

Independent Living Weekly Telegraph

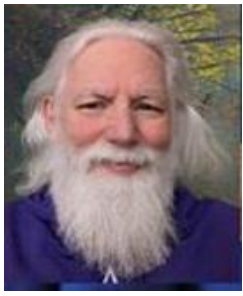
October 12 - October 18, 2026

Calendar of Events | Birthdays | Menus | Special Announcements



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

Follow our YouTube Channel: [@NottinghamLifeEnrichment](#)



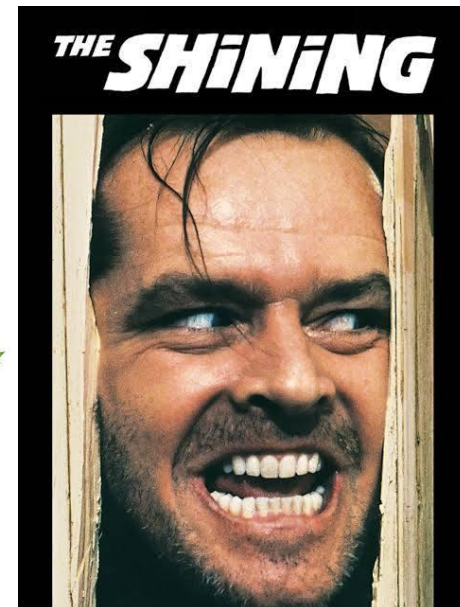
Mon the 12 @ 3:00: You may have heard of a doula who provides guidance and support to a pregnant woman during labor. There are also end-of-life, or death, doulas. Jim Brulé is one. He also volunteers as a chaplain at Upstate. He explains the role of the death doula and how people can locate one.

Thurs @ 11 a.m. in the T.V. Room: Dave DeFrancis presents on services Aurora of CNY offers

Providing hope, empowerment, and support to those who are Deaf, Blind, Visually Impaired, or Hard of Hearing.



Weekend movie: *The Shining*. *The Shining* is a 1980 psychological horror film produced and directed by Stanley Kubrick. The film presents the descent into insanity of a recovering alcoholic and aspiring novelist who takes a job as winter caretaker for a mountain resort hotel with his wife and clairvoyant son. Runtime: 144 min.



The annual Nottingham Craft Fair will be Friday, December 4 from 12:00 – 4:00 p.m.! Residents who wish to have a table please contact Jami to sign up. Family, friends, and the public are welcome! Help us spread the word!

Monday October 12, 2026	Tuesday October 13, 2026	Wednesday October 14, 2026
9:00 Tech Help w/ Jami. <u>Use the sign up sheet in the mailroom.</u> 9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:00 – 12:00 <u>Buffalo Pharmacy hours in the Resident Store for medication and sharps disposal</u> 10:30 Exercise w/ Tiffany TR 10:30 Chair Zumba TV 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga TV 1:00 Poker ML 1:30 Better Bones & Balance w/ Tiffany TR 1:30 Exercise video TV 2:15 Advanced mahjong B 2nd Floor Lobby 2:15 Better Breathers Club w/ Tiffany CH 3:00 <u>What is an End of Life Doula? Presentation and Q & A with Jim Brule, Doula and volunteer chaplain at Upstate Hospital</u> TR	10:15 Mindful Movements w/ Emily TR 10:30 Exercise video TV 11:00 <u>Quarterly Campus Clean up initiative. Meet in the Clubhouse. Gloves, grabbers and trash bags provided – weather permitting</u> 1:30 Exercise video TV 1:30 Spiritual Services w/ Nancy Pease IC 1:30 – 3:00 Open Swim Pool 2:30 Beginner's Mahjong A wing 2nd Floor lobby 2:30 Play Pitch ML 2:30 <u>Meet and Greet with Democratic representatives running for state, county and local offices</u> TR 3:45 History Channel's Haunted History: Haunted Edinburgh. RT 50 min TR 7:00 <u>Jazz piano and upright bass performance</u> TR	9:00 – 10:00 <u>Drop in tech help w/ Jami</u> CH 9:00 Aquatics Exercise with Tiffany Pool 9:45-10:30 Open Swim Pool 10:30 Exercise w/ Tiffany TR 10:30 Exercise video TV 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga TV 1:00 <u>Men's Group meets to discuss Democracy Requires Disagreement: Here's How To Do It</u> Better TR 2:30 <u>Writer's Group with Professor Schell</u> TR 3:00 – 4:30 <u>Happy Hour w/ piano and vocal performance by John Vona from 3:30 – 4:30 p.m. Enjoy free Hors d'oeuvres!</u> CH

GC: Glens Comm. Rm.
CR: Conference Room
TV/YT: Channel 1340/YouTube

TR: T.V. Meeting Room
GL: Gathering Lounge
FP: Fireplace Lounge

CH: Clubhouse
IC: Interfaith Chapel
ML: Memories

Thursday October 15, 2026	Friday October 16, 2026	Saturday October 17, 2026
9:00-10:30 Open Swim Pool 10:15 <u>Confessions</u> IC 10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 <u>Aurora of CNY</u> <u>presents on hearing and</u> <u>vision loss products</u> TR 11:15 <u>Catholic Mass</u> IC 12:00 <u>Monthly Birthday</u> <u>Luncheon</u> – RSVP according to invitation CH 1:00 Play Poker ML 1:30 Exercise video TV 1:30 <u>Resident Forum</u> TR 3:00 Cornhole TR	9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:30 Exercise w/ Tiffany TR 11:10 Weekly Wrap Up TR 1:30 Exercise Video TV 1:30 Wii Bowling TR 1:30 <u>Bible Study w/ Pastor</u> <u>Tom Worth</u> CR 2:00 Knit-Wits ML 2:30 Pumpkin Painting TR 7:00 BINGO night! \$1 per board TR	10:30 Seated Stretching TV 10:30 Seated Volleyball TR 1:30 Exercise for fall prevention TV 2:00 Play Chess w/ Alan in the Bistro 2:30 Weekend movie: <i>The</i> <i>Shining</i> . RT 7:30 S.U. Men's Football vs Cardinals on Ch. 388 TR
		Sunday October 18, 2026
		10:30 Seated Stretching TV 11:00 <u>Catholic Mass</u> IC 1:30 40 min exercise TV 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie rerun TR 2:30 Play Pinochle ML

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THE NOTTINGHAM

Holiday CRAFT FAIR

Friday, December 4 12-4 P.M.
1301 Nottingham Road, Jamesville, NY

Open to the Public!

Interested vendors
contact Jami
jleone@lorettosystem.org
315.413.3171