



**The Nottingham**  
A Loretto Community

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



***January 29— February 4, 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**

*In Remembrance  
of our Nottingham family*



*Bill Burrows  
Cynthia Tracy  
Gretchen Whalen*



# Musical Performance by *The Cadley's*



*The Cadleys* have been entertaining audiences throughout Upstate New York with their powerful mix of traditional bluegrass, “new acoustic” a la Alison Krauss, and many of John’s originals, which have been recorded by national artists such as Jim Hurst, Missy Raines, Grammy-nominated and world renowned banjo player Tony Trischka, recording artist Dede Wyland, and Lou Reid, who, with his band Carolina, took John’s song “Time” to the #1 spot on the bluegrass music charts.

**Join us  
Tuesday, January 30<sup>th</sup> at 7:30 p.m.  
in the T.V. Room**



# NATIONAL WEAR RED DAY

**February is Heart Health Awareness Month!  
National Wear Red Day is Friday, Feb. 2<sup>nd</sup>  
Please join us in wearing red!**


**And join Upstate Stroke Center for a  
Heart Health As You Age presentation/Q & A  
With Michelle F Vallelunga, MS, RN, CNRN,  
SCRN; Stroke Data Coordinator**

**and Jennifer  
Dennis MSN,  
RN, SCRNP;  
Stroke Outreach  
Coordinator**



**Friday, Feb. 2<sup>nd</sup> at 2:00 p.m.  
in the T.V. Room**



Monday, Jan. 29 <sup>th</sup> 2024		Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.		
Please note: Masks are required at all programming at this time. Please sanitize hands before and after activities.				
9:00 a.m.— 9:45 a.m. 	<b>Aquatics Exercise with Jess in the Pool</b>			
9:45 a.m.— 10:30 a.m. 		<b>Open Swim/Lap Swim in the Pool</b>		
10:30 a.m. 	<b>Move &amp; Groove Exercise with Jess</b> in the TV Room			
11:00 a.m. 	<b>Gentle Yoga with Jess</b> in the TV Room			
1:00 p.m. 		Virtual Oasis Class: “The Impact of Human Population on our Fragile Earth” in the I.L. First Floor Conference Room <b>Prior registration/payment with Oasis required.</b>		
1:00 p.m. 		<b>Bring seeds to swap with other interested residents!</b>	 <b>syracuse grows</b>	
	<b>Syracuse Grows will be providing some vegetable seeds and a how-to start your own garden!</b> <b>In the T.V. Room</b>			
1:30 p.m. 	<b>Mahjong for advanced players</b> in the Arts & Crafts Room. New players welcome!			
3:00 p.m. 		Town of Dewitt Officers present: Scam Prevention Learn about the latest scams and how to prevent them. In the T.V. Room		
7:15 p.m. 		<b>Wii Games in the T.V. Room</b> This is a resident-run activity.		 

**HANDY HINTS...**

The February outings list is now available  
in the mailroom!

**Tuesday, Jan. 30<sup>th</sup> 2024**     
 **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

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

10:15 a.m. 	<b>Mindful Movement Class with Emily, O.T.</b> in the TV Room <i>*open to all ability levels*</i> 
10:45 a.m. 	 <b>Life Enrichment Committee Meeting</b> <b>in The Arts and Crafts Room</b> <i>All residents welcome to join the meeting &amp; committee</i>
1:30 p.m. 	 <b>Spiritual Services for All</b> <i>In the T.V. Room</i> <i>Rev. Jo VonRue, May Memorial Unitarian</i> <i>Universalist Society</i> <i>Nancy Pease and Richard Weiskopf, Musicians</i>
1:30 p.m.— 3:00 p.m. 	 <b>Open Swim/Lap Swim</b> <b>in the Pool</b>
2:30 p.m. 	<b>Mahjong for beginners</b> <b>in the Arts &amp; Crafts Room</b> <i>New players welcome! This is a resident-run activity.</i>
2:45 p.m. 	 <b>In the T.V. Room</b> <i>This is a resident-run activity</i>
7:00 p.m. 	 <b>SU Men's Basketball: SU V Boston on Channel 388</b> <i>Residents may watch together in the Clubhouse</i> <i>Please note: Channel may change—refer to TV guide</i>
7:30 p.m. 	<b>Musical performance by The Cadley's</b>   <b>Award-Winning Bluegrass artists</b> <b>In the T.V. Room</b> 



Wednesday, Jan. 31<sup>st</sup> 2024

Resident Store Open 1 p.m. – 3 p.m.

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.*

9:00 a.m. — 9:45 a.m. 	<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. — 10:30 a.m. 	 <b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m. 	<b>Move &amp; Groove Exercise with Jess in the TV Room</b>
11:00 a.m. 	<b>Gentle Yoga with Jess in the TV Room</b> 
1:00 p.m. 	 <b>Let's Play Bridge in the Memories Lounge New Players Welcome! This is a resident-run activity.</b>
1:30 p.m. 	<b>Stock Market &amp; Finance Discussion Group in the Clubhouse</b>  <i>New members welcome. This is a resident-run activity.</i>
2:00 p.m. 	 <b>Onondaga County Parks presents: Winter Nature at Beaver Lake In the T.V. Room</b>
2:30 p.m. 	<b>Writers' Group in the Arts &amp; Crafts Room</b> Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing.
3:30 p.m. - 4:30 p.m. 	 <b>Music Duet by "Something Different" Vocal and guitar performance covering popular songs In the T.V. Room</b>

**Thursday, Feb. 1<sup>st</sup> 2024**

**Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

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


9:00a.m.—  
10:30 a.m.  




## Open Swim/Lap Swim in the Pool

10:30 a.m.  



Exercise Class for all residents in the T.V. Room

11:00 a.m.  




## **"Using your Android Smartphone" with Jami**


**Go over the basics to add contacts, set up home  
screen apps, notifications, etc.  
In the T.V. Room**

11:00 a.m.  
  
**R** 



## **Massages with Donna, Licensed Massage Therapist in the Arts & Crafts Room**


**Sign-up is required. Please call 315-413-3171 for an appt.**

1:00 p.m. –  
2:30 p.m.  
  
**R** 

## **Massages with Donna, Licensed Massage Therapist in the Clubhouse**




**Sign-up is required. Please call 315-413-3171 for an appt.**

1:00 p.m.  
  
**R** 



## **with Le Moyne Occupational Therapist Paul Musso, O.T. in the T.V. Room**

**Prior registration confirmation required.**


1:30 p.m.  
  




## **W.I.S.E Discussion Group (Women Interested in Sharing Experiences) in The Arts & Crafts Room**

**Meets on the first Thursday of every month**  
Join the informal group to chat about life experiences  
and share your stories & interests.

**This Month's topic of Discussion:**  
**What was the last favorite book you read?**

3:00 p.m.  
  




## **Cornhole Bean Bag Toss Game in the TV Room**

**This is a resident-run activity.**



**Friday, Feb. 2<sup>nd</sup> 2024**

**Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

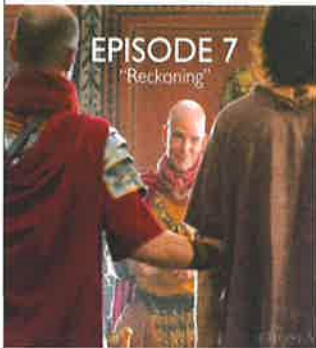
**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

9:00 a.m.— 9:45 a.m. 	<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m.— 10:30 a.m. 	 <b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m. 	<b>Fitness Fun with Jess in the TV Room</b>  This week: Cardio Drumming 
11:00 a.m. 	 <b>Current Events Discussion Group in the T.V. Room</b> <i>Bring news articles to share. This is a resident-run activity.</i>
1:30 p.m. 	 <b>Bible Study with Pastor Tom Worth in the Arts and Crafts Room</b>
2:00 p.m. 	 <b>Knit-Wits in the Memories Lounge</b> <i>New members welcome. This is a resident run activity.</i>
2:00 p.m. 	<b>Upstate Stroke Center joins us for Heart Health Month: Heart Health As You Age presentation/Q &amp; A in the T.V. Room</b> <b>With Michelle F Vallelunga, MS, RN, CNRN, SCRN; Stroke Data Coordinator And Jennifer Dennis MSN, RN, SCRN; Stroke Outreach Coordinator</b> <i>Today is National Go Red Day! Wear red today!</i> 
2:00 p.m. 	 <b>Monthly Shabbat Service With Rabbi Moshe Saks of Temple Adath</b> <b>In the 1<sup>st</sup> floor Conference Room</b>
3:00 p.m. 	 <b>Wii Games in the T.V. Room</b>  <i>This is a resident-run activity.</i>
7:15 p.m. 	 <b>In the T.V. Room</b> <i>This is a resident-run activity</i>

**Saturday, February 3<sup>rd</sup> 2024**

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

**10:30 a.m.**



### The Chosen Season 2, Episode 7: "The Reckoning"

After learning of Jesus' whereabouts, Quintus sends Gaius to arrest him. The disciples lose control as they argue about how to respond. While seeking information about where Jesus has been taken, Andrew and Philip encounter old friends.

**RUNTIME: 43 MIN IN THE T.V. ROOM**

**1:30 p.m.**



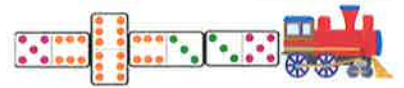
### **65 Card Game in the 2<sup>nd</sup> Floor A-Wing Lobby**

*This is a resident-run activity*

**1:30 p.m.**



Train Dominoes  
in the Memories Lounge



**Sunday, February 4<sup>th</sup> 2024**

**11:00 a.m.**



*Catholic Mass with Fr. Kehoe in the D-Wing Chapel*

**11:00 a.m.**



*Catholic Mass with Syracuse Diocese Priests  
in the T.V. Room*

**12:00 p.m.**



### **SU Women's Basketball SU V Boston College on Channel 388**

*Residents may watch together in the T.V. Room*

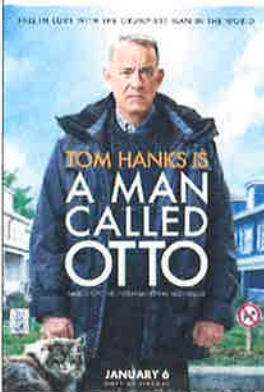
**Please note: Channel and time subject to change—refer to TV guide**

**2:00 p.m.**



**Scrabble Game in the Arts & Crafts Room**  
*All are welcome! This is a resident-run activity.*

**2:30 p.m.**



### **Sunday Movie in the T.V. Room "A Man Called Otto"**

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

*Based on the novel A Man Called Otto.*

**RUNTIME: 126 MIN**

**3:00 p.m.**



### **PINOCHLE CARD GAME IN THE CLUBHOUSE**

*This is a resident-run activity*





	Monday 1/29	Tuesday 1/30	Wednesday 1/31	Thursday 2/1	Friday 2/2	Saturday 2/3	Sunday 2/4
<b>SOUP</b>	Cream of Tomato	Beef Chili	Cream of Mushroom	Chicken Escarole	Aunt Nancy's Cream of Crab	Creamy Carrot & Tomato	French Onion
<b>SALAD</b>	Broccoli Slaw	Bacon Pea Salad	Roasted Corn, Black Bean & Peppers Salad	Tomato Cucumber Salad	Creamy Cole Slaw	Gemelli Pasta w/ Spinach and Feta Cheese	Garden Salad
<b>SPECIAL #1</b>	Cabernet Burger	Leg of Lamb	Mediterranean Grouper	Chicken and Biscuits	Nottingham Rueben	Lasagna Bolognese	Stuffed French Toast with Berries
<b>SPECIAL #2</b>	Lobster Thermidor in a Pastry Shell	Chicken Marsala	Rigatoni Calabress-style w/ Pork Ragu'	Marinated Flank Steak Topped with Chimichurri Sauce	Fried Haddock	Louisiana Seafood Stew	Prime Rib
<b>SPECIAL #3</b>	Pork Scallopini w/ Lemon Caper Sauce	Baked Flounder	(V) Roasted Vegetable Ravioli w/ Butternut Squash Pesto	Chef's Pasta Special	Pan Seared Seafood Platter	Roasted Pork Loin	Eggs & Omelets Cooked to Order
<b>STARCH</b>	Rice Pilaf	Potato Pancakes	Cous Cous	Baked Sweet Potato	Macaroni and Cheese	Wild Rice Blend	Home Fries
<b>VEGETABLE</b>	Zucchini	Snap Peas	Roasted Cauliflower	Parmesan Broccoli	Spaghetti Squash	Sautéed Spinach	Fresh Green Beans
<b>DESSERT</b>	Pecan Pie	Pumpkin Pie	Yellow Cake with Chocolate Frosting	Apple Turnovers with Carmel Drizzle	Lemon Meringue Pie	Brownie Ala Mode	Banana Cream Pie



# The Bistro

For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
<b>MON</b> <b>1/29</b>	Cream of Tomato	Broccoli Slaw	Turkey Reuben	Supreme	Lobster Thermidor in Pastry Shell, Rice Pilaf and Zucchini
<b>TUES</b> <b>1/30</b>	Beef Chili	Bacon Pea Salad	Chili Twin Dogs	Hawaiian	Chicken Marsala Potato Pancakes Snap Peas
<b>WED</b> <b>1/31</b>	Cream of Mushroom	Roasted Corn/Black Bean/Pepper	Beef and Cheddar On Roll	Vegan	Mediterranean Grouper Couscous, Roasted Cauliflower
<b>THUR</b> <b>2/1</b>	Chicken Escarole	Tomato Cucumber Salad	Chicken Chipotle Avocado	Garlic Pepperoni	Chicken and Biscuits, Baked Sweet Potato, Parmesan Broccoli
<b>FRI</b> <b>2/2</b>	Aunt Nancy's Cream of Crab	Cole Slaw	Clam Roll	Three Cheese	Fried Haddock, Macaroni And Cheese, Spaghetti Squash,
<b>SAT</b> <b>2/3</b>	Creamy Carrot And Tomato	Gemelli Pasta w Spinach/Feta	Chicken Tender	Meat Lovers	Lasagna Bolognese, Wild Rice Blend, Sauteed Spinach
<b>SUN</b> <b>2/4</b>	French Onion	Garden Salad	Chicken Cordon Bleu	Breakfast w/ Choice of Bacon or Sausage	Prime Rib, Garlic Mashed Potatoes, French Green Beans





# February birthdays

## Residents

Barbara Craft	2/1	B113
Pam Mango	2/2	C203
Chuck Meltzer	2/2	D200
Mark Monmonier	2/2	C107
Jeanne Creamer	2/3	E144
Dottie McDonald	2/6	E109
Fr. Charles Vavonese	2/6	B108
Dorothy Gavielides	2/8	B124
Barb Imperioli	2/9	A216
Don Hesseltine	2/10	D210
Margaret Keefe	2/12	E112
Agnes Ray	2/12	MCR108
Sharon Bubel	2/14	A125
Gladys Boland	2/15	A221
John Galletta	2/17	E115
Pat Blackwell	2/18	E152
Chuck Jones	2/21	B121
Alan Thompson	2/23	C114
M. Kolodziej	2/24	RHCF
Dorothy Kondratowicz	2/26	B217
Ed Kashmer	2/27	B203
John MacBlane	2/27	D100
Kay Nitsch	2/28	B221
Fred Shibel	2/28	E129

## Employees

Alyssa Fort	2/1
Bothayna Shogar	2/1
Nina Grigorian	2/2
Michael Cohen	2/4
Alice Dela Cruz	2/4
Melanie Langley	2/4
Kayla Clink	2/6
Lisa Williams	2/7
Ian Jung	2/8
Sandra Dunn	2/15
Jennifer Ingerson	2/16
Christine DiCosimo	2/17
Rhonda Butler	2/17
Natalia Varre	2/21
Delaney Woolridge	2/22
Shannon Loughlin	2/24
Mary Dunsford	2/27

