



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



WEAR RED DAY

FEBRUARY 6, 2026

JOIN THE TALK ON WOMEN'S HEART HEALTH AWARENESS



February 2—February 8, 2026

Shannon Loughlin, Director of Life Enrichment sloughlin@lorettosystem.org	315-413-3903
Jami Leone, Recreation Specialist jleone@lorettosystem.org	315-413-3171
Tiffany Weiskotten, Fitness and Wellness Coach tweiskotten@lorettosystem.org	315-413-3817

DID YOU KNOW?
THE RESIDENT STORE
CARRIES LOTS OF
PERSONAL CARE ITEMS!



SHAVING CREAM

HAND LOTION

RAZORS

COMBS



TOOTHPASTE

DEODORANT

TOOTHBRUSHES

SHAMPOO

BAR SOAP



SHOWER GEL



SUPERBOWL PARTY!



VS



Sunday February 8
6:00 p.m. - 8:00 p.m.
in the T.V. Room

All are welcome to enjoy snacks
& drinks and watch the first
half of the game together.

Play our betting board!

4 winners who guess the scores at
the end of each quarter win!

\$1 per square.

Bet at the party, or see Life
Enrichment if interested in
prepurchase.

Winners will be notified.

MONDAY, FEBRUARY 2, 2026

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.		Tech Help with Jami. Use the sign up sheet in the mailroom to reserve a spot.
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Chair Zumba! on The Nottingham Channel 1340. Please note: Residents with Spectrum Xumo streaming boxes do not have access to Channel 1340.
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
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.		Advanced Mahjong Group is looking for more players! Join in the B-Wing 2nd Floor Elevator Lobby. This is a resident-run activity.
1:30 p.m.		Better Bones and Balance with Tiffany in the T.V. Room
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340
2:30 p.m.		Valentine's Day Craft with Ro in the T.V. Room
3:00 p.m.		Poetry Lover's Meeting in the Conference Room. All are welcome to bring & share your favorite poems!
7:00 p.m.		SU Men's Basketball game vs NC on channel 25. Residents may watch together in the T.V. Room.



TUESDAY, FEBRUARY 3, 2026

10:15 a.m.		Mindful Movement Class with Emily, Select Rehab O.T. In the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
10:45 a.m.		Play Rummikub in the Memories Lounge. This is a resident-run activity.
11:00 a.m.		Shoot Pool with Shannon! In the B-Wing 2 nd Floor Elevator Lobby.
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Service in the T.V. Room With presentation by Jim Brule and music by Richard W.
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
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.
3:00 p.m.		<i>Making Black America</i>, Part 1 of 4 in the T.V. Room. <i>Making Black America: Through the Grapevine</i> is a four-part series hosted by Henry Louis Gates, Jr., that chronicles the vast social networks and organizations created by and for Black people. Episode 1 details how African Americans have created spaces for survival, pleasure and joy. Runtime: 53 Minutes
7:15 p.m.		Musical Performance by A Brass Act in the T.V. Room

Thank you to all who participated in the Ireland virtual travel series! Let's keep it going with Ghana for February! Reminder to turn in your filled out passports to Tiffany or Jami, or leave in the suggestion box, so you will be entered in the quarterly grand prize drawing!

WEDNESDAY, FEBRUARY 4, 2026

9:00 a.m.		Drop in Tech Help with Jami. Stop by with any quick questions regarding your phone, an app, ipad, etc.!
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room
10:30 a.m.		Chair Zumba! on The Nottingham Channel 1340. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:30 p.m.		Monthly Vision Loss Support Group in the T.V. Room. Jami will go over voice commands and accessibility functions on cell phones.
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
3:00 p.m. - 4:30 p.m.		Happy Hour with Life Enrichment in the Clubhouse! Enjoy snacks and drinks and a live piano and vocal performance by Jerry Cali.

A special donation request

Our mail lady, Peggy, has been on leave due to a house fire. She lost everything to the fire. If you have any household items like towels, blankets, kitchen supplies, etc. you no longer need, Life Enrichment can accept these donations for her. Please drop off to our office or call for us to pick up through Feb 9. We can also accept monetary donations.

Thank you!

THURSDAY, FEBRUARY 5, 2026

10:30 a.m.		Exercise Video on The Nottingham Channel 1340. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
10:30 a.m.		In person Exercise Class in the T.V. Room
11:15 a.m.		Monthly Protestant Service with Pebble Hill Presbyterian Church in the T.V. Room. All are welcome.
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:00 p.m. – 2:30 p.m.		Massages with Donna, L.M.T. in the 1st Floor Conference Room. Sign up with Life Enrichment or in person with Donna Gullotto.
1:30 p.m.		Exercise Video on The Nottingham Channel 1340 Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Chat Pack with Jami in the T.V. Room. Join in a group activity where we pick a random conversation starter and see where the conversation leads us!
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. This is a resident- run activity.

Please break down cardboard boxes before they go in the green recycle bins in the trash rooms. Thank you!



FRIDAY, FEBRUARY 6, 2026

Heart Health Day! Wear red today to support the cause

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
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. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
10:30 a.m.		Exercise class with Tiffany in the T.V. Room
11:10 a.m.		Weekly Wrap-Up in the T.V. Room A current events discussion group. Bring news articles to share. This is a resident-run activity.
1:30 p.m.		NO 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. Please note: Residents with Spectrum Xumo streaming boxes will not have access to Channel 1340.
1:00 p.m.		Wii Bowling in the T.V. Room
1:30 p.m.		Read Together Group in the Clubhouse. Join to read along, or just listen, to a classic short story!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		Remembrance Service in honor of our Nottingham Family in the T.V. Room. All residents welcome, refreshments will follow.
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
8:00 p.m.		The clubhouse is Olympics HQ! Watch the opening ceremony of the 2026 Winter Olympics! (Ch. 3)

SATURDAY, FEBRUARY 7, 2026

10:00 a.m.		Winter Olympics: Women's Speed Skating on Channel 3. Residents may watch together in the Clubhouse!
10:30 a.m.		Seated exercises for Falls Prevention on The Nottingham Channel 1340
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.
11:30 a.m.		Winter Olympics: Women's free ski slope qualifier on Channel 3. Residents may watch together in the Clubhouse!
12:00 p.m.		SU Men's Basketball game vs Virginia on channel 25. Residents may watch together in the T.V. Room.
12:45 p.m.		Winter Olympics: Men's singles luge on Channel 3. Residents may watch together in the Clubhouse!
1:30 p.m.		Seated exercises for Falls Prevention on The Nottingham Channel 1340
2:00 p.m.		Looking for players! Beginners Chess with Alan in the Bistro. This is a resident-run activity.
3:30 p.m.		Weekend Movie: <i>How To Be Single</i>. A 2016 American romantic comedy film that follows a group of women in New York City who have different approaches on how to be single. Runtime: 110 Minutes.



When your medical alert goes off, we try to call you first from the number **315-439-3612**. Save this as the Nottingham Assisted Living in your cell phone, so you can recognize their call!

SUNDAY, FEBRUARY 8, 2026



SUPERBOWL SUNDAY!

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
12:45 p.m.		Winter Olympics: Men's singles luge run on Channel 31. Residents may watch together in the Clubhouse!
1:30 p.m.		Seated stretching on The Nottingham Channel 1340
1:30 p.m.		Mahjong in the A-Wing 2nd Floor Elevator Lobby. All are welcome! This is a resident-run activity.
1:30 p.m.		Winter Olympics: Figure skating, Team Paris on Channel 31. Residents may watch together in the Clubhouse!
2:00 p.m.		Scrabble in the Conference Room. All are welcome! This is a resident-run activity.
2:30 p.m.		Weekend Movie Rerun in the T.V. Room: <i>How To Be Single.</i>
2:30 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
2:45 p.m.		Winter Olympics: Figure skating, Women's Free on Channel 31. Residents may watch together in the Clubhouse!
3:55 p.m.		Winter Olympics: Figure skating, Men's Free on Channel 31. Residents may watch together in the Clubhouse!
5:00 p.m.		Winter Olympics: Women's hockey czechia vs finland on Channel 31. Residents may watch together in the Clubhouse!
6:00 p.m. – 8:00 p.m.		Superbowl Party in the T.V. Room! All are welcome for snacks & drinks and to watch the first half of the Superbowl together! Betting board will be available, bets are \$1 per square, 4 winners! On Channel 3