

Independent Living Weekly Telegraph



Nov. 13 — Nov. 19 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



The Nottingham is hosting a Holiday Craft Fair! Mark your calendars!

Friday, December 1st from 12:00 P.M. to 4:00 P.M.

We are looking for vendors!

*Art *Jewelry *Hand Crafted Gifts *Cards *Baked Goods *Decorations *Plants *Books *Blankets *Stocking Stuffers & much more!

If you, a family member or friend are interested in renting a table or have a suggestion of a community group to participate,

Please contact Jami to reserve your table. \$15 per table.

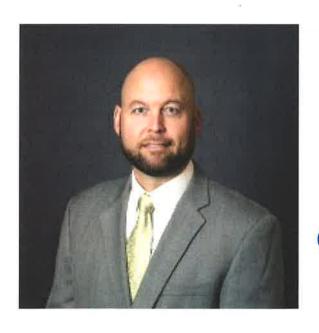
315-413-3171, jleone@lorettosystem.org or stop by the Life Enrichment office!

This event is sponsored by the Resident Forum.

Orange Academy

ON LOCATION AT THE NOTTINGHAM

"How to Avoid Taxes on your Required Minimum Distribution" November 13th 2023 at 3:00 P.M. In the TV Meeting Room

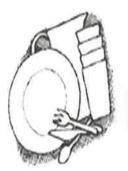


Presented by

Jason D. Tripp, CFP®, FCEP

Executive Director,
Gift Planning at Syracuse
University

Year-end is a great time to talk about IRA gifts, especially this year with the ability to create a Charitable Gift Annuity and avoid taxes on the Required Minimum Distribution.



Attention: All Residents It's Dining Services "Round Up" for Dining Items!



Please take a few minutes to round up all of your Nottingham dining items that have "migrated" away from the dining room.

Please leave the items on your ledge on, or before,

Wednesday, November 15th by 2:00p.m.

Dining staff will come by to pick up the items and return them to their "home".

Examples:

Cups, Bowls, Plates, Silverware, etc

Thank you for your participation in our "Round Up"!

DIABETES PREVENTION PROGRAM

Did you know November is Diabetes Awareness Month?

Stephanie Henry, Deputy Director of The Madison County Rural Health Council,

joins us

Friday, Nov. 17th at 3:00 p.m. in the T.V. Room

to discuss their Diabetes
Prevention Program
Madison County Rural Health Council was established in April 2013 by a consortium of organizations representing the largest providers of health and social services in

the county.



This is a 7 week progressive course with Le Moyne Occupational Therapist Paul Musso, OT

Sessions start on Thursday, Nov. 30th from 1:00 p.m. to 2:00 p.m. in the TV room and meet on the following Thursdays:

Thurs Nov. 30 (first session)

Thurs Dec. 7 Thurs Jan. 4

Thurs Dec. 21 Thurs Jan. 18

Thurs Dec. 28 Thurs Jan. 25

All sessions should be attended to benefit from this program.

Registration is required!
Call Life Enrichment at 315-413-3171
to sign up.
Class size is limited to 15.



Spend \$5 and you will be entered into a raffle for one of the following prizes:

"Snugga with a Cuppa"

Wool Scarf, Mug, Tea, and Cookies

Party Essentials

Pepperidge Farm Cookies and Holiday Napkins

A Holiday Centerpiece

The raffle will be drawn during the December Resident Forum!

Contact Shelia Goldie with any questions: 315-299-4335

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Monday, Nov. 13 th 2023 Resident Store Open 10:00am-12:00pm/1pm-3pm		
9:00 a.m. –	Agustics Eversies with less in the Deal	
9:45 a.m. 14	Aquatics Exercise with Jess in the Pool	
9:45 a.m. –	Omen Swins / Len Swins in the Book	
10:30 a.m.		
10:30 a.m.	Move & Groove Exercise in the TV Room	
11:00 a.m.	Gentle Yoga with Jess in the TV Room	
1:30 p.m.	Mahjong Game for advanced players	
ii	in the Arts & Crafts Room. New players welcome! This is a resident run activity.	
1:30 p.m.	Bunco Dice Game with instruction	
	with Jami in the T.V. Room	
	Bunco is a dice game with players divided into	
	groups of four, trying to score points while taking turns	
	rolling three dice in a series of six rounds.	
3:00 p.m.	Orange Academy	
	ON LOCATION AT THE NOTTINGHAM	
	"How to Avoid Taxes on your Required Minimum Distribution"	
	Presented by Jason D. Tripp, CFP®, FCEP	
	Executive Director, Gift Planning at Syracuse University	
	Year-end is a great time to talk about IRA gifts, especially this year with	
i-i	the ability to create a Charitable Gift Annuity and avoid taxes on the Required Minimum Distribution.	
7:15 p.m.	Wii Games in the TV Room 🚬 🚳	
M	This is a resident run activity.	













Tuesday, No	v. 14 th 2023 Resident Store Open 10:00am-12:00pm/1pm-3pm
9:00 a.m. – 10:30 a.m.	
9:30 a.m.	Outing Reminder: Point Place Casino Transportation departs from the I.L. Lobby at 9:30 a.m. Call 315-413-3171 to sign up!
10:15 a.m.	Mindful Movement Class with Emily, OT in the TV Room *open to all ability levels*
11:00 a.m.	Nottingham Continuum of Care Informational Session With Niki and Jade This week: Learn about Memory Care and ask any questions you may have!
1:30 p.m.	Spiritual Services for All in the TV Room Chaplain David E. Pasinski Fred Fiske, Musician
2:30 p.m.	Mahjong Game for beginners with instruction in the Arts & Crafts Room. New players welcome! This is a resident run activity.
2:45 p.m.	in the TV Room This is a resident run activity.
7:30 p.m.	Musical Performance by Dennis Goettel: Guitar covers of popular songs In the T.V. Room

Wednesday, November 15 th 2023 Resident Store Open 1pm-3pm		
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. •4	Aquatics Exercise with Jess in the Pool	
9:45 a.m. – 10:30 a.m. i.i	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.	Prayer Group in the Arts & Crafts Room This is a resident run activity	
1:00 p.m.	Let's Play Bridge In the Memories Lounge. New players welcome! This is a resident run activity.	
1:30 p.m. i .ii	Stock Market & Finance Discussion Group in the Clubhouse New members welcome. This is a resident run activity	
2:30 p.m.	Writers' Group in the Arts & Crafts Room Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. All are welcome to join!	
3:00 p.m. – 4:30 p.m.	Happy Hour in The Clubhouse With Jill Minge on Piano	
M	Enjoy the new weekly cocktail special	
7:15 p.m 8:15 p.m.	Nottingales Rehearsal in the T.V. Room	
	With Brad Ozinsky, Choir Director	
14	Nottingales is a resident men's & women's choir, singing for fun & the love of music. <i>All are welcome!</i>	

HANDY HINTS...

Before a program, please silence your cell phone to be courteous to the presenter and those around you. program is in person program is on channel 1340 R program requires registration

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Thursday, No	ov. 16 th 2023 Resident Store Open 10:00am-12:00pm/1pm-3pm
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.	Life Size Monopoly with Shannon in the TV Room
12:00 p.m. – 1:00 p.m.	Birthday Luncheon NOVEMBER for November Birthdays us in the Clubhouse Birthday guests have received an invitation. Please RSVP at the Resident Service Center at 315-445-9242.
1:30 p.m.	Joe Trionfero presents: On Broadway An interactive presentation on TV, movies, and broadway In the T.V. Room
3:00 p.m.	Cornhole Bean Bag Toss Game in the TV Room This is a resident run activity.
4:30 p.m.	Outing reminder: Brewster Inn Departs from the I.L. Lobby at 4:30 p.m. Transportation for this event is full.

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Friday, Nov.	17 th 2023 Resident Store Open 10:00am-12:00pm/ 1pm-3pm
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
10:00 a.m.	Outing Reminder: Sugar Top Bakery and Thrift Shopping at Salvation Army
å.å	Departs from the I.L. Front Lobby at 10:00 a.m. Sign up required with Life Enrichment Call 315-413-3171 to sign up!
10:30 a.m.	Fitness Fun with Jess in the TV Room This week: Seated Volleyball
11:00 a.m.	Weekly Current Events Discussion Group
	WRAP-UP in the TV Room
ii	Bring news articles to share. This is a resident run activity.
1:00 p.m.	DAVID'S REFUGE Volunteer Opportunity to
ii	Write Thank You Cards to Donors In the Memories Lounge
1:30 p.m.	Bible Study with Pastor Tom Worth
M	in the Arts & Crafts Room This is a resident run activity.
1:30 p.m.	Marvin Druger, retired S.U. Meredith Professor for Teaching
_	Excellence, Biology Department presents:
1.4	An Assortment of Poetry Reading
	In the T.V. Room
1:45 p.m.	Helping Hounds Dog Visit
M	In the Fireplace Lounge
2:00 p.m.	Knit-Wits in the Memories Lounge
2.00	New members welcome. This is a resident run activity.
3:00 p.m. 14	NO Wii Games in the TV Room
3:00 p.m.	National Diabetes Prevention Program Presentation
M	Presented by the Madison County Rural Health Council
7:15 p.m. 👪	In the T.V. Room Bungo in the TV Room. This is a resident run activity.
75.7	in the TV Room. This is a resident run activity.



Saturday, November 18 th 2023			
10:30 a.m.	The Chosen Season 1, Episode 5: "The Wedding Gift" Nicodemus interrogates John the Baptizer while Jesus and h students make their way to a wedding celebration in Cana. Dur the ceremony, Jesus' mother Mary makes a special request Run Time: 54 min In the T.V. Ro	ring t.	
1:30 p.m.	65 Card Game in the 2 nd Floor A-Wing Lobby This is a resident run activity		
1:30 p.m.	Train Dominoes in the Memories Lounge	V 23	
2:00 p.m.	Richard Weiskopf Sing-A-Long In the T.V. Room		
6:30 p.m.	Outing reminder: Symphoria Departs from the I.L. Lobby at 6:30 p.m.		
8:00 p.m.	Transportation for this event is full. BYRACUSE S ORANGE S SYRACUSE S ORANGE S SYRACUSE S ORANGE S OR	E S	
•	S.U. at Georgia Tech Tune into ACC Network Channel 388 to watch! Residents a	ro	
ii	welcome to watch the game together in the T.V. Room		

