



The Nottingham

A Loretto Community

Independent Living Weekly Telegraph




April 7 – April 13, 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

315-413-3903
315-413-3171



Resident Store Easter Basket Raffle!

Tickets are being sold for \$1.00 each or 6 for \$5.00 in the Store.

Basket contains: Assorted Candy, Paper Plates and Napkins, Spring Glasses, Dish Towels, and Hand Soap

Drawing will be Thursday April 17th, at 2:00pm



Onondaga Historical Association presents
Fashions at Luncheon
A historical re-enactment by OHA Away
Fri. April 11 @ 3 p.m.
in the T.V. Room



The Persian Terrace at Hotel Syracuse was the place to be for the fashion-conscious woman of Syracuse on Tuesday afternoons.

OHA Away's presentation of ***Fashions at Luncheon*** presents the opportunity for one to experience not only the glamour of those popular broadcasts but also the trials and tribulations of "live" television.

Share the story of those involved with the presentation and about how Hotel Syracuse, the largest hotel between New York City and Buffalo in the 1920s came to be. Join us for the fun, fashion, and facts.

A Book Club Gathering with Mary Ann Corasaniti “The Book of Joy” by



The dates for the book club are as follows:

Monday April 14 at 3:00 p.m.

Monday April 21 at 3:00 p.m.

Monday April 28 at 3:00 p.m.

Monday May 5 at 3:00 p.m.

In the TV Room

Registration required

Sign up with Shannon at 315-413-3903

“THE
ULTIMATE
SOURCE OF
HAPPINESS
IS HAPPINESS
WITHIN US.”
- DALAI LAMA



“WE GROW
IN KINDNESS
WHEN OUR
KINDNESS
IS TESTED.”
- DESMOND TUTU

PASSOVER SEDER DINNER

Seder service by Rabbi Moshe Saks

begins at 4:30 p.m.

Dinner served at 5:30 p.m.

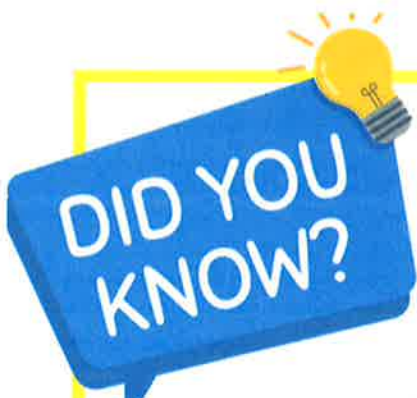


Tuesday, April 15th

in The Clubhouse

**Sign up with Jami at 315-413-3171
by Mon 4/7. Space is limited.**

All are welcome



Resident Forum is the 2nd Thursday of every month at 1:30 PM in the TV/Meeting Room.

Join us on Thursday, April 10th to hear Nottingham Community updates from all resident committees.

Residents are encouraged to submit any questions they wish to be answered by Nottingham Leadership Staff at this monthly meeting.

We look forward to seeing you there!
Diana Norcross, Forum President
Barbara Connolly, Forum Vice President



Please submit your question by returning this form to the Resident Service Center or leaving in the suggestion box in the IL Mail Room.












Name (optional): _____ Apt/Cottage #(optional): _____

Nottingham Community Question: _____

Suggested Solution to Your Concern:

MONDAY, APRIL 7, 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 Jami 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 Jade in the T.V. Room
10:30 a.m.		Zumba on The Nottingham Channel 1340
11:00 a.m.		Gentle Yoga with Melissa 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 on The Nottingham Channel 1340
2:00 p.m.		Monthly Astronomy Group: Everything That Happened in Space in 2024...In a Nutshell. Watch a short 25-minute documentary and discuss the best Space news from last year: Planet 9, Gaia BH3, Surprises from Bennu, and more! In the T.V. Room
3:00 p.m.		Alzheimer's Association presentation in the T.V. Room: Conversing with those with dementia. The ALZ Association was here presenting previously on the basics of what dementia is, and what to look for. This presentation goes deeper into how to interact with and care for those with dementia.

HANDY HINTS ...

To help get to know each other, please wear your name badges when you are attending activities!

TUESDAY, APRIL 8, 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.		How to... Make the most out of your Google account with Jami. If you use Gmail as your email service, you have a Google account ready to go. We will do an overview of other services offered by Google, such as Google Chrome, Google Passwords manager, Google Wallet, and more. Please come at 10:45 a.m. if you need assistance logging your device into the Wifi or want to set up a new Google account. Handouts will be available.
1:30 p.m.		Spiritual Services for All in the T.V. Room With a presentation by JoAnn Cooke and music by Nancy Pease
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
4:00 p.m.		Wooden Easter Egg Painting with Jami in the T.V. room
7:15 p.m.		Musical Performance in the T.V. Room With the Little Jazz Trio performing.

WEDNESDAY, APRIL 9, 2025

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jami 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 Shannon 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 Shannon in the T.V. Room
1:00 p.m.		Bridge in the Memories Lounge This is a resident-run activity.
1:00 p.m.		Cardmaking Class with Judy Mable in the T.V. Room : Spring/Easter Greeting Cards. Space is limited; please sign up with Jami by calling 315-413-3171.
1:30 p.m.		Grandparents Program with Parkview Academy students. 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! In Assisted Living – IL residents welcome to walk to ALR to participate.
1:30 p.m.		Zumba on The Nottingham Channel 1340
2:30 p.m.		Writers' Group in the T.V. 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!
3:00 p.m. - 4:30 p.m.		Life Enrichment's Wednesday Happy Hour in the Clubhouse with folk husband-and-wife duo Charlotte's Web performing!







THURSDAY, APRIL 10, 2025

9:00 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
9:45 a.m.		Tai Chi in the T.V. Room with Anna Wong, Assistant Director for Patron Services at the Jamesville-Dewitt Library and lifelong practitioner of Tai Chi. No experience necessary.
10:30 a.m.		Exercise Video on The Nottingham Channel 1340
10:30 a.m.		Exercise Class with Abigail in the T.V. Room
11:00 a.m.		Healthy Living Series with Nicole of Select Rehab presenting on Living Well with Diabetes
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 questions and comments from residents, and update on site-wide initiatives. This month, Kara and Jami will present on Earth Day recycling and initiatives at The Nottingham. <i>Residents who plan on attending, please wear your name badges! Thank you!</i>
2:30 p.m.- 4:30 p.m.		Tech help with S.U. Student volunteer Laila undergraduate student in Public Health and Administration. Call Jami to make an appointment at 315-413-3171.
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.
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room This is a resident-run activity. All are welcome!

FRIDAY, APRIL 11, 2025

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jami 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 Jami Weather-permitting only Meet in the I.L. Front Lobby for a cardio walk around campus. Weights will be available if you want extra difficulty!
11:15 a.m.		Weekly Wrap-Up in the Clubhouse A current events discussion group. Bring news articles to share. This is a resident-run activity.
1:30 p.m. – 3:30 p.m.		Tech help with S.U. Student volunteer Alicea undergraduate student in Public Health. Call Jami to make an appointment at 315-413-3171.
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.
3:00 p.m.		Onondaga Historical Society Presents: <i>Fashions at Luncheon</i>, a historical reenactment. <i>Fashions at Luncheon</i> will share the story about how Hotel Syracuse, the largest hotel between New York City and Buffalo in the 1920s came to be. Join us for fun, fashion, and facts!
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board

SATURDAY, APRIL 12, 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 Gathering Lounge. This is a resident-run activity.
1:30 p.m.		Seated Yoga on The Nottingham Channel 1340
2:00 p.m.		Play or Learn to play Chess with instruction in the Bistro. This is a resident-run activity.
2:30 p.m.		Movie in the T.V. Room: <i>The Russians Are Coming, The Russians Are Coming.</i> A Soviet Navy submarine Sprut draws too close to the New England coast when its captain wants to see North America and runs aground on a sandbar near Gloucester Island, off the New England coast, with a population of about 200 people. Runtime: 126 Minutes Per resident request, we will show the movie both Saturday and Sunday.

**"Our spring has come
at last with the soft
laughter of April suns
and shadow of April
showers."**

- Byron Caldwell
Smith



SUNDAY, APRIL 13, 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.		Movie in the T.V. Room: <i>The Russians Are Coming, The Russians Are Coming.</i> A Soviet Navy submarine Sprut draws too close to the New England coast when its captain wants to see North America and runs aground on a sandbar near Gloucester Island, off the New England coast, with a population of about 200 people. Runtime: 126 Minutes. Per resident request, we will show the movie both Saturday and Sunday.
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.

