

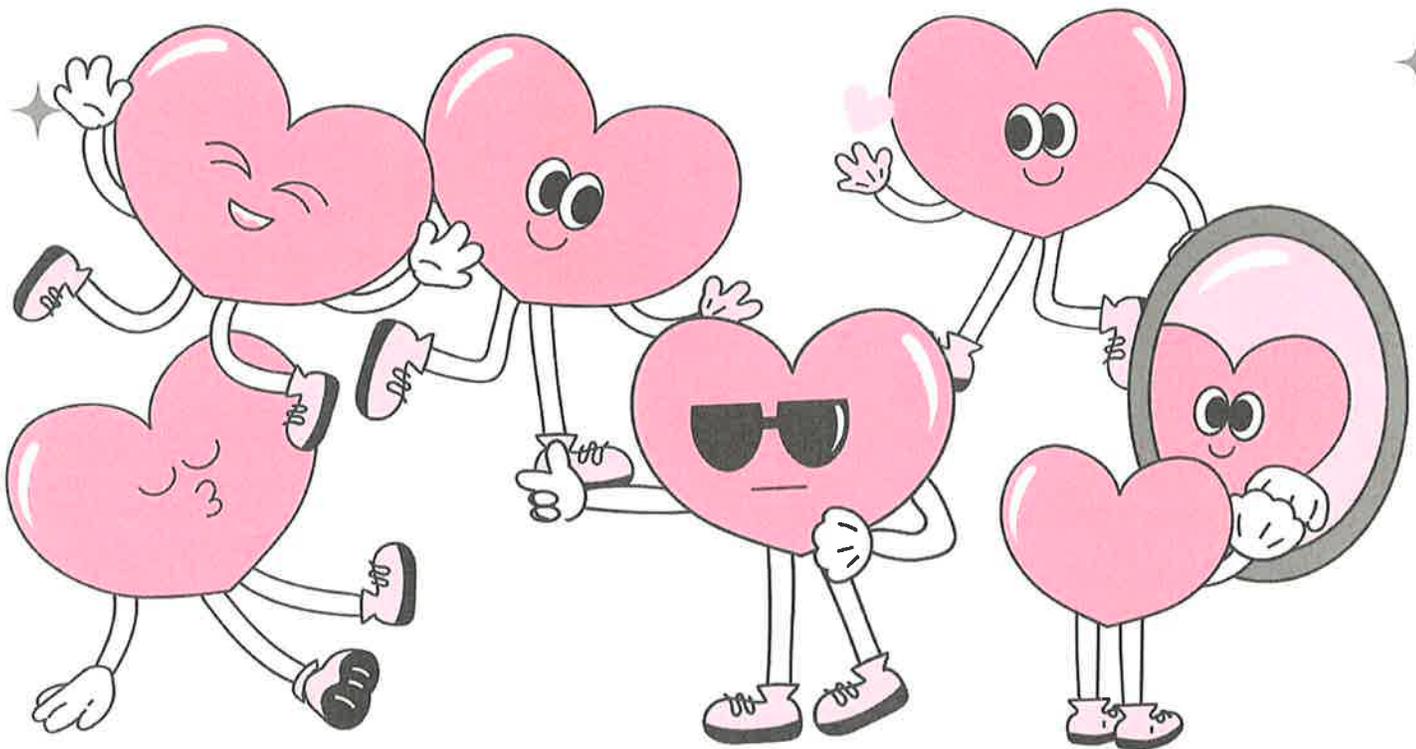


The Nottingham

A Loretto Community

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



February 9 – February 15, 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

A Snowy Day by Lois DeLuca

My four little girls are wiggling with excitement
their noses are pressed against the living room window.

It's snowing.

They can't wait to go outside.
To make snowballs, a snowman and snow angels.
To turn their faces to the sky, to catch snowflakes on the tongues.

They pull their winter clothes out of the front hall closet.
I help them put on sweaters, snow pants, boots, mittens, hats and scarves.

I help them button buttons, zip zippers, buckle boots.

Out of the kitchen into the snow.

I sit and sigh, heat water for tea, the house is quiet.

But not for long.

The kitchen door flies open.
A blast of Arctic air blows into the warm room.
Four pink cheeked, snow covered little girls
Troop in, dripping snow on the floor.
Cold and wet.
They stand. Impatiently waiting to be helped out of their soggy clothes.
So they can play
Inside.

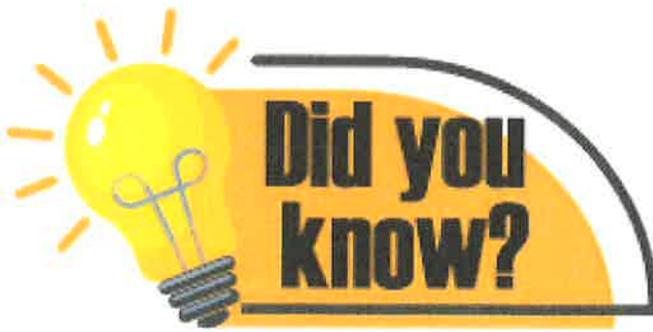
Lois DeLuca is a member of the Nottingham Writers Group led by Prof. Eileen Schell of Syracuse University. A binder filled with writings of other members can be found in the Nottingham Library.



Printing the weekly telegraph requires a minimum of printing 9 pages per copy.

Multiplied by the approx. 250 copies that are circulated per week, that totals 2,250 pieces of paper used EACH WEEK...for an eye-watering 9,000 pieces each month. One tree can produce between 8,000 and 10,000 pieces of paper.

Here's our call to action: Volunteer to go paperless! Please email Jami at jleone@lorettosystem.org to ask to receive the telegraph via email ONLY. For each person who signs up, we will take one telegraph out of circulation.
Thank you!



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

WHAT WE DO

The Forum sponsors and supports a wide variety of programs and services, including:

 Nottingham Library

 Resident Store

 Welcoming New Residents

 Partnering with Administration on Dining, Life Enrichment, Maintenance, and more

 Sending Cards to residents who are hospitalized or going through a hard time

 Holiday Fund, a year-end resident-led gift effort to thank our dedicated staff



Residents are encouraged to submit any questions they wish to be answered by Nottingham Leadership Staff at this monthly meeting.

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 the Forum meeting.

Name (optional): _____ Apt/Cottage #(optional): _____

Nottingham Community Question _____

MONDAY, FEBRUARY 9, 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.
9:00 a.m.		Mixed doubles curling: Italy vs U.S. in the Clubhouse (Ch. 31)
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.
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
11:00 a.m.		Women's Singles Luge Run 1 in the Clubhouse! (Ch. 31)
11:30 a.m.		Speed skating: Women's 1000m. in the Clubhouse! (Ch. 31)
12:00 p.m.		Women's Hockey: Germany vs France in the Clubhouse! (Ch. 31)
1:00 p.m.		Poker in the Memories Lounge. This is a resident-run activity. New players welcome! (Free to play)
1:00 p.m.		Women's single luge Run 2 in the Clubhouse! (Ch. 31)
1:30 p.m.		Advanced Mahjong in the B-Wing 2nd Floor Elevator Lobby. This is a resident-run activity.
1:30 p.m.		Olympic inspired Fitness Fun! Including balloon volley, balloon hockey, and more with Tiffany & Jami in the T.V. Room
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340
2:40 p.m.		Women's hockey: Switzerland vs US in the Clubhouse (Ch. 31)
3:00 p.m.		"Speed dating" in the T.V. Room: Join other residents for some getting-to-know-you conversation and enjoy some refreshments!
5:00 p.m.		Women's hockey: Canada vs Czechia in the Clubhouse (Ch. 31).

TUESDAY, FEBRUARY 10, 2026

9:00 a.m.		Mixed doubles curling in the Clubhouse (Ch. 31).
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.
10:45 a.m.		Play Rummikub in the Memories Lounge. This is a resident-run activity.
11:00 a.m.		Women's Single Luge, Run 3 in the Clubhouse (Ch. 31).
11:00 a.m.		Staff "Speed dating" in the T.V. Room Join staff from departments at The Nottingham for some fun getting-to-know-you conversation and enjoy refreshments following!
12:00 p.m.		Mixed doubles curling in the Clubhouse (Ch. 31).
12:30 p.m.		Figure skating: Men's Short in the Clubhouse (Ch. 31).
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 Pam Stewart and music by Glenn Kime.
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340.
2:00 p.m.		<i>Making Black America</i>, Part 2 of 4 in the T.V. Room. chronicles the vast social networks and organizations created by and for Black people. Runtime: 53 Minutes
2:10 p.m.		Women's Hockey: Canada vs US in the Clubhouse (Ch. 31).
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.
3:30 p.m.		Monthly Astronomy Group meeting in the T.V. Room All About Venus this month!
7:00 p.m.		Watch SU Men's Basketball Game in the Clubhouse (Ch. 25)
7:15 p.m.		Blues player James Murphy musical performance in the T.V. Room. Help welcome a new performer to The Nottingham!

WEDNESDAY, FEBRUARY 11, 2026

8:15 a.m.		Freestyle skiing: women's moguls final. (Ch. 31)
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
10:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
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.
10:40 a.m.		Men's Hockey: Slovakia vs Finland in the Clubhouse (Ch. 31).
11:00 a.m.		Couples Speed Dating in the T.V. Room! Couples of The Nottingham meet and get to know other couples. Refreshments to follow
11:00 a.m.		Women's doubles luge Aiming for the fastest time over two runs. in the Clubhouse (Ch. 31).
11:50 a.m.		Men's Doubles Luge, Run 1 in the Clubhouse (Ch. 31).
1:00 p.m.		Men's Group Meeting in the T.V. Room. Discussion of Cryptocurrency with some video – all interested are welcome!
1:30 p.m.		Figure Skating: Free Dance in the Clubhouse (Ch. 31).
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340.
2:15 p.m.		Men's Snowboarding Halfpipe Qualifying in the Clubhouse (Ch. 31).
3:00 p.m. – 4:30 p.m.		Valentine's Day Happy Hour in the Clubhouse! Enjoy snacks and drinks and a performance by Deb and John Puma.
3:25 p.m.		Men's Hockey: Sweden vs. Italy (Ch 31). In the T.V. Room.

THURSDAY, FEBRUARY 12, 2026

Wear red today for Heart Health Month!

9:00 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
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
10:30 a.m.		Men’s Hockey: Czechia vs. Canada in the Clubhouse (Ch. 31).
11:00 a.m.		Healthy Living Discussion Series with Dr. Nicole Veltri-Petrosino PT, DPT, GCS in the T.V. Room. Presenting this month on Heart Health.
12:45 p.m.		Luge: Team Relay Final in the Clubhouse (Ch. 3).
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:30 p.m.		Resident Forum Meeting in the T.V. Room. Open to all residents, a monthly forum where committees present on upcoming events/updates.
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.
2:15 p.m.		Short Track Speed Skating Short track skaters race for gold in the women’s 500m and men’s 1000m finals. In the Clubhouse (Ch 31)
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. This is a resident- run activity.
3:00 p.m.		Former Educator’s Meeting in the First Floor Conference Room. A monthly, open form for former teachers and educators to meet and chat! This is a resident-run activity.
3:00 p.m.		Men’s Hockey: Latvia vs. US. In the Clubhouse (Ch 31)

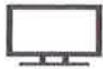
FRIDAY, FEBRUARY 13, 2026

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
10:00 a.m.		Women's Skeleton Run 1 In the Clubhouse (Ch. 31).
10:30 a.m.		Speed Skating Men's 10,000m In the Clubhouse (Ch. 31).
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340.
10:30 a.m.		Better Bones and Balance 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.
11:55 a.m.		Women's Skeleton Run 2 In the Clubhouse (Ch. 31).
1:00 p.m.		Figure Skating: Men's Freeskate In the Clubhouse (Ch. 31).
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
1:30 p.m.		Wii Bowling in the T.V. Room
1:45 p.m.		Helping Hounds visit in the Fireplace Lounge. Enjoy some pet therapy with our furry friends!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		Storyteller Vanessa Johnson presents <i>The Soft Whisper of Ancestors</i> in the T.V. Room.
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board

SATURDAY, FEBRUARY 14, 2026

10:00 a.m.		Speed Skating: Women's Team Pursuit Qualifying round in the Clubhouse! (Ch. 31)
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.
10:40 a.m.		Men's Hockey: Finland vs Italy Residents may watch together in the Clubhouse! (Ch. 31)
11:00 a.m.		Speed Skating: Men's 500m final Residents may watch together in the Clubhouse! (Ch. 31)
1:00 p.m.		Ski Jumping: Men's large hill Residents may watch together in the Clubhouse! (Ch. 31)
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.
2:00 p.m.		SU Men's Basketball game vs Virginia on channel 25. Residents may watch together in the T.V. Room.
2:35 p.m.		Short track speed skating: Men's 1500m Quarterfinals. in the Clubhouse! (Ch. 31)
3:10 p.m.		Men's hockey us vs Denmark. Residents may watch together in the Clubhouse! (Ch. 31)

SUNDAY, FEBRUARY 15, 2026

8:30 a.m.		Women's Curling: US vs China Residents may watch together in the Clubhouse! (Ch. 37)
10:30 a.m.		Seated stretching on The Nottingham Channel 1340
10:40 a.m.		Men's Hockey: Canada vs France Residents may watch together in the Clubhouse! (Ch. 31)
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
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.
1:45 p.m.		Figure Skating: Pairs Short Program, Part 1. Residents may watch together in the Clubhouse! (Ch. 31)
2:00 p.m.		Scrabble in the Conference Room. All are welcome! This is a resident-run activity.
2:30 p.m.		Weekend Movie in the T.V. Room: <i>50 First Dates</i>. 2004 American romantic comedy film that follows the story of Henry Roth, a womanizing marine veterinarian who falls for an art teacher named Lucy Whitmore. When he discovers she has amnesia, and forgets him when she falls asleep, he resolves to win her over again each new day. Runtime: 99 Minutes.
2:30 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
3:10 p.m.		Men's Hockey US vs Germany. Residents may watch together in the Clubhouse! (Ch. 31)