



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



March 25—March 31, 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

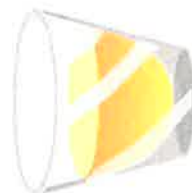
***In Remembrance of
our Nottingham
Family:
Chet Amond
Bill Haase
Kathy Harris***

“

**The world changes
from year to year, our
lives from day to day,
but the love and
memory of you, shall
never pass away.**



UNKNOWN



Beginning
Tuesday, March 26th

The Clubhouse
WILL BE OPEN

Monday thru Friday

3:00 p.m. – 7:00 p.m.

Enjoy Specialty
Drinks &
Clubhouse Menu!



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 Ower Vineyards Teddy's Red

- Fire Roasted Shrimp and Scallops with Mango Coulis

Paired with Ower 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



Monday, March 25th 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. – 3:00 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. 	Easter Craft with Jami: Egg/Wall Décor painting In the T.V. Room 
1:30 p.m. 	 Mahjong for advanced players in the Arts & Crafts Room. New players welcome! <i>This is a resident-run activity.</i>
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. 	 Growing Connections Series with Kara, Director of Independent Living This month: “Penny for your Thoughts!” In the T.V. Room
7:15 p.m. 	 Wii Games in the T.V. Room This is a resident-run activity. 

















Tuesday, March 26th 2024 **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m**

10:00 a.m. 	Wing Social for A-Wing Residents Located in A-Wing 2 nd Floor Lobby
10:00 a.m. 	Wing Social for B-Wing Residents Located in B-Wing 2 nd Floor Lobby
10:15 a.m. 	Mindful Movement Class with Emily, O.T. in the TV Room <i>*open to all ability levels*</i> 
10:45 a.m. 	 Life Enrichment Committee Meeting in The Arts and Crafts Room <i>All residents welcome to join the meeting & committee</i> 
1:30 p.m. 	 Spiritual Services for All in the T.V. Room Chaplain David E. Pasinski Nancy Pease and Richard Weiskopf , Musicians
1:30 p.m.— 3:00 p.m. 	 Open Swim/Lap Swim in the Pool
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. 	 In the T.V. Room <i>This is a resident-run activity.</i>
3:00 p.m. – 7:00 p.m. 	 The Clubhouse NOW OPEN <i>Monday thru Friday 3:00 p.m. – 7:00 p.m.</i> Enjoy Speciality Drinks & Clubhouse Menu 
7:30 p.m. 	 Musical Performance by Howie Bartolo, flute and vocal performance In the T.V. Room


Wednesday, March 27th 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 for all residents in the TV Room or on the Nottingham Channel (ch. 1340)
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 <i>New Players Welcome! 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>
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. 	 Hoppy Easter Happy Hour in the Clubhouse  With musical performance by Mike Romano and Friends Piano Duet Enjoy the new weekly cocktail special!
4:30 p.m. — 7:00 p.m.	The Clubhouse OPEN Enjoy Speciality Drinks & Clubhouse Menu

Thursday, March 28th 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

10:00 a.m.



Wing Social for C-Wing & Cottage Residents
Located in The Clubhouse

10:00 a.m.


Wing Social for D-Wing & Glens Residents
Located on the 1st Floor Glens Community Room

10:30 a.m.
 

Exercise Class for all residents
in the TV Room or on the Nottingham Channel (ch. 1340)

11:15 a.m.


Holy Thursday Mass of the Lord's Last Supper
With Syracuse Diocese Priests
in the TV Room


2:00 p.m.

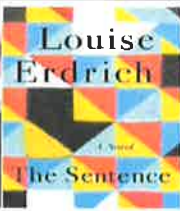

Interest meeting for a resident-run genealogy group
In the T.V. Room

2:30 p.m.


The Community Library of Jamesville & DeWitt
will be in the T.V. Room with books for loan, sign up for a library card,
& support in using tablets/digital content.



3:30 p.m.




Book Club Meeting in the T.V. Room


Join Sara Jo Brandt, Coordinator for Community Engagement &
Outreach at The Community Library of DeWitt & Jamesville,
to discuss: *The Sentence*

5:00 p.m.


Food & Wine Pairing in the Clubhouse

\$75 per resident / 20% discount for residents on meal plans.
Space is limited to 25 guests.

Reservations are made by calling 315-413-3941.
Pre-payment is required. No refunds or exchanges.

7:15 p.m.







Wii Games in the T.V. Room

This is a resident-run activity.



Friday, March 29th 2024
Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.




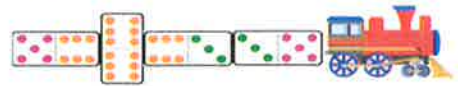


9:00 a.m.— 9:45 a.m.	Aquatics Exercise with Jess in the Pool	
9:45 a.m.— 10:30 a.m.	Open Swim/Lap Swim in the Pool	
10:30 a.m.	Fitness Fun with Jess in the T.V. Room  This week: Cardio Drumming 	
10:30 a.m.	 Zumba with Dr. Ann on Channel 1340	
11:15 a.m.	<i>Good Friday Mass Celebration of the Lord's Passion with Syracuse Diocese Priests In the T.V. Room</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. – 7:00 p.m.	The Clubhouse OPEN Enjoy Speciality Drinks & Clubhouse Menu	
7:15 p.m.		In the T.V. Room This is a resident-run activity.

Women's History Month Spotlight on Women: **Chloe Zhao**

Zhao, a Chinese filmmaker, has won several awards for her directorial work on indie movies, like *Nomadland*. In 2021, she became the second woman – and first woman of color – to win Best Director at the Oscars.










Saturday, March 30th 2024

10:30 a.m. 	Seated Yoga Tune into The Nottingham Channel (ch. 1340) to participate!
1:30 p.m. 	65 Card Game in the Arts and Crafts Room <i>This is a resident-run activity.</i>
2:00 p.m. 	Train Dominoes in the Memories Lounge This is a resident-run activity. 
2:00 p.m. 	 Let's Play Chess in the Bistro All players are welcome. <i>This is a resident-run activity.</i>

Sunday, March 31st 2024



11:00 a.m. 	Catholic Mass with Fr. Kehoe in the D-Wing Chapel
11:00 a.m. 	Easter Service with Syracuse Diocese Priests in the T.V. Room
2:00 p.m. 	 Scrabble Game in the Arts & Crafts Room All are welcome! <i>This is a resident-run activity.</i>
2:30 p.m. 	 Sunday Movie in the T.V. Room: Nomadland A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. At the 93rd Academy Awards, the film won Best Picture, Best Director, and Best Actress for McDormand. RUNTIME 108 MIN
3:00 p.m. 	PINOCHLE CARD GAME IN THE MEMORIES LOUNGE <i>This is a resident-run activity.</i> 