



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



Sept. 11 — Sept. 17 2023

The Nottingham Channel: 1340

A publication for Residents & Employees

- ***Calendar of Events***
- ***Coming Attractions***
- ***Special Announcements***
- ***Birthdays***

Shannon Loughlin, Director of Life Enrichment

315-413-3903

Jami Leone, Recreation Specialist

315-413-3171

Jess Wood, Wellness & Fitness Coach

315-413-3817

**A special Bagpipe performance by Diane Kubarek
of the Mohawk Valley Frasers Pipe Band
and daughter of Nottingham resident
Dorothy McDonald!**



The band recently took 2 first place prizes at the Central New York Scottish Games in Liverpool, and they will celebrate their 50th anniversary this year!

Diane lives in Ithaca with her husband and is employed at Cornell University, where she is an I.T. project manager.

**Monday, Sept. 11th from 3:30 p.m. to 4:00 p.m.
under the Courtyard Tent**

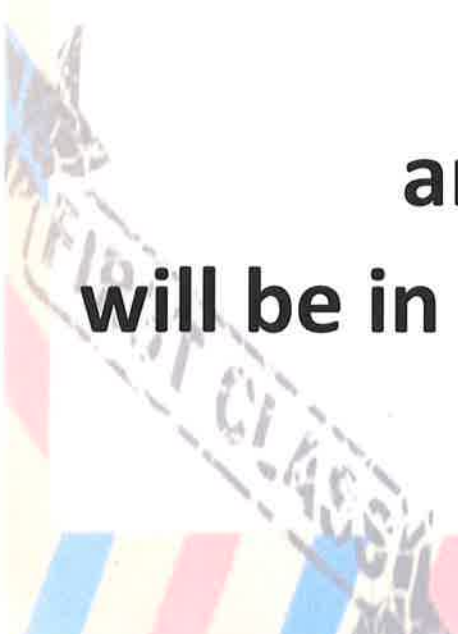

Please note: This is an outdoor-only performance, weather-permitting. Flyers will be posted Monday morning or call Life Enrichment at 315-413-3171 to confirm.



Are you interested in mentorship?

**We are partnering with
Onondaga Hill Middle School
6th grade students to
participate in a PenPal program
for the 2023-24 school year!**

**Please sign up in the mailroom if you
are interested
and Life Enrichment
will be in touch with further details!**





















Resident Store New Hours

MONDAY	10:00am-12:00pm	1:00pm-3:00pm
TUESDAY	10:00am-12:00pm	1:00pm-3:00pm
WEDNESDAY	Buffalo Pharmacy 10:00am-12:00pm	1:00pm-3:00pm
THURSDAY	10:00am-12:00pm	1:00pm-3:00pm
FRIDAY	10:00am-12:00pm	1:00pm-3:00pm

Please stop in and see our new selection of fall decorations and holiday items

 program is in person  program is on channel 1340 **R** program requires registration


Monday, Sept. 11th 2023 **Resident Store Hours: 10 a.m.-12 p.m. & 1 p.m.-3 p.m.**

9:00 a.m. – 9:45 a.m. 	Aquatics Exercise with Jess in the Pool
9:45 a.m. – 10:30 a.m. 	Open Swim/ Lap Swim in the Pool
10:30 a.m. 	<u>NO</u> Zumba with Dr. Ann on Channel 1340
10:30 a.m. 	Move & Groove Exercise in the TV Room
11:00 a.m. 	Gentle Yoga with Jess in the TV Room 
1:00 p.m. 	An Open Forum on 9/11 experiences with Barb Connolly recounting her experience as a First Responder Followed by a screening of the PBS Documentary “America After 9/11” In the T.V. Room
1:30 p.m. 	Mahjong Game for advanced players in the Arts & Crafts Room. New players welcome! <i>This is a resident run activity.</i>
1:30 p.m. 	Poker Club in the Memories Lounge <i>This is a resident-run activity. New players welcome! (Free to play –no gambling)</i> 
3:30 p.m. – 4:00 p.m. 	Bagpipe Performance by Diana Kubarek Under the I.L. Courtyard tent weather-permitting only. <i>Flyers will be posted in the morning on the day of the performance.</i>
7:15 p.m. 	  Wii Games in the TV Room   <i>This is a resident run activity.</i>



 program is in person  program is on channel 1340 **R** program requires registration

Tuesday, Sept. 12th 2023 Resident Store Hours: 10 a.m.-12 p.m. & 1 p.m.-3 p.m.

9:00 a.m. –
10:30 a.m. 



**Open Swim/Lap Swim
in the Pool**

10:15 a.m.


Mindful Movement Class with Emily, OT
in the TV Room *open to all ability levels*



10:45 a.m.



Rummikub Tile Game with Shannon in
the T.V. Room

1:30 p.m.



Spiritual Services for All
Journey to Buddhism
JoAnn Cooke, SU Buddhist Chaplain
Fred Fiske and Richard Weiskopf, Musicians
in the TV Room

2:30 p.m.



Mahjong Game for beginners with instruction
in the Arts & Crafts Room. New players welcome!
This is a resident run activity.

2:30 p.m.



Let's Play Chess in the Bistro

All players are welcome. *This is a resident run program.*

2:45 p.m.



in the TV Room
This is a resident run activity

7:30 p.m.



Saxophone Performance
By Anthony Perra
In the T.V. Room



 program is in person  program is on channel 1340 **R** program requires registration

Wednesday, Sept. 13th 2023

Resident Store Hours: 1 p.m.-3 p.m.

Buffalo Pharmacy will be in the Resident Store from 10:00 a.m. to 12:00 p.m.

9:00 a.m. –

9:45 a.m. 

Aquatics Exercise with Jess in the Pool

9:45 a.m. –

10:30 a.m. 

Open Swim/ Lap Swim in the Pool

10:30 a.m.



Exercise Class for all residents
in the TV Room

11:00 a.m.



Gentle Yoga with Jess in the TV Room



1:00 p.m.



NO Prayer Group in the Arts & Crafts Room

This is a resident run activity



1:30 p.m.



Stock Market & Finance Discussion Group
in the Clubhouse *New members welcome. This is a resident run activity*

1:30 p.m.



Let's Play Bridge In the Memories Lounge
New players welcome! *This is a resident run activity.*

2:30 p.m.



NO Writers' Group in the Arts & Crafts Room

2:30 p.m.



"Not An Ordinary Childhood: Growing up in Germany in the 30's and 40's:" A book reading by Harry Schwarzlander
In the Arts and Crafts Room

3:00 p.m. –

4:30 p.m.



Happy Hour in The Clubhouse

With Barry Blumenthal on Piano and
Frank Grosso on Sax


Enjoy the new weekly cocktail special!



SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

 program is in person  program is on channel 1340 **R** program requires registration

Thursday, Sept. 14th 2023 **Resident Store Hours: 10 a.m.-12 p.m. & 1 p.m.-3 p.m.**

9:00 a.m. –
10:30 a.m. 



**Open Swim/ Lap Swim
in the Pool**

10:30 a.m.
 

**Exercise Class for all residents
in the TV Room**

11:00 a.m.



**Telestrations: A game of
telephone sketched out! with
Jami in the TV room**

11:00 a.m.



Let's Shoot Pool!
in the 2nd Floor
B Wing Elevator Lobby
Come Watch or Come Play!
This is a resident-run activity



1:30 p.m.



Resident Forum in the TV Room

All residents are encouraged to attend!
**This month: Brian Proctor from
SpecialCare presents an overview of
the new Medical Alert System**



*Donations to Resident Forum can be brought to the meeting
or placed in the IL Mail Room suggestion box.*

3:00 p.m.



Cornhole Bean Bag Toss Game

in the TV Room

**We always welcome your suggestions for presentation
topics, movies, and outings! Please let us know what
you are interested in by leaving us a suggestion in the
suggestion box, located in the mailroom!**

HANDY HINTS ...

 program is in person  program is on channel 1340 **R** program requires registration








Friday, Sept. 15 th 2023		Resident Store Hours:10 a.m.-12 p.m. & 1 p.m.-3 p.m.	
9:00 a.m. – 9:45 a.m. 	Aquatics Exercise with Jess in the Pool		
9:45 a.m. – 10:30 a.m. 	Open Swim/ Lap Swim in the Pool		
10:30 a.m. 	NO Zumba with Dr. Ann on Channel 1340		
10:30 a.m. 	  	Fitness Fun with Jess in the TV Room This week: Cardio Drumming	
11:00 a.m. 	The Weekly WRAP-UP Current Events Discussion Group <i>Bring news articles to share. This is a resident run activity.</i>		
1:00 p.m. 	DAVID'S REFUGE Volunteer Opportunity to Write Thank You Cards to Donors In the Memories Lounge		
1:30 p.m. 		Bible Study with Pastor Tom Worth in the Arts & Crafts Room	
2:00 p.m. 		Knit-Wits in the Memories Lounge <i>New members welcome! This is a resident run activity.</i>	
3:00 p.m. 	 	NO Wii Games in the TV Room  	
3:00 p.m. 		Growing Connections Series with Kara, Director of Independent Living This month: “Desert Island Survival” Game In the T.V. Room	
7:15 p.m. 	 in the TV Room <i>This is a resident run activity</i>		

 program is in person  program is on channel 1340 **R** program requires registration

Saturday, September 16th 2023

10:30 a.m. 	NO Seated Yoga
1:30 p.m. 	65 Card Game in the 2nd Floor A-Wing Lobby <i>This is a resident run activity</i>
1:30 p.m. 	Train Dominoes in the Memories Lounge 
7:30 p.m. 	 S.U. Football takes on Purdue on NBC Channel 4 Residents are welcome to watch in the Clubhouse!

Sunday, September 17th 2023

11:00 a.m. 	Catholic Mass with Fr. Kehoe in the D-Wing Chapel
11:00 a.m. 	<i>Catholic Mass with Syracuse Diocese Priests</i> in the TV Room
2:00 p.m. 	 Scrabble Game in the Arts & Crafts Room <i>All are welcome! This is a resident run activity.</i>
2:30 p.m.  	<p>SUNDAY MOVIE: A Fistful of Dollars</p> <p>In his own way he is, perhaps, the most dangerous man who ever lived!</p>  <p>An unnamed stranger arrives at the little town of San Miguel, on the Mexico–United States border. Silvanito, the town's innkeeper, tells the Stranger about a feud between two smuggler families vying to gain control of the town: the Rojo brothers (Don Miguel, Esteban & Ramón), and the family comprising the town sheriff John Baxter, his matriarchal wife Consuelo, and their son Antonio.</p> <p>Run time: 99 minutes</p> <p>In the T.V. Room</p>
4:00 p.m. 	PINOCHLE IN THE MEMORIES LOUNGE This is a resident-run activity. All are welcome! 