

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



April 27 - May 3, 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

MONDAY, APRIL 27, 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
1:30 p.m. – 3:00 p.m.		Watercolor painting in the Glens Community Room <i>Enjoy this unstructured time to stop by and create something. All supplies will be provided on the art cart.</i>
2:15 p.m.		Advanced Mahjong in the B-Wing 2 nd Floor Elevator Lobby. <i>This is a resident-run activity.</i>
3:00 p.m.		Virtual Travel Series: Poland Travelogue video. Join Rick Steve of <i>Rick Steves' Europe</i> public television series to travel through Krakow, Warsaw, and Gdansk. In Kraków: linger on one of Europe's most crowd-pleasing squares, marvel at past glories in art galleries and at Wawel Castle, and savor Polish cuisine — including a lesson in making pierogi by hand. Nearby, the communist-planned town of Nowa Huta offers a nostalgic spin through the Cold War days, while the sobering concentration camp memorial of Auschwitz-Birkenau honors victims of the Nazis. Warsaw: the heartbeat of contemporary Poland, is gilded with a grand palace, home to a hard-fought 20th-century history, and busy with Chopin concerts. After a stop at the gingerbread bakeries in red-brick Toruń, ogle the massive Teutonic Knight fortress of Malbork. Finishing in maritime Gdańsk, experience handsome Hanseatic townhouses, amber jewelry, and stirring Solidarity history. Runtime: 50 minutes.










TUESDAY, APRIL 28, 2026

10:15 a.m.		Mindful Movement Class with Emily, O.T. in the Clubhouse 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 staff to review May's calendar, and give feedback & suggestions.</i>
1:00 p.m.		Play Ladderball in the T.V. Room (independently – staff will set up TV room)
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Service in the Interfaith Chapel <i>with service by Jo Von Rue and music by Fred Fiske</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>
4:00 p.m.		Clay Pot Painting with Jami in the T.V. Room
7:15 p.m.		Musical Performance in the T.V. Room <i>A performance by Dennis McGuire the one man band!</i>







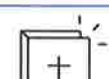




WEDNESDAY, APRIL 29, 2026

8:45 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. – 2:30 p.m.		LeMoyne Students of Occupational Therapy Health Fair in the T.V. Room. <i>At your leisure, stop by student tables to learn their research on topics such as Journaling, Adaptive Equipment, Home safety, Health Literacy Aging and Nutrition.</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.		Happy Hour in the Clubhouse with Karaoke

THURSDAY, APRIL 30, 2026

10:00 a.m.		Sacrament of Reconciliation (Confessions) in the D-Wing Chapel
10:15 a.m.		In person exercise in the T.V. Room Standing exercise video on Channel 1340 & YouTube
11:00 a.m.		Dr. Mary Edwards Walker: Radical Reformer lecture by Oswego area historian Mary Kay Stone. <i>Dr. Mary Edwards Walker (1832-1919), surgeon, abolitionist, suffragist, and dress reformer, was born in Oswego and spent her life advocating for human rights and equality of the sexes. She is the only woman to date who has been awarded the Congressional Medal of Honor.</i>
11:00 a.m.		Catholic Mass in the Interfaith Chapel
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.		Therapeutic Drumming with Jimbo in the T.V. Room
1:30 p.m.		Standing exercise video on Channel 1340 & YouTube
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. <i>This is a resident-run activity.</i>

FRIDAY, MAY 1, 2026

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 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
11:10 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>
11:15 a.m.		Walking Group with Tiffany & Jami <i>Meet in the Clubhouse for a light stretch followed by an outdoor walk (weather permitting) or indoor walk.</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>
2:30 p.m.		Skippo Card Game with Shannon in the T.V. Room
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, MAY 2, 2026		~Kentucky Derby Day~
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>
2:30 p.m.		Weekend Movie in the T.V. Room: <i>Rhubarb</i> . <i>Rhubarb is a 1951 screwball comedy film adapted from the 1946 novel Rhubarb by humorist H. Allen Smith. Lonely, eccentric millionaire Thaddeus J. Banner, who owns the Brooklyn Loons baseball team, takes a dog-chasing stray cat into his home. He names the cat Rhubarb, which is baseball slang for an argument or fight. Runtime: 94 Minutes</i>
6:00 p.m.		The 2026 Kentucky Derby Race. Residents are welcome to watch in the T.V. Room. Channel 3 NBC

SUNDAY, MAY 3, 2026		
10:30 a.m.		Seated stretching on Channel 1340 & YouTube
11:00 a.m.		Catholic Mass in the Interfaith Chapel 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>Rhubarb</i> .
2:30 p.m.		Pinochle in the Memories Lounge <i>This is a resident-run activity.</i>