



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



March 18—March 24, 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

The Nottingham welcomes **Samite Mulondo**

A World-renowned musician and Humanitarian born and raised in Uganda, Samite travels the world bringing his message of peace and hope through the healing power of music.



"While performing, I see that people are able to forget their differences and join as one in the moment; my hope is for that moment to last. If we can make that moment last, the world will be a better place."

**Friday, March 22nd
at 3:00 p.m.
in the T.V. Room**



Food & Wine Pairing Event

Thursday, March 28th at 5:00pm

Nottingham Clubhouse

\$75 per resident

20% discount for residents on meal plans

Space is limited to 25 guests

Wine Pairing Menu

- Cream of Potato and Leek Soup
Paired with Owahgena White
- Roasted Asparagus and Prosciutto Bundle with Gorgonzola and garlic crisps
Paired with Oweria Vineyards Teddy's Red
- Fire Roasted Shrimp and Scallops with Mango Coulis
Paired with Oweria Vineyards Janey Rose
- Beef Tenderloin with Peppercorn Demi Glaze and Carmelized Onion Chutney
Paired with Fetzer Eagle Point Merlot

Reservations can be made by calling

315-413-3941

Pre payment required. No refunds or exchanges



Enjoy the freedom to read your way.

The National Library Service for the Blind and Print Disabled (NLS) is a **free library service** for people who:

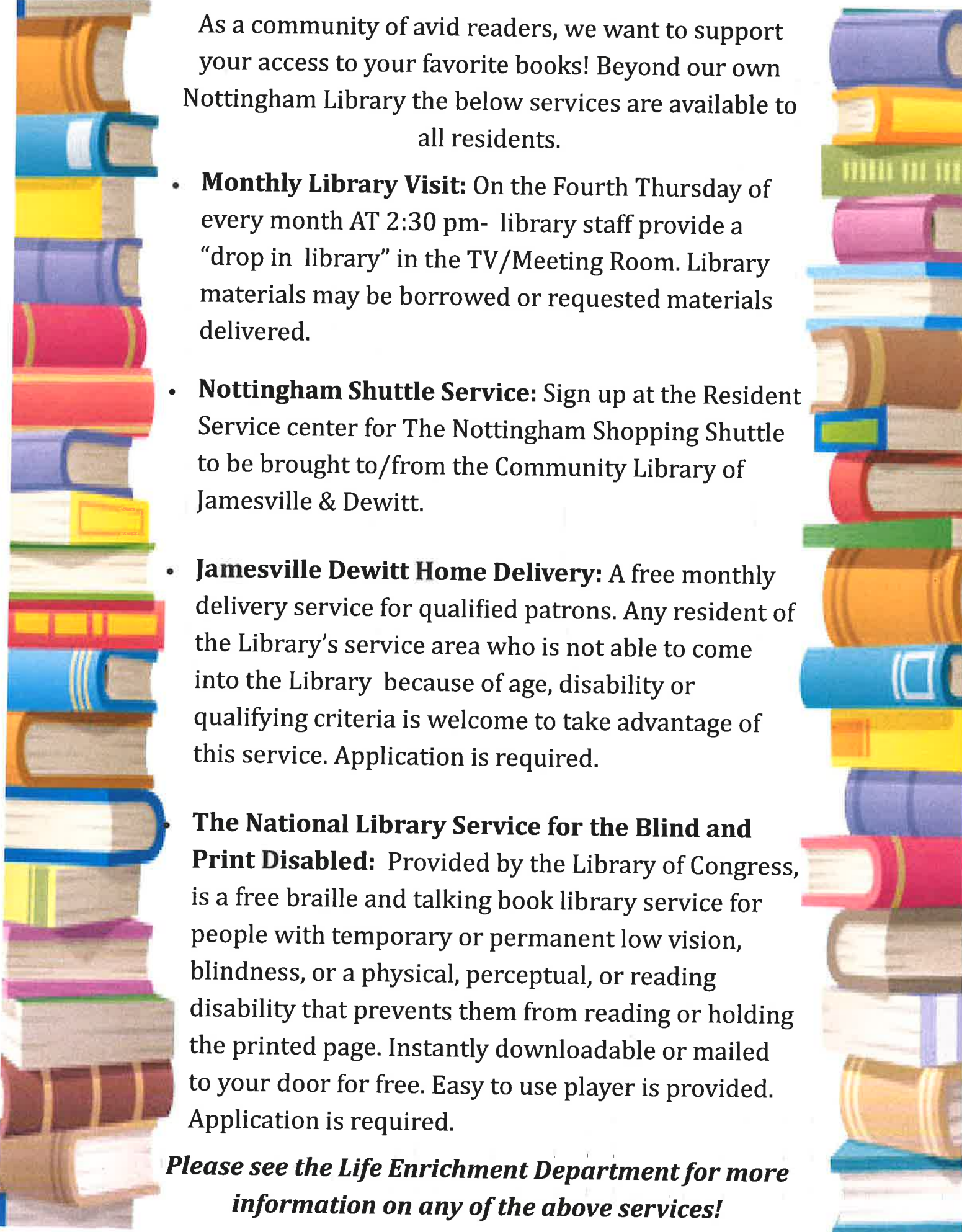
- Are **blind**.
- Have **low vision**.
- Have a **physical or reading disability** that prevents them from using regular print materials.

NLS offers readers audio books and magazines, braille books and magazines, music materials, a digital library called BARD, and the BARD Mobile app, which NLS patrons can use to access tens of thousands of titles on their smartphone or tablet.

Apply for the service today.

Visit www.loc.gov/ThatAllMayRead
or call **1-888-NLS-READ**
(1-888-657-7323).

NLS
NATIONAL
LIBRARY SERVICE
FOR THE BLIND
AND PRINT DISABLED
LIBRARY OF CONGRESS


















As a community of avid readers, we want to support your access to your favorite books! Beyond our own Nottingham Library the below services are available to all residents.

- **Monthly Library Visit:** On the Fourth Thursday of every month AT 2:30 pm- library staff provide a “drop in library” in the TV/Meeting Room. Library materials may be borrowed or requested materials delivered.
- **Nottingham Shuttle Service:** Sign up at the Resident Service center for The Nottingham Shopping Shuttle to be brought to/from the Community Library of Jamesville & Dewitt.
- **Jamesville Dewitt Home Delivery:** A free monthly delivery service for qualified patrons. Any resident of the Library’s service area who is not able to come into the Library because of age, disability or qualifying criteria is welcome to take advantage of this service. Application is required.
- **The National Library Service for the Blind and Print Disabled:** Provided by the Library of Congress, is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical, perceptual, or reading disability that prevents them from reading or holding the printed page. Instantly downloadable or mailed to your door for free. Easy to use player is provided. Application is required.

Please see the Life Enrichment Department for more information on any of the above services!

Monday, March 18 th 2024		Resident Store Open 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.		Move & Groove Exercise with Jess in the T.V. Room	
10:30 a.m.		Zumba with Dr. Ann on Channel 1340	
11:00 a.m.		Gentle Yoga with Jess	in the T.V. Room 
1:00 p.m.		Poker in the Memories Lounge <i>This is a resident-run activity. New players welcome!</i> <i>(Free to play –no gambling)</i>	
1:30 p.m.		Mahjong for advanced players in the Arts & Crafts Room. New players welcome! <i>This is a resident-run activity.</i>	
1:30 p.m.			Jeopardy! With Jami: Women's History Month and Questions That Stumped All Jeopardy! Players In the T.V. Room
2:30 p.m.			Oasis Class via Zoom: “The Presidency: The Cold Warriors” <i>Previous registration with Oasis required to attend.</i> <i>In the I.L. 1st Floor Conference Room</i>
3:00 p.m.		Nurses Group meet to share experiences In the Memories Lounge	
7:15 p.m.			No Xcuse Acapella musical group performance In the T.V. Room

















Tuesday, March 19th 2024 **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

10:15 a.m. 	Mindful Movement Class with Emily, O.T. in the TV Room *open to all ability levels* 
10:15 a.m. 	Exercise Class on the Nottingham Channel (ch. 1340)
11:00 a.m. 	 Telestrations (A game of telephone, drawn out) with Shannon in the T.V. Room
1:30 p.m. 	 Spiritual Services for All in the T.V. Room JoAnn Cooke, S.U. Buddhist Chaplain Nancy Pease and Richard Weiskopf, Musicians
1:30 p.m.— 3:00 p.m. 	 Open Swim/Lap Swim in the Pool
2:15 p.m. – 3:00 p.m. 	<p>“Spring Into Hope!” with Nottingham Chaplain Mary Colleen Spring is God’s season for growing hope... ‘tis a time of awakening, of stirring, of renewal and rebirth. It reminds us that life is cyclical and after the darkness of Winter comes the Brightness of Spring.</p> <p>Join together on this day of the Equinox, to welcome Spring back into our lives through poetry, Scripture, gentle movement and songs that fill us with optimism and hope. This program will be shared by Mary Colleen Sinnott, a chaplain at St. Joseph’s Hospital and a presenter of spirituality programs in various settings throughout the Northeast.</p> <p>In the Memories Lounge</p>
2:30 p.m. 	Mahjong for beginners in the Arts & Crafts Room New players welcome! <i>This is a resident-run activity.</i>
2:45 p.m. 	 <p>In the T.V. Room. <i>This is a resident-run activity.</i></p>
7:15 p.m. 	 <p>Musical Performance by Merlyn Fuller A variety of cover songs on guitar In the T.V. Room</p>

Wednesday, March 20th 2024

Resident Store Open 1 p.m. – 3 p.m.

Buffalo Pharmacy will be in the Resident Store from 10:00 a.m.–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 with Jess for all residents in the T.V. Room
10:30 a.m. 	<i>Zumba with Dr. Ann on Channel 1340</i>
11:00 a.m. 	Gentle Yoga with Jess in the T.V. Room 
1:00 p.m. 	 Let's Play Bridge in the Memories Lounge New Players Welcome! This is a resident-run activity.
1:00 p.m. 	Prayer Group in the Arts and Crafts Room <i>This is a resident-run activity.</i> 
1:30 p.m. 	Stock Market & Finance Discussion Group in the Clubhouse <i>New members welcome. This is a resident-run activity.</i> 
3:00 p.m. — 4:30 p.m. 	 Springin' Ahead Happy Hour in the Clubhouse  <p>Featuring a musical performance duet performance by Barry Blumenthal With Special Guest Drumlins Golf Course: Learn about a shuttle service from The Nottingham in the works! Enjoy the new weekly cocktail special!</p>

Women's History Month Spotlight on Women: Sarah Thomas

Thomas became the first full-time female NFL official in 2015, and her milestones have inspired women throughout the sports industry. She also became the first female on-field official in playoff history in 2019, and first to officiate a Super Bowl.



Thursday, March 21st 2024 Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.

9:00a.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 or on the Nottingham Channel (ch. 1340)
11:00 a.m. 	Word Games with Jami: Play “Connections” and “Wordle” (Daily games from the New York Times!) In the T.V. Room
12:00 p.m. – 1:00 p.m. 	 MARCH <i>Birthdays</i> Birthday Luncheon RSVP Required – please see invitation for details!
1:00 p.m. 	 <i>Lady Sings the Blues</i> Lady Sings the Blues is a 1972 American biographical drama film directed by Sidney J. Furie about jazz singer Billie Holiday, loosely based on her 1956 autobiography which, in turn, took its title from Holiday's song. It was produced by Motown Productions for Paramount Pictures. The film was nominated for five Academy Awards in 1973, including Best Actress in a Leading Role for Diana Ross. RUNTIME: 144 MINUTES IN THE T.V. ROOM 
3:00 p.m. 	 Cornhole Bean Bag Toss Game in the TV Room <i>This is a resident run activity.</i>
7:15 p.m. 	  Wii Games in the T.V. Room This is a resident-run activity.  

Women's History Month Spotlight on Women: **Amanda Gorman**




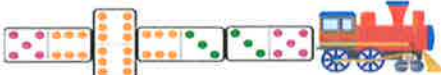



At just 22 years old, Gorman left the nation feeling united and emotional after reading her poem “The Hill We Climb” at President Biden’s inauguration in 2021. She is the youngest inaugural poet in U.S. history.









Friday, March 22nd 2024
Resident Store Open 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. 	 Fitness Fun with Jess in the T.V. Room This week: Seated Volleyball 	
11:00 a.m. 	Weekly WRAP-UP Current Events Discussion Group in the T.V. Room <i>Bring news articles to share. This is a resident-run activity.</i>	
1:30 p.m. 	 Bible Study with Pastor Tom Worth in the Arts and 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. 	World-renowned musician and Humanitarian Samite Mulondo brings an exciting, multi-instrumental performance to The Nottingham In the T.V. Room	
7:15 p.m. 		In the T.V. Room This is a resident-run activity.

Saturday, March 23rd 2024

10:30 a.m. 	<p>Seated Yoga</p> <p>Tune into The Nottingham Channel (ch. 1340) to participate!</p>
1:30 p.m. 	<p>65 Card Game in the Arts and Crafts Room</p> <p><i>This is a resident-run activity.</i></p>
2:00 p.m. 	<p>Train Dominoes in the Memories Lounge</p> <p><i>This is a resident-run activity.</i></p> 
2:30 p.m. 	<p>Saturday Movie in the T.V. Room:</p> <p>Julie & Julia</p> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Julie & Julia is a 2009 American biographical comedy-drama film written and directed by Nora Ephron starring Meryl Streep and Amy Adams in the title roles with Stanley Tucci, Chris Messina, and Linda Emond in supporting roles. The film contrasts the life of chef Julia Child in the early years of her culinary career with the life of young New Yorker Julie Powell, who aspires to cook all 524 recipes in Child's cookbook in 365 days, a challenge she described on her popular blog, which made her a published author.</p> <p>RUNTIME: 123 MIN</p> </div>  </div>

Sunday, March 24th 2024

11:00 a.m. 	<p>Catholic Mass with Fr. Kehoe in the D-Wing Chapel</p>
11:00 a.m. 	<p>Catholic Mass with Syracuse Diocese Priests in the T.V. Room</p>
1:00 p.m. 	<p>Classical music performance with Inelda Caushaj & Alanna Moonan, S.U. Students in the T.V. Room</p> 
2:00 p.m. 	<p>SCRABBLE</p> <p>Scrabble Game in the Arts & Crafts Room All are welcome! <i>This is a resident-run activity.</i></p>
3:00 p.m. 	<p>PINOCHLE CARD GAME IN THE MEMORIES LOUNGE</p> <p><i>This is a resident-run activity.</i></p> 