



Independent Living Weekly Telegraph

June 1 - June 7, 2026

Calendar of Events | Birthdays | Special Announcements | Menus



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A-Z of Aging (Well)! “A” is for Ageism, “B” is for bone density....Learn about age-related changes and myths during this presentation! Presented by Chris Norman, Director of Educational Programming and Research/Associate Medical Director at PACE CNY.
Wed June 3 @ 1:30 p.m. in the T.V. Room.

Donation drive! Mon. June 1 – Thurs. June 4



Drop off donations to your wing's 1st floor elevator lobby box. To view full wish list, go to humanecny.org, click on “support” and select “online wish lists.” You can also make a direct monetary donation by clicking “donate” or through Life Enrichment. Dry and wet cat food, dry and wet dog food, treats, and toys/beds always needed!

Outing Update The outing for Marvin's chorus concert will have two buses! These will run like shuttles to May Memorial Church. **If you are currently on the waiting list, you are added to the new bus departing at 6:15 p.m.**



Welcome Madison Lauber! Joining us as an intern for the Life Enrichment Department. Maddie is a graduate student at SUNY Cortland pursuing a degree in Therapeutic Recreation. She will be joining the team this Friday, May 29th and will support all four areas of The Nottingham. Maddie has earned a B.S. in Early Childhood Education and studied abroad at the University College Cork in Cork, Ireland to study History and English. She was also Vice President of Student Activities as well as a Tour Guide with SUNY Cortland.



Forum on the U.S. Constitution

Instructor: Timothy LaGoy, Ph.D., retired American history professor

This course will be prefaced by a brief explanation of the guidelines for holding a public civil dialogue. The course itself will provide a general overview of the U.S. Constitution, including historical background, features and functions of its different parts, federalism, and special attention to the Bill of Rights. At the end of the first session, participants will be provided a list of questions and quotes for discussion, as well as observations and comments on the Constitution, which will be discussed during the second session.

Two, 2-hour sessions in the T.V. Room @ 2:15 p.m.

Session 1: Tues June 16

Session 2: Tues June 23

Registration Information

This class is open to the public and offered through Upstate Oasis. **Registration with Oasis and payment of class fee of \$30 is required.** If you are not yet an Oasis member, Shannon or Jami can assist you in registering and signing up for the class online.

AMERICA



CLUBHOUSE KICKOFF!

Enjoy more comfortable seating, a cozy atmosphere,
a new menu for snacks, small bites,
and drink specials!

Opening week events

Mon 6/1: New menu reveal with free samples!

Enjoy live music by Jason Jeffers
from 3:00 - 4:30 p.m.

Tues 6/2: Group Trivia: Food & drink @ 3:30 p.m.

Wed 6/3: Happy Hour!

with live music by Greg Hoover

Thurs 6/4: Thirsty Thursday!

Enjoy half off glasses of house wine

Fri 6/5: Trivial Pursuit & half price appetizers @ 3:00 p.m.

Wine raffle every day of June @ 4:30 p.m.

must be present to win

New hours

Mon - Sat 3:00 p.m. - 7:00 p.m.

Sun 12:00 p.m. - 7:00 p.m.



Why are we making this change? The Clubhouse was designed to be a gathering space, meant for card games, watching the game, or visiting with friends. With the Bistro becoming increasingly busy & the arrival of the new clubhouse chairs, we look forward to seeing the space enjoyed more by our residents & families!



What kind of food is available? We will have a special bar menu available, made up of lighter food, appetizers and shareable plates. You will be able to pay with credit, gift cards, Flexible Dining Card or bill to your apartment.

Can we still purchase alcohol in the Bistro & Dining Room? The Bistro will no longer serve alcohol. You can still order wine, beer or cocktails from your table in the Dining Room and it will be brought to you by your server.

Does this change the Nottingham alcohol policies? No, regardless of where you order your alcoholic beverages, you will be limited to 2 servings per day.

Is this taking away Life Enrichment programming space? No, Life Enrichment will continue to hold programs in the Clubhouse, throughout the day. Late afternoon activities that overlap with the new bar hours will be carefully reviewed to assure the best experience for all of those involved.

I'm not planning on drinking there, can I still come to the Clubhouse?

Absolutely, yes! This space continues to be open to all residents. Come to socialize, without ordering or to enjoy a soft drinks or non-alcoholic wine & beer.

Can I still reserve the Clubhouse for private events? Yes, contact Alice Dela Cruz to learn more about reserving the space and catering services.

Monday June 1, 2026	Tuesday June 2, 2026	Wednesday June 3, 2026
<p>9:00 Tech Help w/ Jami - <u>use sign up sheet in mailroom</u></p> <p>9:00 Aquatics Exercise w/ Tiffany Pool</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Tiffany TR</p> <p>10:30 Chair Zumba TV/YT</p> <p>11:00 Yoga w/ Tiffany TR</p> <p>11:00 Chair Yoga TV/YT</p> <p>1:00 Poker ML</p> <p>1:30 Better Bones and Balance w/ Tiffany TR</p> <p>1:30 Freestyle Watercolor painting GC</p> <p>1:30 Exercise video TV/YT</p> <p>2:15 Advanced mahjong B 2nd Floor Lobby</p> <p>2:30 Craft w/ Ro: Decoupage notebooks TR</p> <p>3:00 – 4:30 Clubhouse Kick off! Free samples & live music by Jason Jeffers CH</p> <p>3:00 Poetry Lover’s Group CR</p>	<p>9:30 Tai Chi w/ Anna TR</p> <p>9:30 Seated Tai Chi TV/YT</p> <p>10:15 Mindful Movements w/ Emily TR</p> <p>10:30 Exercise video TV/YT</p> <p>11:00 Ladderball (independent) Tent</p> <p>11:15 Canvas painting: beach scene w/ Jami TR</p> <p>1:30 Exercise video TV/YT</p> <p>1:30 Spiritual Service w/ Jim Brule & Fred Fiske IC</p> <p>1:30 – 3:00 Open Swim Pool</p> <p>2:30 Play Pitch ML</p> <p>2:30 Beginner’s Mahjong A wing 2nd Floor lobby</p> <p>3:30 Clubhouse Kickoff: Play Food & Drink Trivia CH</p> <p>7:15 Live music performance with A Brass Act TR</p>	<p>9:00 Aquatics Exercise with Tiffany Pool</p> <p>9:00 – 10:00 Drop in Tech help w/ Jami CH</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Tiffany TR</p> <p>10:30 Exercise video TV/YT</p> <p>11:00 Yoga w/ Tiffany CH</p> <p>11:00 Chair Yoga TV/YT</p> <p>1:30 A-Z of Aging (well!) w/ Chris Norman TR</p> <p>1:30 Exercise Video TV/YT</p> <p>3:00 – 4:30 Happy Hour w/ musical performance by Greg Hoover CH</p>

Location Key

TR: T.V. Meeting Room

CR: Conference Room

TV/YT: Channel 1340/YouTube

ML: Memories Lounge

GC: Glens Comm. Rm.

CH: Clubhouse

GL: Gathering Lounge

IC: Interfaith Chapel

FP: Fireplace Lounge

Thursday June 4, 2026	Friday June 5, 2026	Saturday June 6, 2026		
<p>10:30 Exercise class TR</p> <p>10:30 Gentle Chair exercise TV/YT</p> <p>11:15 Protestant Service IC</p> <p>1:00 Play Poker ML</p> <p>1:30 Exercise video TV/YT</p> <p>1:30 – 3:00 Open Swim Pool</p> <p>1:00 – 3:00 Visit cats from CNY Humane Society! Drop in during this time. Space will be limited to not overwhelm the cats – there may be a wait in the Fireplace Lounge. TR</p> <p>1:00 – 2:30 Massage w/ Donna CR</p> <p>3:00 – 4:30 Clubhouse Kickoff: Thirsty Thursday! Enjoy half price house wine CH</p> <p>4:00 AARP Virtual Class: Staying safe on the road @ night TR</p>	<p>9:00 Aquatics Exercise w/ Tiffany Pool</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Tiffany TR</p> <p>10:30 Seated Zumba TV/YT</p> <p>11:10 Weekly Wrap Up: Bring news articles to share TR</p> <p>11:15 Walking Club w/ Tiffany and Jami CH</p> <p>1:30 NO Bible Study or Wii bowling today</p> <p>1:30 Seated Zumba TV/YT</p> <p>1:30 Bob Searing, Curator of History at OHA, presents “origins of the revolution” TR</p> <p>2:00 Knit Wits ML</p> <p>3:00 – 4:30 Clubhouse Kickoff: Half price apps & trivial pursuit! CH</p> <p>7:00 Bingo! \$1 per board TR</p>	<p>10:30 Seated Stretching TV/YT</p> <p>10:30 Seated Volleyball TR</p> <p>1:30 Exercise for fall prevention TV/YT</p> <p>2:00 Play Chess w/ Alan in the Bistro</p> <p>2:30 Movie: <i>Off the Grid</i>. Explores how and why Americans chose to live off the grid. 57 min TR</p> <tr> <th colspan="2" data-bbox="1409 683 2060 776">Sunday June 7, 2026</th> </tr> <p>10:30 Seated Stretching TV/YT</p> <p>11:00 Catholic Mass IC</p> <p>1:30 40 Min all-in-one exercise TV/YT</p> <p>1:30 Play Mahjong A wing 2nd Floor Lobby</p> <p>2:00 Play Scrabble CR</p> <p>2:30 Movie rerun: <i>Off the Grid</i> TR</p> <p>2:30 Play Pinochle ML</p>	Sunday June 7, 2026	
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