



# *The Nottingham*

*A Loretto Community*

## *Independent Living Weekly Telegraph*



*January 22— January 28, 2024*

***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**

# Tech Help Tuesdays

With Inter Faith Works Volunteer  
**Dick Wood**

10:00 a.m., 10:45 a.m., and 11:30 a.m.  
appts. available.

Appointments can be made by calling  
Life Enrichment at 315-413-3171.







# LET'S TALK ABOUT AGING!

Join us for a conversation about aging and ageism. Share your experiences and learn more about what Healthy Aging can look like in our community.

Presented by the Center for Healthy Aging at InterFaith Works

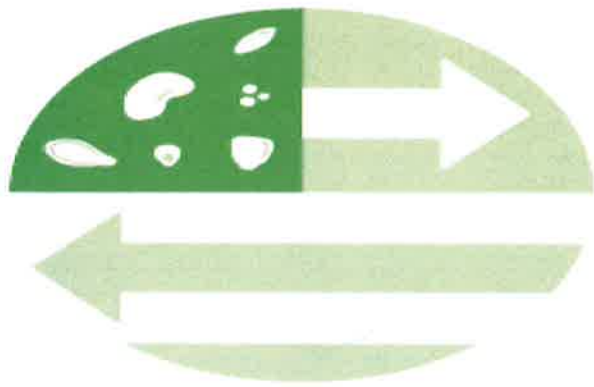
Monday, January 22  
1:30 - 2:30 pm  
TV Room @ The Nottingham

Questions?  
Lori Klivak, Senior Director  
315-449-3552 x109  
[lklivak@ifwcny.org](mailto:lklivak@ifwcny.org)

A blue swimming pool lane divider with white floats and lane lines. The divider is positioned around a central white rectangular area containing text. On the left side, a swimmer in a green swimsuit is visible. On the right side, a swimmer in a red swimsuit is visible. The top and bottom of the divider feature a repeating pattern of white floats and lane lines.

*New open  
swim hours!  
Tuesday  
afternoons  
from  
1:30 p.m. to  
3:00 p.m.*





# National Seed Swap DAY

With the Non-Profit Organization



syracuse  
grows

## *History of Seed Swap Day*

National Seed Swap Day on the last Saturday in January serves as a reminder to gardeners that Spring is on its way. It is an ideal time for gardeners to gather and swap seeds in preparation for starting seeds indoors.

Gardeners collect and exchange seeds for many reasons ranging from cultivating rare, heirloom varieties to basic thrift. The exchange of seeds helps perpetuates biodiversity.

**Nottingham Seed Swap Day:  
Monday, Jan 29<sup>th</sup> at 1:00 p.m.  
in the T.V. Room**

***To participate: Bring seeds to swap with other interested residents! Syracuse Grows will be providing some vegetable seeds, and how-to start your own garden!***



program is in person



program is on channel 1340

**R** program requires registration

**Monday, January 22<sup>nd</sup> 2024**

**Resident Store Open 10:00am-12:00pm/ 1pm-3pm**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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 in the Pool**

10:30 a.m.



**Move & Groove Exercise with Jess**  
in the TV Room

11:00 a.m.



**Gentle Yoga with Jess**  
in the TV Room



1:30 p.m.



**Let's Talk about Aging:**  
Focusing on healthy aging, ageism,  
and what we can do together to make  
our community a stronger place  
for aging  
**With InterFaith Works**  
In the T.V. Room

1:30 p.m.



**Mahjong for advanced players**  
in the Arts & Crafts Room. New players welcome!  
*This is a resident-run activity.*

3:30 p.m.



**Brain Games with Jami**



**This week: Reader's Digest's "27 Hardest  
Riddles"— Can You Solve Them?**  
In the T.V. Room

7:15 p.m.



**Wii Games in the TV Room**

*This is a resident-run activity.*







program is in person



program is on channel 1340



program requires registration

**Tuesday, January 23<sup>rd</sup> 2024**

**Resident Store Open 10:00am-12:00pm/ 1pm-3pm**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

**10:15 a.m.**



**Mindful Movement Class with Emily, O.T.**  
in the TV Room *\*open to all ability levels\**



**11:00 a.m.**



**Rummikub Tile Game with Shannon**  
**In the T.V. Room**

**1:30 p.m. —  
3:00 p.m.**



**Open Swim  
in the Pool**

**1:30 p.m.**



**Spiritual Services for All**  
**In the T.V. Room**  
**JoAnn Cooke, S.U. Buddhist Chaplain**  
**Nancy Pease, Musician**

**2:30 p.m.**



**Mahjong for beginners**  
**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.**



**Music Performance**  
**in the T.V. Room:**  
**Jazz & Swing standards with**  
**Stephen Daniels on Saxophone**  
**and Zach Knewstubb**  
**on Piano**



program is in person



program is on channel 1340

**R** program requires registration

**Wednesday, January 24<sup>th</sup> 2024**

**Resident Store Open 1pm-3pm**

**Buffalo Pharmacy will be in the resident store from 10:00 a.m.—12:00 p.m.**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

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 in the Pool**

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.



**Let's Play Bridge in the Memories Lounge  
New Players Welcome!  
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.*



2:00 p.m.

**Live Webinar in the I.L. First Floor Conference Room:  
The Women's Health Initiative**

WHI is a long-term national health study funded by the National Heart, Lung, and Blood Institute.

Since 2005, the WHI has continued as Extension Studies, which are annual collections of health updates and outcomes in active participants. As with the original WHI study, the main areas of research are cardiovascular disease, cancers, and osteoporotic fractures. While WHI continues to focus on strategies to prevent the major causes of death, disability, and frailty in older women, the breadth and richness of the WHI data allow for the exploration and investigation of many more research questions on women's health and aging.



3:00 p.m. -

4:00 p.m.




**Musical performance by Lori Wilber  
Performing Patsy Cline covers  
In the T.V. Room**



**Thursday, January 25<sup>th</sup> 2024**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

9:00a.m.— 10:30 a.m. 	<b>Open Swim in the Pool</b>
10:30 a.m. 	Exercise Class for all residents in the T.V. Room
11:00 a.m. 	 <b>Craft with Jami: Paper Hearts Suncatchers in the Arts and Crafts Room</b>
1:00 p.m. 	 <b>with Le Moyne Occupational Therapist Paul Musso, O.T. in the T.V. Room</b> <i>Prior registration confirmation required.</i>
2:30 p.m. 	The Community Library of Jamesville & DeWitt will be in the TV Room with books for loan, sign up for a library card, & support in using tablets/digital content. 
3:30 p.m.	<b>Book Club Meeting in the TV Room</b> Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville in the T.V. Room to discuss: <i>A Man Called Ove</i> 

**HANDY HINTS . . .**

Received mail that isn't yours?  
 Bring it to the Resident Service Center  
 so it can be delivered to the correct resident.



program is in person



program is on channel 1340

**R** program requires registration

**Friday, January 26<sup>th</sup> 2024**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

9:00 a.m.— 9:45 a.m.	<b>Aquatics Exercise with Jami in the Pool</b>
9:45 a.m.— 10:30 a.m.	<b>Open Swim in the Pool</b>
10:30 a.m.	<b>Fitness Fun with Jami in the TV Room</b> This week: Seated Volleyball
11:00 a.m.	<b>Weekly Current Events Discussion Group</b> <b>WRAP-UP</b> in the T.V. Room <i>Bring news articles to share. This is a resident-run activity.</i>
1:30 p.m.	<b>Remembrance Service</b> <b>In the T.V. Room</b> <i>In Memory of our Nottingham Community Residents</i>
1:30 p.m.	<b><u>NO</u> Bible Study with Pastor Tom Worth</b> <b>in the Arts and Crafts Room</b>
2:00 p.m.	<b><u>NO</u> Knit-Wits in the Memories Lounge</b> <i>New members welcome. This is a resident run activity.</i>
3:00 p.m.	<b>Wii Games in the TV Room</b> <i>This is a resident-run activity.</i>
7:15 p.m.	<b>in the TV Room</b> <i>This is a resident-run activity.</i>







program is in person



program is on channel 1340

**R** program requires registration

**Saturday, January 27<sup>th</sup> 2024**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

10:30 a.m.



**The Chosen Season 2 , Episode 6:  
"Unlawful"**

Matthew and Simon try to get along as they search for Mary in dark places. The group fears for Mary as they struggle with lack of food and bad news about John the Baptist.

**RUNTIME: 44 MIN IN THE T.V. ROOM**

1:30 p.m.



**65 Card Game in the 2<sup>nd</sup> Floor A-Wing Lobby**

*This is a resident-run activity*

1:30 p.m.



**Train Dominoes in the Memories Lounge**



7:00 p.m.



**SU Men's Basketball: SU V NC State on Channel 388**

**Residents may watch together in the T.V. Room**

**Please note: Channel may change—refer to TV guide**

**Sunday, January 28<sup>th</sup> 2024**

**Please note: Masks are required at all programming at this time.  
Please sanitize hands before and after activities.**

11:00 a.m.



**Catholic Mass with Fr. Kehoe in the D-Wing Chapel**

11:00 a.m.



**Catholic Mass with Syracuse Diocese Priests  
in the T.V. Room**

12:00 p.m.



**SU Women's Basketball: SU V VT on Channel 388**

**Residents may watch together in the T.V. Room  
Please note: Channel may change—refer to TV guide**

2:00 p.m.



**Scrabble Game in the Arts & Crafts Room  
All are welcome! This is a resident-run activity.**

2:30 p.m.



**SUNDAY MOVIE MATINEE IN THE T.V. ROOM:  
A BEAUTIFUL MIND**

The story begins in Nash's days as a brilliant but asocial mathematics graduate student at Princeton University. After Nash accepts secretive work in cryptography, he becomes liable to a larger conspiracy, through which he begins to question his reality.

**Runtime: 135 MIN**

3:00 p.m.



**PINOCHLE CARD GAME IN THE CLUBHOUSE**

*This is a resident-run activity*

