



**The Nottingham**  
A Loretto Community

# Independent Living Weekly Telegraph



**April 14 – April 20, 2025**

A publication for residents and employees  
The Nottingham Channel 1340

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

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# Sound Bath

APRIL 22 | 11-12AM | TV MEETING ROOM

A sound bath is a deeply relaxing experience where soothing vibrations from singing bowls and other instruments help calm the mind and body.

As you sit comfortably, the sounds guide you into a meditative state, promoting stress relief and inner balance.



## BEFORE YOU ARRIVE:

Bring A Blanket & Eye Covering

Remove All Jewelry

Hearing Aids are Optional



MOKA YOGA

**MONDAY, APRIL 14, 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>NO</b> Aquatics Exercise with Jami in the Pool – pool closed for repair and maintenance this week
9:45 a.m. - 10:30 a.m.		<b>NO</b> 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 with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.		Gentle Yoga with Melissa in the T.V. Room
12:30 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.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		<b>History of the Syracuse Nationals</b> with Onondaga Historical Association’s curator Bob Searing in the T.V. Room. Learn about the history of the Syracuse Nationals - the NBA team that called Syracuse home from 1946-1963!
3:00 p.m.		<b>First meeting of a four-part book series in the T.V. Room.</b> Join Mary Anne Corasaniti of the LeMoyne CARES program in reading and discussing <i>The Book of Joy: Lasting Happiness in a Changing World</i> , by the Nobel Peace Prize Laureates Tenzin Gyatso, the 14th Dalai Lama, and Archbishop Desmond Tutu. <b>Sign up required</b> as space is limited – call Jami at 315-413-3171 to receive a copy of the book and more information.

TUESDAY, APRIL 15, 2025

10:00 a.m.		<b>Resident Social</b> Time to chat with neighbors in your wing over coffee and pastries! A-Wing residents meet in the A-Wing second floor elevator lobby. B-Wing residents meet in the B-Wing second floor elevator lobby.
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>Play Rummikub with Jami</b> in the T.V. Room. Play or learn to play!
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With a presentation by JoAnn Cooke 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>NO Open Swim today – pool closed for repair and maintenance this week</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
4:30 p.m. – 6:00 p.m.		<b>Seder Dinner with Rabbi Moshe Saks in the Clubhouse.</b> Those who signed up will receive a menu on their ledge by Monday. Seats are limited; prior sign up required.
7:15 p.m.		<b>Musical Performance in the T.V. Room</b> With a performance by the CNY Flute Choir

**WEDNESDAY, APRIL 16, 2025**

9:00 a.m. - 9:45 a.m.		<b>NO</b> Aquatics Exercise with Jami in the Pool– pool closed for repair and maintenance this week
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Exercise Class with Jami 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 Jami in the T.V. Room
1:00 p.m.		Name That Tune! Trivia presented by Geoff Clough Entertainment. Join us in the T.V. Room for a friendly competition!
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
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>Life Enrichment's Easter Happy Hour in the Clubhouse</b> with a spirited performance by the Brass Act Quartet!



**Attention residents!**

Do you like to walk?

Are you looking for a way to get your steps in?

The Resident Service Center has the job for you!

We are looking for resident volunteers to help deliver packages throughout our building.

If you are interested, please call Jade at 413-3132!













Thank you!









**THURSDAY, APRIL 17, 2025**

<b>9:45 a.m.</b>		<b>Tai Chi in the T.V. Room</b> with Anna Wong, Assistant Director for Patron Services at the Jamesville-Dewitt Library and lifelong practitioner of Tai Chi.
<b>10:00 a.m.</b>		<b>Resident Social</b> Time to chat with neighbors in your wing over coffee and pastries! C wing and Cottage residents meet in the Clubhouse and D wing/Glens residents meet 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 with Jami in the T.V. Room</b>
<b>11:15 a.m.</b>		<b>Holy Thursday Mass of the Lord's Last Supper With Syracuse Diocese Priests in the TV Room</b>
<b>12:00 p.m.</b>		<b>Monthly Birthday Luncheon for April Birthdays in the Clubhouse. RSVP according to the invitation. <i>During the initial move in process, residents are asked to fill out a birthday consent to list their birthdays publicly. If you want to change or check your response, please call Jami at 315-413-3171.</i></b>
<b>1:00 p.m.</b>		<b>Caregivers Support Group in the Conference Room</b> with Kimberly Connell, LMSW, Caregiver Services & Support Coordinator, Onondaga County Department of Adult & Long-Term Care Services. Everyone is welcome for discussion and support.
<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. - 3:00 p.m.</b>		<b>NO Aquatics Exercise with Jami in the Pool— pool closed for repair and maintenance this week</b>
<b>1:30 p.m.</b>		<b>Exercise Video on The Nottingham Channel 1340</b>
<b>1:30 p.m.</b>		<b>Coloring with Jami in the T.V. Room</b> Join to work together on a large table-length coloring page!
<b>3:00 p.m.</b>		<b>Cornhole Bean Bag Toss Game in the T.V. Room</b> This is a resident-run activity. All are welcome!

**FRIDAY, APRIL 18, 2025**

9:00 a.m. - 9:45 a.m.		<b>NO</b> Aquatics Exercise with Jami in the Pool– pool closed for repair and maintenance this week
9:45 a.m. – 10:30 a.m.		<b>NO</b> 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 in the T.V. Room This week: Seated Volleyball
11:00 a.m.		<b>Weekly Wrap-Up in the Clubhouse</b> A current events discussion group. Bring news articles to share. This is a resident-run activity.
11:15 a.m.		<b>Good Friday Mass</b> With Syracuse Diocese Priests in the TV Room
1:00 p.m.		Tech help appointments with SU student. Please call Jami at 315-413-3171 to make an appointment.
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
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		<b>Meet The Nottingham's Adopted Platoon in the T.V. Room.</b> Since December of last year, The Nottingham has been supporting the Charlie Company, 2-10 Assault Helicopter Battalion, 10th Combat Aviation Brigade, 10th Mountain Division platoon with correspondence and care packages. Come for a meet and greet with platoon leader Courtney Rosa as she shares about their experience overseas.
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, APRIL 19, 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 Gathering Lounge.</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>Play or Learn to play Chess with instruction in the Bistro.</b> This is a resident-run activity.
2:30 p.m.		<b>Weekend Movie in the T.V. Room: <i>Maudie</i>.</b> <i>Maudie</i> is a 2016 biographical drama film starring Sally Hawkins and Ethan Hawke. A co-production of Ireland and Canada, it is about the life of folk artist Maud Lewis, who painted in Nova Scotia. In the story, Maud (Hawkins) struggles with rheumatoid arthritis, the memory of a lost child, and a family that doubts her abilities, before moving in with a surly fish peddler (Hawke) as a housekeeper. Despite their differing personalities, they marry as her art gains in popularity. The film was shot in Newfoundland and Labrador, requiring a re-creation of Lewis' famously small house. Runtime: 116 Minutes



SUNDAY, APRIL 20, 2025

~Happy Easter!~

10:30 a.m.		<b>Seated stretching on The Nottingham Channel 1340</b>
11:00 a.m.		<b>Catholic Mass with Father Kehoe</b> In the D-Wing Chapel
11:00 a.m.		<b>Catholic Mass with Syracuse Diocese Priests</b> In the T.V. Room
1:30 p.m.		<b>Seated stretching on The Nottingham Channel 1340</b>
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>Weekend Movie in the T.V. Room: <i>Maudie</i>.</b> <i>Maudie</i> is a 2016 biographical drama film starring Sally Hawkins and Ethan Hawke. A co-production of Ireland and Canada, it is about the life of folk artist Maud Lewis, who painted in Nova Scotia. In the story, Maud (Hawkins) struggles with rheumatoid arthritis, the memory of a lost child, and a family that doubts her abilities, before moving in with a surly fish peddler (Hawke) as a housekeeper. Despite their differing personalities, they marry as her art gains in popularity. The film was shot in Newfoundland and Labrador, requiring a re-creation of Lewis' famously small house. Runtime: 116 Minutes
3:00 p.m.		<b>Pinochle in the Memories Lounge</b> This is a resident-run activity.

