



The Nottingham

A Loretto Community

Independent Living Weekly Telegraph



April 15 — April 21 2024

The Nottingham Channel 1340

A publication for Residents & Employees

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

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INTO THE
ARMS OF STRANGERS
STORIES OF THE KINDERTRANSPORT

**Reshowing of
*Into the Arms of Strangers:
Stories of the Kindertransports*
Presented by Richard Levy,
who will give a brief introduction to the film**

Into the Arms of Strangers: Stories of the Kindertransports is a 2000 documentary film about the British rescue operation known as the Kindertransport, which saved the lives of over 10,000 Jewish and other children from Nazi Germany, Austria, Czechoslovakia, and Danzig by transporting them via train, boat, and plane to Great Britain. These children, or *Kinder* in German, were taken into foster homes and hostels in Britain, expecting eventually to be reunited with their parents.

The majority of them never saw their families again.
**Narrated by Judi Dench; 2001 Winner of Academy Award
for Best Documentary Feature.**

Runtime: 117 MIN

**Sunday, April 21st at 2:30 p.m.
in the T.V. Room**

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



PASSOVER SEDER DINNER

Tuesday, April 30th in The Clubhouse

All are welcome to join!

Service begins at 4:30 p.m.

Dinner will be served at 5:30 p.m.



The Passover Seder is a Jewish ritual feast that marks
the beginning of the
Jewish Holiday of Passover.

Please sign up with Life Enrichment
at 315-413-3171 by
Thursday, April 25th
Seats are limited.

 program is in person 

program is on channel 1340


R program requires registration

Monday, April 15th 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> 
1:30 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. 	 Interactive Presentation with Dave Thomas: '78 records from the 30s, 40s and 50s In the T.V. Room
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu
3:00 p.m. 	Nurses Group meet to share experiences In the Memories Lounge
3:00 p.m. 	 BYO Game with Jami in the T.V. Room Do you have a favorite game you want to teach? Meet others interested in trying their hand at something new!
7:15 p.m. 	 Wii Games in the T.V. Room This is a resident-run activity. 
8:30 p.m. 	Money Monday topic on Channel 1340: “The 4 Phases of Retirement.” By interviewing hundreds of retirees, Dr. Riley Moynes has discovered a framework that can help make more sense of this challenging chapter of our lives...one that, for many, could last for 30 years or more. If you’re retired, this talk will make things much clearer for you. RUNTIME: 14 MIN


















Tuesday, April 16th 2024 **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**



















10:15 a.m. 	<p> Mindful Movement Class with Emily, O.T. in the TV Room *open to all ability levels* </p> 
10:15 a.m. 	<p> Seated Exercise Class for All Residents on Channel 1340 </p>
11:00 a.m. 	<p> Basic Folk dance with Arline Ferguson Watch a brief demonstration and participate if you wish to learn! in the T.V. Room </p>
1:30 p.m. 	 <p> <i>Spiritual Services for All in the TV Room</i> <i>JoAnn Cooke, S.U. Buddhist Chaplain</i> <i>Zen Center of Syracuse</i> <i>Nancy Pease and Richard Weiskopf, Musicians</i> </p>
1:30 p.m.— 3:00 p.m. 	 <p> Open Swim/Lap Swim in the Pool </p>
2:30 p.m. 	<p> Mahjong for beginners in the Arts & Crafts Room New players welcome! <i>This is a resident-run activity.</i> </p>
2:45 p.m. 	 <p> In the T.V. Room <i>This is a resident-run activity.</i> </p>
3:00 p.m. – 7:00 p.m. 	<p> The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu </p>
7:15 p.m. 	<p> Musical performance by Anthony Perra Clarinet and vocal performance In the T.V. Room </p>
8:30 p.m. 	<p> Tech Tuesday video topic on Channel 1340: “How ‘Digital Twins’ Can Help Us Predict the Future.” From health-tracking wearables to smartphones and beyond, data collection and computer modeling have become a ubiquitous part of everyday life. Advancements in these areas have given birth to "digital twins," or virtual models that evolve alongside real-world data. Aerospace engineer Karen Willcox explores the incredible possibilities these systems offer across engineering, climate studies and medicine, sharing how they could lead to personalized medicine, better decision-making and more. RUNTIME: 16 Minutes </p>












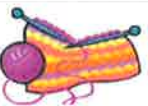





Wednesday April 17th 2024

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. 	<p style="text-align: center;">Aquatics Exercise with Jess in the Pool</p>
9:45 a.m. — 10:30 a.m. 	<div style="display: flex; align-items: center; justify-content: center;">  <p style="text-align: center;">Open Swim/Lap Swim in the Pool</p> </div>
10:30 a.m. 	<p style="text-align: center; color: #C71585;">Group Exercise Class with Jess in the T.V. Room</p>
10:30 a.m. 	<p style="text-align: center; color: #C71585;">Zumba with Dr. Ann on Channel 1340</p>
11:00 a.m. 	<p style="text-align: center; color: #C71585;">Gentle Yoga with Jess in the T.V. Room</p> 
1:00 p.m. 	<div style="display: flex; align-items: center; justify-content: center;">  <p style="text-align: center; color: #C71585;">Let's Play Bridge in the Memories Lounge New Players Welcome! This is a resident-run activity.</p> </div>
1:00 p.m. — 3:30 p.m. 	<div style="text-align: center;">  <p>Upstate Oasis Class: Chronic Pain Self-Management workshop Facilitated by Sue Stowell in the Arts and Crafts Room <i>Space is available, please call 315-413-3171 to sign up!</i></p> </div>
1:00 p.m. 	<p style="text-align: center; color: #C71585;">Prayer Group in the T.V. Room <i>This is a resident-run activity.</i></p> 
1:30 p.m. 	<p style="text-align: center; color: #008000;">Stock Market & Finance Discussion Group in the Clubhouse</p> <p style="text-align: center; color: #008000;"><i>New members welcome. This is a resident-run activity.</i></p> 
2:00 p.m. 	<p style="text-align: center;">Women's Health Initiative <i>Livestream via Zoom</i> in the 1st Floor Conference Room</p> <p style="text-align: center; color: #000080;"><i>The Women's Health Initiative is a long-term study focused on the prevention of heart disease, cancer, and osteoporosis in postmenopausal women.</i></p>
3:00 p.m. — 4:30 p.m. 	<div style="display: flex; align-items: center; justify-content: center;">  <p style="text-align: center; color: #0000FF;">Happy Hour in the Clubhouse With musical performance by Jane Zell Enjoy the new weekly cocktail special!</p>  </div>
4:30 p.m. — 7:00 p.m. 	<p style="text-align: center;">The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>
8:30 p.m. 	<p>Wellness Wednesday topic on Channel 1340: “What You Don’t Know About Hearing Aids.” Presented by Juliëtte Sterkens, AuD, an audiologist with forty years of experience in hearing rehabilitation turned consumer advocate with the Hearing Loss Association of America.</p>









Thursday, April 18th 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	
10:30 a.m.		Standing Exercise Video on the Nottingham Channel (ch. 1340)	
11:00 a.m.		Mindful coloring with Shannon in the Arts and Crafts Room Bring your own coloring pages or choose from prints!	
12:00 p.m.		Birthday Luncheon for April Birthdays in the Clubhouse! Please RSVP according to the invitation	
1:30 p.m.— 3:00 p.m.			Open Swim/Lap Swim in the Pool
1:30 p.m.		Manicures with Jami In the Arts and Crafts Room Please call Life Enrichment at 315-413-3171 to sign up for a 15-minute appointment!	
1:45 p.m. – 2:45 p.m.		Drum Circle with Jimbo in the Assisted Living Sun Room This captivating experience harnesses the innate power of sound and rhythm that comes from collaborating with others	
3:00 p.m.			Cornhole Bean Bag Toss Game in the TV Room. <i>This is a resident run activity.</i>
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
7:15 p.m.		 Wii Games in the T.V. Room This is a resident-run activity.	 
8:30 p.m.		Thoughtful Thursday video topic on Channel 1340: “The Afterlife According to Einstein’s Special Relativity.” Physicist Sabine Hossenfelder investigates life's big questions through the lens of physics, particularly Einstein's theory of special relativity. RUNTIME: 10 Minutes	

Friday, April 19th 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. 	 <i>Bring news articles to share. This is a resident-run activity.</i>	Current Events Discussion Group in the T.V. Room
1:30 p.m. 		Bible Study with Pastor Tom Worth in the Arts and Crafts Room. All Are Welcome!
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. 	S.U. PhD students Ernest Obeng and Matthew Lesko present their work in the biomedical field: "Shape Memory Polymers for Biomedical Application" In the T.V. Room	
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
7:00 p.m. – 8:30 p.m. 		Evening social with musical performance by Jerry Cali and light refreshments In the T.V. Room
7:15 p.m. 	NO Bingo	
8:30 p.m. 	Feel Good Friday topic on Channel 1340: "My Philosophy For a Good Life." At the age of 2, Sam Berns was diagnosed with Progeria, a rare, rapid aging disease. Just before his passing on January 10, 2014, Sam Berns was a Junior at Foxboro High School in Foxboro, Massachusetts, where he achieved highest honors and was a percussion section leader in the high school marching band. He also achieved the rank of Eagle Scout in the Boy Scouts of America. RUNTIME: 13 Min.	

Saturday, April 20th 2024

1:30 p.m. 	<p style="text-align: center;">65 Card Game in the Arts and Crafts Room <i>This is a resident-run activity.</i></p>
2:00 p.m. 	<p style="text-align: center;">Train Dominoes in the Memories Lounge <i>This is a resident-run activity.</i></p> 
2:00 p.m. 	<p style="text-align: center;">Let's Play Chess in the Bistro All players are welcome. <i>This is a resident-run activity.</i></p> 
2:30 p.m.	<p style="text-align: center;">Saturday Movie in the T.V. Room: Pink Panther The story follows inspector Jacques Clouseau as he travels from Rome to Cortina d'Ampezzo to catch a notorious jewel thief known as "The Phantom" before he is able to steal a priceless diamond known as "The Pink Panther". RUNTIME: 113 Minutes</p> 
8:30 p.m. 	<p>Science Saturday video topic on Channel 1340: "Let Your Garden Grow Wild." Many gardeners work hard to maintain clean, tidy environments ... which is the exact opposite of what wildlife wants, says ecological horticulturist Rebecca McMackin. She shows the beauty of letting your garden run wild and offers tips for cultivating a garden that can be home to birds, bees, butterflies and more. RUNTIME: 12 Minutes</p>

Sunday, April 21st 2024

11:00 a.m. 	<p style="text-align: center;"><i>Catholic Mass with Fr. Kehoe</i> in the D-Wing Chapel</p>
11:00 a.m. 	<p style="text-align: center;"><i>Catholic Mass with Syracuse Diocese Priests</i> in the T.V. Room</p>
2:00 p.m. 	<p style="text-align: center;"> Scrabble Game in the Arts & Crafts Room All are welcome! <i>This is a resident-run activity.</i></p>
2:30 p.m. 	<p style="text-align: center;">Into the Arms of Strangers reshowing presented by Richard Levy in the T.V. Room</p> <p><i>Into the Arms of Strangers: Stories of the Kindertransports</i> is a 2000 documentary film about the British rescue operation known as the Kindertransport, which saved the lives of over 10,000 Jewish and other children from Nazi Germany, Austria, Czechoslovakia, and Danzig by transporting them via train, boat, and plane to Great Britain. These children, or <i>Kinder</i> in German, were taken into foster homes and hostels in Britain, expecting eventually to be reunited with their parents. The majority of them never saw their families again. Runtime: 117 MIN.</p>
3:00 p.m. 	<p style="text-align: center;">PINOCHLE IN THE MEMORIES LOUNGE <i>This is a resident-run activity.</i></p> 
8:30 p.m. 	<p style="text-align: center;">Historical Sunday on Channel 1340: Grossinger's Resort Deep in The Catskills Mountains sat one of the most iconic and largest hotels in America. Millions of people from New York City traveled here for vacation over the summers, many of whom staying at this luxury hotel. The property has since become abandoned – relive the history. RUNTIME: 17 Min</p>