



# The Nottingham

A Loretto Community

## Independent Living Weekly Telegraph



HAPPY  
Mother's  
DAY



### May 5 – May 11, 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  
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315-413-3903  
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## ***Trash to Treasures***

**Monday, May 5<sup>th</sup>—Friday May 9<sup>th</sup>**

Drop off small items in good/great condition only (clothing, towels, small décor, working small

### ***How it works***

appliances like toasters or coffee makers, etc.  
to the collection bins

Collection bins will be located in the Glens Community Room, the Mailroom, and in the T.V. Room. Everything collected will be available for others to claim for free during Trash to Treasures on May 12!

*Everyone is welcome,*  
whether you have things to give away or not!

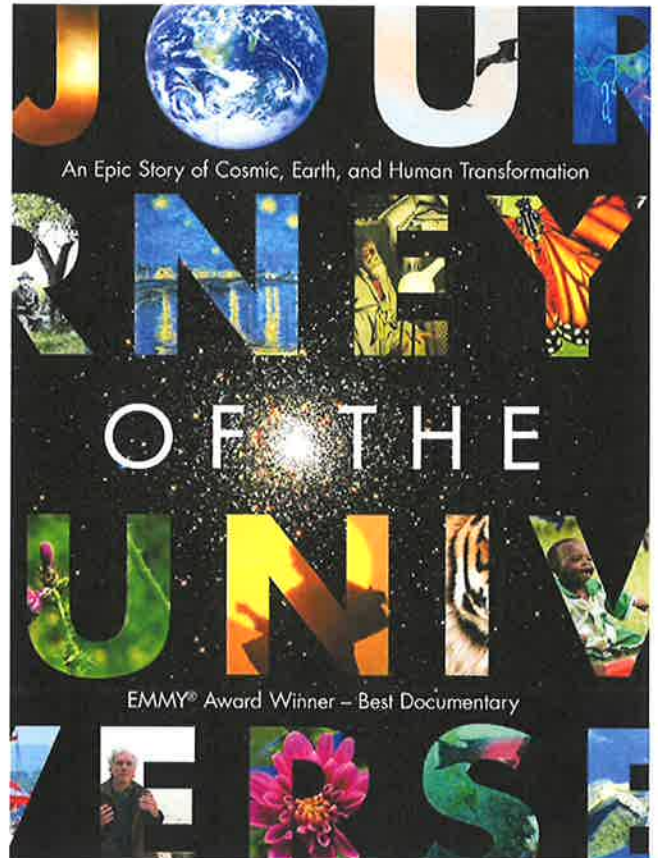
***Please call Life Enrichment at 315-413-3171 with any questions! We are also looking for volunteers to set out items before the event.***

# Join the astronomy group to screen *Journey of the Universe*

This one-of-a-kind film was written by Swimme and Yale University historian of religions, Mary Evelyn Tucker. They weave a tapestry that draws together scientific discoveries in astronomy, geology, biology, ecology, and biodiversity with humanistic insights concerning the nature of the universe.

Swimme expertly guides us an exhilarating trek through time and space, sharing a wondrous view of cosmic evolution as a process based on immense creativity, connection, and interdependence.

Using his skills as a masterful storyteller, Swimme connects such big picture issues as the birth of the cosmos 14 billion years ago, to the emergence of the first cell, as well as to our current impact on Earth's evolutionary dynamics.



**Monday May 5 @ 1:00 p.m.**  
**In the T.V. Room**

# HAPPY OLDER AMERICANS MONTH!

**For the month of May, we want to create a Wisdom Wall in the T.V. Room. Check out what your peers have said and add your own words of wisdom!**

What's your favorite quote or saying that's guided you?

What is one piece of advice you would give your younger self?

What's something you hope younger generations will remember or carry forward?

# ATTENTION RESIDENTS AND FAMILIES:

Pack Rat Rubbish Removal offers affordable rates for trash removal. Their staff will come to your apartment and remove whatever items you would like to dispose of.

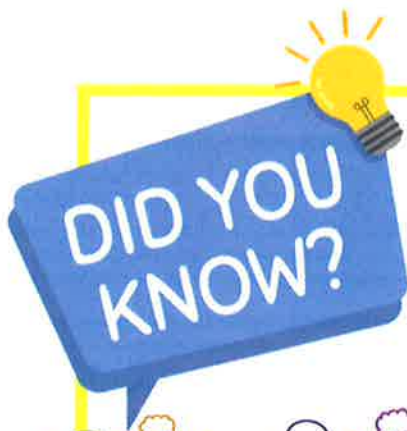
This service will be offered at The Nottingham the 2<sup>nd</sup> Tuesday of every month starting May 13<sup>th</sup>.

If you would like to schedule an appointment, please contact Marylynn at 315-413-3902!

**ACCEPTED PAYMENTS: CASH,  
CHECK, OR CREDIT CARD**

**ACCEPTED ITEMS  
INCLUDE BUT ARE NOT  
LIMITED TO:  
MATTRESSES  
ELECTRONICS  
CHAIRS  
COUCHES**





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

Join us on Thursday, May 8th 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 before this months Forum meeting.**













Name (optional): \_\_\_\_\_ Apt/Cottage #(optional): \_\_\_\_\_

**Nottingham Community Question:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_












**MONDAY, MAY 5, 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.

Donation drive this week! Seeking unwanted items in good condition for a Trash to Treasures event. Donation bins for drop off will be labeled outside the T.V. Room, in the Memories Lounge, and the Glens Community Room. Please only donate items that can be rehomed! Clothes, small appliances, household items, etc. accepted.










9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jami 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 Jade 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. – 11:45 a.m.		<b>Gentle Yoga with Melissa in the T.V. Room</b> Try out the new extended class where Melissa will focus on breathwork after guiding you through some gentle yoga moves!
1:00 p.m.		<b>NO Wii Bowling in the T.V. Room- moving to Fridays moving forward!</b>
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>Monthly Astronomy Group Meeting in the T.V. Room: Screening of <i>Journey of the Universe</i> documentary. See flyer for more details. Runtime: 56 Minutes</b>
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>Book series in the T.V. Room (Last meeting)</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> . Previous sign up required.
3:00 p.m.		<b>Can you name...? Game with Jami</b> in the Clubhouse. Test your skills on how many items in a category you can name with your team's help!

**TUESDAY, MAY 6, 2025**

10:15 a.m.		<b>Mindful Movement Class with Emily, Select Rehab 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 Scattergories with Jami</b> in the Clubhouse
11:15 a.m.		<b>Tech Workshop with Renee Deemer of Soule Branch Library</b> This is part two of iOS basics - previous sign up required.
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With presentation by Jim Brule and music by Fred Fiske
1:30 p.m.		<b>Seated Exercise Video on the Nottingham Channel 1340</b>
1:30 p.m. - 3:00 p.m.		<b>NO</b> Open Swim/Lap Swim in the Pool
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>Colorin' in the Clubhouse with Jami</b> Join us to work on a group coloring page!
7:15 p.m.		<b>Musical Performance in the T.V. Room</b> With songs from the Great American Songbook played by Blair Frodelius









**WEDNESDAY, MAY 7, 2025**

9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jami 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 Niki 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 Melissa in the T.V. Room</b> A new extended class where Melissa will focus on breathwork after guiding you through some gentle yoga moves!
1:00 p.m.		<b>Protestant Service with Rev. Courtney Steinger 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>
1:30 p.m.		<b>Gardening Club Meeting (Weather dependent)</b> All interested residents welcome to help assemble our raised garden beds and weed community gardens on campus. <b>Weeding will require bending as existing beds are not raised.</b> Meet outside on the Clubhouse patio.
3:00 p.m. - 4:30 p.m.		<b>Life Enrichment's Older Americans Month Happy Hour in the Clubhouse</b> featuring a musical performance by the Ron Ziomek duet! Marketing is interested in talking to residents who want to discuss how they Flip the Script on aging!















Be mindful when you are using your oven! The oven heat vents out of the back left corner and can make the back left stove burner very hot to the touch. Keep this in mind for fire hazards and when you are reaching over top of the stove. If you would like a label on your stove to remind you of this, please reach out to Jade at 315-413-3132.

**THURSDAY, MAY 8, 2025**








9:00 a.m. – 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
9:45 a.m.		<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.
10:30 a.m.		<b>Exercise Video on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Exercise Class with Jami in the T.V. Room</b>
11:00 a.m.		<b>Healthy Living Series with Nicole of Select Rehab</b> presenting this month on: Blood Pressure
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>Exercise Video on The Nottingham Channel 1340</b>
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 questions and comments from residents, and update on site-wide initiatives. This month presenting: The Employee Shining Star Award & a presentation on Older American’s Month with Kara Gemmell and Jami Leone.
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. <i>May is Teacher Appreciation Month! To celebrate, please join for light refreshments as a thank you!</i>

FRIDAY, MAY 9, 2025

Last call for donations to Trash to Treasures!

9:00 a.m. - 9:45 a.m.		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.		<b>Resident-Run</b> Seated Balloon Volleyball in the T.V. Room
11:15 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.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		Wii Bowling in the T.V. Room
1:45 p.m.		<b>Helping Hounds Visit in the Fireplace Lounge.</b> Meet-and-greet with two dogs brought by volunteers from Helping Hounds!
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>Be Red Cross Ready!</b> presentation with Susan Pope, Community Disaster Program Manager at the CNY chapter of the Red Cross. Learn basics on how to be ready for weather and fire emergencies and what you can do in your homes to be prepared.
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, MAY 10, 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>
1:30 p.m.		<b>A performance by the Central New York Association of Music Teachers</b> in the T.V. Room
2:00 p.m.		<b>Play or Learn to play Chess with instruction in the Bistro.</b> This is a resident-run activity.
<b>3:00 p.m.</b>		<b>Weekend Movie in the T.V. Room: <i>20th Century Women</i>.</b> <i>20th Century Women</i> is a 2016 American coming-of-age comedy-drama film written and directed by Mike Mills and starring Annette Bening, Elle Fanning, Greta Gerwig, Lucas Jade Zumann, and Billy Crudup. Set in Santa Barbara in 1979, Dorothea is a determined single mother who is raising her son, Jamie. Dorothea enlists the help of two women -- Abbie, a free-spirited punk artist and Julie, a savvy teenager -- to help with Jamie's upbringing. Runtime: 118 Minutes

A reminder: The clamshell take out containers go in the trash! For packing up leftovers, you are welcome and encouraged to cut down on single-use plastic by bringing your own Tupperware.

**HANDY HINTS .**

SUNDAY, MAY 11, 2025

## Happy Mother's Day!

10:30 a.m.		Seated stretching on The Nottingham Channel 1340
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.		Seated stretching 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>Weekend Movie in the T.V. Room: <i>20th Century Women</i>.</b> <i>20th Century Women</i> is a 2016 American coming-of-age comedy-drama film written and directed by Mike Mills and starring Annette Bening, Elle Fanning, Greta Gerwig, Lucas Jade Zumann, and Billy Crudup. Set in Santa Barbara in 1979, Dorothea is a determined single mother who is raising her son, Jamie. Dorothea enlists the help of two women -- Abbie, a free-spirited punk artist and Julie, a savvy teenager -- to help with Jamie's upbringing. Runtime: 118 Minutes
3:00 p.m.		<b>Pinochle in the Memories Lounge</b> This is a resident-run activity.



# *Mother's Day Menu*

## Soup

Tortellini Spinach

## Salad

Peach Salad

Mixed greens topped with fresh peaches, bacon crumbles and creamy lemon dressing

## Entrée

- Whiskey Glazed Salmon

Pan seared salmon finished with a whiskey glaze

- Pinwheel Tenderloin

Tenderloin stuffed with spinach, aged provolone cheese, roasted red peppers, pancetta and topped with bearnaise sauce

- Chicken Bruschetta

Grilled chicken breast topped with fresh bruschetta and drizzled with balsamic glaze

## Sides

- Buttermilk Mashed Potatoes
- Orange Pecan Wild Rice
- Tri Colored Cauliflower
- Pan Seared Asparagus

## Dessert

Strawberry Short Cake

# Mother's Day Celebration

May 11, 2025

Resident's Name: \_\_\_\_\_

Room/ Cott No. \_\_\_\_\_

Attending Mother's Day Holiday Meal Yes No

Number of Guests: \_\_\_\_\_

Mother's Day Meal served from 11:30am-1:00pm

- Each resident can bring guests with a fee of \$30 each
- Limited Availability
- Reservations must be made by May 7th
- Reservations are required:
  - Please call (315) 413-3941
  - Or turn in Form to the Bistro

