The Nottingham
A Loretto Community

Independent Living Weekly Telegraph
November 30 - December 6, 2026

Calendar of Events I Birthdays I Menus I 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

Monday November 30, 2026	Tuesday December 1, 2026	Wednesday December 2, 2026
9:00 Tech Help w/ Jami. Use the sign up sheet in the mailroom. **9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **10:00 – 12:00** Medication and sharps disposal in the Resident Store **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** **2:30** Music Monday! Flashback to all the music history that happened on Nov. 30th **TR** **3:00** Bingo! **CH**	**10:15** Mindful Movements w/ Emily **TR** **10:30** Exercise video **TV** **11:00** Christmas Cardmaking for troops **TR** **1:30** Exercise video **TV** **1:30** Spiritual Services w/ Jim Brule and Fred Fiske **IC** **1:30** Virtual Travel w/ Jami: Yuletide around the World **TR** **1:30 – 3:00** Open Swim **Pool** **2:30** Beginner's Mahjong **A wing 2nd Floor lobby** **2:30** Play Pitch **ML** **3:00** Play Yahtzee! w/ Jami **CH** **9:00** SU Basketball Game vs. Oklahoma on Ch. 370 (not available on basic cable). Life Enrichment is looking for magazine donations. Drop off anytime. Thank you!	**9:00 – 10:00** Tech Help drop in w/ Jami **CH** **9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **10:30** Exercise w/ Tiffany **TR** **10:30** Chair Zumba **TV** **11:00** Yoga w/ Tiffany **TR** **2:30** Writer's Group with Professor Schell **TR** **3:00 – 4:30** Happy Hour in the Clubhouse with a performance by Jill Minye on piano from 3:30 – 4:30 p.m.

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 December 3, 2026	Friday December 4, 2026	Saturday December 5, 2026
10:30 Exercise Class **TR** **10:30** Chair exercise **TV** **11:00** Brain Games w/ Jami: Play Wordle and Connections **TR** **11:15** Monthly Protestant Service **IC** **12:30 – 2:30** Massages w/ Donna, L.M.T. **CR** Sign up in the mailroom **1:00 – 3:00** Poker ML **1:30 – 3:00** Open Swim **Pool** **2:00 Sentimental Serenade performs "Christmas Quilt"** **TR** **3:30** Cornhole **TR**	**9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **10:30 NO** Exercise today **TR** **11:10** Weekly Wrap Up **GC** ***location change*** **12:00 – 4:00 p.m.** **Holiday Craft Fair** **In the T.V. Room, Fireplace Lounge & Clubhouse** **Local artists – handmade jewerly – Resident Store** **Raffle – local foods & more!** **7:00** Bingo! **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: *The Sound of Music*. A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer. RT 3 hours. **TR**
		Sunday **December 6, 2026**
		10:30 Seated Stretching **TV** **11:00 Catholic Mass** **IC** **1:30** 40 min exercise **TV** **1:30** Play Mahjong **CH** **2:00** Play Scrabble **CR** **2:30** Movie rerun **TR** **2:30** Play Pinochle **ML**

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