



# **The Nottingham**

*A Loretto Community*

## ***Independent Living Weekly Telegraph***



***January 15 — January 21, 2024***

***The Nottingham Channel: 1340***

***A publication for Residents & Employees***

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

**Shannon Loughlin, Director of Life Enrichment**

**315-413-3903**

**Jami Leone, Recreation Specialist**

**315-413-3171**

**Jess Wood, Wellness & Fitness Coach**

**315-413-3817**

OceanGate Barbenheimer Bibimbap Tina Turner Tik

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**2023  
Year in Review  
with Jami  
PowerPoint  
presentation and  
discussion group**

**In the T.V. Room  
Monday, Jan. 15<sup>th</sup>  
at 1:30 p.m.**

r Swift Chat GBT Artificial Intelligence Worker Strikes



*Singing Through the New Year*



*Sentimental Serenade*

2024



*Tuesday, Jan. 16<sup>th</sup> at 7:30 p.m.*  
*in the T.O. Room*





# National Seed Swap DAY

With the Non-Profit Organization



syracuse  
grows

## *History of Seed Swap Day*

National Seed Swap Day on the last Saturday in January serves as a reminder to gardeners that Spring is on its way. It is an ideal time for gardeners to gather and swap seeds in preparation for starting seeds indoors. Gardeners collect and exchange seeds for many reasons ranging from cultivating rare, heirloom varieties to basic thrift. The exchange of seeds helps perpetuates biodiversity.

**Nottingham Seed Swap Day:  
Monday, Jan 29<sup>th</sup> at 1:00 p.m.  
in the T.V. Room**

***To participate: Bring seeds to swap with other interested residents! Syracuse Grows will be providing some vegetable seeds.***

## **To all Nottingham Residents:**

The 2024 Winter/Spring Oasis schedule is available and registration begins on January 2<sup>nd</sup>.

On the reverse are the Oasis classes being supported by The Nottingham this semester. If you are interested in participating, you must first register with Oasis. Membership is free; class prices are individually listed and can be paid online at time of registration.

Staff will be available for technology support if needed. You will need a computer or tablet and internet connection to participate in these programs.

If you need assistance registering, please contact Life Enrichment at (315) 413-3903 or (315) 413-3171.

**Only registered residents will be able to participate.**

**You can register for classes using the Oasis website:**

**<https://upstate.oasisnet.org/>**

**If you have any questions about the Oasis program or classes, please contact their office at (315) 464-6555.**

We hope to resume in-person Oasis classes in the future.

## **Winter/Spring 2024**

**Note:** You must become a member to register for Oasis classes.

*Membership is free* and open to all people aged 50 or older, as well as a member's spouse regardless of age. To join Oasis, you must complete a simple 1-page membership application, then bring it or mail it to Oasis office. You may also join Oasis by phone or online at

<https://upstate.oasisnet.org/> Members receive a catalog of course listings each semester.

### **131 The Presidency IX: The Cold Warriors**

**Instructor: Tom Henry**

Presidents from Truman to Reagan faced challenges unimagined by earlier holders of the office. Threats from abroad, real and perceived, shaped expanding foreign influence. Pressure for dramatic social change at home demanded Presidential intervention. New technologies, especially television, both exposed the Presidency to greater scrutiny and expanded the reach of the office. Join us as we continue to examine the office of the President into our own dynamic times. There is no need to have been in previous classes to enjoy this one!

**Mondays 3/4/24-3/25/24 2:30pm- 4:30pm 4 sessions Fee: \$46**

### **135 Travel Treks: Scenic Switzerland Instructor: Diana Biro & Eric Rogers**

In August 2019, Diana and Eric traveled to Switzerland with her brother and his new wife a few weeks after their wedding. Our 8-day Globus tour took us from Zurich and Liechtenstein to St. Moritz, Lugano and Zermatt, then to Lake Geneva, Berne, and Lucerne, a diverse itinerary with plenty of spectacular scenery, interesting history, and urban delights. After the tour we spent 4 days on our own exploring the Bernese Alps, via trains, trams, hikes—and a parasailing adventure. Join us to experience the beauty and variety of Switzerland, plus a virtual glide between alpine mountains.

**Wednesday 2/28/24 1:00pm-2:30pm 1 session Fee: \$10**

### **201 Environmental Currents 2024**

**Instructor: Stuart Spiegel**

Human and natural environments play an important part in the health and quality of life of Central New York residents, the state, our country and the world. In this 6<sup>th</sup> year of this course, we will have a particularly interesting slate of speakers on environmental topics with the potential to impact our community.

**Mondays 2/12/24-3/4/24 1:00pm-2:30pm 4 sessions Fee: \$40**

### **202 The Impact of Human Population on our Fragile Earth**

**Instructor: Len Sharp**

In the 1960s, Paul Erlich of Stanford University, wrote the book *Population Explosion* that shocked the world into thinking about the impact of humankind upon our fragile Earth's land, oceans, and atmosphere. This course will deal with a few vital issues such as climate change, global and local pollution, energy use, over-taxing the planet's natural resources, production and allocation of food, nutrition, education, and water distribution. The course will include a PowerPoint presentation, Population videos, and selected valued activities to illustrate the impact of humans upon our home, Earth.

**Monday 1/29/24 1:00pm-3:00pm 1 session Fee: \$15**



 program is in person  program is on channel 1340 **R** program requires registration

**Monday, January 15<sup>th</sup> 2024**

**Resident Store Open 10:00am-12:00pm/ 1pm-3pm**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

|  |  |
|--|--|
| 9:00 a.m.—<br>9:45 a.m.   | <b>Aquatics Exercise in the Pool</b>   |
| 9:45 a.m.—<br>10:30 a.m.  | <b>Lap Swim/Open Swim<br/>in the Pool</b>  |
| 10:30 a.m.                | <b>Move &amp; Groove Exercise<br/>in the TV Room</b>   |
| 11:00 a.m.                | <b>Gentle Yoga</b><br>in the TV Room    |
| 1:30 p.m.               | <b>Year in Review with Jami:</b><br><b>PowerPoint presentation on top news stories of<br/>2023/discussion group: What impacted you most<br/>in 2023?</b><br><b>2023 In the T.V. Room 2023</b>  |
| 1:30 p.m.               | <b>Mahjong for advanced players</b><br>in the Arts & Crafts Room. New players welcome!<br><i>This is a resident-run activity.</i>  |
| 3:00 p.m.               |  <b>Nottingham Nurses Group meet to share experiences<br/>In the Memories lounge</b>  |
| 3:00 p.m.               |  <b>Movie in the T.V. Room: Mississippi Burning</b><br>An American crime thriller film based on the 1964 murder investigation of Chaney, Goodman, and Schwerner in Mississippi. FBI agents investigate the disappearance of three civil rights workers in fictional Jessup County, Mississippi, who are met with hostility by the town's residents, local police, and the Ku Klux Klan. <b>RUNTIME: 128 MIN</b> |
| 7:15 p.m.               |   <b>Wii Games in the TV Room</b><br><i>This is a resident-run activity.</i>     |



**"I have decided to stick with love.  
Hate is too great a burden to bear."  
- Martin Luther King Jr.**

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**Tuesday, January 16<sup>th</sup> 2024** **Resident Store Open 10:00am-12:00pm/ 1pm-3pm**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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|---|---|
| 10:15 a.m.<br>               | <b>Mindful Movement Class with Emily, O.T.</b><br>in the TV Room *open to all ability levels*    |
| 11:00 a.m.<br>               |  Boggle with Jami<br>In the T.V. Room  |
| 1:30 p.m. —<br>3:00 p.m.<br> | <b>Open Swim<br/>in the Pool</b>  |
| 1:30 p.m.<br>              |  <b>Spiritual Services for All<br/>In the T.V. Room</b><br><i>Maggid Jim Brulé, Multifaith Spiritual<br/>Storyteller/Ordained Jewish Storyteller<br/>Nancy Pease and Richard Weiskopf, Musicians</i> |
| 2:30 p.m.<br>              | <b>Mahjong for beginners<br/>in the Arts &amp; Crafts Room</b><br>New players welcome! <i>This is a resident-run activity.</i>  |
| 2:45 p.m.<br>              |  in the TV Room<br><i>This is a resident run activity.</i>   |
| 7:00 p.m.<br>              |  <b>SU Men's Basketball:<br/>SU V Pittsburg on Channel 370</b><br><i>Residents may watch together in the Clubhouse</i>   |
| 7:30 p.m.<br>              | <b>Sentimental Serenade's<br/>Singing Through the New Year<br/>in the T.V. Room</b><br>Join us for an interactive,<br>Broadway-style show!  |



 program is in person
  program is on channel 1340
 **R** program requires registration

Wednesday, January 17<sup>th</sup> 2024

**Resident Store Open 1pm-3pm**

**Buffalo Pharmacy will be in the resident store from 10:00 a.m.—12:00 p.m.**

*Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.*

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|--|---|
| 9:00 a.m.—<br>9:45 a.m.   | <b>Aquatics Exercise with Jess in the Pool</b>  |
| 9:45 a.m.—<br>10:30 a.m.  | <b>Open Swim in the Pool</b>  |
| 10:30 a.m.                | <b>Move &amp; Groove Exercise</b><br>in the TV Room   |
| 11:00 a.m.                | <b>Gentle Yoga with Jess</b> in the TV Room   |
| 1:00 p.m.               |  <b>Let's Play Bridge in the Memories Lounge</b><br><b>New Players Welcome!</b><br><b>This is a resident-run activity.</b>                                  |
| 1:30 p.m.               | <b>Stock Market &amp; Finance Discussion Group</b><br><b>in the Clubhouse</b><br><i>New members welcome.</i><br><i>This is a resident-run activity.</i>  |
| 2:30 p.m.               | <b>Writers' Group in the Arts &amp; Crafts Room</b><br>Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing.<br>All are welcome to join!                |
| 3:00 p.m.               |  <b>Jazz duet musical performance with Nicholas Fields</b><br><b>In the T.V. Room</b>  |

 program is in person  program is on channel 1340 **R** program requires registration

**Thursday, January 18<sup>th</sup> 2024** Resident Store Open 10:00am-12:00pm/ 1pm-3pm

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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| 9:00a.m.—<br>10:30 a.m.<br> | <b>Open Swim<br/>in the Pool</b>   |
| 10:30 a.m.<br>              | Exercise Class for all residents<br>in the T.V. Room   |
| 11:00 a.m.<br>              | <b>JEOPARDY!</b> with Jami<br>in the T.V. Room   |
| 12:00 p.m.<br>             | Birthday Luncheon for January Birthdays<br>in the Clubhouse<br><i>Please be sure to R.S.V.P. according to the invitation!</i><br>    |
| 1:00 p.m.<br>             |  with Le Moyne Occupational<br>Therapist Paul Musso, O.T.<br>in the T.V. Room<br><i>Prior registration confirmation required.</i>     |
| 2:00 p.m.<br>             |  Manicures with Jami<br>In the Arts and Crafts Room<br><b>Registration required</b><br>Please call 315-413-3171 for a 15-minute appt! |
| 3:00 p.m.<br>             |  <b>Cornhole Bean Bag Toss Game</b><br>in the TV Room<br><i>This is a resident run activity.</i>                                      |

**HANDY HINTS . . .**

**Reminder—never bag recyclables! Plastic  
bags clog the sorting belts used at  
OCRRA facilities.**



**Friday, January 19<sup>th</sup> 2024**

**Resident Store Open 10:00am-12:00pm/ 1pm-3pm**


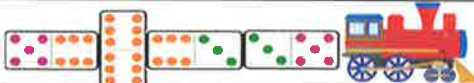
**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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| 9:00 a.m.—<br>9:45 a.m.   | <b>Aquatics Exercise with Jess in the Pool</b>   |
| 9:45 a.m.—<br>10:30 a.m.  | <b>Open Swim in the Pool</b>   |
| 10:30 a.m.                | <b>Fitness Fun with Jess in the TV Room</b><br> This week: Cardio Drumming       |
| 11:00 a.m.               | <b>Weekly WRAP-UP</b> Current Events Discussion Group<br>in the T.V. Room<br><i>Bring news articles to share. This is a resident-run activity.</i>   |
| 1:30 p.m.               | <b>Bible Study with Pastor Tom Worth</b><br>in the Arts and Crafts Room   |
| 2:00 p.m.               |  <b>Knit-Wits in the Memories Lounge</b><br><i>New members welcome. This is a resident run activity.</i>  |
| 3:00 p.m.               |  <b>Wii Games in the TV Room</b> <br><i>This is a resident-run activity.</i> |
| 7:15 p.m.               |  <b>in the TV Room</b><br><i>This is a resident-run activity.</i>   |




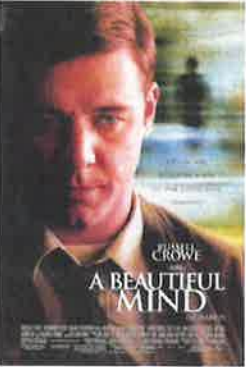
**Saturday, January 20<sup>th</sup> 2024**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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|------------|---|---|
| 10:30 a.m. |  | <p>The Chosen Season 2 , Episode 4<br/>"The Perfect Opportunity"</p> <p>A mysterious visitor seeks to meet Jesus, but the disciples are hesitant. Tension builds between Simon and Matthew. As the group heads to a new city, word arrives that Jesus' fame is growing.</p> <p><b>RUNTIME: 59 MIN      IN THE T.V. ROOM</b></p> |
| 12:00 p.m. |  | <p><b>SU Men's Basketball: SU V Miami on Channel 24</b><br/><i>Residents may watch together<br/>in the T.V. Room</i></p>  |
| 1:30 p.m.  |   | <p><b>65 Card Game in the 2<sup>nd</sup> Floor A-Wing Lobby</b><br/><i>This is a resident-run activity</i></p>  |
| 1:30 p.m.  |   | <p>Train Dominos in the Memories Lounge </p>   |

**Sunday, January 21<sup>st</sup> 2024**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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|------------|---|--|
| 11:00 a.m. |   | <p><i>Catholic Mass with Fr. Kehoe</i> in the D-Wing Chapel</p>  |
| 11:00 a.m. |   | <p><i>Catholic Mass with Syracuse Diocese Priests</i><br/>in the T.V. Room</p>   |
| 2:00 p.m.  |  | <p><b>Scrabble Game in the Arts &amp; Crafts Room</b><br/>All are welcome! <i>This is a resident-run activity.</i></p>   |
| 2:30 p.m.  |  | <p><b>SUNDAY MOVIE MATINEE<br/>IN THE T.V. ROOM:<br/>A BEAUTIFUL MIND</b></p> <p>The story begins in Nash's days as a brilliant but asocial mathematics graduate student at Princeton University. After Nash accepts secret work in cryptography, his life takes a turn for the nightmarish. <b>RUNTIME: 135 MIN</b></p> |
| 3:00 p.m.  |   | <p><b>PINOCHLE CARD GAME IN THE CLUBHOUSE</b><br/><i>This is a resident-run activity</i></p>   |

