



The Nottingham

A Loretto Community

Independent Living Weekly Telegraph



April 8, 2024 — April 14, 2024

The Nottingham Channel 1340

A publication for Residents & Employees

- ***Calendar of Events***
- ***Coming Attractions***
- ***Special Announcements***
- ***Birthdays***

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Did you know?

The Nottingham has its very own channel!

On your Spectrum cable box, you can tune into Channel 1340 at any time to see flyers for upcoming events, participate in exercise videos, see program updates, and more! New feature starting April 8th: Tune in at 8:30 p.m. every day for a short video (about 15-20 min on average) about the topics below. Each video subject and description will be included in the telegraph!



Money Mondays will feature a new relevant topic about finances/the economy/our local businesses.

Tech Tuesdays will feature topics such as exciting new inventions, the integration of A.I., ecotechnology, etc.

Wellness Wednesdays will cover topics such as sleep, what happens to your brain as you age, and food trends like – is air frying your food really better for you? *(Please note: these videos are meant for entertainment purposes only!)*

Thoughtful Thursdays will give you something interesting to ponder – like what the Egyptians sounded like, or does time really exist?

Feel Good Fridays will feature stories of overcoming obstacles and inspirational tales to help you remain positive.



Science Saturdays will delve into short videos on astronomy, climate change and the environment, physics, etc.

Historical Sundays will feature trips down memory lane with various topics covered each week, like the history of the Borscht belt in the Catskills.

Please contact Jami in Life Enrichment with any questions at 315-413-3171



Eclipse Timeline

Start of Partial Eclipse	2:09:02 PM EDT
Start of Total Eclipse	3:23:04 PM EDT
Maximum Eclipse	3:23:47 PM EDT
End of Total Eclipse	3:24:29 PM EDT
End of Partial Eclipse	4:34:48 PM EDT
Duration of Totality	1 min, 24 sec

Group viewing will be outside the I.L. Front Lobby in the front lawn starting at 2:30 p.m. Seating will be available on the A-wing sidewalk

Join the social beforehand starting at 1:30 p.m. in the T.V. Room with Life Enrichment! Viewing glasses will be provided at the social.

We hope you can attend this once-in-a-lifetime event!



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



1301 Nottingham Rd, Jamesville, NY 13078

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!

Register for free at purplestride.org/usa
or by scanning the QR Code



Monday, April 8th 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 and Groove 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> 
1:00 p.m. 	 Official livestream of eclipse begins Available on Channel 1340!
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. 	Solar Eclipse Social Meet in the T.V. Room for Half Moon cookies and view the NASA Livestream before heading outside to experience totality!  <p>Outdoor seating will be located on the A-wing sidewalk Safe viewing glasses will be passed out during this time or available at Resident Service Center while supplies last.</p>
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu
7:15 p.m. 	 <u>NO</u> Wii Games in the T.V. Room  <p>This is a resident-run activity.</p>
8:30 p.m. 	Money Monday video topic on Channel 1340: The economic impact of the NYS Fair; \$20 million expansion of Optimax Systems; and a spotlight on Impel. Runtime: 26 min.

Tuesday, April 9th 2024		Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m
10:15 a.m. 	Walking Program with Shannon – meet in the Fireplace Lounge!	
10:15 a.m. 	Seated Exercise Class for All Residents on Channel 1340	
11:00 a.m. 	Skipbo Card Game with Shannon in the Arts & Crafts Room	
1:30 p.m. 	<i>Spiritual Services for All in the Clubhouse</i> <i>Maggid Jim Brulé. Multifaith Spiritual Storyteller</i> <i>Ordained Jewish Spiritual Storyteller</i> <i>Nancy Pease and Richard Weiskopf, Musicians</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 New players welcome! <i>This is a resident-run activity.</i>	
2:45 p.m. 	NO Bingo today	
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
7:15 p.m. 		Classical music performance by Daniel Yang, violin Accompanied by Ida Tili-Trebicka on piano In the T.V. Room
8:30 p.m. 	Tech Tuesday video topic on Channel 1340: “INVENTIONS THAT WILL SOON CHANGE THE WORLD!” Retractable solar containers, Robotic water strider created by Harvard, a micro-transformer electric car, and more. Runtime: 18 minutes	



Wednesday April 10th 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. 	Walking Program with Jess – Meeting in the Fireplace Lounge	
10:30 a.m. 	Zumba with Dr. Ann on Channel 1340	
11:00 a.m. 	Gentle Yoga with Jess in the Glens Community 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. – 3:30 p.m. 		Upstate Oasis on site at The Nottingham: Chronic Pain Self-Management workshop presented by Sue Stowell and John Hunt In the 1st Floor Conference Room <i>Prior registration required.</i>
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> 	
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 musical performance by Jerry Cali, vocal and piano performance Enjoy the new weekly cocktail special! 
4:30 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
8:30 p.m. 	Wellness Wednesday video topic on Channel 1340: "Is Air Fried Food Really Better?" Up to 90% less fat. That's just one of the claims of air fryer manufacturers. Globally, the air fryer market is expected to reach US \$1.2b by 2026. Look at the science behind air frying food. Runtime: 23 minutes	



Thursday, April 11th 2024 Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.

9:00 am.— 10:30 a.m.		<h2>Open Swim/Lap Swim in the Pool</h2>
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10:30 a.m.		<h3>Exercise Class for all residents in the T.V. Room</h3>
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10:30 a.m.		<h3>Standing Exercise Class</h3> <p>Available on the Nottingham Channel (ch. 1340)</p>
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11:00 a.m.		 <h2>Health & Wellness Education with Nicole from Select Rehab</h2> <p>This Month: Arthritis discussion In the T.V. Room</p>
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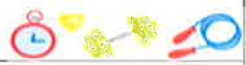











1:30 p.m.		<h2>Resident Forum in the T.V. Room</h2> <h3>All residents are encouraged to attend!</h3> <p>Kara and Jami will discuss an upcoming recycling event for Earth day</p> <p><i>Donations to Resident Forum can be brought to the meeting or placed in the I.L. mailroom suggestion box.</i></p> 
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3:00 p.m.	 	<h2>Cornhole Bean Bag Toss Game in the TV Room</h2> <p><i>This is a resident run activity.</i></p>
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3:00 p.m. – 7:00 p.m.		<p>The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>
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7:15 p.m.	 	<h2>Wii Games in the T.V. Room</h2> <p>This is a resident-run activity.</p> 
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8:30 p.m.		<p>Thoughtful Thursday video topic on Channel 1340: “What Ancient Egyptians sounded like, and how we know.” From Hatshepsut to Nefertiti to a Coptic Abuna, meet the many forms of the long-lived Egyptian language. Watch as they help us listen back to the original sounds of the hieroglyphs. Runtime: 11 minutes</p>
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Friday, April 12th 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	
11:00 a.m.			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. All Are Welcome!
1:45 p.m.			HelpingHounds Helping Hounds Therapeutic Dog Visit In the T.V. 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.		Word games with Jami in the T.V. Room: Play Connections, Wordle, and more! Connections is a strategy game where random words all have a commonality – but you only have 4 tries to guess correctly! Wordle relies on process of elimination to guess a six-letter word. <i>Word of caution: You may get addicted!</i>	
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
7:15 p.m.			In the T.V. Room. This is a resident-run activity.
8:30 p.m.		Feel Good Friday video topic on Channel 1340: 24-year-old entrepreneur and respected skater Robert was born with no legs but defied the odds to become a pro skater. Runtime: 9 Minutes	

Saturday, April 13th 2024

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>
2:00 p.m.		New group! Join a once-a-month discussion about genealogy research- share your story and tips and tricks! All residents welcome. In the 1st Floor Conference Room. <i>This is a resident-run activity.</i>
8:30 p.m.		Science Saturday video topic on Channel 1340: "Parallel Worlds Probably Exist: Here's Why." Covering Schrodinger's Cat, Double Slit Experiment, and Entanglement Theory. Runtime: 20 Minutes

Sunday, April 14th 2024

11:00 a.m.		<i>Catholic Mass with Fr. Kehoe</i> in the D-Wing Chapel
11:00 a.m.		<i>Catholic Mass with Syracuse Diocese Priests</i> 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: Oppenheimer <i>Oppenheimer</i> is a 2023 epic biographical thriller film written, directed, and produced by Christopher Nolan. It follows the life of J. Robert Oppenheimer, the American theoretical physicist who helped develop the first nuclear weapons during World War II. Based on the 2005 biography <i>American Prometheus</i> by Kai Bird and Martin J. Sherwin, the film chronicles Oppenheimer's studies, his direction of the Los Alamos Laboratory, and his fall from grace after his 1954 security hearing. RUNTIME: 119 MIN
3:00 p.m.		PINOCHLE IN THE MEMORIES LOUNGE <i>This is a resident-run activity.</i> 
8:30 p.m.		Historical Sunday video topic on Channel 1340: Enjoy a complication of 53 before and after photographs such as a side-by-side comparison of bike ride in Berlin in 1985 and again in 2018. Runtime: 18 minutes.