

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



March 2 - March 8, 2026

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MONDAY, MARCH 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.










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| 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 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 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) |
| 1:30 p.m. |  | Advanced Mahjong 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 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 3:00 p.m. |  | Craft with Ro in the T.V. Room: Cork Art! |
| 3:00 p.m. |  | Poetry Lover's Meeting in the Conference Room. All are welcome to bring & share your favorite poems! |

Virtual Travel: Czech Republic passports will be available by the end of today! Don't forget to turn in your Ghana passports to the suggestion box!

TUESDAY, MARCH 3, 2026








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| 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. |  | Revolutionary Roots: The 1849 Convention presentation by Joshua Pelham, Women's Rights National Park ranger, in the T.V. Room. How does a social movement grow? Join to meet the organizers of the 1848 Seneca Falls Women's Rights Convention and learn more about the Wesleyan Chapel in which it was held. Discover how Faith, Fortune and Fate combined to ignite a movement. |
| 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 Nancy Pease. |
| 1:30 p.m. |  | Seated Exercise Video on the Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 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. |  | Game night in the Clubhouse! Join Jami for Shut The Box (dice game), Bananagrams (word game), or your choice of game – bring your own if you want to share a game! |
| 7:15 p.m. |  | Musical Performance with Stephen Daniels A saxophone duet performance in the T.V. Room |

WEDNESDAY, MARCH 4, 2026














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| 9:00 a.m. |  | Drop in Tech Help with Jami in the Clubhouse. 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 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 11:00 a.m. |  | Chair Yoga with Tiffany in the T.V. Room |
| 1:30 p.m. |  | Chair Zumba! on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 1:30 p.m. |  | Play Ladderball in the T.V. Room |
| 3:00 p.m. – 4:30 p.m. |  | Happy Hour with Life Enrichment in the Clubhouse! Enjoy a live music performance with Dennis Goettel and some snacks on us! Drinks are available for purchase as desired. |

We are looking for artwork for the T.V. Room! Please contact Shannon or Jami if you are interested in displaying your art or your collection.







THURSDAY, MARCH 5, 2026

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| 9:30 a.m. |  | Read Together with Jami in the Clubhouse. Join to read aloud or just listen and enjoy a short story! Enjoy a tea selection or coffee as we read & start the day together. |
| 10:00 a.m. |  | Sacrament of Reconciliation with Syracuse Diocese Priests in the small D-Wing Chapel |
| 10:30 a.m. |  | Exercise Video on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 10:30 a.m. |  | In person Exercise Class in the T.V. Room |
| 11:00 a.m. |  | Lent Mass with Syracuse Diocese Priests in the new Interfaith Chapel |
| 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. |  | Massages with Donna Gullotto, L.M.T., in the 1st Floor Conference Room. Sign up required. Sign up for an appointment using the sign up sheet in the mailroom. |
| 1:30 p.m. – 3:00 p.m. |  | Open Swim/Lap Swim in the Pool |
| 1:30 p.m. |  | Exercise Video on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 1:30 p.m. |  | Cardmaking for any occasion led by Tina Westfall in the T.V. Room. |
| 3:00 p.m. |  | Cornhole Bean Bag Toss Game in the T.V. Room. This is a resident- run activity. |








FRIDAY, MARCH 6, 2026

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| 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. |  | Exercise Class with Tiffany on Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 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. |
| 1:00 p.m. |  | Tech Help with SU Students. Use the sign up sheet in the mailroom to reserve a spot. |
| 1:30 p.m. |  | NO Bible Study in the Conference Room With Pastor Tom Worth. All are welcome to join. |
| 1:30 p.m. |  | Exercise Class with Tiffany on Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 1:30 p.m. |  | NO Wii Bowling in the T.V. Room |
| 1:30 p.m. |  | Astronomy Presentation with Q & A with Eric Coughlin, Assistant Physics Professor at S.U. in the T.V. Room. Eric will discuss his research in astrophysical flows and high-energy phenomena. |
| 2:00 p.m. |  | Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity. |
| 3:00 p.m. |  | Make Women's March signs in the Clubhouse! Join with your favorite inspirational quotes for/by women to make display signs ahead of the women's march! |
| 7:00 p.m. |  | BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board |

SATURDAY, MARCH 7, 2026

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| 10:30 a.m. |  | Seated exercises for Falls Prevention on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 10:30 a.m. |  | Seated Balloon Volleyball in the T.V. Room This is a resident-run activity. |
| 1:30 p.m. |  | Seated exercises for Falls Prevention on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 2:00 p.m. |  | Looking for players! Beginners Chess with Alan in the Bistro. This is a resident-run activity. |
| 2:00 p.m. |  | Classical Music Performance with Sabine and Lana in the T.V. Room. |
| 4:30 p.m. |  | SU Men's Basketball game vs Pittsburgh. Residents may watch together in the T.V. Room. (Ch 6). |

SUNDAY, MARCH 8, 2026

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| 10:30 a.m. |  | Seated stretching on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 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 or available any time on the Life Enrichment YouTube page @NottinghamLifeEnrichment |
| 1:30 p.m. |  | Mahjong in the A-Wing 2nd Floor Elevator Lobby. All are welcome! This is a resident-run activity. |
| 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>Hopscotch</i>. A disgruntled CIA agent quits the service after office politics confine him to a desk job. He heads to Europe, where he links up with a former lover (and fellow ex-agent). Runtime: 1 hr 45 Min |
| 2:30 p.m. |  | Pinochle in the Memories Lounge This is a resident-run activity. |