



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



April 1—April 7, 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 Talk Tuesdays

Every Tuesday

Need help with a new cell phone?
Computer isn't printing?
Can't email on your tablet?
Have no fear, your on-site geeks are
here!

InterFaith Volunteer:

Richard Wood

will be offering help to residents
with
technology issues.

Please sign up for a 30-minute time
slot. To schedule an appointment
please contact Life Enrichment.

(315)413-3171

10:00 am 10:45 am 11:30 am





NEW
Open Swim/
Spa hours!
Thursdays from
1:30 p.m.—
3:00 p.m.
(except during Forum)

LIVING HEALTHY WITH A CHRONIC CONDITION



The Living Healthy with a Chronic Condition program helps you gain control over your health and improve your quality of life.

The program is available for anyone seniors over of 60 the and/or caregivers over the age of 18 living in Onondaga County.

Consider the Living Healthy with a Chronic Condition program if you have a chronic condition such as:

- | | | |
|-----------------------|-----------------|---------------------------|
| • Diabetes | • Heart disease | • Anxiety/Depression |
| • Arthritis | • Chronic pain | • Asthma/COPD |
| • High blood pressure | • Cancer | • Other health conditions |

The **Living Healthy with a Chronic Condition** is a **six-session, peer-led health education program** for people or caregivers with any type of ongoing health condition. The program complements the healthcare that the person may already be receiving. The purpose of the workshop series is to enhance one's skills and ability to manage his or her health and maintain an active and fulfilling lifestyle. Each participant receives the book, "Living a Healthy Life with Chronic Conditions" as well as other tools such as "Relaxation for the Mind and Body."

FREE SIX-WEEKWORKSHOP SERIES

DATES Wednesdays, April 10, 17, 24; May 1, 8, 15, 2024

TIMES 1:00 pm- 3:30 pm

LOCATION The Nottingham

ADDRESS 1301 Nottingham Road, Jamesville, NY 13078

REGISTRATION REQUIRED: Register online at Upstate Living Healthy
or E-mail Livinghealthy@upstate.edu Registration Mandatory.



Administration for Community Living
NYS Office for the Aging
Onondaga County Office for Aging



Don't Miss Our Biggest
Fundraising Event of 2024

PanCAN PURPLE STRIDE

The ultimate walk to end pancreatic cancer
Saturday, April 27, 2024

Team Name: "WE WALK SO SHE CAN DANCE"

Join our Syracuse walk to help end Pancreatic Cancer at



The Nottingham
A Loretto Community

12:30 p.m.

Meet at Village Center

1:00 p.m.

Walk The Nottingham campus

2:00—2:30 p.m.

Enjoy refreshments and folk
dance in the T.V. Meeting Room

Open to the public! Please register with Life Enrichment, by going
to purplestride.org/usa, or by scanning the QR Code



To make a donation, canisters will be located in the mailroom and the
front desk in April!

Monday, April 1st 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 Jami in the Pool

9:45 a.m.—
10:30 a.m.



Open Swim/Lap Swim in the Pool

10:30 a.m.



Exercise with Jami in the T.V. Room

10:30 a.m.



Zumba with Dr. Ann on Channel 1340

11:00 a.m.



Gentle Yoga with Jami in the T.V. Room



1:00 p.m. –
3:00 p.m.



Poker in the Memories Lounge

*This is a resident-run activity. New players welcome!
(Free to play –no gambling)*



1:30 p.m.



Mahjong for advanced players

in the Arts & Crafts Room.

New players welcome!

This is a resident-run activity.

3:00 p.m.



Monthly Astronomy Group:
Preparing for Life on Mars
History Channel documentary screening and
discussion following. Doc. runtime: 45 Min



3:00 p.m.



The Clubhouse is open from 3:00 p.m. – 7:00 p.m. daily!
Enjoy speciality drinks & Clubhouse menu.

7:15 p.m.



Wii Games in the T.V. Room

This is a resident-run activity.



**Tune into Channel 1340 at 8 p.m. for a compilation
of funniest game show moments throughout history
just for a good laugh!**




Tuesday, April 2nd 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 <i>*open to all ability levels*</i> 
10:15 a.m. 	Seated Exercise Class on Channel 1340
11:00 a.m. 	  Brain Games with Jami: Name Game You will get a category & a challenge to name as many of those as you can!
1:30 p.m. 	Spiritual Services for All in the T.V. Room <i>Rev. Eric Jackson, Plymouth Congregational Church UCC</i> <i>Nancy Pease, Musician</i>
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 <i>New players welcome! 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. 	The Clubhouse is open from 3:00 p.m. – 7:00 p.m. daily! <i>Enjoy speciality drinks & Clubhouse menu.</i>
6:00 p.m. 	 Bring-Your-Own Game Night Do you have a favorite game you want to teach others to play? Meet others interested in trying their hand at something new! in the Arts and Crafts Room
7:15 p.m. 	 Musical Performance by Nick Fields and Mike Passarelli, Jazz and Easy Listening In the T.V. Room



Wednesday April 3rd 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. 	Group Exercise Class 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. 	 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> 
2:00 p.m. 	Stock Market & Finance Discussion Group in the Clubhouse <i>New members welcome. This is a resident-run activity.</i> 
2:00 p.m. 	 Protestant Service with Rev. Stuart Hayes In the T.V. Room 
3:00 p.m. — 4:30 p.m. 	 Happy Hour in the Clubhouse With musical performance by Deb and John Puma  Enjoy the new weekly cocktail special!
4:30 p.m. — 7:00 p.m. 	The Clubhouse is open from 3:00 p.m. – 7:00 p.m. Enjoy speciality drinks & Clubhouse menu.

HANDY HINTS ...

Do you have a movie you'd like to play in the T.V. Room?
 Reach out to Life Enrichment with your suggestion! Written
 suggestions can be left any time in the Suggestion Box in the
 mailroom. Jami keeps a running list of suggestions and
 checks the library regularly for availability.

Thursday, April 4th 2024

Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.

10:30 a.m.  	Exercise Class for all residents in the T.V. Room or on Channel 1340
11:00 a.m. 	 Rummikub Tile Game with Shannon (with instruction if you want to learn to play!) in the T.V. Room
11:00 a.m. – 12:00 p.m. 1:00 p.m. – 2:30 p.m. 	<p><i>Massages with Donna, Licensed Massage Therapist in the Memories Lounge</i></p> <p>Sign-up is required.</p> <p>Please call 315-413-3171</p> 
1:30 p.m. 	 <p>W.I.S.E. Discussion Group <i>(Women Interested in Sharing Experiences)</i> in The Arts and Crafts Room</p> <p>Join the informal group to chat about life experiences and share your stories & interests. Topic of Discussion: What are some simple ways to become more environmentally conscious?</p>
1:30 p.m. – 3:00 p.m. 	 <p>Open Swim/Lap Swim in the Pool</p>
3:00 p.m. 	 <p>Cornhole Bean Bag Toss Game in the TV Room</p> <p><i>This is a resident run activity.</i></p>
3:00 p.m. 	<p>The Clubhouse is open from 3:00 p.m. – 7:00 p.m. daily! Enjoy speciality drinks & Clubhouse menu.</p>
7:15 p.m. 	 <p>Wii Games in the T.V. Room This is a resident-run activity.</p> 



Friday, April 5th 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



10:30 a.m.



Zumba with Dr. Ann on Channel 1340

11:00 a.m.



Weekly Current Events Discussion Group **WRAP-UP** in the T.V. Room

Bring news articles to share. This is a resident-run activity.

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

New members welcome. This is a resident-run activity.

2:00 p.m.



Monthly Shabbat Service with Rabbi Moshe Saks of Temple Adath In the 1st floor Conference Room

3:00 p.m.



On the Money series with J. Daniel Pluff is a fast-paced, contemporary financial news program featuring people and businesses from CNY. On this episode: Flynnstoned, Syracuse's first legal Cannabis dispensary; Syracuse Hancock International Airport discusses their new Glycol Recycling Center; Charlie Caprara sits down to discuss the future of electric vehicles.

RUNTIME: 26 minutes **In the T.V. Room**

3:00 p.m.






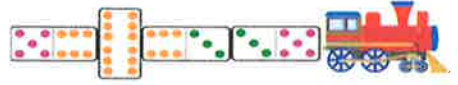


The Clubhouse is open from 3:00 p.m. – 7:00 p.m. daily!
Enjoy speciality drinks & Clubhouse menu.

7:15 p.m.










In the T.V. Room. This is a resident-run activity.

Saturday, April 6th 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 <i>This is a resident-run activity.</i> 
2:00 p.m. 	 Let's Play Chess in the Bistro All players are welcome. <i>This is a resident-run activity.</i>

Sunday, April 7th 2024

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
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: Zelig  <p>Zelig is a 1983 American satirical mockumentary comedy film written, directed by and starring Woody Allen as Leonard Zelig, a nondescript enigma, who, apparently out of his desire to fit in and be liked, unwittingly takes on the characteristics of strong personalities around him. The film, presented as a documentary, recounts his period of intense celebrity during the 1920s, including analyses by contemporary intellectuals.</p> <p>The film received critical acclaim and was nominated for numerous awards, including the Academy Awards for Best Cinematography and Costume Design.</p> <p>RUNTIME: 79 MINUTES</p>
3:00 p.m. 	PINOCHLE CARD GAME IN THE MEMORIES LOUNGE <i>This is a resident-run activity.</i> 