



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



March 23 - March 29, 2026

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

Jami Leone, Recreation Specialist
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315-413-3171

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



New Books at the library

"Outside of a dog, a book is
man's best friend..."

Groucho Marx



Atwood, Margaret. **Alias Grace.**

Dahl, Julia. **Invisible City: A Novel (Rebekah Robert Novel).**

Forsyth, Frederick. **The Fox**



Frazier, Anitra. **The New Natural Cat: A Complete Guide for Finicky Owners.**

Goodwin, Doris Kearns. **Leadership in Turbulent Times.**

Grisham, John. **Sooley: A Novel.**



Howard, Linda. **Midnight Rainbow.**

McBride, James. **The Heaven & Earth Grocery Store: A Novel.**

Meacham, Jon. **And There Was Light: Abraham Lincoln and the
American struggle.**



Monmonier, Mark. **Electricity and Maps: Before Computers,
There were Currents and Coils.**

Napolitano, Ann. **Hello Beautiful (Opera's Book Club): A Novel.**

Parker, Robert B. **Bad Business (Spenser Mystery).**

Raulff, Ulrich. **Farewell to the Horse: A Cultural History.**



Ross, JoAnn. **The Callahan Brothers: Blue Bayou, River Road,**

Magnolia Moon.

Spaulding, Henry. **Joys of Jewish Humor.**

Wiggs, Susan. **Map of the Heart: A Novel.**

Wiggs, Susan. **The Oysterville Sewing Circle: A Novel.**

Baldacci, David. **Absolute Power.**

Bass, Jefferson. **Devil's Bones, The (Body Farm).**

Bunn, T. Davis. **The Great Divide (Marcus Glenwood Series #2)**

Connelly, Michael. **Law of Innocence (A Lincoln Lawyer Novel, 6).**

Francis, Dick. **The Edge (A Dick Francis Novel).**

Kava, Alex. **Fireproof: A Maggie O'Dell Mystery.**

MacRae, Molly. **Scones and Scoundrels: The Highland Bookshop Mystery Series: Book 2**

MacNeil, Susan Elia. **The Last Hope: A Maggie Hope Mystery.**

Patterson, James. **The Summer House: The Classic Blockbuster**

from the Author of Lion & Lamb.

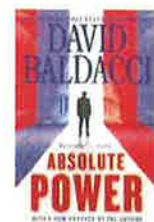
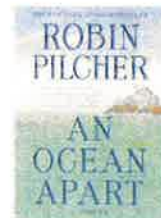
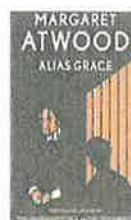
Pilcher, Robin. **An Ocean Apart: A Novel**

Reichs, Kathy. **Bones to Ashes: A Novel (10)**

A Temperance Brennan Novel).

Scottoline, Lisa. **Think Twice.**

Sparks, Nicholas. **The Return.**



MONDAY, MARCH 23, 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. <i>Use the sign up sheet in the mailroom to reserve a spot.</i>
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:00 a.m.		Social for A and D Wing residents in the Clubhouse
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Poker in the Memories Lounge. Free to play, no gambling. <i>This is a resident-run activity.</i>
1:30 p.m.		Better Bones and Balance with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
2:00 p.m.		Resident Art Gallery in Assisted Living Sun Room. All are welcome to walk through to view resident art displays. Attend independently.
2:15 p.m.		Czech Travelogue with Tiffany and Jami! Join for a Czech-inspired game, food and drink, and a video!
2:15 p.m.		Advanced Mahjong in the B-Wing 2 nd Floor Elevator Lobby. <i>This is a resident-run activity.</i>

Thank you to all who helped make our annual carnation sale a success!
Congratulations to Charleen Smith, winner of the
Bailey's Irish Cream raffle!











TUESDAY, MARCH 24, 2026

Resident store pop up! From 11:00 a.m. – 1:00 p.m. in the Fireplace Lounge

10:00 a.m.		Social for B Wing and Cottage residents in the Clubhouse
10:15 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room Seated exercise video on Channel 1340 & YouTube
10:45 a.m.		Play Rummikub in the Memories Lounge. <i>This is a resident-run activity</i>
11:00 a.m.		Palliative Care Presentation with Desta Anthony, N.P. in the T.V. Room <i>Understanding and myth busting on what palliative care really means and what conversations to have with your family and care providers.</i>
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 <i>with presentation by Jo Von Rue and music by Nancy Pease.</i>
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340.
2:30 p.m.		Mahjong for beginners in the A-Wing 2nd Floor Elevator Lobby. <i>New players welcome! This is a resident-run activity</i>
2:30 p.m.		Pitch Card Game in the Memories Lounge <i>This is a resident-run activity.</i>
3:30 p.m.		Easter Bunny Watercolor Painting with Jami in the T.V. Room
7:15 p.m.		Musical Performance in the T.V. Room <i>with Mike Passarelli on piano</i>

Presentation on how to use Libby, the digital library app, upcoming Monday, March 30 @ 3:30 p.m. in the T.V. Room












WEDNESDAY, MARCH 25, 2026

9:00 a.m.		Drop-in tech help with Jami in the Clubhouse. <i>No appointment necessary.</i>
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:00 a.m.		Social for Glens and C Wing residents in the Clubhouse
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Virtual Webinar in the T.V. Room <i>Dr. Sylvia Wassertheil-Smoller, Distinguished University Professor Emerita, Department of Epidemiology & Population Health at Albert Einstein College of Medicine, discusses Age Well, Live Long: The Blood Pressure Connection for the Women's Health Initiative</i>
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
2:30 p.m.		Writers' Group in the T.V. Room <i>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!</i>
3:00 p.m. – 4:30 p.m.		<i>Harry Potter Happy Hour in the Clubhouse with a musical performance by Jason Jeffers on piano</i>






THURSDAY, MARCH 26, 2026

10:00 a.m.		Sacrament of Reconciliation with Father Lester in the D-Wing Chapel (<i>across from the Interfaith Chapel</i>)
10:30 a.m.		In person exercise in the T.V. Room Standing exercise video on Channel 1340 & YouTube
11:00 a.m.		Cornhole Bean Bag Toss Game in the T.V. Room. <i>This is a resident-run activity.</i>
11:00 a.m.		Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel
1:00 p.m.		Poker in the Memories Lounge. Free to play, no gambling. <i>This is a resident-run activity.</i>
1:00 p.m.		Read together in the Clubhouse <i>Join as we continue Harry Potter and the Sorcerer's Stone</i>
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Standing exercise video on Channel 1340 & YouTube
2:30 p.m.		Jamesville-DeWitt Library visit in the T.V. Room <i>with books to loan & support in using tablets/digital content.</i>
3:30 p.m.		Book Club Meeting in the T.V. Room <i>Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss this month's book.</i>









FRIDAY, MARCH 27, 2026

9:15 a.m. - 9:45 a.m.		NO Aquatics Exercise today
9:45 a.m. - 10:30 a.m.		NO Open Swim today
10:30 a.m.		NO In person Exercise Class today Exercise video with Tiffany on Channel 1340 & YouTube
11:10 a.m.		Weekly Wrap-Up in the T.V. Room <i>A current events discussion group. Bring news articles to share. This is a resident-run activity</i>
1:00 p.m. – 4:00 p.m.		Tech Help with SU Students. <i>Use the sign-up sheet in the mailroom to reserve a spot.</i>
1:00 p.m.		Luna's Birthday! Come celebrate in the T.V. Room with cake. <i>Please no treats due to allergies, but she does love large tennis balls!</i>
1:30 p.m.		Bible Study in the Conference Room <i>with Pastor Tom Worth. All are welcome to join.</i>
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
1:30 p.m.		Wii Bowling in the T.V. Room
2:00 p.m.		Knit-Wits in the Memories Lounge <i>New members always welcome! This is a resident-run activity.</i>
3:30 p.m.		Ivory Tower panelists Barbara Croll Fought and Tara Ross present in the T.V. Room <i>Meet two of the longest-serving professors on WCNY-TV's longest running show. Tara Ross, a professor at OCC, and Barbara Fought, the substitute host from Syracuse University, will give you a behind-the-scenes look at this public-affairs show: its panelists, format, topics and history. They will make time for your questions.</i>
7:00 p.m.		BINGO in the T.V. Room. <i>Cost to play: \$1 + \$1 per board This is a resident-run activity</i>

SATURDAY, MARCH 28, 2026

10:30 a.m.		Exercises for Falls Prevention on Channel 1340 & YouTube
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room <i>This is a resident-run activity.</i>
1:30 p.m.		Exercises for Falls Prevention on Channel 1340 & YouTube
2:00 p.m.		Looking for players! Beginners Chess with Alan in the Bistro. <i>This is a resident-run activity.</i>
2:00 p.m.		Solo Student Performance of Sabine Krantz Music School. Classical Music Performance in the T.V. Room

SUNDAY, MARCH 29, 2026

10:30 a.m.		Seated stretching on Channel 1340 & YouTube
11:00 a.m.		Catholic Mass with Syracuse Diocese Priests in the T.V. Room
1:30 p.m.		Seated stretching on Channel 1340 & YouTube
1:30 p.m.		Mahjong in the A-Wing 2 nd Floor Elevator Lobby. All are welcome! This is a resident-run activity.
2:00 p.m.		Scrabble in the Conference Room. <i>All are welcome! This is a resident-run activity.</i>
2:00 p.m.		Easter Bunny Visits, Children's Easter Egg Hunt, Fun & Games in Assisted Living Residence. All are welcome
2:30 p.m.		Weekend Movie in the T.V. Room: <i>Song Sung Blue.(2025). Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. Runtime: 132 Minutes (with ads)</i>
2:30 p.m.		Pinochle in the Memories Lounge <i>This is a resident-run activity.</i>