

Independent Living Weekly Telegraph **August 10– August 16, 2026**

Calendar of Events | Birthdays | Menus | Special Announcements



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Follow our YouTube Channel: @NottinghamLifeEnrichment		

Mon 10: Taste & travel: Mocktails from around the world. Try a virgin gin and tonic enjoyed in the U.K., an Apfelschorle from Germany, and a Karkade from Egypt as we virtually tour the landmarks from the passport walk.

Tues 11: What is a silent book club? A time to enjoy some company, but not the pressure of structured conversation around of a book discussion. Bring a book you are reading, share with others if you'd like, or just sit and read quietly with company! @ 1:00 p.m. in the Glens Community Room.

Thurs 13: Takumi Kato is a world champion Taiko drummer from Japan who performs alongside his three children as "Peaceful Forest." They travel as a family to perform all over the world. Their performances feature traditional Japanese drumming for approximately 30 minutes. Performing for The Nottingham @ 3:30 p.m. in the T.V. Room!



What we're watching: For Astronomy group, watch *The Farthest: Voyager in Space* Tues 11 @ 3:30 p.m. 15 billion miles and counting! *The Farthest* tells the captivating tales of the people and events behind one of humanity's greatest achievements in exploration: NASA's Voyager mission. Runtime: 1 hr 37 min.



Weekend movie: *Pressure*. In the tense 72 hours before D-Day, and with the fate of the free world hanging in the balance, *Pressure* follows General Dwight D. Eisenhower and Captain James Stagg as they face an impossible choice--launch the largest and most dangerous seaborne invasion in history or risk losing the war altogether. Runtime: 1 hour 47 min with ads.

Upcoming craft workshop! Led by local business Edgy Pages by Liz Camardo, take an unwanted book and turn it into art! Please use the sign up sheet in the mailroom to sign up for a spot. Cost is \$20 - cash only. Books & all supplies provided!

Monday August 10, 2026	Tuesday August 11, 2026	Wednesday August 12, 2026
9:00 Tech Help w/ Jami - <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 <u>Tai Chi</u> 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 2:15 Better Breather's Club w/ guest speaker from Upstate's We Matter Lung Cancer awareness program CH 3:00 Taste & travel: Sample mocktails from around the world & learn more about the 16 landmarks featured on the hallway passport walk TR 3:00 Bingo! \$1 per board CH	9:30 Seated Tai Chi TV 10:15 Exercise w/ Emily TR 10:30 Exercise video TV 11:00 Craft w/ Jami: DIY Shower Melts TR 12:00 AARP Webinar: American Mahjong: History, Strategy & Fun TR 1:00 <u>"Silent Book Club"</u> GC 1:30 Exercise video TV 1:30 <u>Spiritual Service</u> IC 1:30 – 3:00 Open Swim Pool 2:30 Beginner's Mahjong A wing 2nd Floor lobby 3:30 Monthly Astronomy Group: Watch <i>The Farthest: Voyager in Space</i> TR	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</u> meets to discuss boats & ice TR 1:30 Virtual travel passport Walk w/ Jami: Meet in the Front Lobby 2:30 Writer's Group TR 3:00 <u>Happy Hour</u> w/ Jill Minye. Enjoy the music & free Hors d'oeuvres ! CH

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

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

CH: Clubhouse
IC: Interfaith Chapel
ML: Memories Lounge

Thursday August 13, 2026	Friday August 14, 2026	Saturday August 15, 2026
9:00 – 10:30 Open Swim Pool 10:15 Confessions IC 10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 Cornhole TR 11:15 Catholic Mass IC 1:00 Play Poker ML 1:30 Exercise video TV 1:30 Resident Forum 3:30 Japanese Drumming Group <i>Peaceful Forest</i> performance TR	9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:00 – 10:15 Grounding meditation Tent 10:30 Exercise w/ Tiffany TR 11:10 Weekly Wrap Up TR 1:30 Wii Games TR 1:30 <u>Bible Study w/ Pastor</u> <u>Tom Worth</u> CR 1:30 Exercise Video TV 1:45 Helping Hounds visit FP 2:00 Knit-Wits ML 2:15 Sing-A-Long w/ Richard Weiskopf TR 3:00 Trivial Pursuit! w/ Jami CH 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>Pressure (2026)</i> . Runtime: 1hr47min, with ads TR
		Sunday August 16, 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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