

## Independent Living Weekly Telegraph



**March 10 - March 16, 2025**

A publication for residents and employees  
The Nottingham Channel 1340

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

Shannon Loughlin, Director of Life Enrichment  
Jami Leone, Recreation Specialist  
Jess Wood, Health and Wellness Coach

315-413-3903  
315-413-3171  
315-413-3817



## 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

**STAFF AND RESIDENT**

# **MEET & GREET**













We want to get to know you! Teams of staff and residents will rotate table to table answering conversation starters to get to know each other better

**TUESDAY MARCH 11  
AT 11:00 A.M.  
IN THE T.V. ROOM**



**MONDAY, MARCH 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.		<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>NO</b> Wii Bowling in the T.V. Room 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)
1:00 p.m.		<b>Syracuse University @ The Nottingham</b> presenting on Muscle Health and Fall Prevention in the T.V. Room
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>
3:00 p.m.		<b>Jeopardy! With Jami in the T.V. Room</b>
3:00 p.m.		<b>Poetry Lover's Group in the Conference Room</b> This is a resident-run activity.

**Due to ongoing volume issues with Channel 1340, nightly documentaries will be discontinued until we find a better solution. Thank you!**

**HANDY HINTS . . .**

Pick up a step-by-step guide to Instacart orders from Jami's How To.. session in the mailroom! For those who attended and got a copy already, this one is a little more detailed.











**TUESDAY, MARCH 11, 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>
11:00 a.m.		<b>Staff Meet n Greet!</b> Residents are welcome to meet and greet with staff from Life Enrichment, dining, housekeeping, and more. Small talk prompts will be available and residents will rotate from table to table to meet staff!
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With a presentation by JoAnn Cooke, SU Buddhist Chaplain 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! This is a resident-run activity.
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
7:15 p.m.		<b>Musical Performance with Stringdom in the T.V. Room</b> A trio of strings perform

WEDNESDAY, MARCH 12, 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>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
1:30 p.m.		<b>Grandparents Program with Parkview Academy students in Assisted Living.</b> 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! Residents who are interested can join Jami in the I.L. Front Lobby by 1:25 to walk over together.
2:30 p.m.		<b>NO Writers' Group</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>Happy Hour in the Clubhouse</b> with musical performance by Michael Larkin, an acoustic guitar and vocal covers performance.

THURSDAY, MARCH 13, 2025






9:00 a.m. – 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Exercise Video on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Exercise Class with Abigail in the T.V. Room</b>
11:15 a.m.		<b>How to? Session with Jami.... Ride Share programs.</b> Ride share programs include Uber, Lyft, etc. Learn what they are and how to use them. Presentation will start approximately 11:15 – <i>Please come at 11:00 a.m. if you need assistance with getting your device on the internet before the presentation if you want to create an account as we go.</i>
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.		<b>Resident Forum in the T.V. Room</b> Forum is a space for all resident-run committees to share updates, take question and comments from residents, and update on site-wide initiatives.
1:30 p.m.		<b>Exercise Video on The Nottingham Channel 1340</b>
1:30 p.m. - 4:00 p.m.		<b>Tech help appointments with Abigail.</b> Please call Jami at 315-413-3171 to make an appointment.
3:00 p.m.		<b>Cornhole Bean Bag Toss Game in the T.V. Room</b> This is a resident-run activity. All are welcome!
3:00 p.m.		<b>Former Educator's Meeting in the Conference Room.</b> A monthly, open form for former teachers and educators to meet and chat! This is a resident-run activity.

**FRIDAY, MARCH 14, 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: Cardio Drumming
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>
1:30 p.m.		<b>Join Loretto CEO Kimberly Townsend for a special presentation for Women's History Month on Leadership, Equality and Well-being in the T.V. Room.</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>Monthly Shabbat Service with Rabbi Moshe Saks in the Conference Room</b>
3:00 p.m.		<b>Nature Talk with Ed Zeller, SUNY ESF Grad student and Environmental Educator with Onondaga Parks, in the T.V. Room.</b> When do the chipmunks wake up? Where does the snow go? What makes the Spring Peepers peep? Join for journey through the Winter-Spring transition.
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









**SATURDAY, MARCH 15, 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.



**SUNDAY, MARCH 16, 2025**

<b>10:30 a.m.</b>		<b>Seated stretching on The Nottingham Channel 1340</b>
<b>11:00 a.m.</b>		<b>Catholic Mass with Syracuse Diocese Priests</b> In the T.V. Room
<b>1:30 p.m.</b>		<b>Seated stretching on The Nottingham Channel 1340</b>
<b>2:00 p.m.</b>		<b>Scrabble in the Gathering Lounge (Located across from the fitness room).</b> All are welcome! This is a resident-run activity.
<b>2:30 p.m.</b>		<b>Sunday Movie in the T.V. Room: Erin Brockovich.</b> Erin Brockovich is a 2000 American biographical legal drama. The film is a dramatization of the true story of Erin Brockovich, portrayed by Julia Roberts, who initiated a legal case against the Pacific Gas and Electric Company over its culpability for the Hinkley groundwater contamination incident. The film received five nominations at the 73 <sup>rd</sup> Academy Awards. For her performance, Roberts won Best Actress at the Academy Awards, BAFTA Awards, the Critics Choice Awards, the Golden Globes, and the SAG Awards. Runtime: 130 Min
<b>3:00 p.m.</b>		<b>Pinochle in the Memories Lounge</b> This is a resident-run activity.

**HANDY HINTS .**

Do you have an old Resident Handbook? Please consider recycling the paper! The binding will have to be removed before doing so. Old copies may be returned to Life Enrichment for recycling. Thank you!