



Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions

Happy  St. Patrick's
Day 

March 16 - March 22, 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



Carnation Sale
March 17th

Fireplace Lounge
10:00am~
2:00pm
\$1.00 each

MONDAY, MARCH 16, 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
11:00 a.m. – 12:30 p.m.		Virtusense screenings with Select Rehab. Call or text Select Rehab to make an appointment at 717-640-5785
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.		Spirited Aging with Pam Stewart in the Clubhouse
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.
2:15 p.m.		Boarding Pass with Tiffany & Jami: Czech Republic! Join for our campus walk through the stops along the halls to learn about the Czech republic. Meet in the Front Lobby.
3:00 p.m.		Nurses Group Meeting in the Conference Room. This is a resident-run activity.
3:30 p.m.		Letter writing for David's Refuge in the Clubhouse Write out a script onto cards and fill out addresses as volunteer work for this organization that supports families with special needs!

Tuesday, March 17, 2026
Happy St. Paddy's Day!

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.
11:15 a.m.		Performance with the Johnson School of Irish Dance in the T.V. Room.
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 JoAnn Cook 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.
3:00 p.m.		Green Beer & Irish Soda Bread Social in the Clubhouse! Test your luck with some fun & games while we sip green beer!
5:30 p.m. – 6:15 p.m.		Girl Scout Cookie sale with Troop 10105 in the Fireplace Lounge. \$6.00 per box.
7:15 p.m.		Classical Musical Performance with Ida Tili-Tribecka in the T.V. Room

WEDNESDAY, MARCH 18, 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
1:30 p.m.		Local author and the first female Forensic Pathologist in Onondaga County, Mary Jumbelic, M.D., presenting on her work and her books with a Q&A following in the T.V. Room. Books will be available for purchase for \$30.00. Cash, check, or cards accepted.
3:00 p.m. – 4:30 p.m.		Happy Hour with Life Enrichment in the Clubhouse! With musical performance by

THURSDAY, MARCH 19, 2026

Drop in time with Robyn Dann of ICHOR – stop in anytime between 9:30 a.m. – 12:30 p.m. in the resident store!

10:00 a.m.		Sacrament of Reconciliation with Syracuse Diocese Priests in the Interfaith Chapel.
10:30 a.m.		Exercise Video on The Nottingham Channel 1340 or available any time on the Life Enrichment YouTube page
10:30 a.m.		In person Exercise Class in the T.V. Room
11:00 a.m.		Presentation with Stefano Selano, financial advisor at Edward Jones , In the T.V. Room on “Making Your Money Last: Building Retirement Income Strategies”
11:00 a.m.		Lent Mass with Syracuse Diocese Priests in the Interfaith Chapel
12:00 p.m.		Monthly Birthday Luncheon in the Clubhouse. RSVP according to the invitation. If you did not receive an invitation and should have, call Jami at 315-413-3171.
1:00 p.m.		Caregivers Support Group in the Conference Room with Trisha Johnson, LMSW, Caregiver Services & Support Coordinator, Onondaga County Department of Adult & Long-Term Care Services. Everyone is welcome for discussion and support.
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
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
2:00 p.m.		Manicures with Jami in the gathering lounge. Call Jami to sign up for an appointment time!
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. This is a resident- run activity.
4:00 p.m.		Virtual Presentation Oswego area historian Mary Kay Stone presents on radical reformer Dr. Mary Edwards Walker as part of the Sloan Lecture Series. Join the virtual presentation in the T.V. Room.

FRIDAY, MARCH 20, 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
10:30 a.m. - 11:30 a.m.		Interfaith Chapel Open House. All residents, staff, and families are welcome to stop by and tour this new space!
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.		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
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
2:00 p.m.		Interfaith Chapel Dedication Service. RSVP required by calling Kara at 315-413-3907
3:00 p.m.		Growing connections with Kara Gemmel, Director of Independent Living, in the T.V. Room This month play unique & shared game
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 21, 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>Harry Potter and the Sorcerer's Stone</i>. An orphaned boy enrolls in a school of wizardry, where he learns the truth about himself, his family and the terrible evil that haunts the magical world. Runtime: 2 hours 30 minutes

SUNDAY, MARCH 22, 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>Harry Potter and the Sorcerer's Stone</i>.
2:30 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.