



The Nottingham

A Loretto Community

Independent Living Weekly Telegraph



April 22—April 28, 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

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315-413-3171

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315-413-3817

Join Us to Discover More about Loretto Homecare!

Dear Residents and Families,
We are excited to invite you to an informational session about Loretto Homecare Services that are offered right here on our campus. Niki Heaton and Jade Hendricks, Resident Relations Representatives, will provide insights into the various services offered through our Homecare Program at The Nottingham and introduce key members of the Homecare team.

Open to all Residents & Families.
Please join us in the TV/Meeting Room:

April 25th at 11:00 a.m.

We hope to see you there!
Please call Niki & Jade at 315-413-3901 with any questions.

Earth Day Electronic Recycling Event!

How it works: We are excited to partner with Sunnking to make this possible! Please review the reverse side of this form for items we can and cannot accept for this event.

Open to family and staff!

**Drop off times will be from 1:00 p.m.—3:00 p.m.
for the schedule below.**

Collection days and locations will be by wing:

**A-wing and Cottages: Tues. April 23rd
in the A-wing elevator lobby**

**B-wing: Wed. April 24th
In the B-wing elevator lobby**

**C-wing: Thurs. April 25th
In the C-wing elevator lobby**

**D-wing and Glens: Fri. April 26th
In the Glens Community Room**

This is a drop off event.

Please reach out to Life
Enrichment with any questions
at 315-413-3171



ACCEPTABLE ELECTRONICS FOR RECYCLING

COMPUTERS & ACCESSORIES

Computers

(Desktop & Laptop)

Monitors

(Flats screen and CRT)

Computer accessories

(Mice, Keyboards, Webcams, Speakers, Microphones)

Cables & all IT accessories

Storage devices

(External hard drives, solid state drives, SD cards, memory cards, card readers, ect.)

Computer power supplies

Printers

(Ink & toner & cartridges)

Gaming devices

Network devices

Computer peripherals

Circuit boards/cards

Media speakers

Scanners

MOBILE DEVICES

Cell phones/Smart phones

Tablets

PDA's

MP3 players

Cameras

DATA CENTER EQUIPMENT

Servers

Storage arrays

Network related equipment

Power distribution units

Routers and switches

Cabling

Switchgear

Panelboard

Mainframe computer equipment

Motor generator sets

Server racks

OFFICE EQUIPMENT

Copiers & Multifunction devices

Fax machines

Video & audio equipment

Phone systems

Projection equipment

Printers

Plotters

Security equipment

Receivers and transmitters

Answering machines

ENTERTAINMENT EQUIPMENT

Televisions

(Flat screen & CRT)

Stereo equipment

Hi-Fi speakers

Video players

Digital cameras

Video cameras

Game consoles

Accessories & cables

DJ Equipment

MISCELLANEOUS

Rechargeable Dry Cell Batteries

(Nickel Hydride, Lithium Ion)

Most Home Appliances

(no refrigerators)

GPS Units

Wires & Cables

Fitness Trackers/Smart Watches

Power Tools

LAB & MEDICAL EQUIPMENT

Defibrillators

IV Pumps

Spectrometers

Ultrasound Equipment

Anesthesia Units

CABLE EQUIPMENT

Cable Boxes

(analog, digital, satellite)



SUNNKING

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UNACCEPTABLE MATERIALS

- Devices containing mercury (thermostats, light bulbs, lamps, etc.)
- Household hazardous waste
- Devices containing refrigerant (A/C units, water coolers, dehumidifiers, refrigerators, wine chillers, etc.)
- Broken/bare CRT (tube) TVs or monitors
- Materials containing liquids
- Radioactive materials (smoke detectors)
- Devices containing PCBs (ballasts from light fixtures must clearly state "No PCBs")
- Gas powered equipment
- Large appliances (i.e. stoves, washing machines, dryers, dishwashers)
- Paper for shredding
- Common household batteries (i.e. AAA, AA, C, D, button cell, NiCad tool batteries)
- Damaged, defective, recalled, swollen, burned, or leaking batteries
- CDs, DVDs, VHS tapes, and cassette tapes
- Remanufactured/off-brand/generic toner

Don't Miss Our Biggest
Fundraising Event of 2024

PanCAN PURPLE STRIDE

The ultimate walk to end pancreatic cancer
Saturday, April 27, 2024

Team Name: "WE WALK SO SHE CAN DANCE"

Join our Syracuse walk to help end Pancreatic Cancer at



1301 Nottingham Rd, Jamesville, NY 13078

12:30 p.m.

Meet at Village Center

1:00 p.m.

Walk The Nottingham campus

2:00—2:30 p.m.

Enjoy refreshments and folk
dance in the T.V. Meeting Room

Open to the public!

Register for free at purplestride.org/usa
or by scanning the QR Code



PASSOVER SEDER DINNER

Tuesday, April 30th in The Clubhouse
All are welcome to join!

Service begins at 4:30 p.m.
Dinner will be served at 5:30 p.m.



The Passover Seder is a Jewish ritual feast that marks
the beginning of the
Jewish Holiday of Passover.

Please sign up with Life Enrichment
at 315-413-3171 by
Thursday, April 25th
Seats are limited.

















Monday, April 22nd 2024
Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.



9:00 a.m.— 9:45 a.m. 	<p align="center">Aquatics Exercise with Shannon in the Pool</p>
9:45 a.m.— 10:30 a.m. 	<p align="center"> Open Swim/Lap Swim in the Pool</p>
10:30 a.m. 	<p align="center">Move and Groove with Jami in the T.V. Room</p>
10:30 a.m. 	<p align="center">Zumba with Dr. Ann on Channel 1340</p>
11:00 a.m. 	<p align="center">Gentle Yoga with Jami in the T.V. Room </p>
1:00 p.m. – 3:00 p.m. 	<p align="center">Poker in the Memories Lounge </p> <p><i>This is a resident-run activity. New players welcome! (Free to play –no gambling)</i></p>
1:00 p.m. 	<p align="center">Annual Earth Day Campus Clean Up Meet in the I.L. Front Lobby at 1:00 p.m. Rakes, gloves and trash bags will be provided!</p> 
1:30 p.m. 	<p align="center"> Mahjong for advanced players in the Arts & Crafts Room. New players welcome! This is a resident-run activity.</p>
3:00 p.m. – 7:00 p.m. 	<p align="center">The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>
3:00 p.m. 	<p align="center"> World Wide Waste Business Insider documentary: How To Replace Plastic With Avocados, Algae, Mushrooms And Sugarcane RUNTIME: 29 MINUTES In the T.V. Room</p>
7:15 p.m. 	<p align="center"> Wii Games in the T.V. Room  This is a resident-run activity.</p>
8:30 p.m. 	<p align="center">Money Monday on Channel 1340: “Why Americans Are Relocating to Mexico City For A Better Life.” What does it take to achieve the American Dream? For some, it means moving to Mexico City. CNBC speaks to several Americans who have relocated in search of a better life. Runtime: 25 Minutes</p>

Tuesday, April 23rd 2024
Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.

10:15 a.m. 	<p> Mindful Movement Class with Emily, O.T. in the TV Room <i>*open to all ability levels*</i> </p> 
10:15 a.m. 	<p> Seated Exercise Class for All Residents on Channel 1340 </p>
11:00 a.m. 	<p>  (315) 453-2866 OCRRA.org </p> <p> Recycling How-To Presentation with OCRRA educator Lisa Piering In the T.V. Room </p>
1:30 p.m. 	<p>  </p> <p> Spiritual Services for All in the TV Room Pastor Alicia Wood University United Methodist Church Fred Fiske, Musician </p>
1:30 p.m.— 3:00 p.m. 	<p>  </p> <p> Open Swim/Lap Swim in the Pool </p>
2:30 p.m. 	<p> Mahjong for beginners in the Arts & Crafts Room New players welcome! <i>This is a resident-run activity.</i> </p>
2:45 p.m. 	<p>  </p> <p> In the T.V. Room <i>This is a resident-run activity.</i> </p>
3:00 p.m. – 7:00 p.m. 	<p> The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu </p>
7:15 p.m. 	<p> Musical performance in the T.V. Room: Underground Flute Operative </p> <p>  </p> <p> UFO, from Cortland, NY, is a serious (but fun!) cohort of local flute players that enjoy playing the classics, while also adding in a variety of contemporary pieces. The group has been playing together for many years in other groups such as Cortland Old Timers Band, the CNY (Syracuse) Flute Choir, and Trio Presto flute trio. The rotating troupe of players in the group include Barbara Bridgers, Alex Cottrell, Jane Hunter, Terry Mingle, Jeanine Rose, Kaitlyn Rude, and Colleen Thomas. </p> <p>  </p>
8:30 p.m. 	<p> Tech Tuesday on Channel 1340: “Top 15 Future Cities Currently Being Built.” Ingenious innovations to combat changing environmental conditions. Multi-billion dollar mega cities made in order to facilitate a growing population. There are some cities under construction that are nothing short of incredible. RUNTIME: 20 Minutes </p>

Thursday, April 25th 2024		Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.	
10:30 a.m.		Exercise Class for all residents in the T.V. Room	
10:30 a.m.		Standing Exercise Video on the Nottingham Channel (ch. 1340)	
11:00 a.m.		 <p>Loretto Homecare Services Information Session in the T.V. Room</p> <p>Niki Heaton and Jade Hendricks, Resident Relations Representatives, will provide insights into the various services offered through our Homecare Program at The Nottingham and introduce key members of the Homecare team. <i>Open to families!</i> Bring any questions you may have.</p>	
1:30 p.m. – 3:00 p.m.			Open Swim/Lap Swim in the Pool
2:30 p.m.		<p>The Community Library of Jamesville & DeWitt will be in the T.V. Room with books for loan, sign up for a library card, & support in using tablets/digital content.</p> 	
3:00 p.m. – 7:00 p.m.		<p>The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>	
3:30 p.m.			<p>Book Club Meeting in the T.V. Room</p> <p>Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss: <i>Demon Copperhead</i></p>
7:15 p.m.			<p>Wii Games in the T.V. Room</p> <p>This is a resident-run activity.</p>  
8:30 p.m.		<p>Thoughtful Thursday on Channel 1340: “Could Humans Survive the Dinosaur-Killing Asteroid?” A thought experiment through a hypothetical apocalypse -- see what it would take for humanity to cling on through the worst disaster in the last 250 million years. RUNTIME: 15 Minutes</p>	












Friday, April 26th 2024		Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.
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. 		Fitness Fun with Jess in the T.V. Room This week: Cardio Drumming 
10:30 a.m. 	Zumba with Dr. Ann on Channel 1340	
11:00 a.m. 	Weekly WRAP-UP <i>Bring news articles to share. This is a resident-run activity.</i>	Current Events Discussion Group in the T.V. Room
1:30 p.m. 		Bible Study with Pastor Tom Worth in the Arts and Crafts Room <i>All Are Welcome!</i>
2:00 p.m. 		Knit-Wits in the Memories Lounge <i>New members welcome. This is a resident-run activity.</i>
3:00 p.m. 		Growing Connections Series with Kara, Director of Independent Living This month: “Nottingham Family Feud!” In the T.V. Room
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
7:15 p.m. 		BINGO In the T.V. Room. <i>This is a resident-run activity.</i>
8:30 p.m. 	Feel Good Friday on Channel 1340: “From Failure to Success: Rich Roll’s Story.” A top-ranked Swimmer talks about pushing through pain, bullying in high school, and addiction. RUNTIME: 23 minutes	

HANDY HINTS ...

The May outing list is now available for pick up in the mailroom or the Glens Community Room!

Saturday, April 27 th 2024	
10:30 a.m. 	<p style="text-align: center;">Seated Yoga</p> <p style="text-align: center;">Tune into The Nottingham Channel (ch. 1340) to participate!</p>
12:30 p.m. 	<p>Meet at Village Center at 12:30 p.m. for opening remarks, then walk The Nottingham campus with us! Refreshments and folk dance begin in the T.V. Meeting Room following the walk.</p> 
1:30 p.m. 	<p style="text-align: center;">65 Card Game in the Arts and Crafts Room</p> <p style="text-align: center;"><i>This is a resident-run activity.</i></p>
2:00 p.m. 	<p style="text-align: center;">Train Dominoes in the Memories Lounge</p> <p style="text-align: center;"><i>This is a resident-run activity.</i></p> 
2:00 p.m. 	 <p style="text-align: center;">Let's Play Chess in the Bistro</p> <p style="text-align: center;">All players are welcome. <i>This is a resident-run activity.</i></p>
8:30 p.m. 	<p>Science Saturday on Channel 1340: "Lessons from the Past on Adapting to Climate Change" Laprisha Berry Daniels TED talk. Daniels' grandparents left the Southern United States and migrated north to Detroit in the 1950s. Now, as a public health social worker, Berry Daniels mines the survival strategies of her grandparents to think about how we can all learn from the past to better prepare for current and future environmental climate change. RUNTIME: 9 Minutes</p>

Sunday, April 28 th 2024	
11:00 a.m. 	<p style="text-align: center;">Catholic Mass with Fr. Kehoe in the D-Wing Chapel</p>
11:00 a.m. 	<p style="text-align: center;">Catholic Mass with Syracuse Diocese Priests in the T.V. Room</p>
2:00 p.m. 	 <p style="text-align: center;">Scrabble Game in the Arts & Crafts Room</p> <p style="text-align: center;">All are welcome! <i>This is a resident-run activity.</i></p>
2:30 p.m. 	 <p style="text-align: center;">Sunday Movie in the T.V. Room: The Martian</p> <p>The Martian is a 2015 science fiction film directed by Ridley Scott and starring Matt Damon, adapted the screenplay from the 2011 novel of the same name by Andy Weir. The film depicts an astronaut's lone struggle to survive on Mars after being left behind and the efforts of NASA to rescue him and bring him home to Earth. It received positive reviews with praise for its direction, visual effects, musical score, screenplay, scientific accuracy and was nominated for seven awards at the 88th Academy Awards, and received numerous other accolades. RUNTIME: 142 Minutes</p>
3:00 p.m. 	<p style="text-align: center;">PINOCHLE IN THE MEMORIES LOUNGE</p> <p style="text-align: center;"><i>This is a resident-run activity.</i></p> 
8:30 p.m. 	<p>Historical Sunday on Channel 1340: "Across The Lake" Amusement parks of the past documentary by Onondaga Historical Association: A look at Golden Age of Onondaga Lake between 1875 -1920. RUNTIME: 38 min</p>