

Independent Living Weekly Telegraph

July 6 – July 12, 2026

Calendar of Events | Birthdays | Menus | Special Announcements



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Follow our YouTube Channel: [@NottinghamLifeEnrichment](https://www.youtube.com/@NottinghamLifeEnrichment)



Special Events

This week & upcoming save the dates



Mon 6: Sea Glass Craft w/ Ro @ 2:30 p.m. in the T.V. Room

True Crime Discussion Group: Watch & discuss the Netflix documentary

The Crash. On July 31, 2022 at 5:30 a.m., a 17-year old speeds down an industrial road and crashes directly into the brick wall of a warehouse. She was the sole survivor killing her boyfriend and friend. The jury determined the crash was a calculated act fueled by a toxic relationship. The parents say it was a medical accident.

Watch together: Tues 7 @ 1:30 p.m. in the T.V. Room

Discussion group: Fri 10 @ 3:00 p.m. in the Clubhouse



Tech Talk w/ Jami: You're trying to sign into a website or app, but then you are asked to put in a code. That's "two-step authentication." Learn about how and why it's used, & the best way to save the passwords you need to keep. Thurs 9 @ 11:00 a.m. in the T.V. Room

SAVE the DATE

Fri July 17: Disco night w/ DJ Mike! Get your sparkles & boas ready! 6:30 p.m. – 8:00 p.m.

Sat July 25: Pig Roast for friends & families. Meal from 12:00 p.m. – 2:00 p.m. w/ music and games!

Did you know? The Life Enrichment calendar review meeting gives you a monthly overview of upcoming activities (subject to change). The notes are available in the mailroom after the meeting.

Monday July 6, 2026	Tuesday July 7, 2026	Wednesday July 8, 2026
9:00 Tech Help w/ Maddie - <u>use sign-up sheet in</u> <u>mailroom</u> 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/YT 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga YT 1:00 Poker ML 1:30 Better Bones and Balance w/ Tiffany TR 1:30 Exercise video TV/YT 2:15 Advanced mahjong B 2nd Floor Lobby 2:30 <u>Craft w/ Ro: Sea glass</u> <u>Art</u> TR 3:00 <u>Play BINGO! \$1 per</u> <u>board</u> CH 3:00 <u>Poetry Lover's Group</u> CR	9:30 <u>Tai Chi w/ Anna</u> TR 9:30 Seated Tai Chi TV/YT 10:15 Mindful Movements w/ Emily TR 10:30 Exercise video TV/YT 11:00 Brain Games w/ Jami TR 1:30 Exercise video TV/YT 1:30 <u>Spiritual Service w/ Dave</u> <u>Pasinski & Fred Fiske</u> IC 1:30 – 3:00 Open Swim Pool 1:30 <i>The Crash: A true crime</i> <i>documentary</i> TR 2:30 Play Pitch ML 2:30 Beginner's Mahjong A wing 2nd Floor lobby 3:00 National Parks Trivia CH 7:00 <u>Jazz night in the</u> <u>Clubhouse: Performance by</u> <u>Stephen Daniels. Enjoy \$1 off</u> <u>bottle of wine specials during</u> <u>Tuesday night concerts!</u> CH	9:00 Drop -In Tech Help w/ Jami 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 YT 11:00 Yoga w/ Tiffany CH 11:00 Chair Yoga YT 1:00 Men's Group TR 3:00 – 4:30 <u>Happy Hour</u> <u>w/ musical performance</u> <u>by Blair Frodelius</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 Lounge

Thursday July 9, 2026	Friday July 10, 2026	Saturday July 11, 2026
9:00 – 10:30 Open Swim Pool 10:15 Confessions IC 10:30 Exercise Class TR 10:30 Gentle Chair exercise TV/YT 11:00 Tech Talk w/ Jami: What is two-factor authentication? What are one-time passcodes? And the best way to save your passwords TR 11:15 Catholic Mass IC 1:00 Play Poker ML 1:30 Exercise video TV/YT 1:30 <u>Resident Forum</u> TR 3:00 Cornhole TR 3:00 Game On! Meet up to play games w/ others. Play games we have or bring your own! 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 Exercise Video TV/YT 1:45 <u>Helping Hounds visit</u> FP 2:30 Knit-Wits ML 3:00 True Crime discussion group: <i>The Crash</i> documentary. <u>Watch on your own on Netflix first if you missed it on Tuesday!</u> 7:00 Bingo! \$1 per board TR	10:30 Seated Stretching TV/YT 10:30 Seated Volleyball TR 1:30 Exercise for fall prevention TV/YT 2:00 Play Chess w/ Alan in the Bistro 2:30 Weekend movie: <i>Singin' in the Rain</i> TR
		Sunday July 12, 2026
		10:30 Seated Stretching TV/YT 11:00 Catholic Mass IC 1:30 40 min exercise YT 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie re-run TR 2:30 Play Pinochle ML

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