



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



Jan. 10 2022 - Jan. 16 2022

The Nottingham Channel: 1340

A publication for Residents & Employees

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

Shannon Loughlin, Director of Life Enrichment

315-413-3903

Colleen Holland, Recreation Specialist

315-413-3171

Jess Wood, Wellness & Fitness Coach

315-413-3817

Jade Hendricks will be joining the Nottingham and will support the Life Enrichment Department in our Memory Care Residence as a Recreation Specialist. Jade is from Tully, NY and grew up in a small farm town with her parents, 3 siblings, and 3 dogs. She is a recent graduate of Nazareth College in which she received her Bachelors Degree in Public Health. Jade spent four years playing Lacrosse for Nazareth. Jade's favorite time of year is Fall because she enjoys camping and spending time in nature with family and friends. Jade is looking forward to getting to know everyone and is excited for this new chapter at The Nottingham.

~Jade will join the Nottingham Team on January 10th~

~Welcome Jade~



An Important Note:

Please read your telegraph
CAREFULLY each week.

Program times & days may change.



**Thank you for your cooperation
and understanding.**

**Please see Life Enrichment with
any questions.**



Get the telegraph emailed to you.
Join the Email Blast!













**Contact the Resident Service Center to
add your email and receive the telegraph
ans other important updates.**

 program is in person  program is on channel 1340 **R** program requires registration

Monday, January 10th 2022

Masks & social distancing are required at all programs.

Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm

9:15 a.m. – 10:15 a.m. 	Aquatics Exercise with Shannon in the Pool
10:15 a.m. – 11:00 a.m. 	NO Open Swim/ Lap Swim in the Pool
10:30 a.m. 	Zumba with Dr. Ann on Channel 1340
10:30 a.m. 	Move & Groove in the TV Room
11:00 a.m. 	Gentle Yoga with Shannon in the TV Room. 
1:00 p.m. 	Qi Gong with David Dolbear in the TV Room Qi Gong is a system of coordinated body-posture and movement, breathing, & meditation used for the purposes of health & spirituality.
1:30 p.m. 	Mahjong Game in the Arts & Crafts Room New players welcome! <i>This is a resident run activity</i>
1:30 p.m. 	NO Learn the Layout with Jess in the Fitness Room  Open to residents who want to learn how to use the fitness room equipment or just need refresher instruction.
7:15 p.m. 	  Wii Games in the TV Room   <i>This is a resident run activity.</i>

HANDY HINTS . . .

Trash pickup is Monday & Thursday mornings. The bins will be out by the sidewalks at this time. Please do not leave trash on the floor in the trash rooms.



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Tuesday, January 11th 2022

Masks & social distancing are required at all programs.

Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm

9:15 a.m. – 10:15 a.m. 	Open Swim/ Lap Swim in the Pool
10:30 a.m.  	Exercise Class for all residents in the TV Room or on the Nottingham Channel (ch. 1340)
1:30 p.m. 	Ecumenical Church Service in the TV Room with Rev. Jo VonRue, May Memorial Unitarian Universalist Society. Music by Nancy Pease. All are welcome!
2:30 p.m. 	BINGO in the TV/Meeting Room <i>This is a resident run activity.</i>
7:15 p.m. 	Concert in the TV Room <i>Mike Romano & Friends</i> A guitar and vocal duo performing the hits of the 40's, 50's, and 60's




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Wednesday, January 12th 2022

Masks & social distancing are required at all programs.

Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm

9:15 a.m. –
10:15 a.m. 

Aquatics Exercise with Shannon the Pool

10:15 a.m. –
11:00 a.m. 

NO Open Swim/ Lap Swim in the Pool

10:30 a.m.
 

Exercise Class for all residents
in the TV Room or on the Nottingham Channel (ch. 1340)


11:00 a.m.


Gentle Yoga with Shannon
in the TV Room.




1:00 p.m.


Stock Market & Finance Discussion Group
in the Clubhouse *New members welcome. This is a resident run activity*

2:30 p.m.


Writers Group in the TV Room
Join Professor Schell from Syracuse University
for an open creative writing group.
We invite anyone who likes to write or wants to do
more writing. All are welcome to join!


3:00 p.m. –
4:30 p.m.




Music from John Vona, piano & vocals



**WRITERS
CLUB**

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Thursday, January 13th 2022

Masks & social distancing are required at all programs.

Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm

9:15 a.m. – 10:15 a.m. 	Open Swim/ Lap Swim in the Pool
10:30 a.m.  	Exercise Class for all residents in the TV Room or on the Nottingham Channel (ch. 1340)
1:00 p.m.	<u>NO</u> Bridge in the Arts & Crafts Room
1:30 p.m. 	Resident Forum in the TV Room All residents are encouraged to attend.  <i>Donations to Resident Forum can be brought to the meeting or placed in the IL Mail Room suggestion box.</i>
2:30 p.m. 	Qi Gong with David Dolbear in the Glens Community Room Qi Gong is a system of coordinated body-posture and movement, breathing, & meditation used for the purposes of health & spirituality.
3:00 p.m. 	Cornhole Bean Bag Toss Game in the TV Room. Resident Run
7:15 p.m. 	A Nottingham Channel Special: Wyatt Earp An American Experience documentary Wyatt Earp has been portrayed in countless movies and television shows but these popular fictions belie the complexities and flaws of a man whose life is a lens on politics, justice and economic opportunity on the American frontier. Runtime 52min Wyatt Berry Stapp Earp: lawman, buffalo hunter, saloon keeper, miner, boxing referee March 19, 1848 - January 13, 1929 Residents may watch together in the TV Room.





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Friday, January 14 th 2022	
Masks & social distancing are required at all programs.	
<i>Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm</i>	
9:15 a.m. – 10:15 a.m. 	Aquatics Exercise with Jess in the Pool
10:15 a.m. – 11:00 a.m. 	Open Swim/ Lap Swim in the Pool
10:30 a.m. 	Exercise Class on the Nottingham Channel (ch. 1340)
10:30 a.m. 	Fitness Fun with Jess in the TV Room Try new workout routines & have fun while you exercise.    This week: Cardio Drumming   
11:00 a.m. 	THE Weekly WRAP-UP Current Events Discussion Group in the TV Room <i>Bring news articles to share. This is a resident run activity.</i>
1:30 p.m. 	Bible Study with Pastor Tom Worth in The Clubhouse <i>This is a resident run activity. All are welcome.</i>
2:00 p.m. 	 Knit-Wits in the Arts & Crafts Room <i>New members welcome. This is a resident run activity.</i>
3:00 p.m. 	  Wii Games in the TV Room   <i>This is a resident run activity.</i>
3:00 p.m. 	A Nottingham Channel Special: Armchair Travels: Casablanca, Morocco Casablanca is a city of love, drama, and passion. A city just like the Hollywood film, even though not a single scene was shot there. Today, two worlds clash, tradition, and globalization. The name Casablanca invokes images of Humphrey Bogart and Ingrid Bergman, but the modern reality is completely different. Runtime: 53min
7:15 p.m. 	BINGO in the TV/Meeting Room <i>This is a resident run activity.</i>







Bingo Night

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Saturday, January 15th 2022

Masks & social distancing are required at all programs.

Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm

10:30 a.m. 	Seated Yoga Tune into The Nottingham Channel (ch. 1340) to participate!
1:30 p.m. 	65 Card Game in the 2nd Floor A-Wing Lobby <i>This is a resident run activity</i>
2:30 p.m. 	A Nottingham Channel Special: A Fiddler's Tale Courtesy of The Library of Congress. Wynton Marsalis' <i>A Fiddler's Tale</i> retains the outline of Stravinsky's <i>L'Histoire du soldat</i> , but updates the action to the present. Opening the program is Ellen Taaffe Zwilich's Romance for Violin and Piano. This program brings together a wonderful lineup of leading musicians including members of the Metropolitan Opera Orchestra, New York Philharmonic, and National Symphony Orchestra. Runtime 1hr 45min <i>Residents may watch together in the TV Room.</i>
3:00 p.m.	Syracuse University Men take on Florida State. The game will be on ESPN (ch. 24) LET'S GO ORANGE! <i>Residents may watch together in the TV Room.</i> 

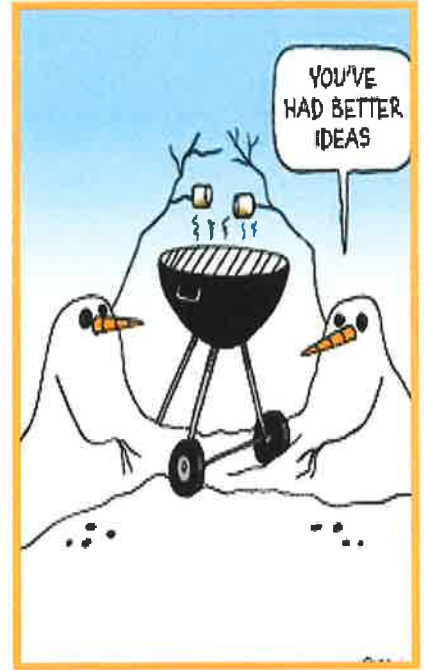
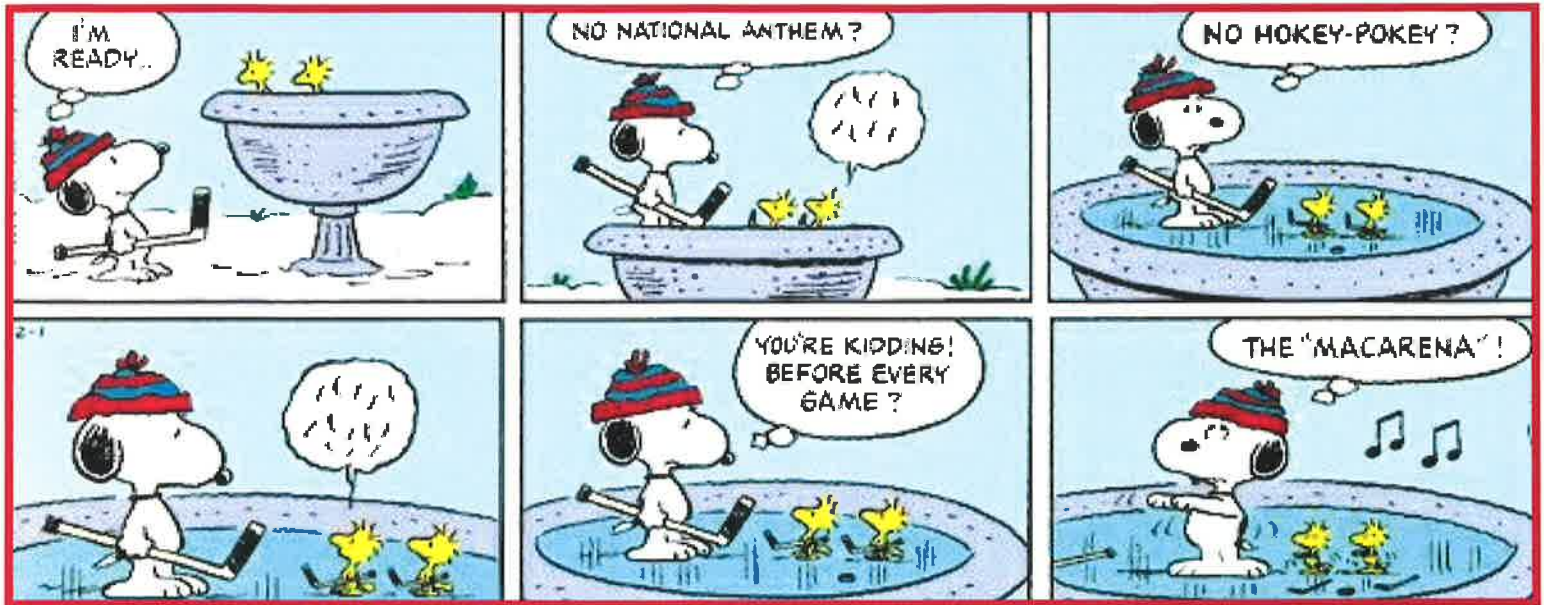


Sunday, January 16th 2022

Masks & social distancing are required at all programs.

9:00 a.m. – 12:00 p.m. 	Church Transportation Please sign up in the Resident Services Office. Meet in the Village Center (main lobby) for transportation.
11:00 a.m. 	Catholic Mass with Fr. Kehoe in the D-Wing Chapel
11:00 a.m. 	Catholic Mass with Syracuse Diocese Priests in the TV Room
2:00 p.m. 	 Scrabble Game in the Arts & Crafts Room <i>All are welcome! This is a resident run activity.</i>
2:30 p.m. 	Movie in the TV/Meeting Room 2021 dramatic comedy: Here Today Directed by Billy Crystal Starring Billy Crystal & Tiffany Haddish Veteran comedy writer forms an unlikely yet hilarious and touching friendship with New York lounge singer. Each finds in the other a sort of soulmate. Runtime: 1hr 57min

Let's Laugh a Little!



VERY
PUNNY



What do you
call Watson
when Sherlock
isn't around?



HOLMES-less

26

1	2	3	4	5	6		7	8	9	10
11							12			
13						14				
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42					43					

ANSWER, PAGE 274

ACROSS

- 1 Of the wrist
 7 ___ on the wrist
 11 Relaxed
 12 Cuban coin
 13 How we read
 15 Domingo, for one
 16 Needy
 18 Interstices
 21 *Show Boat* composer
 22 Keepsakes
 24 Pitching stat
 25 Wrestling need
 26 Baseball's Gehrig
 27 Batman's home
 29 Field crop
 30 Bender
 31 Fill up
 32 Looks over
 34 Completely

- 40 Lotion additive
 41 Tapering cigar
 42 Hammer end
 43 Put away

DOWN

- 1 *East of Eden* brother
 2 Had lunch
 3 Foul caller
 4 Oscar role for Scott
 5 Fall flower
 6 Boxer Spinks
 7 Helix
 8 Chair part
 9 Fire leftover
 10 Cooking need
 14 Synonym expert
 16 Candidate of 1992
 17 Make speeches

- 19 Cockpit worker
 20 Twenty
 21 Beer party need
 22 Farm butter
 23 Nearest star
 25 Polo of history
 28 Hurry up
 29 Havana honcho
 31 Stuck-up person
 33 Fundamentals
 34 Spigot
 35 Grand ___ Opry
 36 "The Raven" writer
 37 Pull
 38 Small bill
 39 Cracked

26

C	A	R	P	A	L		S	L	A	P
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