

INDEPENDENT LIVING Weekly Telegraph



January 27—February 2

The Nottingham Channel 1340
A publication for Residents and Employees

- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays

Shannon Loughlin, Director of Life Enrichment
Jami Leone, Recreation Specialist
Jess Wood, Wellness and Fitness Coach

315-413-3903
315-413-3171
315-413-3817

Attention public library users

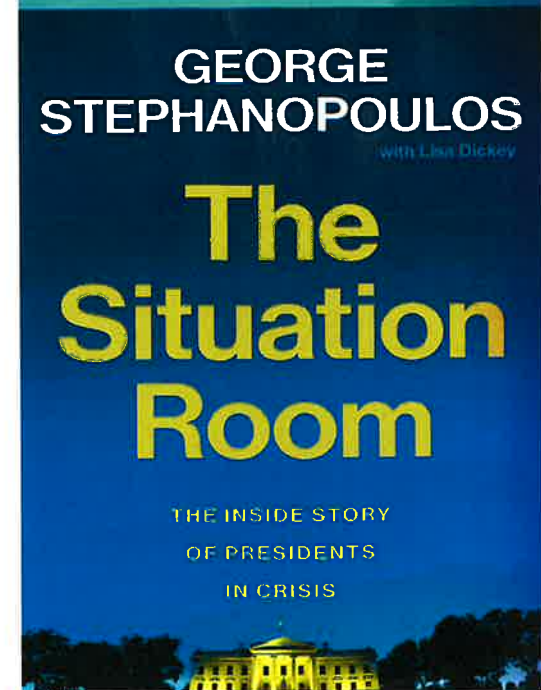
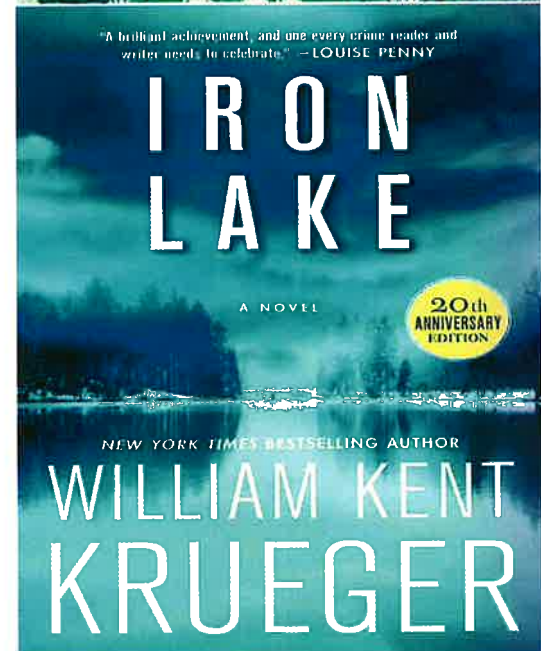
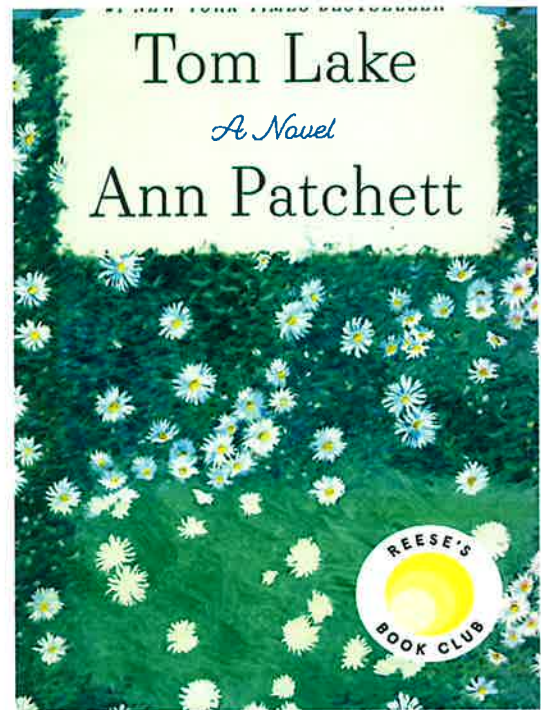
We are looking for the following books checked out to The Nottingham instead of individual accounts in error.

If you have these books, please let us in Life Enrichment know as soon as possible.
Thank you!

Tom Lake: A Novel

Iron Lake: A Cork O'Connor mystery

*The Situation Room:
Inside the story of presidents
in crisis*





The Nottingham Resident Forum
“Shining Star” Award

These Nottingham Departments and their employees make our lives here in Independent Living so amazing!

Food & Beverage
Maintenance
Housekeeping
Life Enrichment

Resident Service Center
(Reception, Drivers, Front Office)
Loretto Homecare
Admissions

The Shining Star award will be given four times per year to four separate Employees or Departments selected by the residents.

This quarter the Executive Committee will recognize an Employee!

This quarters winner will receive their recognition and gift at the upcoming Resident Forum Meeting on Thursday, February 13th at 1:30 PM

Please complete your nomination form on the back of this form and return to the ballot box at the Resident Service Center by

Wednesday, February 5th.

Diana Norcross
President Resident Forum



“Shining Star” Award Ballot

*Please complete your ballot and return to the collection box located
in the Resident Service Center .*

**I nominate the following Independent Living employee
for the Shining Star Award:**

I nominate the above mentioned for the following reason(s):












One nomination per resident

Resident Signature









Date







MONDAY, JANUARY 27, 2025











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. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Move and Groove with Jess in the T.V. Room
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.		Gentle Yoga with Jess in the T.V. Room
12:00 p.m.		International Holocaust Day of Remembrance: YouTube Live Presentation presented by the United States Holocaust Memorial Museum. Teenagers Ruth Cohen, Steven Fennes, and Irene Weiss were deported in crowded freight cars to Auschwitz-Birkenau with 440,000 other Jews from Hungary in mid-1944. Eighty years after Auschwitz was liberated, we invite you to hear Ruth, Steven, and Irene recount their harrowing experiences at one of the deadliest Nazi camps and what contributed to their remarkable survival.
1:00 p.m.		NO Wii Bowling in the T.V. Room This is a resident-run activity.
1:00 p.m.		Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:30 p.m.		Mahjong for advanced players in the B-Wing 2nd Floor Elevator Lobby. New players welcome! This is a resident-run activity.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		Life Enrichment Committee Meeting in the T.V. Room A chance to review the upcoming month of recreation activities and outings, and provide feedback/suggestions to Life Enrichment. Open to all residents!
3:00 p.m.		Brain Games with Jami: TimeGuessr Game in the T.V. Room. Work together to solve a picture clue - each picture displayed will have clues, we decide which decade and what geographical location it belongs to!
8:00 p.m.		Monday topic on Channel 1340: Synthetic dyes in the American food system. Runtime: 18 Minutes














TUESDAY, JANUARY 28, 2025

10:15 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room
10:15 a.m.		NEW VIDEO! Seated Exercise on the Nottingham Channel 1340
11:00 a.m.		SheMatters Breast Cancer Awareness Presentation with Upstate Health. Please register by calling Jami at 315-413-3171 as lunch will be provided to participants!
1:30 p.m.		Spiritual Services for All in the T.V. Room A non-denominational service for all with Jo VonRue from Universal Unitarian Church and music by Nancy Pease; postlude by Richard Weiskopf.
1:30 p.m.		NEW VIDEO! Seated Exercise Video on the Nottingham Channel 1340
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
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.
2:30 p.m.		Spirited Aging Conversation with Nottingham Chaplain Mary Colleen Sinnott in the conference room. All are welcome.
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
7:15 p.m.		Musical Performance in the T.V. Room A duet acoustic performance of cover songs by Ron Ziomek.
8:00 p.m.		Tuesday Topic on Channel 1340: U.S. Secretary of State Antony Blinken sits down with WIRED Contributing Editor Garrett M. Graff to talk about emerging technology, cybersecurity, and how the State Department is evolving to meet a new set of challenges. Runtime: 10 Minutes

WEDNESDAY, JANUARY 29, 2025		
9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Exercise Class with Jess in the T.V. Room
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.		Gentle Yoga with Jess in the T.V. Room
1:00 p.m.		Bridge in the Memories Lounge This is a resident-run activity.
1:30 p.m.		French Conversation with resident and native speaker Brigette in the T.V. Room. Brigette will lead conversation and go over the basics of French. All interested residents welcome!
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
2:30 p.m.		Writers' Group in the T.V. Room Syracuse University Professor Schell and intern Sarah Wells 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.		A Chinese New Year Celebration! Happy Hour in the Clubhouse with live music by Dale Randall on guitar/vocals. Enjoy the new weekly cocktail special!
8:00 p.m.		Wednesday topic on Channel 1340: Dr. Amy Shah answers the internet's burning questions about those oh so elusive signaling molecules we like to call "hormones." Can you remove all of your hormones? What does low testosterone even feel like or look like? Why does adrenaline affect memory? How does cortisol affect body fat? Dr. Shah answers all these questions and much, much more! Runtime: 16 Minutes

THURSDAY, JANUARY 30, 2025		
10:30 a.m.		NEW VIDEO! Seated and Standing Exercise on The Nottingham Channel 1340
10:30 a.m.		Exercise Class for all residents in the T.V. Room
10:00 a.m. - 12:00 p.m.		ICHOR Q&A opportunity Stop by the resident store with any questions about research, and make an appointment for a memory screening if you are interested. Also learn about the study currently looking for participants & learn about potential studies you can be a part of in the future.
11:00 a.m.		Text Twist Word Game with Jami in the T.V. Room Race to make as many words out of 6 letters during a time limit!
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:30 p.m.		NEW VIDEO! Seated and Standing Exercise on The Nottingham Channel 1340
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
2:00 p.m.		All Quiet on the Western Front audiobook, part 1 of 4 (approx 1.5 hours run time) on The Nottingham Channel 1340
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room This is a resident-run activity.
8:00 p.m.		Thursday topic on channel 1340: Presidential historian and head of the George Washington Presidential Library Lindsay Chervinsky joins WIRED to answer the internet's burning questions about the American Presidency. How did the United States end up with only two dominant political parties? Can Donald Trump run for President again? What are the actual duties of a Vice President? Why is election season so long in America? And how many presidents have ever been arrested? Runtime: 30 Minutes










FRIDAY, JANUARY 31, 2025

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		NEW VIDEO! Seated Zumba on The Nottingham Channel 1340
10:30 a.m.		Fitness Fun with Jess in the T.V. Room This week: Cardio Drumming
11:00 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.
1:30 p.m.		Bible Study in the Conference Room With Pastor Tom Worth. All are welcome to join.
1:30 p.m.		NEW VIDEO! Seated Zumba on The Nottingham Channel 1340
1:30 p.m.		Ladderball with Jami in the T.V. Room Toss game where collecting points depends on where on the ladder you can lasso!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
2:00 p.m.		All Quiet on the Western Front audiobook, part 2 of 4 (approx 1.25 hours run time) on The Nottingham Channel 1340
3:00 p.m.		Growing Connections with Kara Gemmell, Director of Independent Living in the T.V. Room This month's topic: My N.A.M.E Game
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
8:00 p.m.		Friday on Channel 1340: Dialect coach Erik Singer takes us on a tour of different accents across English-speaking North America. Erik, along with a host of other linguists and language experts, takes a look at some of the most interesting and distinct accents around the United States, Mexico and Canada. Runtime: 11 Minutes

SATURDAY, FEBRUARY 1, 2025		
10:30 a.m.		Seated Yoga on The Nottingham Channel 1340
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.
1:30 p.m.		65 Card Game in the in the A-Wing 2nd Floor Elevator Lobby. This is a resident-run activity.
1:30 p.m.		Seated Yoga on The Nottingham Channel 1340
2:00 p.m.		Train Dominos in the Memories Lounge This is a resident-run activity.
2:00 p.m.		Let's Play Chess in the Bistro This is a resident-run activity.
2:00 p.m.		<i>All Quiet on the Western Front</i> audiobook, part 3 of 4 (approx 1.25 hours run time) on The Nottingham Channel 1340
8:00 p.m.		Saturday on channel 1340: Neil deGrasse Tyson on Who is the Greatest Scientific Mind? Runtime: 11 Minutes

****An important note on outings****

The February outings list is now available in the Mailroom and Glens Community Room. Please note: For transportation, seats are reserved on a first come, first serve basis. Due to limited seats and higher demand, priority seating available to residents first, with the option to add family members/friends to the wait list. For annual ticket holders, residents must reserve a seat by calling Life Enrichment each month.
Thank you for understanding!

SUNDAY, FEBRUARY 2, 2025		
10:30 a.m.		Seated Stretching on The Nottingham Channel 1340
11:00 a.m.		Catholic Mass with Father Kehoe In the D-Wing Chapel
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
2:00 p.m.		Scrabble in the Gathering Lounge (Located across from the fitness room) All are welcome! This is a resident-run activity.
2:30 p.m.		Sunday Movie in the T.V. Room: The Book Club: The Next Chapter. A 2023 American romantic comedy film written and directed by Bill Holderman. It serves as a sequel to Book Club. The four friends in the book club meet in person after COVID-19 forced them to switch their monthly meetings to Zoom calls. Runtime: 108 Minutes
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
4:00 p.m.		All Quiet on the Western Front audiobook, part 4 of 4 (approx 2 hours run time) on The Nottingham Channel 1340
8:00 p.m.		Sunday topic on Channel 1340: Ride along on the Santa Catalina Highway, otherwise known as the Mt. Lemmon Highway, the Sky Island Scenic Byway, and the General Hitchcock Highway, said to be one of the most scenic drives in the Southwest. The road climbs from the Sonoran Desert in Tucson, Arizona to over 9,000 feet in elevation at the top of Mt. Lemmon, offering amazing views along the way. Runtime: 19 Minutes



FEBRUARY
BLACK HISTORY MONTH

