



**The Nottingham**  
A Loretto Community

# ***Independent Living Weekly Telegraph***



***Oct. 11 - Oct. 17 2021***

***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**

**Colleen Holland, Recreation Specialist**

**315-413-3171**

**Jess Wood, Wellness & Fitness Coach**

**315-413-3817**

# Discovery Walk

Come take a walk and  
learn about some of the  
greatest discoveries  
of our time.



This activity will be up  
from 10/11-10/17





# The Nottingham Pool

The Pool & Spa are open weekday mornings unless other wise noted in your Telegraph.

Classes offered are as follows:

***Aquatics Exercises with Jess Wood***

Mondays & Wednesdays

9:15am - 10:15am

***Open Swim/Lap Swim***

Mondays & Wednesdays

10:15am - 11:00am

Tuesdays, Thursdays, & Fridays

9:15am - 10:15am

**The spa is open!** Residents can use the spa anytime the pool is open, even if there is a class in the pool. Spa Rules: Limit of 15 minutes in the spa for your health and safety.

Your primary care physician must give you clearance before you start any aquatic activities; especially if you want to utilize the spa.

Please call Life Enrichment with any questions or concerns.

# FOOD DRIVE

Dear Residents,  
Just a reminder if you have canned goods or non-perishables, we are still doing our food drive for local food banks and church food pantries. Please place *un-opened* food items the container in the Mail Room.

Thank you all for your contributions toward helping people less fortunate.





# ATTENTION ALL INDEPENDENT LIVING RESIDENTS

We would like to remind all residents to drink fluids regularly in order to remain hydrated. For older adults, dehydration is dangerous and can lead to illness and even hospitalization.

There are water coolers on the second floor of the Village Center in the Fitness Room, in The Cuppa Café, and in the TV Room.

Be sure to stop and grab a drink of water as you pass by.

*Stay Hydrated*  
*Stay Healthy*



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

**Monday, October 11<sup>th</sup> 2021**

## *Columbus Day & Indigenous People Day*

**Masks & social distancing are required at all programs.**

Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm










9:15 a.m. – 10:15 a.m. 	<b>Aquatics Exercise with Jess in the Pool</b> <i>* Open to all residents*</i>
10:15 a.m. – 11:00 a.m. 	<b>Open Swim/ Lap Swim in the Pool</b> <i>* Open to all residents*</i>
10:00 a.m. 	<b>Morning Meditation on ch. 1340</b> A guided meditation session that will offer ways to relax that can be used in your daily life.
10:30 a.m.  	Exercise Class for all residents in the TV Room or on the Nottingham Channel (ch. 1340)
11:00 a.m. 	<b>Gentle Yoga with Jess</b> in the TV Room. 
1:00 p.m. 	<b>Qi Gong with David Dolbear in the TV Room</b> Qi Gong is a system of coordinated body-posture and movement, breathing, & meditation used for the purposes of health & spirituality.
1:30 p.m. 	<b>Mahjong Game in the Arts &amp; Crafts Room</b> <i>This is a resident run activity</i>
3:00 p.m. <b>R</b> 	<div> <div>  <p><b>Inspire Care Presentation:</b> <b>LifePlan Information Session</b> Peter Auyer, LifePlan Manager, will answer specific questions, educate and encourage the need for compiling and organizing all important personal information. Handouts and useful information will be provided. <i>Please register with Life Enrichment. Space is limited.</i></p> </div> </div>
7:15 p.m. 	  <b>Wii Games in the TV Room</b>   <i>This is a resident run activity.</i>

**HANDY HINTS . . .**

Label your walker with your last name and apartment number to make it easier to find.



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Tuesday, October 12 <sup>th</sup> 2021	
Masks & social distancing are required at all programs.	
Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm	
9:15 a.m. – 10:15 a.m. 	<b>Open Swim/ Lap Swim in the Pool</b> <i>* Open to all residents*</i>
10:00 a.m. – 12:00 p.m. <b>R</b> 	<b>Oasis Class via Zoom in the TV Room</b> In order to participate in these lectures, you would have to be a member of or registered with Oasis in advance. 
10:30 a.m. 	Exercise Class on the Nottingham Channel (ch. 1340)
1:30 p.m. 	<b>Ecumenical Church Service in the TV Room</b> with Chaplain David E. Pasinski, Remembrances & Healing. Music by Fred Fiske. All are welcome!
2:30 p.m. 	<b>BINGO in the TV/Meeting Room</b> <i>This is a resident run activity.</i>
3:30 p.m. 	 <b>Greeting Card Making with resident Judy M. in the TV Room</b>
7:15 p.m. 	<b>A Nottingham Channel Special:</b> <b><i>Katharine Hepburn; the Great Kate</i></b> A True Story documentary. <i>The Great Kate</i> peeps behind the scenes of the golden era of Hollywood to discover exactly how and why Katherine Hepburn became one of the most famous actresses in the glamorous world of cinema. Hepburn managed an unbelievable 60-year career, keeping an outstanding open mind, staying provocative and timeless – something that still fascinates us even today.    Runtime: 1hr 16min <i>Residents may watch together in the TV Room.</i>

“My greatest strength is common sense. I'm really a standard  
brand - like Campbell's tomato soup or Baker's chocolate.”  
~ Katharine Hepburn

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**Wednesday, October 13<sup>th</sup> 2021**

**Masks & social distancing are required at all programs.**

*Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm*

9:15 a.m. – 10:15 a.m. 	<b>Aquatics Exercise with Colleen in the Pool</b> <i>* Open to all residents*</i>
10:15 a.m. – 11:00 a.m.	<b><u>NO</u> Open Swim/ Lap Swim in the Pool</b>
10:30 a.m. 	Exercise Class on the Nottingham Channel (ch. 1340)
10:30 a.m. 	<b>Fitness Fun with Colleen in the TV Room</b> Try new workout routines & have fun while you exercise.    <b>This week: Seated Volleyball</b>   
11:00 a.m. 	<b>Gentle Stretching with Colleen</b> in the TV Room. 
1:00 p.m. 	<b>Stock Market &amp; Finance Discussion Group</b> <b>in The Clubhouse</b> <i>New members welcome. This is a resident run activity</i>
2:00 p.m. 	<b><u>Change &amp; Loss Support Group in the TV Room</u></b> This educational support group is intended for residents who are experiencing change or loss in their lives (caregiving, losing a loved one, moving to a new home, health concerns, etc.) The group is facilitated by Lilian Moskowitz, Resident Relations Representative. <b><u>This month's topic: Changing with the Changes</u></b> <i>All discussions are confidential.</i>
3:00 p.m. – 4:30 p.m. 	 <b>Happy Hour in The Clubhouse</b> Enjoy the new weekly cocktail special.  <i>Music from Blair Frodelius, guitar &amp; vocals</i>
7:15 p.m. 	<b>The Nottingales Rehearsal in the TV Room</b> <i><u>New members welcome!</u></i> A resident men's & women's choir, singing for fun & the love of music. Led by Brad Ozinsky. Please bring your binders and a writing utensil. <i>If you are missing music, please contact Colleen.</i>



**"Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength."**  
~Barack Obama




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**Thursday, October 14<sup>th</sup> 2021**

**Masks & social distancing are required at all programs.**

*Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm*

9:15 a.m. –  
11:00 a.m. 


**Open Swim/ Lap Swim in the Pool**  
**\* Open to all residents\***

10:30 a.m. 

**Zumba with Dr. Ann on Channel 1340**

10:30 a.m.  


**Exercise Class with Kara in the TV Room**

11:00 a.m. –  
12:00 p.m.  
**R** 

**Fall Prevention Class LE MOYNE**

This is a 5-week progressive course  
with LeMoyne Occupational Therapy students.  
*Please register with Life Enrichment. Space is limited.*

1:00 p.m.  




**Bridge in the Arts & Crafts Room**  
**New players welcome!**  
*This is a resident run activity*

1:30 p.m.  


**Resident Forum in the TV Room**

All residents are  
encouraged to attend.



*Donations to Resident Forum can be brought to the meeting  
or placed in the IL Mail Room suggestion box.*

2:30 p.m.  




**Nottingham Pumpkin Patch**

outside the ALR main entrance  
Get into the spirit of the season  
and pick a pumpkin to take home.  
*Pumpkins provided by Sterling Pumpkins in Fabius.*

3:00 p.m.  


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

7:15 p.m.  




**Concert in the TV/Meeting Room**

Geoff Clough, piano and vocals  
The Crooners & Croonettes of the 50s & 60s.



program is in person



program is on channel 1340



program requires registration

**Friday, October 15<sup>th</sup> 2021**

**Masks & social distancing are required at all programs.**

*Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm*

9:15 a.m. –  
10:15 a.m.

**Open Swim/ Lap Swim in the Pool**  
**\* Open to all residents\***

10:30 a.m.

Exercise Class for all residents  
in the TV Room or on the Nottingham Channel (ch. 1340)

11:00 a.m.

**THE Weekly WRAP-UP** **Current Events Discussion Group**  
**in the TV Room**  
*Bring news articles to share. This is a resident run activity.*

1:30 p.m.

**Bible Study with Pastor Tom Worth in the TV Room**  
*This is a resident run activity. All are welcome.*

2:00 p.m.



**Knit-Wits in the Arts & Crafts Room**  
*New members welcome. This is a resident run activity.*

3:00 p.m.



**A Nottingham Channel Special:**  
**Armchair Travels: Serengeti**

The documentary accompanies the animal filmmaker Reinhard Radke at and illustrates the conditions and the difficulties that can arise when making animal films. The Serengeti, East Africa's eternal paradise, with its endless expanses and wild animals. Runtime: 50min

3:00 p.m.



**Wii Games in the TV Room**  
*This is a resident run activity.*



7:00 p.m.

**Syracuse University Football takes on Clemson.**  
**The game will be on ESPN (ch. 24)**  
**LET'S GO ORANGE!**

*Residents may watch together in the Clubhouse*



7:15 p.m.

**BINGO in the TV/Meeting Room**  
*This is a resident run activity.*

**SYRACUSE S ORANGE S SYRACUSE S ORANGE S SYRACUSE S ORANGE S**










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**Saturday, October 16<sup>th</sup> 2021**

**Masks & social distancing are required at all programs.**

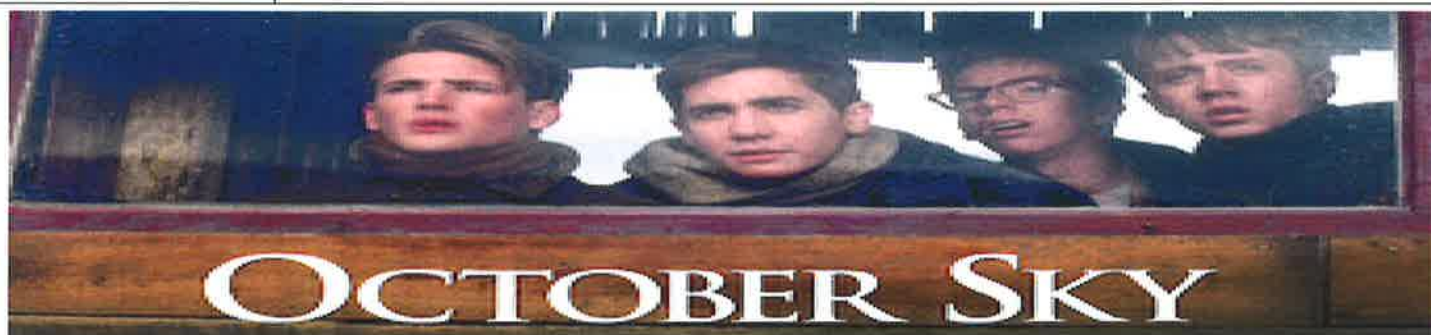
*Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm*

10:30 a.m. 	<b>Seated Yoga</b> Tune into The Nottingham Channel (ch. 1340) to participate!
1:30 p.m. 	<b>65 Card Game in the 2<sup>nd</sup> Floor A-Wing Lobby</b> <i>This is a resident run activity</i>
2:30 p.m. 	<p><b>A Nottingham Channel Special:</b></p> <p> <b>Ensemble Correspondences</b> </p> <p><b>Led by Sébastien Daucé</b></p> <p>Recorded September 2016 at The Early Music Festival in Italy. Featuring music from Marc-Antoine Charpentier, Maurizio Cazzatti, Francesco Beretta, Giovanni and more.</p> <p>Runtime: 2hr 3min      <i>Residents may watch together in the TV Room.</i></p>

**Sunday, October 17<sup>th</sup> 2021**

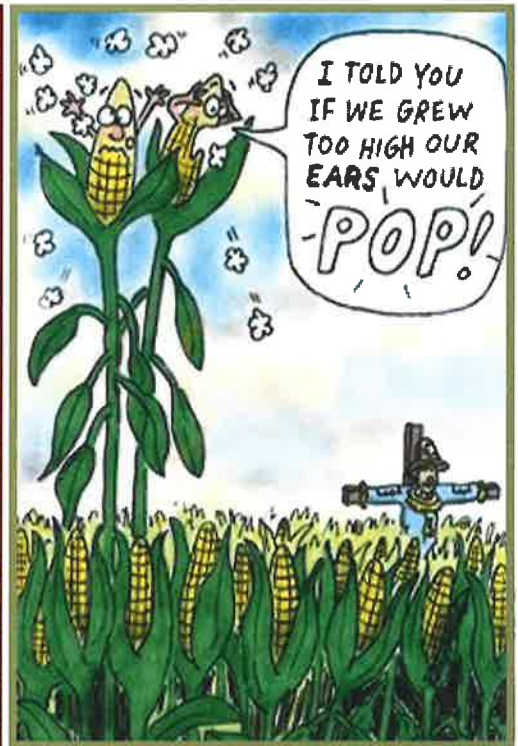
**Masks & social distancing are required at all programs.**

9:00 a.m. – 12:00 p.m. 	<b><u>Church Transportation</u></b> Please sign up in the Resident Services Office. Meet in the Village Center (main lobby) for transportation.
11:00 a.m. 	<b>Catholic Mass with Fr. Kehoe in the D-Wing Chapel</b>
11:00 a.m. 	<b>Catholic Mass with Syracuse Diocese Priests in the TV Room</b>
2:00 p.m. 	 <b>Scrabble Game in the Arts &amp; Crafts Room</b> <i>All are welcome! This is a resident run activity.</i>
2:30 p.m. 	<p><b>Movie in the TV/Meeting Room</b></p> <p><b>1999 biographical drama: <i>October Sky</i></b></p> <p>Starring Jake Gyllenhaal, Chris Cooper, Laura Dern</p> <p>Runtime: 1hr 47min</p>





# Let's Laugh a Little!



VERY PUNNY

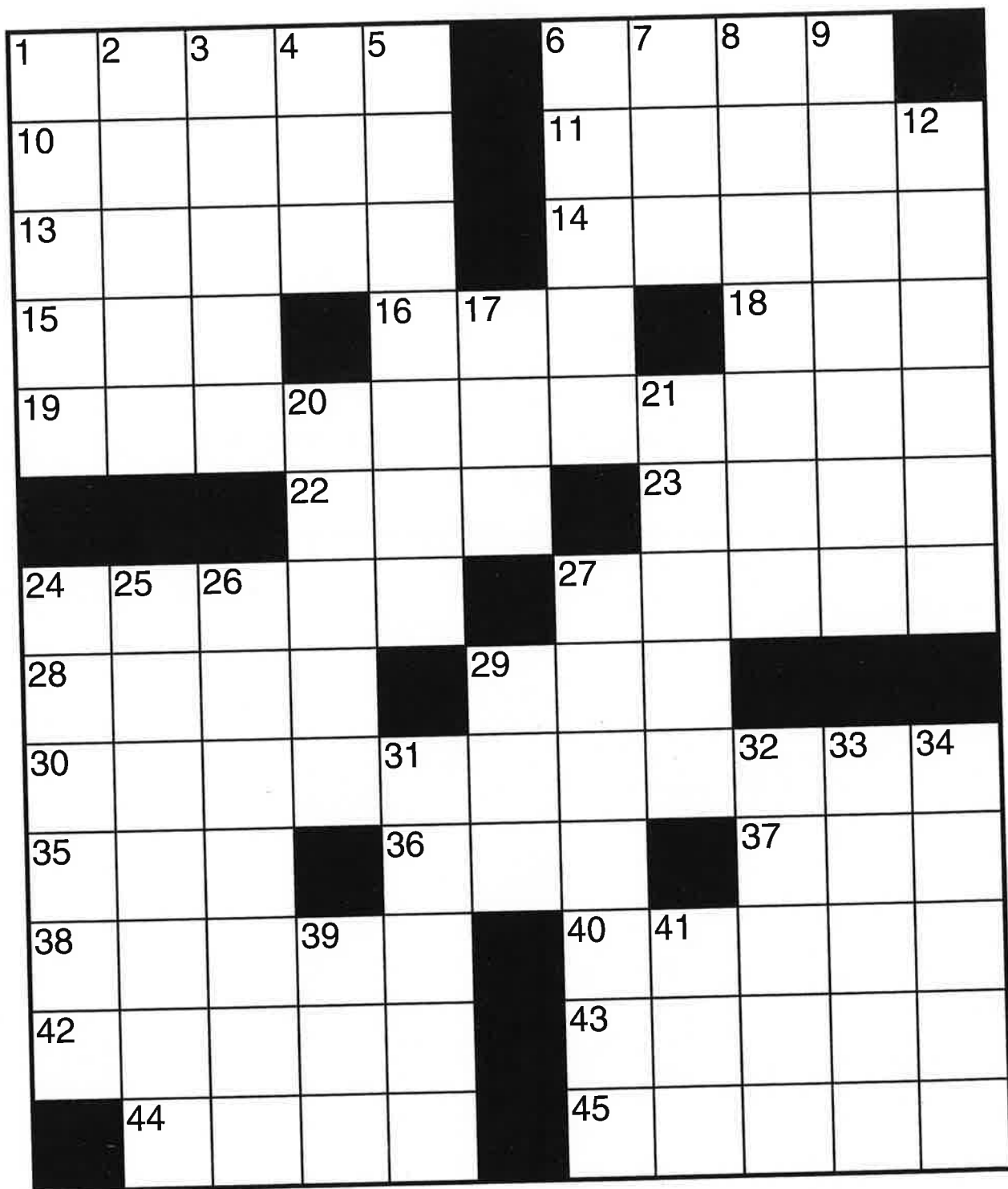
Why did the pig take a bath?



Because the farmer said "HOGWASH!"



**13**



ANSWER, PAGE 280

## ACROSS

- 1 Supply the party  
6 Winter ailments  
10 Without help  
11 Bowling sites  
13 Ties up  
14 Seize by force  
15 Play a part  
16 \_\_\_ chi  
18 Healthful resort  
19 Famed violinist  
22 Exist  
23 Aquarium part  
24 *Alfie* star  
27 Mariners  
28 One-time Atlanta arena  
29 Crooner Tormé  
30 Famed violinist

- 35 Baseball need  
36 Mi. parts  
37 U.N. labor org.  
38 Corpulent  
40 Van Gogh painted there  
42 Murdered  
43 A question of place  
44 Writer Ferber  
45 Ilks

## DOWN

- 1 Plotting group  
2 Wonderland visitor  
3 Scout's rider  
4 Finish  
5 Fix a painting  
6 Liquid  
7 \_\_\_ Vegas  
8 Exotic  
9 Eden villain

- 12 Welding by-product  
17 Pub brew  
20 Terror  
21 To any extent  
24 Jazz bands  
25 Friendly  
26 As an alternative  
27 Teeters  
29 Loony  
31 Laughing mammal  
32 Roger Bannister, for one  
33 Wide awake  
34 Snouts  
39 Moral no-no  
41 Greek letter



13

