



# The Nottingham

A Loretto Community

## Independent Living Weekly Telegraph



**HAPPY  
WOMEN'S  
HISTORY  
MONTH**



## March 3 - March 9, 2025

A publication for residents and employees  
The Nottingham Channel 1340

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

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## **IMPORTANT NOTICE**

Sometimes our planned presentations go awry due to illnesses, the weather, etc.

We do our best to update as soon as we can via flyers that are posted in the mailroom and in the common areas of the A-Wing, like the T.V. room doors, on the table next to the telegraph display, and the fitness room doors.

We want a more immediate and accessible way to tell everyone, via an email notification sent out. You can check these much more frequently before heading to a program. Flyers will still be posted, but **if you are interested in being on this list, please let Jami know by emailing [jleone@lorettosystem.org](mailto:jleone@lorettosystem.org) and asking to be put on the program cancellation email group.**

We hope this helps, as we dream of warmer days to come! Thank you!  
-Life Enrichment

# *The Evolution of a Star*
















**Join Monthly Astronomy Group  
Monday, March 3rd at 2:00 p.m.**

**in the T.V. Room** for a special presentation with S.U. Graduate Student Dan Paradiso for a 45-minute talk on supernova, tidal disruption events, and how these events contribute to the lives and evolutions of stars and how we observe them.




**MONDAY, MARCH 3, 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.		<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>Monthly Astronomy Group welcomes S.U. Grad Student Dan Paradiso</b> to present on the evolution of stars (in an informed but not overly-technical way!) In the T.V. Room
3:00 p.m.		<b>S.U. Library's Curated Research Guide for Women's History Month Documentary: <i>Writing with Fire</i>.</b> In a news landscape dominated by men emerges India's only newspaper run by Dalit women. Armed with smartphones, Chief Reporter Meera and her team break traditions on the frontlines of India's biggest issues, redefining the meaning of power.
7:15 p.m.		<b>Musical performance with the Highland Winds Clarinet Quartet</b> in the T.V. Room
8:00 p.m.		<b>Monday on Channel 1340: Full Documentary on Marie Antoinette: The Downfall &amp; Death of a Queen.</b> Runtime: 65 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>

**TUESDAY, MARCH 4, 2025**












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>
10:45 a.m.		<b>St. Patrick's Day Craft with Jami in the T.V. Room DIY Beaded Garland</b>
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With presentation by Jim Brule 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>
2:00 p.m.		<b>French Conversation with residents Brigitte and Ann in the Glens Community Room</b> Brigitte is a native French speaker and Ann is a retired French teacher. Join to learn or refresh your French skills!
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> Come to sing-a-long or just listen to some of your favorite songs!
7:15 p.m.		<b>Musical Performance in the T.V. Room</b> With a piano and vocal performance with Tom Reitano
8:00 p.m.		<b>Tuesday on Channel 1340:</b> From "The Woman King" star Viola Davis, to track and field athlete Allyson Felix... "The Jennifer Hudson Show" recognizes the contributions guests have made in history and contemporary society and celebrates the strength they've shown along the way. Runtime: 18 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>

**WEDNESDAY, MARCH 5, 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>
11:00 a.m.		<b>Ash Wednesday Walk-Thru with Father Reddick In the Clubhouse</b>
1:00 p.m.		<b>Bridge in the Memories Lounge</b> This is a resident-run activity.
1:00 p.m.		<b>Monthly Protestant Service with Rev. Courtney of Pebble Hill Presbyterian Church in the T.V. Room</b>
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 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!
3:00 p.m. - 4:30 p.m.		<b>Mardi Gras Happy Hour in the Clubhouse with piano and vocal performance by Jason Jeffers sponsored by the Musicians Performance Trust Fund.</b> Enjoy the new weekly cocktail special!
8:00 p.m.		<b>Wednesday on Channel 1340:</b> Medieval historian Dr. Eleanor Janega investigates one of the least recorded aspects of medieval life - working women. In this video, Eleanor gets hands on in the medieval kitchen with experiential archaeologist Caroline Nicolay to explore the jobs of country women, from dairymaids to cheese-sellers to bakers, uncovering some crooked practices along the way... Runtime: 13 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>









THURSDAY, MARCH 6, 2025		
10:30 a.m.		<b>Exercise Video on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Exercise Class in the T.V. Room</b>
11:00 a.m.		<b>“How to...” with Jami: Instacart Orders.</b> Instacart is a grocery ordering and delivery service. Jami will provide a step-by-step guide to creating an Instacart account and creating an order. If you have a phone or tablet you want to use for ordering Instacart, bring it to set it up.
12:30 p.m. - 2:30 p.m.		<b>Massages with Donna</b> in the 1 <sup>st</sup> Floor Conference Room. Sign up for a 10-minute massage by calling Jami at 315-413-3171.
1:00 p.m.		<b>Poker in the Memories Lounge</b> Free to play- no gambling. This is a resident-run activity.
1:30 p.m. - 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
1:30 p.m. - 4:00 p.m.		<b>Tech help appointments with Jami.</b> All appointments are full as of this time. Make appointments for the following Thurs by calling Jami at 315-413-3171.
1:30 p.m.		<b>Exercise Video on the Nottingham Channel 1340</b>
1:30 p.m.		<b>W.I.S.E. (Women Interested in Sharing Experiences) group meeting in the Clubhouse.</b> This month’s topic: Who is your idol that’s a woman? For Women’s History Month
2:30 p.m.		<b>Sing-A-Long Piano Performance with Richard Weiskopf in the T.V. Room</b>
3:30 p.m.		<b>Cornhole Bean Bag Toss Game in the T.V. Room</b> This is a resident-run activity. All are welcome!
8:00 p.m.		<b>Thursday on Channel 1340: Tedx Talk on Women’s health.</b> Sophie Masson is a Year 13 student planning to study Medicine at University, with interests in medical ethics and global health. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Runtime: 11 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>

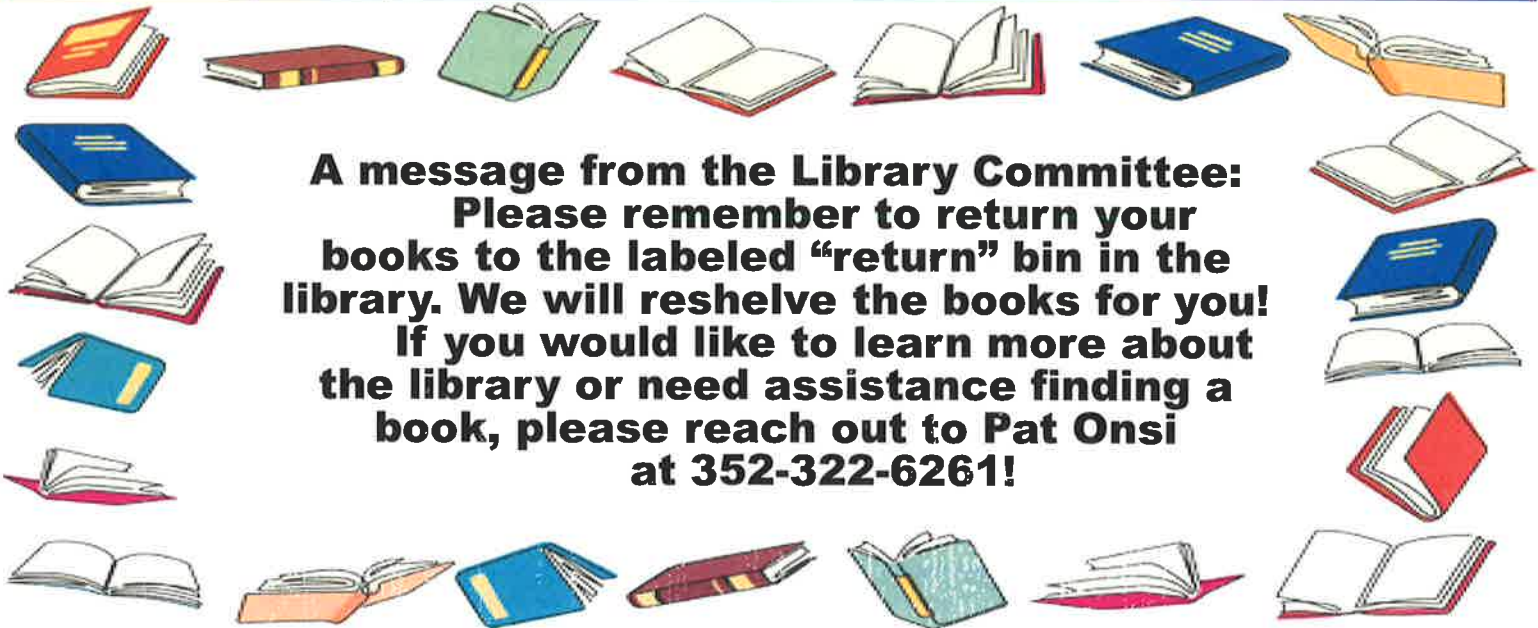
**FRIDAY, MARCH 7, 2025**

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>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>Matilda Jocelyn Gage Museum with Ciarraí Eaton</b> presenting on Matilda Joslyn Gage’s life, local impact, and the museum in the T.V. Room
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 *Please do not remove Bingo cards from the T.V. Room. Thank you*
8:00 p.m.		<b>Friday on Channel 1340:</b> Annie Turnbo Malone was that girl. Annie may have been the first Black woman to become a self-made millionaire although it is taught that Madame CJ Walker was the first. She taught Madame CJ Walker much of what she knew about haircare, she opened the first cosmetology school for Black hair, and she was a philanthropist for the people. Runtime: 28 Min. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>



**SATURDAY, MARCH 8, 2025**







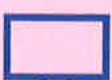
10:30 a.m.		<b>Seated Yoga on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Seated Balloon Volleyball in the T.V. Room</b> This is a resident-run activity.
1:30 p.m.		<b>65 Card Game in the Conference Room.</b> This is a resident-run activity.
1:30 p.m.		<b>Seated Yoga on The Nottingham Channel 1340</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>S.U. Game vs. Virginia on Channel 388.</b> Residents welcome to watch together in the T.V. Room!
8:00 p.m.		<b>Saturday on Channel 1340:</b> A true trailblazer. Jane Bolin was not only the first African American to graduate from Yale Law School, but also the first Black female to pass the New York State Bar. But wait, there's more...Jane Bolin was also the first Black female judge in the United States, with an unblemished 40 years on the bench. Runtime: 13 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>



**A message from the Library Committee:**  
**Please remember to return your books to the labeled "return" bin in the library. We will reshelve 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!**

**SUNDAY, MARCH 9, 2025**

**Daylight Savings Time Begins - Spring ahead! Double check your clocks in the morning against devices that automatically reset, like your cell phone.**

10:30 a.m.		<b>New video!</b> Gentle Range of Motion Exercises on The Nottingham Channel 1340
11:00 a.m.		<b>Catholic Mass with Syracuse Diocese Priests</b> In the T.V. Room
1:30 p.m.		<b>New video!</b> Gentle Range of Motion Exercises on The Nottingham Channel 1340
2:00 p.m.		<b>Scrabble in the Gathering Lounge (Located across from the fitness room).</b> All are welcome! This is a resident-run activity.
2:30 p.m.		<b>Sunday Movie in the T.V. Room: 9 to 5.</b> 9 to 5 is a 1980 American comedy film directed by Colin Higgins, who wrote the screenplay with Patricia Resnick, and starring Jane Fonda, Lily Tomlin, Dolly Parton, Dabney Coleman, Elizabeth Wilson, and Sterling Hayden. It tells the story of three working women who live out their fantasies of getting even with and overthrowing their company's autocratic, "sexist, egotistical, lying, hypocritical bigot" vice president. Runtime: 110 Minutes
3:00 p.m.		<b>Pinocle in the Memories Lounge</b> This is a resident-run activity.
8:00 p.m.		<b>Sunday on Channel 1340:</b> Flight Engineer and Syracuse born Dr. Epps of NASA discusses life and work aboard the orbital outpost during an in-flight interview July 22 with WFLA-TV, Tampa. Epps is in the midst of a long-duration mission aboard the microgravity laboratory to advance scientific knowledge and demonstrate new technologies for future human and robotic exploration flights as part of NASA's Moon and Mars exploration approach, including lunar missions through NASA's Artemis program. Runtime: 22 Minutes. <i>Disclaimer: Sound may stop transmitting occasionally. Please report any issues to Jami.</i>

**Please kindly return any hand weights that were borrowed from the T.V. Room. Thank you!**