m.</b>		<b>Fort Ontario Emergency Refugee Shelter Presentation</b> With Paul Lear, Historian of Fort Ontario Learn about Fort Ontario National Park, a historic military installation located in Oswego, New York. From 1944 to 1946, it served as the only shelter in the United States for Jewish refugees fleeing the Holocaust.
<b>1:30 p.m. - 3:00 p.m.</b>		<b>Open Swim/Lap Swim in the Pool</b>
<b>2:30 p.m.</b>		<b>Jamesville-DeWitt Library visit in the T.V. Room</b> With books to loan & support in using tablets/digital content.
<b>3:30 p.m.</b>		<b>Book Club Meeting in the T.V. Room</b> Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss this month's book.
<b>8:00 p.m.</b>		<b>Thursday topic on channel 1340: How Sweden survives without small talk by BBC REEL.</b> In most cultures, small talk acts as a social lubricant. But in Sweden, people tend to avoid idle chit-chat. Some experts believe the Swedes are missing out on a vital communication tool, while others say it's just a part of Swedish life. <b>RUNTIME: 7 Minutes</b>



FRIDAY, JANUARY 24, 2025

9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jami in the Pool</b>
9:45 a.m. – 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Fitness Fun with Jess in the T.V. Room</b> This week: Seated Volleyball
11:00 a.m.		<b>Weekly Wrap-Up in the T.V. Room</b> A current events discussion group. Bring news articles to share. This is a resident-run activity.
1:30 p.m.		<b>Bible Study in the Conference Room</b> With Pastor Tom Worth. All are welcome to join.
1:30 p.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
2:00 p.m.		<b>Knit-Wits in the Memories Lounge</b> New members always welcome! This is a resident-run activity.
3:00 p.m.		<b>Remembrance Service in the T.V. Room</b> All residents welcome to attend to remember our Nottingham family. Refreshments will follow the service.
7:00 p.m.		<b>BINGO in the T.V. Room</b> This is a resident-run activity. Cost to play: \$1 + \$1 per board
8:00 p.m.		<b>Friday on Channel 1340: Reconstruction and 1876: Crash Course US History.</b> After the divisive, destructive Civil War, Abraham Lincoln had a plan to reconcile the country and make it whole again. Then he was shot, Andrew Johnson took over, and the disagreements between Johnson and Congress ensured that Reconstruction would fail. The election of 1876 made the whole thing even more of a mess, and the country called it off, leaving the nation still very divided. Runtime: 13 Minutes

**SATURDAY, JANUARY 25, 2025**

10:30 a.m.		<b>Seated Yoga on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Seated Balloon Volleyball in the T.V. Room</b> This is a resident-run activity.
12:30 p.m.		<b>SU Men's Basketball: SU Vs Pittsburg on channel 25</b> Residents may watch together in the T.V. Room!
1:30 p.m.		<b>65 Card Game in the in the A-Wing 2nd Floor Elevator Lobby.</b> This is a resident-run activity.
1:30 p.m.		<b>Seated Yoga on The Nottingham Channel 1340</b>
2:00 p.m.		<b>Train Dominos in the Memories Lounge</b> This is a resident-run activity.
2:00 p.m.		<b>Let's Play Chess in the Bistro</b> This is a resident-run activity.
8:00 p.m.		<b>Saturday on channel 1340: Top 25 Construction Megaprojects of 2025.</b> It's going to be a massive year for construction. Stay up to date on everything happening in 2025. Runtime: 20 Minutes









Program updates or corrections to the telegraph will be posted as needed. When changes are made, please note flyers in following locations:

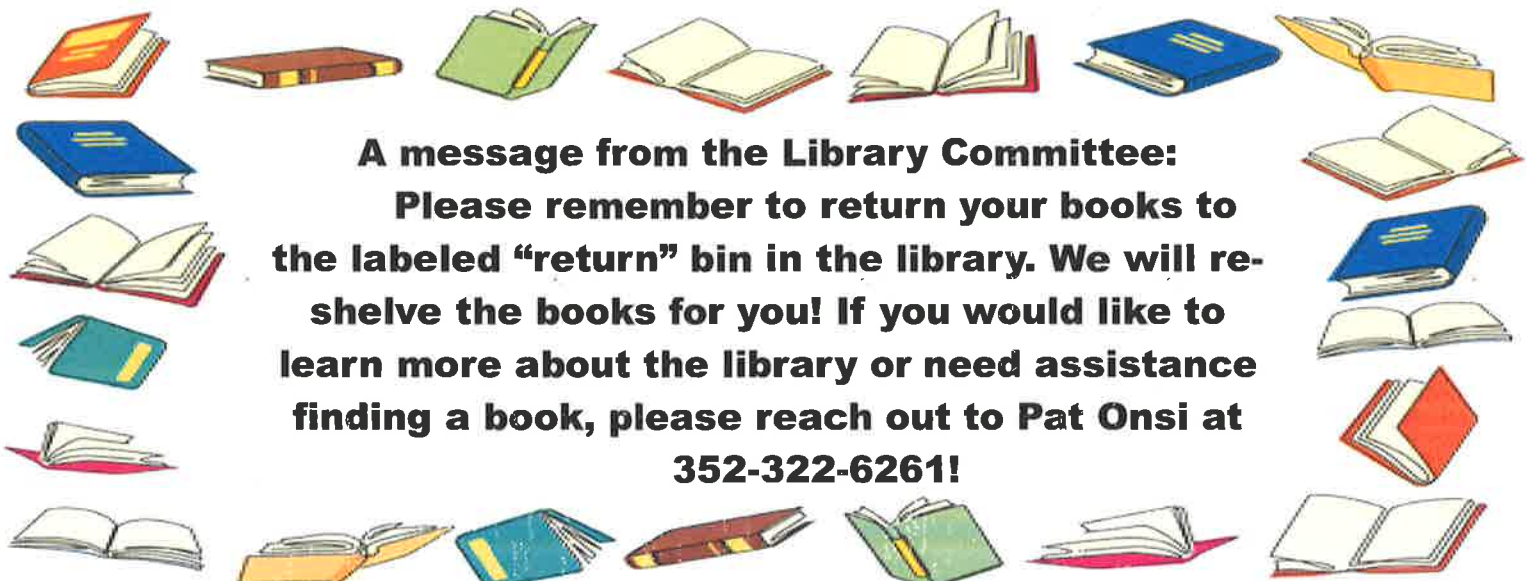
- Above the telegraph in the Mailroom
- On the bulletin board in the Mailroom
- At the Front Desk
- On the displayed telegraph outside the T.V. Room
- On the T.V. Room Doors
- On the Fitness Room door

**HANDY HINTS . . .**



**SUNDAY, JANUARY 26, 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: <b>The Book Club</b> Starring Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen are four friends who read Fifty Shades of Grey as part of their monthly book club, and subsequently begin to change how they view their personal relationships. Runtime: 104 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: Exploring Wakayama City. In this video, we take you on a one day side-trip from Osaka to Wakayama Prefecture, where we will explore a scenic port town and an impressive castle. Runtime: 8 Minutes



**A message from the Library Committee:**  
**Please remember to return your books to the labeled “return” bin in the library. We will re-shelve the books for you! If you would like to learn more about the library or need assistance finding a book, please reach out to Pat Onsi at 352-322-6261!**







# The Bistrot

For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
<b>MON</b> <b>1/20</b>	Kansas City Beef	Tomato and Fresh Mozzarella	Chicken Tender Sub	Buffalo Chicken	Sautéed Chicken w/warm bacon vinaigrette , Baked Potato, Butternut Squash
<b>TUES</b> <b>1/21</b>	Salmon Bisque	Classic Potato Salad	Caprese Chicken Pesto	Chicken Cordon Blue	Coq Au Vin with Creamy Sundried Tomato Pasta, Roasted Asparagus
<b>WED</b> <b>1/22</b>	Cream of Carrot	Spinach Salad w/ Hot Bacon Dressing	Cuban	White Garlic	Poach Cod in Dill Sauce with Brown Rice and Steamed Beets
<b>THUR</b> <b>1/23</b>	Pasta Fagiola	Caesar Salad	Grape Chicken Salad	Broccoli Alfredo	Quatro Fromage Ravioli w/ Bolognese Sauce Buttered and Baby Carrots
<b>FRI</b> <b>1/24</b>	New England Clam Chowder	Marinated Tomato and Rice	Shrimp Po Boy	Supreme	Fried Haddock, Sweet Potato Fries, Fire Roasted Corn
<b>SAT</b> <b>1/25</b>	Chili Con Carne	Macaroni Salad	Grilled Cheese with Bacon and Tomato	Utica Greens w/ Cherry Peppers and Prosciutto	Meatloaf, White Rice Spinach
<b>SUN</b> <b>1/26</b>	Chicken Noodle	Garden Salad	Meatloaf	Breakfast w/ Choice of Bacon or Sausage	Meatballs in Marinara with Spaghetti and Peas



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

	<b>Monday</b> 1/20	<b>Tuesday</b> 1/21	<b>Wednesday</b> 1/22	<b>Thursday</b> 1/23	<b>Friday</b> 1/24	<b>Saturday</b> 1/25	<b>Sunday</b> 1/26
<b>SOUP</b>	Kansas City Beef	Salmon Bisque	Cream of Carrot	Pasta Fagiola	New England Clam Chowder	Chili Con Carne	Chicken Noodle
<b>SALAD</b>	Tomato and Mozzarella	Classic Potato	Spinach Salad w/ Hot bacon Dressing	Caesar Salad	Marinated Tomato and Rice	Macaroni Salad	Garden Salad
<b>SPECIAL #1</b>	Sauteed Chicken w/ Warm Bacon Vinaigrette	Cabbage Stir Fry	Buttermilk Fried Chicken	Classic Sole	Blackened Shrimp	Chicken Margherita	Homemade Meatball in Marinara Spaghetti
<b>SPECIAL #2</b>	Bourbon Steak w/ Bacon and Onions	Coq Qu Vin w/ Slow Roasted Vegetables	Chef's Special	Rack of Lamb w/ Balsamic Rub	Fried haddock	Traditional Meatloaf	Maple Bacon Pancakes
<b>SPECIAL #3</b>	Crispy Lobster & Crab Croquets w/ Roasted Garlic Aoli	St. Louis Ribs	Poached Cod in a Dill Sauce	Quatro Formage Ravioli w/ Bolognese Sauce	Teriyaki Pork Glazed Tenderloin	Seafood Casserole	Eggs and Omelets cooked to order
<b>STARCH</b>	Baked Potato	Creamy Sundried Tomato Pasta	Brown Rice	Mushroom Rissotto	Sweet Potato Fries	White Rice	Home Fries
<b>VEGETABLE #1</b>	Butternut Squash	Roasted Asparagus w/ Garlic	Braised Napa Cabbage	Buttered Baby Carrots	Fire Roasted Corn	Spinach	Grilled Portabello Mushroom
<b>VEGETABLE #2</b>	Braised Kale w/ Lemon Zest & Olive Oil	Roasted Tri-Colored Carrots w/ Curry	Steamed Golden Beets	Baked Sweet Potato	Grilled Sweet Onions	Roasted Radishes	Peas
<b>DESSERT</b>	Lemon Bars	Red Velvet Cake	Chocolate Mousse	Apple Crisp	Pineapple Upside Down Cake	Pumpkin Cheesecake	Rice Pudding