



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



March 30 - April 5, 2026

Shannon Loughlin, Director of Life Enrichment
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Jami Leone, Recreation Specialist
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315-413-3171

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

PASSOVER SEDER DINNER



Tuesday, April 7th
in The Clubhouse










seating at 4:30 p.m.

Open to all! Registration is required—
limited seats available.

Call Jami at 315-413-3171 to sign up

MONDAY, MARCH 30, 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.

9:15 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
10:30 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
2:15 p.m.		Syracuse Folk Dancers performance and dance-a-long in the T.V. Room
2:15 p.m.		Advanced Mahjong in the B-Wing 2 nd Floor Elevator Lobby. <i>This is a resident-run activity.</i>
3:30 p.m.		Libby How – To with Gwen in the T.V. Room <i>Learn how to use Libby, the library's app to find books, ebooks, and more!</i>

TUESDAY, MARCH 31, 2026

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.		Life Enrichment Calendar review in the T.V. Room <i>Meet with Life Enrichment to review April events, and give suggestions and feedback for programs and outings</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 service by David Pasinski and music by Richard Weiskopf</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.		Karaoke in the Clubhouse! <i>Join to sing along or listen!</i>
7:15 p.m.		Musical Performance in the T.V. Room <i>with Ron Ziomek acoustic duet performance</i>







WEDNESDAY, APRIL 1, 2026

9:00 a.m. – 9:30 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
9:30 a.m.		Read together in the Clubhouse <i>Join as we continue Harry Potter and the Sorcerer's Stone</i>
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.		Easter Craft with Ro in the T.V. Room <i>Join to decorate plastic eggs and make a paper egg basket!</i>
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
3:00 p.m. – 4:30 p.m.		<i>Easter Happy Hour in the Clubhouse with a musical performance by Jill Minye on piano</i>

THURSDAY, APRIL 2, 2026

10:00 a.m.		Sacrament of Reconciliation with Father Lester in the D-Wing Chapel (across from the Interfaith Chapel)
10:30 a.m.		In person exercise in the T.V. Room Standing exercise video on Channel 1340 & YouTube
11:15 a.m.		Protestant Service in the Interfaith Chapel with Rev. Courtney Steininger of Pebble Hill Church
11:15 a.m.		Mass of the Lord's Supper in the T.V. Room With Syracuse Diocese Priests
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.		Massages with Donna Gullotto, L.M.T. in the Conference Room. <i>Provided each month to residents, free of charge. To sign up for an appointment, use the sign up sheet in the mailroom posted on the corkboard.</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
1:30 p.m.		Vision Support presentation in the T.V. Room Dr. Wisenthal of the Eye Doctors at CNY Eye Care presenting on general eye health and current studies, and taking your questions.
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. <i>This is a resident-run activity.</i>

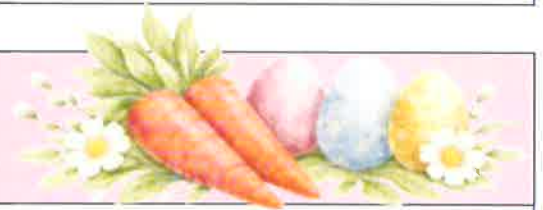
FRIDAY, APRIL 3, 2026








9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Jami in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim in the pool
10:30 a.m.		In person Exercise Class with Jami in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:10 a.m.		Weekly Wrap-Up in the Clubhouse <i>A current events discussion group. Bring news articles to share. This is a resident-run activity</i>
11:15 a.m.		Good Friday Mass in the T.V. Room <i>With Syracuse Diocese Priests</i>
12:30 p.m.		Leaf Tribute Service for Mike McGrew in the T.V. Room
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>
1:30 p.m.		NO Bible Study today
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>
3:00 p.m.		Play Trivial Pursuit! with Jami in the T.V. Room <i>Teams compete in a general trivia game!</i>
7:00 p.m.		BINGO in the T.V. Room. <i>Cost to play: \$1 + \$1 per board</i> <i>This is a resident-run activity</i>

SATURDAY, APRIL 4, 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>
11:00 a.m.		Holy Saturday Sacrament of Reconciliation with Father Lester in the D-Wing Chapel (across from the Interfaith Chapel)
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>
2:30 p.m.		Weekend Movie in the T.V. Room: <i>Peter Rabbit</i> . In this mix of live action and CGI, rascally Peter Rabbit faces a tough new foe in his ongoing battle for the veggies in Mr. McGregor's garden. <i>Runtime: 95 Minutes</i>

SUNDAY, APRIL 5, 2026 Happy Easter!



10:30 a.m.		Seated stretching on Channel 1340 & YouTube
11:00 a.m.		Catholic Mass in the T.V. Room with Syracuse Diocese Priests
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! <i>This is a resident-run activity.</i>
2:00 p.m.		Scrabble in the Conference Room. <i>All are welcome! This is a resident-run activity.</i>
2:30 p.m.		Weekend Movie Rerun in the T.V. Room: <i>Peter Rabbit</i> . In this mix of live action and CGI, rascally Peter Rabbit faces a tough new foe in his ongoing battle for the veggies in Mr. McGregor's garden. <i>Runtime: 95 Minutes</i>
2:30 p.m.		Pinochle in the Memories Lounge <i>This is a resident-run activity.</i>