



The Nottingham

A Loretto Community

INDEPENDENT LIVING Weekly Telegraph



February 10—February 16

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

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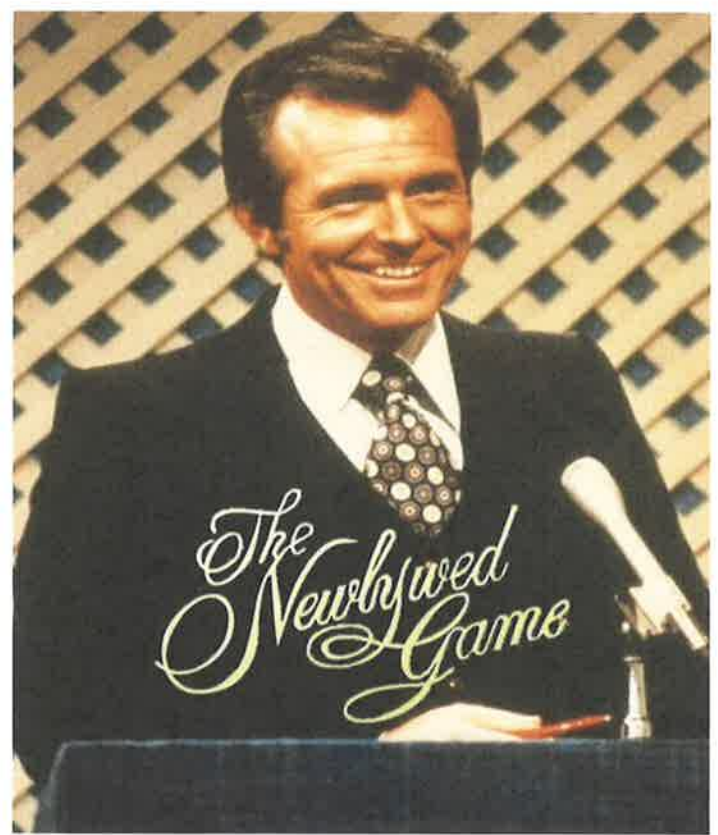
315-413-3171

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Nottingham Newlywed Game!

***Join us for a friendly
competition
between staff, friends,
and couples!***



**Friday Feb. 14th
at 2:30 p.m.
in the T.V. Room**



Winter clean up!

We are looking for any glasses, dishes, silverware etc. that you may have from dining.

If you find anything to return, please leave out on your ledge Tuesday, February 11th and staff will be around to collect it.

Thank you!















MONDAY, FEBRUARY 10, 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.		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
3:00 p.m.		Paint n Sip: Conversation Hearts on Canvas with Jami Enjoy a drink as we walk you through creating a canvas with conversation hearts! In the T.V. Room
3:00 p.m.		Poetry Lover's meeting in the Conference Room Open to all residents to share their favorite poems. This is a resident-run activity.
8:00 p.m.		Monday on Channel 1340: Over 58% Millennials and Gen Z say they don't have enough saved to retire and half of Americans have NO savings at all. What happened? Millions of Americans used to rely on pensions from their employers but companies replaced them with something a lot riskier: the 401(k). Runtime: 15 Minutes













TUESDAY, FEBRUARY 11, 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
11:00 a.m.		Boggle with Jami in the T.V. Room
1:30 p.m.		Spiritual Services for All in the T.V. Room With presentation by Dave Pasinski and music by Richard Weiskopf
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 B-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
5:30 p.m.		Upstate HealthLinks virtual seminar in the Conference Room on Managing Heart Failure and Blood Pressure. The Heart Failure Clinic at Upstate provides various treatments and services for patients based on the cause, severity, and overall health. With the right treatment and lifestyle choices, heart failure can be managed effectively, improving your quality of life and reducing hospital visits. In this seminar, you will learn about managing blood pressure and medications, as well as how to lower your risk of heart failure, minimize symptoms, and successfully manage the condition. Presented by Kristin Ramella, NP, AGACNP, CHFN, Nurse Practitioner of Advanced Practice Services Clinic, Cardiology, Upstate Medical University.
7:15 p.m.		Musical Performance in the T.V. Room Enjoy a piano and vocal performance by Jill Minye.
8:00 p.m.		Tuesday on Channel 1340: Did you know the White House was once gutted and nearly collapsed? Or about the secret competitions to design it? Dive into the evolution of presidential residences, the dramatic changes, and the personal touches added by various presidents. Runtime: 13 Minutes

WEDNESDAY, FEBRUARY 12, 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
10:00 a.m. - 12:00 p.m.		Mary Kay representative Darlene Wrenn at The Nottingham! Drop in to the resident store to see and order new items.
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 Assisted Living - walk over with Jami from the front lobby. 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! Open to all interested residents.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
2:30 p.m.		Writers' Group in the Conference Room Syracuse University Professor Schell and intern Sarah Wells leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome!
2:30 p.m.		Winter Housewarming Party Join us in giving a warm welcome our new residents by learning about them and enjoying light refreshments. All residents welcome and encouraged to attend!
8:00 p.m.		Wednesday on Channel 1340: Linguist Gareth Roberts answers the internet's burning questions about the etymologies of English words. How did the first languages first form? Was there once a single common language that all the others evolved from? Runtime: 25 Minutes

THURSDAY, FEBRUARY 13, 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.		Healthy Living Series with Nicole from Select Rehab on Heart Disease
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.
1:30 p.m. - 4:00 p.m.		Tech help appointments with intern Abigail. Please call Jami at 315-413-3171 to make an appointment
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room This is a resident-run activity. All are welcome!
3:00 p.m.		Former Educator's Meeting in the Conference Room. A monthly, open form for former teachers and educators to meet and chat! This is a resident-run activity.
5:15 p.m.		Upstate HealthLinks Virtual Seminar in the Conference Room: "Getting the most out of your appointments" by Susan Tiffany, BSN, RN, OCN, Survivorship Navigator & Maureen Garvey, BSN, RNC, Patient Navigator, Upstate Medical University. Attending an important medical appointment can often feel stressful. In this seminar, specialists will share strategies to help you receive the best care and collaborate effectively with your healthcare team when facing important medical appointments and decisions. You will learn how to prepare for your appointment, important questions to ask, and how using open notes can enhance communication and care.
8:00 p.m.		Thursday on Channel 1340: Dr. Mike discusses the 23andMe Controversy and why he believes you should skip at home genetic testing. Runtime: 10 Min

FRIDAY, FEBRUARY 14, 2025









~Happy Valentine's Day~

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 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 Meet-and-greet with two dogs brought by volunteers from Helping Hounds! In the Fireplace Lounge
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
2:30 p.m.		The Nottingham Newlywed Game! In the T.V. Room Join in on the fun and watch residents and staff find out how well they know their partners!
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: Dr. Helen Fisher, a biological anthropologist, answers the internet's burning questions about love. How does attraction work? Can you love someone and still cheat on them? Runtime: 14 min








4:30p.m.-6:00p.m. Harpist Performance by Alex Coursen- Fire Place Lounge

~Happy Valentine's Day~

SATURDAY, FEBRUARY 15, 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 Conference Room. 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.
6:00 p.m.		S.U. Men's Basketball Game: S.U. vs. North Carolina on Channel 24. Residents may watch together in the T.V. Room!
8:00 p.m.		Saturday on Channel 1340: For years, Jean Béliveau walked from country to country, with the goal of circumnavigating the globe on foot. While few people have the time or desire to walk such extreme lengths, research shows that adding even a modest amount of walking to your daily routine can dramatically improve your health. So, what exactly happens to your body when you increase your step count? Shannon Odell investigates. Runtime: 6 Minutes

SUNDAY, FEBRUARY 16, 2025

10:30 a.m.		Seated stretching on The Nottingham Channel 1340
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: Crazy Rich Asians Crazy Rich Asians is a 2018 American romantic comedy-drama film directed by Jon M. Chu, from a screenplay by Peter Chiarelli and Adele Lim, based on the 2013 novel of the same title by Kevin Kwan. The film stars Constance Wu, Henry Golding, Gemma Chan, Lisa Lu, Awkwafina, Ken Jeong, and Michelle Yeoh. It follows a Chinese-American professor, Rachel, who travels to Singapore with her boyfriend Nick and is shocked to discover that Nick's family is one of the richest families in Singapore. Runtime: 121 Minutes
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Sunday on Channel 1340: 2024's biggest breakthroughs in physics, including evidence that dark energy may be weakening, the discovery of a super solid, and new advances in quantum geometry. Runtime: 17 Min