



**The Nottingham**  
A Loretto Community

# Independent Living Weekly Telegraph



**OLDER  
AMERICANS  
MONTH**

**May 12- May 18, 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  
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# Jeff Friedman's:

## "Simply Elegant - Handcrafted Fused Glass Jewelry"



### Spring "Pop-Up" Sale



Where: The Nottingham – Fireplace Lounge

When: Monday, May 12, 2025 from 1:00 PM to 3:00 PM

Spring is here and I'm once again bringing my very own unique style of handcrafted fused glass jewelry back to The Nottingham.












I now have over 600 hundred unique pendants, necklaces, earrings, rings, wine glass charms, brooches & key chains – all pieces are made in my little 5" kiln. Many of my items are made with Dichroic Glass which is colorful, sparkly, vibrant and iridescent. Prices begin as low as \$5.00.

It makes a beautiful gift for yourself or someone you care about. Family and Friends Welcome. See you there! ~JEFF~



**MONDAY, MAY 12, 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 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>Seated Zumba 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>Yoga with Melissa in the T.V. Room</b> Melissa will focus on guided breathwork and gentle yoga stretches which can be seated or standing.
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>Gardening Club</b> Meet outside the IL Front Lobby entrance to help stain the raised garden beds and weed community beds. Please bring gloves and any weeding tools if you have them!
1:30 p.m. – 3:00 p.m.		<b>Jeff Friedman's Handmade Glass Jewelry sale</b> in the Fireplace Lounge
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>
2:30 p.m.		<b>Trash to Treasures in the T.V. Room</b> All residents welcome to claim donated items in this free exchange of donated goods!












Add to our wisdom wall in the T.V. Room!  
This week's thought to ponder: **What's one risk you're glad you took?**

TUESDAY, MAY 13, 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>Boggle with Jami in the T.V. Room</b>
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With presentation by Jo VonRue 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 Open Swim/Lap Swim in the Pool</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
4:00 p.m.		<b>Karaoke Sing-A-Long with Jami in the Clubhouse</b>
7:15 p.m.		<b>Classical Musical Performance in the T.V. Room</b> With Ida Tribecka on piano accompanied by a student performer.










**WEDNESDAY, MAY 14, 2025**

<b>9:00 a.m. - 9:45 a.m.</b>		<b>Aquatics Exercise with Jami in the Pool</b>
<b>9:45 a.m. - 10:30 a.m.</b>		<b>Open Swim/Lap Swim in the Pool</b>
<b>10:30 a.m.</b>		<b>Exercise Class with Niki in the T.V. Room</b>
<b>10:30 a.m.</b>		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
<b>11:00 a.m.</b>		<b>Yoga with Melissa in the T.V. Room</b> Melissa will focus on guided breathwork and gentle yoga stretches which can be seated or standing.
<b>1:30 p.m.</b>		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
<b>1:30 p.m.</b>		<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!
<b>2:30 p.m.</b>		<b>Writers' Group in the T.V. Room</b> Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome!
<b>3:00 p.m. - 4:30 p.m.</b>		<b>Life Enrichment's Happy Hour in the Clubhouse</b> featuring a guitar and vocal performance by Dale Randall!












**HANDY HINTS . . .**

Want a direct message when programs are changed or cancelled? Email Jami to request to receive these updates via email:  
[jleone@lorettosystem.org](mailto:jleone@lorettosystem.org)







**THURSDAY, MAY 15, 2025**

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>
12:00 p.m.		<b>Monthly Birthday Luncheon for May Birthdays in the Clubhouse. <i>RSVP according to the invitation.</i></b> <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>
1:00 p.m.		<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.
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. – 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
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!

**FRIDAY, MAY 16, 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>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Resident-Run Seated Balloon Volleyball</b> 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.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
1:30 p.m.		<b>Join a virtual event with our sister Loretto sites!</b> Join us to play a word ladder game, plus a few Minute to Win It challenges!
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>Growing Connections with Kara in the T.V. Room</b>
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 17, 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>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

Flowers dance,  
birds sing  
May is  
a magical thing.





**SUNDAY, MAY 18, 2025**

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>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.