

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



March 9 - March 15, 2026

Shannon Loughlin, Director of Life Enrichment
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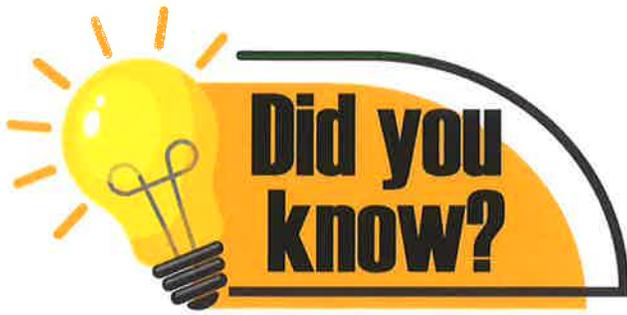
315-413-3903

Jami Leone, Recreation Specialist
jleone@lorettosystem.org

315-413-3171

Tiffany Weiskotten, Fitness and Wellness Coach
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315-413-3817



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

HOW WE'RE ORGANIZED

At the heart of the Forum is a strong team of resident volunteers. Our Executive Committee—made up of officers, committee chairs, and past leadership—coordinates planning and direction. They also prepare an annual report to track progress and celebrate achievements.



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 _____



EASTER EGG HUNT

Indoor/Outdoor Weather Permitting



SUNDAY
MARCH 29

2:00
PM

Fun
&
Games

Located in: Assisted Living Residence
Open to: staff, families & residents.

Register with Shannon Loughlin:
sloughlin@lorettosystem.org

315.413.3903

Bring your basket

MONDAY, MARCH 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.
9:15 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.		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
2:15 p.m.		Advanced Mahjong in the B-Wing 2nd Floor Elevator Lobby. This is a resident-run activity.
2:30 p.m.		Women's March Day! Joined by CNY Solidarity Coalition! Residents are welcomed and encouraged to bring signs with inspirational quotes and to wear purple. Meet in the IL Front Lobby for the walk outside looping around Assisted Living and Memory Care to the Clubhouse. Refreshments follow in the Clubhouse.

TUESDAY, MARCH 10, 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
10:45 a.m.		Play Rummikub in the Memories Lounge. This is a resident-run activity.
11:00 a.m.		Modems and Routers Quick Guide with Jami. Learn the basics on modems and routers and how to troubleshoot a lost WiFi connection.
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 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.
4:00 p.m.		Karaoke night in the Clubhouse! Join to sing along or enjoy the tunes!
7:15 p.m.		Musical Performance with Little Jazz Trio in the T.V. Room

A reminder to please use headphones in public spaces such as the fitness room as a courtesy for all.

Thank you!

WEDNESDAY, MARCH 11, 2026

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.!
9:30 a.m.		Read Together with Jami in the Clubhouse. Join to read aloud or just listen and enjoy a story! Today we will read Chapter Two of one of the best-selling books in history... <i>Harry Potter and the Sorcerer's Stone!</i>
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
1:00 p.m.		Men's Group welcomes guest speaker John Perkins on the Evolution of the Local Fire Department in the T.V. Room. All are welcome.
2:30 p.m.		Writers' Group in the T.V. Room 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!
3:00 p.m. – 4:30 p.m.		St. Pat's Day Happy Hour with Life Enrichment in the Clubhouse! Help us kick off the celebrations early with a live performance by Syracuse Irish Session!

THURSDAY, MARCH 12, 2026

9:00 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:00 a.m.		Sacrament of Reconciliation with Syracuse Diocese Priests in the Interfaith Chapel. (Located in the D-Wing Second Floor – follow signs posted on the walls).
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.		Healthy Living Discussion Series with Dr. Nicole Veltri-Petrosino PT, DPT, GCS in the T.V. Room. Presenting this month on the Spine.
11:00 a.m.		Lent Mass with Syracuse Diocese Priests in the Interfaith Chapel. (Located in the D-Wing Second Floor – follow signs posted on the walls).
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
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.		Resident Forum Meeting in the T.V. Room. Open to all residents, a monthly forum where committees present on upcoming events/updates.
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.

FRIDAY, MARCH 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
10:30 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.
1:00 p.m.		Wii Bowling in the T.V. Room
1:30 p.m.		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.		Centenarian's Blessing in the Clubhouse. Join us to honor and recognize our residents who are 100+ with a blessing by Father Kehoe and enjoy desserts.
1:45 p.m.		Helping Hounds visit in the T.V. Room. Meet and greet with some adoptable dogs!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
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 14, 2026

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.
2:30 p.m.		Weekend Movie in the T.V. Room: <i>Brooklyn</i>. An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Runtime: 112 Min

SUNDAY, MARCH 15, 2026

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 Rerun in the T.V. Room: <i>Brooklyn</i>.
2:30 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.

	Monday 3/09	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13	Saturday 3/14	Sunday 3/15
SOUP	Creamy Italian Chicken	Bacon and Potato	Beef Tortilla	Ham and Cheddar Chowder	New England Chowder	Chicken and Pumpkin	Sweet Potato Bisque
SALAD	Couscous Salad	Broccoli Salad	Apple Fennel Salad	Caesar Salad	Italian Chopped Salad	Spinach w/ Balsamic Vinaigrette	Garden Salad
SPECIAL	Citrus Shrimp Skewers w/ Hollandaise Sauce	Chicken Thigh w/ Pineapple Teriyaki Sauce	Chef's Special	Flat Iron Steak w/ Caramelized Corn	Roasted Turkey w/ Wild Mushroom Gravy	Yankee Pot Roast	Eggs and Omelets Cook to Order
SPECIAL	Ground Lamb Kofta w/ Tabouli	Pepper Steak w/ Mushroom	Corned Beef and Cabbage	Lamb Stew w/ Potatoes, Carrots & Onions	Baked Haddock	Honey Lime Wings	Shrimp and Grits With Bacon or Sausage
SPECIAL	Pecan Crusted Chicken w/ Maple Bourbon Glaze	Roasted Breaded Cod w/ Citrus Glazed	Poached Salmon w/ Tomato Basil Capers Relish	Portobello Steak w/ Avocado Chimichurri	Sauteed Calamari Steak w/ Capers Lemon Butter	Pan seared Prawns w/ pineapple Salsa	Veal Parmesan
STARCH	Cheesy Creamy Polenta	Wild Rice	Boiled Parsley Potatoes	Savory Pancakes	Scalloped Potatoes	Herb Infused Basmati Rice	Baked Potato
VEGETABLE	Oven Roasted Brussel Caramelized Shallots	Chef's Special	Steamed Carrots & Cabbage	Seared Pepper Medley	Steamed Bok choy	Tri Colored Carrots	Ginger Carrots
VEGETABLE	Haricot Vert	Spaghetti Squash	Steamed Broccoli	Chef's Special	Seared Swiss Chard	Steamed Kale	Peas and Pearl Onion
DESSERT	Chocolate Cake	Carrot Cake	Dutch Apple Pie	Strawberry Rhubarb pie	Chef's Special	Large M&M Cookie	Chef's Special



The BISTRO

For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 3/09	Creamy Italian Chicken	Greek Couscous	Patty Melt w/ Onions & Mushrooms	Margherita	Citrus Shrimp Skewers w/ Hollandaise, Cheesy Polenta, Broccoli
TUES 3/10	Bacon & Potato	Broccoli Slaw w/ Kale	Twin Chili Dogs	Asparagus & Asiago	Roasted Breaded Cod, Wild rice w/ Pecans & Cranberry, Asparagus
WED 3/11	Beef Tortilla	Apple Fennel Salad	Grilled Turkey Cheddar & Tomatoes	Vegan Mushroom on Cauliflower Crust	Poached Salmon w/ Tomato Basil Caper Relish, Boiled Potatoes, Broccoli
THUR 3/12	Ham & Cheddar Chowder	Caesar Salad	Pulled Pork	Pulled Pork w/ Onion	Portobello Steak w/ Avocado Chimichurri, Savory Pancakes, Roasted Tomatoes & Basil
FRI 3/13	New England Clam Chowder	Italian Chopped Salad	Clam Roll	Portobello Mushroom & Red Pepper	Baked Haddock, Scalloped Potatoes, Steamed Bock Choy
SAT 3/14	Chicken & Pumpkin	Spinach Salad w/ Balsamic	Grilled Ham & Swiss	Classic Cheese	Yankee Pot Roast, Mashed Potatoes, Tri Colored Carrots
SUN 3/15	Sweet Potato Bisque	Garden Salad	Egg & Olive	Bacon & Potato w/ Sour Cream	Shrimp & Grits w/ Bacon or Sausage