



Independent Living Weekly Telegraph

September 21 - September 27, 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
Tiffany Weiskotten, Fitness and Wellness Coach	tweiskotten@lorettosystem.org	315- 413-3817

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

Upcoming Events – This week & next

Craft this week w/ Jami: Beaded Pipe Cleaner Indian Corn décor

Upcoming Craft Workshop: Edgy Pages w/ Liz * Sign up and payment of \$20 required – all supplies & instruction provided! To sign up, use the sign up sheet in the mailroom & please bring cash to class (cash only).

Upstate HealthLinks Virtual Seminar Series presents “Health and Safety while Living Alone.” 24 million adults over age 50 live alone in the U.S. This session presents information and resources to improve the health, safety and quality of life for those who live alone. Providers from the University Geriatricians team will discuss the many factors to consider for general home safety, nutrition and hydration, mental health, transportation and more. Speakers: Stephanie McGrath, FNP, Nurse Practitioner of Geriatrics Medicine; Andrea Jones, NP, Nurse Practitioner of Geriatrics Medicine, Upstate Medical University. Monday, Sept. 21 @ 3:00 p.m. in the T.V. Room.

The Empowerd Caregiver Education Program by the Alzheimer’s Association Session 2: Wed. Sept. 23rd from 1:00 – 2:30 p.m. in the T.V. Room discussing Communicating Effectively. Registration required – see flyer in the mailroom for sign up information.

AARP Safe Driver Course: Sat. Sept. 26 at 9:00 a.m. in the T.V. Room. Registration required – see the flyer in the mailroom for sign up and fee information.

Upcoming: Monday Sept. 28 @ 3:00 p.m. Nourished with Emily, R.D., presents at The Nottingham on **7 Essential Habits to Transform your Health!** In the T.V. Room



Monday September 21, 2026	Tuesday September 22, 2026	Wednesday September 23, 2026
8:30 Tech Help w/ Jami. <u>Use the sign up sheet in the 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 Advanced mahjong B 2nd Floor Lobby 3:00 Bingo! \$1 per board CH 3:00 Upstate HealthLinks virtual seminar: Health and Safety while Living Alone TR 7:00 <u>Liverpool Community Band performance</u> TR	9:30 Seated Tai Chi TV 10:15 Mindful Movements w/ Emily TR 10:30 Exercise video TV 11:00 <u>Life Enrichment calendar review</u> TR 1:00 <u>Poisoned Ground: The Tragedy at Love Canal</u> PBS documentary. RT: 2hr. TR 1:30 Exercise video TV 1:30 <u>Spiritual Service w/ Jo Von Rue and Fred Fiske</u> IC 1:30 – 3:00 Open Swim Pool 2:30 Beginner's Mahjong A wing 2nd Floor lobby 3:30 Autumn Craft w/ Jami: DIY Indian Corn decor TR 7:00 <u>Music performance by Mike Passarelli</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 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</u> (registration required) TR 2:30 <u>Writer's Group with Professor Schell</u> TR 3:00 <u>Happy Hour w/ musical performance by Dennis Goettel. Enjoy free Hors d'oeuvres!</u> 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 September 24, 2026	Friday September 25, 2026	Saturday September 26, 2026
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 1:30-3:00 Open Swim Pool 2:30 <u>Dewitt Community Library Visit. This month for banned books week:</u> Consider checking out a banned book! The library will have a few available and can help place a hold if you are interested! TR 3:30 <u>Dewitt Community Library-Led Book Club</u> 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 Bowling TR 2:00 Knit-Wits ML 3:00 <u>Growing Connections w/ Kara Gemmel: Figure it Out</u> TR 7:00 BINGO night! \$1 per board TR	9:00-3:30 <u>AARP Driver Safety Class will be using the TV Room (registration required)</u> 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 27, 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: <i>Pay It Forward</i> . 2 Hr 3 Min, no ads. TR 2:30 Play Pinochle ML

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Clubhouse EVENTS

Join Us for a Week of Fun!

Buy 10
APPETIZERS
GET ONE FREE



Mozzarella Sticks

★ PUNCH CARD ★

MONDAY
SEPTEMBER 21

**RESIDENTS
BINGO!**



**RESIDENTS
BINGO**

TUESDAY
SEPTEMBER 22

**Recognize
the Face**
with Danielle

3:00 PM

**Mike Passarelli
PLAYS PIANO**

7:00 PM

WEDNESDAY
SEPTEMBER 23

**Happy
Hour**
WITH DENNIS GOETTEL



FEATURED FALL DRINK

**Spiced Apple
Cider Sangria**

Apple wine, spiced rum,
fresh apple, orange, cranberry
and a cinnamon sugar rim.

THURSDAY
SEPTEMBER 24

**Thirsty
Thursday**
\$1 OFF
WINE, BEER & LIQUOR



**PLAY
YAHTZEE**
WITH NICOLE
3:00 PM

FRIDAY
SEPTEMBER 25

**EMPLOYEE
TALENT
SHOWCASE**

**MATTHEW CAMPBELL
& DAVID SHAW**

3:00 PM



Great Food • Great Drinks • Great Company!