



The Nottingham
A Loretto Community

INDEPENDENT LIVING WEEKLY TELEGRAPH

SEPTEMBER 14- SEPTEMBER 20, 2026

Calendar of Event Birthdays Menus Special Events



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 & Wellness Coach	tweiskotten@lorettosystem.org	315-413-3817

Follow our YouTube Channel: @NottinghamLifeEnrichment

NOTICE:

MONTHLY OUTING LIST WILL BE AVAILABLE THE 3RD FRIDAY OF EACH MONTH

ALZHEIMER'S ASSOCIATION - CENTRAL NEW YORK CHAPTER

The Empowered Caregiver

Education programs for navigating the responsibilities of middle and late stage dementia caregiving.

Supported in part by a grant from the New York State Department of Health.



ABOUT THIS PROGRAM

Caring for someone living with dementia brings a unique set of challenges and rewards. This series helps caregivers build knowledge, confidence, and connection.

REGISTER

315-435-2362 x4603



SESSION SCHEDULE

Sept 16th		Supporting Independence 1:00 – 2:30 p.m.
Sept 23rd		Communicating Effectively 1:00 – 2:30 p.m.
Sept 30th		Responding to Dementia-Related Behaviors 1:00 – 2:30 p.m.

VENUE

The Nottingham
1301 Nottingham Rd,
Jamesville, NY 13078

ALZHEIMER'S ASSOCIATION
Central New York Chapter
315.472.4201 | alz.org/cny

Onondaga County Department of Adult & Long Term Care Services
Office for Aging
315-435-2362
www.onondaga.gov/aging

J. Peter McKelvey II
County Executive

J. Anne Spoto-Santoro
Commissioner

Mon 14: 2:30 p.m.- 4:00 p.m. Crafting w/ Ro.: Pinecone Craft & Rock Painting. **TV Room.**



Sat 19: 9:00 a.m.-3:30 p.m. **AARP Safety Driving Class at The Nottingham.** **TV Room.** Registration required. Call Douglas Freeman @ 315-440-7363. Course Fee.



Sun 20: Movie: 2:30 p.m. Hail, Ceasar! TV Room. Comedy film that follows a frantic 36 hours in the life of 1950's Hollywood studio fixer Eddie Mannix. 106 mins.



Monday September 14, 2026	Tuesday September 15, 2026	Wednesday September 16, 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 w/ Anna</u> TR 10:00 – 12:00 <u>Buffalo Pharmacy hours in the Resident Store for medication and sharps disposal</u> 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 <u>Better Breathers Club w/ Tiffany</u> CH 2:15 Advanced mahjong B 2nd Floor Lobby 2:30-4:00 <u>Crafting w/ Ro</u> TR 3:00 Bingo! \$1 per board CH 3:00 Poetry Group CR GC: Glens Comm. Rm. CR: Conference Room	9:30 Seated Tai Chi TV 10:15 Exercise w/ Shannon TR 10:30 Exercise video TV 11:00 Telestrations w/ Shannon TR 1:30 Exercise video TV 1:30 <u>Spiritual Service with Peggy Flanders & Fred Fiske</u> IC 1:30 – 3:00 Open Swim Pool 2:30 Beginner's Mahjong A wing 2nd Floor lobby 2:30 Ladderball TR 7:00 <u>Music performance by Ron Ziomek</u> CH TR: T.V. Meeting Room GL: Gathering Lounge FP: Fireplace Lounge	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 1:00-2:25 <u>The Empowered Caregiver Series w/ Alzheimer's Association (registration required)</u> TR 2:30 <u>Writer's Group with Professor Schell</u> TR 3:00 <u>Happy Hour w/ performance by Jilissa Vellake.</u> Enjoy the music & free Hors d'oeuvres! CH CH: Clubhouse IC: Interfaith Chapel ML: Memories Lounge
TV: Channel 1340 & YouTube		

Thursday September 17, 2026	Friday September 18, 2026	Saturday September 19, 2026
10:15 Confessions IC 10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 Bananagrams w/ Shannon TR 11:15 Catholic Mass IC 12:00 <u>September Birthday Luncheon.</u> Register w/ Shannon CH 1:00 Play Poker ML 1:00 Manicures w/ Jami. <u>Use sign-up sheet in mailroom</u> 1:00 <u>Caregiver Support Group</u> CR 1:30 Exercise video TV 1:30-3:00 Open Swim Pool 3:00 Cornhole TR	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 <u>Bible Study w/ Pastor Tom Worth</u> CR 1:30 Exercise Video TV 1:30 Wii Games TR 2:00 Knit-Wits ML 7:00 BINGO night! \$1 per board TR	9:00-3:30 <u>AARP Driver Safety Class</u> will be using the TV Room (registration required) 10:30 Seated Stretching TV 10:30 NO Seated Volleyball TR 1:30 Exercise for fall prevention TV 2:00 Play Chess w/ Alan in the Bistro 2:30 NO Movie Sunday September 20, 2026 10:30 Seated Stretching TV 11:00 <u>Catholic Mass</u> IC 1:30 40 min exercise TV 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie: Hail, Ceaser! Comedy TR 2:30 Play Pinochle ML

		Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18	Saturday 9/19	Sunday 9/20
DAILY SOUP		Kansas City Beef	French Onion	Fresh Tomato	Chilled Cream of Cucumber and Tomato	New England Clam Chowder	Chicken Noodle	Shrimp Bisque
DAILY SALAD		Tabbouleh	Napa Cabbage with Soy Dressing	Strawberry Walnut	Greek Couscous	Broccoli Slaw	Chickpea Salad	Tossed Garden Salad
ENTREE		Coffee Rubbed Brisket	St. Louis Ribs	Grilled Beef Tacos	Spaghetti and Meatballs	Drunken Pork	Chicken Wings (BBQ or Buffalo Sauce)	Rack of Lamb with Red Onion Chutney
ENTREE		Maryland Crab Cakes	Chicken Cacciatore	Chef's Special	Marinated Flounder	Warm Shrimp Salad with Honeydew	Fire Roasted Peppers & Shrimp	Eggs and Omelets cooked to order
BISTRO DINNER SPECIAL 4:30 PM	ENTREE	Chicken Piccata	Baked Shrimp and Scallops Florentine	Mediterranean Beef & Veggie Skillet	Chicken and Biscuits	Fried Haddock	Tomato Glazed Meatloaf	Belgian Waffles with Sausage Patty
	STARCH	Garlic Butter Pasta	Linguini	Yellow Rice	Spaghetti with Marinara	Sweet Potato Wedges	Curly Fries	Hash Browns
	VEGETABLES	Oven Roasted Butternut Squash	Roasted Asparagus	Refried Beans	Fried Green Tomatoes	Fire Roasted Corn	Snow Peas	Sautéed Spinach
VEGETABLE		Broccolini	Chef's Choice	Garlic Roasted Brussel Sprout	Chef's Choice	Peas and Pearl Onion	Diced Beets	Roasted Turnips
DESSERT		Petit Fours with Chocolate Mousse	Bread Pudding	Strawberry Mousse	Tapioca Pudding	Chef's Choice	Spice Cake	Chef's Choice

Clubhouse EVENTS

SEPTEMBER 14 – 18, 2026

Good Drinks. Great Company. Wonderful Times.

APPETIZER PUNCH CARD



Mozzarella Sticks

BUY 10,
GET 1 FREE!

(Appetizers)



MONDAY
SEPTEMBER 14

RESIDENTS
BINGO
★★ NIGHT! ★★



Join us for
Residents Bingo!
Fun, prizes & good times!



\$1 OFF WINE
ALL NIGHT LONG!

TUESDAY
SEPTEMBER 15

**NAME
THAT
TUNE**

with
Danielle and Jennifer

7:00 PM
LIVE PERFORMANCE

BY
RON ZIOMEK

WEDNESDAY
SEPTEMBER 16

Happy Hour!

— 3:00 PM —

PRESENTED BY

Jillisa Vellake
30s, 40s & 50s



Classic hits
you love,
drinks you
enjoy!

Boulevardier

THURSDAY
SEPTEMBER 17

Sip & Paint
WITH
YA'VONNIE (& AHNESSTY



PAINTING STARTS AT 3:00 PM

Come enjoy the fun
with Ya'vennie (Avani)
and Ahnessty
from Nottingham Dining!

FRIDAY
SEPTEMBER 18

*Cheese &
Cheers Friday!*
— 3:00 PM —



WINE + CHEESE TRAY
\$13

Sip, savor & enjoy
the perfect pairing!

Celebrate the season with great friends, good wine & unforgettable moments.