

Independent Living Weekly Telegraph

July 27 – August 2, 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
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Follow our YouTube Channel: @NottinghamLifeEnrichment		

Monday August 3, 2026	Tuesday August 4, 2026	Wednesday August 5, 2026
9:00 Tech Help w/ Maddie - <u>use sign-up sheet in mailroom</u> 9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 9:45 – 10:15 Tai Chi w/ Anna TR 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 and Balance w/ Tiffany TR 1:30 Exercise video TV 2:15 Advanced mahjong B 2nd Floor Lobby 2:30 <u>Craft w/ Ro: a take-home decoupage ruler & work together on a collage!</u> TR 3:00 NO bingo today	9:00 – 10:30 Open Swim Pool 9:30 Seated Tai Chi TV 10:15 Exercise w/ Emily TR 10:30 Exercise video TV 11:00 <u>Life Enrichment Calendar Review</u> TR 1:30 Exercise video TV 1:30 <u>Spiritual Service</u> IC 1:30 Documentary: Interviews with Classic Corvette owners of CNY presented by Syracuse Nationals (38 min) TR 2:30 Beginner's Mahjong A wing 2nd Floor lobby 3:00 Coloring together CH 7:00 <u>Classical Flute & Piano performance by Lana Stafford and Nick Albegore. Enjoy \$1 off bottle of wine specials during Tuesday night concerts!</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 Play Skipbo! with Shannon TR 2:30 Writer's Group TR 3:00 Happy Hour w/ Tim Herron on acoustic guitar. Enjoy free hors d'oeuvres during Wednesday Happy Hours! 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 Lounge

Thursday August 6, 2026	Friday August 7, 2026	Saturday August 8, 2026
10:15 Confessions IC 10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 <u>Upstate Healthlinks Virtual Seminar on Low Dose Radiation for Arthritis Relief</u> TR 11:15 Catholic Mass IC 1:00 Play Poker ML 1:30 – 3:00 Open Swim Pool 1:30 <u>Linedancing w/ Lucy</u> TR 1:30 Exercise video TV 3:00 Cornhole TR 3:00 <u>Jazz in the Clubhouse w/ Stephen Daniels</u> CH	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 Wii Games TR 1:30 <u>Bible Study w/ Pastor Tom Worth</u> CR 1:30 Exercise Video TV 2:00 Knit-Wits ML 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 Sting</i>. Set in 1936, two professional grifters (Paul Newman and Robert Redford) con a mob boss. Runtime: 129 min, no ads TR
		Sunday August 9, 2026
		10:30 Seated Stretching TV 11:00 Catholic Mass IC 1:30 40 min exercise TV 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie re-run 2:30 Play Pinochle ML

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