



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



April 29—May 5 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



Kentucky Derby

BINGO



**SELFIE
WITH A
STRANGER**

**HORSE
HEAD
MASK**

**BIRD ON A
HAT**

**SWITCH
HATS
WITH A
STRANGER**

**SPOT A
CELEBRITY**



**TRY A
MINT JULEP**



**COL. SANDERS
LOOK-ALIKE**

MASSIVE HAT



**PICTURE WITH
TWIN
SPIRES**



**CIGAR
SMOKER**

**TWIN
SPIRES
HAT**

**LOST
SHOE**



**DERBY
HQ**
courier-journal

**SEER
SUCKER
SUIT**



**FOUR
BOWTIE-
WEARERS**

**Weird
horse
name**

**CIGAR
SMOKER**



**zzz
SLEEPING
PERSON**

**POCKET
SQUARE**



**PLAID
SUIT**



**START A
CHANT**

**WEAR A
HORSE
NAME
PIN**

**Broad-
caster
says
"Gelding"**

**HORSE
TIE/
BOWTIE**

**MATCHING
DRESSES**



Keep a copy on hand during the Derby to play Bingo! Or bring down to the T.V. room to play together!



What is the difference?

1

HOSPICE CARE

2

PALLIATIVE CARE

3

DEATH DOULA

LISTEN, LEARN, DISCUSS

SPEAKER: KARISHA SOLOMON, MGS

Monday, April 29th at 1:30 p.m.

In the T.V. Room

Presentation followed by Q & A

PASSOVER SEDER DINNER

Seder service by Carole Reeder
begins at 4:30 p.m.

Dinner served at 5:30 p.m.



Tuesday, April 30th
in The Clubhouse

*Prior registration is required—limited
seats available. All are welcome!*

*Massages with
Donna, L.M.T.*

Thursday, May 2nd

Two sessions:
from 11:00 a.m.—12:00 p.m.
& 1:00 p.m.—2:30 p.m.
In the Memories Lounge

*Please call Life Enrichment at
315-413-3171 to sign up for
a 10-minute appointment!*



Monday, April 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.

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



1:30 p.m.



**Talking about Hospice vs. Death Doula vs.
Palliative Care with Karisha Solomon
in the T.V. Room**

Karisha is a Gerontologist, Certified Death Doula and owner of the Remedy By Design company. Karisha's goal is make difficult subjects like death a little easier to talk about. She brings 20+ years of knowledge in the aging field, having taught Gerontology and Sociology at Syracuse and Cazenovia colleges.

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. –
7:00 p.m.

The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

3:00 p.m.



Happy Hour with Jami:
Wits and Wagers in the Clubhouse
Not a trivia buff? It doesn't matter! For Wits and Wagers, each player writes down a guess to the same question and places it face-up on the betting mat. Feeling confident? Bet on your guess! Think a friend knows better? Bet on their guess!

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: *Wall Street and the U.S. Housing Market.*
A small but mighty group of corporations are buying hundreds of thousands of homes in sunbelt-region suburbs. These homes are traditionally a crucial investment for American families. Meanwhile, financial groups are profiting from rising rents while their subsidiaries build small amounts of new standalone homes in the U.S. **RUNTIME: 13 Minutes**

 program is in person

 program is on channel 1340

R program requires registration

Tuesday, April 30th 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.



**Seated Exercise Class for All Residents
on Channel 1340**

10:45 a.m.



**Life Enrichment Committee Meeting
in The Arts and Crafts Room**



All residents welcome to join the meeting & committee

1:30 p.m.



Spiritual Services for All in the TV Room
Chaplain David E. Pasinski
Fred Fiske, Musician

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! *This is a resident-run activity.*

2:45 p.m.



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

3:00 p.m. –
7:00 p.m.



The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

4:30 p.m.



**Passover Seder Service and Dinner
in the Clubhouse**
Service provided by Carole Reeder
Prior registration is required.



7:30 p.m.



Music in the T.V. Room with
Mark Hoffman, Guitar and vocalist
**Sponsored by the Musicians Performance
Trust Fund**

8:30 p.m.



Tech Tuesday topic on Channel 1340: *The Biggest AI News of the Month.*
The AI community has been buzzing with a plethora of groundbreaking developments. From cutting-edge research breakthroughs to game-changing applications, explore how AI is transforming various industries, from healthcare and finance to transportation and entertainment.
RUNTIME: 12 MINUTES



Wednesday, May 1st 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 1st Floor Conference Room  <i>This is a resident-run activity.</i>
1:00 p.m. — 3:30 p.m. 	 Upstate Oasis Class: Chronic Pain Self-Management workshop Facilitated by Sue Stowell in the Arts and Crafts Room Prior registration is required.
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. 	Cinco De Mayo Happy Hour in the Clubhouse With accordion performance by Fred Sherz of the Fritz Polka Band  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 on Channel 1340: Your Gut Microbiome: The Most Important Organ You've Never Heard Of Ted Talk by Entrepreneur and biochemist Erika Ebbel Angle, PhD, who has dedicated her life to studying the gut. TED note: this is not to be used as medical advice. RUNTIME: 13 MINUTES

Thursday, May 2nd 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. – 12:00 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>		
1:00 p.m. – 2:30 p.m.			
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.</p> <p>Topic of Discussion: What is your favorite part of Spring?</p>	
1:30 p.m.— 3:00 p.m.		<p>Open Swim/Lap Swim in the Pool</p>	
3:00 p.m. – 7:00 p.m.	<p>The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</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>	
3:15 p.m.		<p>DIY Kentucky Derby Hat Craft with Jami Bring your own hat and decorate it together! We will make paper flowers to decorate. Ribbon will be provided. In the Arts and Crafts Room</p>	
7:15 p.m.		<p>Wii Games in the T.V. Room</p> <p>This is a resident-run activity.</p>	
8:30 p.m.	<p>Thoughtful Thursday topic on Channel 1340: <i>Why I Talk About Death.</i> Death Cafe's are popping up all over the world and are overwhelmingly well-received. Why would anyone want to talk about death? Here's one person's answer to that question. RUNTIME: 6 minutes</p>		

Friday, May 3rd 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 Shannon 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 Jami 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 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. 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. 		Monthly Shabbat Service with Rabbi Moshe Saks of Temple Adath	
	In the 1st floor Conference Room		
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu		
3:00 p.m. – 4:00 p.m. 		Death Café hosted by Karisha Solomon in the Clubhouse	
	Gerontologist Karisha Solomon returns for a follow up discussion and a chance for more engaging conversation surrounding the topic of death. Karisha runs a Death Café that meets once per month at the Cazenovia Library. Death Cafés are a global movement whos objective is 'to increase awareness of death with a view to helping people make the most of their lives.'		
7:15 p.m. 		In the T.V. Room	
	<i>This is a resident-run activity.</i>		
8:30 p.m. 	Friday video on Channel 1340: <i>The Secret World of Horse Racing</i> Referred to as the sport of kings, horse racing has been part of British society for more than 400 years. CNBC's Tom Chitty attempts to shine a light on a sport fuelled by money that for many is shrouded in mystery. RUNTIME: 17 Minutes		

Saturday, May 4 th 2024		~Derby Day~
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>	
2:30 p.m. 		Kentucky Derby on NBC Channel 4 Residents may watch together in the T.V. Room!
8:30 p.m. 	Science Saturday on Channel 1340: <i>Scientists Discovered a Hidden Black Hole Close to Earth.</i> Black holes are dark, matter-devouring balls of gravity. Most of them are so far away that we don't need to worry about them. But not this one. Meet Gaia BH1. This enormous black hole sits right outside our Solar System. More specifically, 1,600 light-years away from us. RUNTIME: 9 minutes	

Sunday, May 5 th 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	
1:30 p.m. – 2:30 p.m. 	Musical performance with Howie Bartolo ~ a lively vocal and flute performance! 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>
2:45 p.m. 		Sunday Movie in the T.V. Room: The Miracle Club The Miracle Club is a 2023 drama film directed by Thaddeus O'Sullivan, based on a story by Jimmy Smallhorne. The film stars Laura Linney, Kathy Bates, Maggie Smith, and Stephen Rea. Its plot follows a group of working-class women from Dublin on a pilgrimage to Lourdes in France. RUNTIME: 90 minutes
3:00 p.m. 	PINOCHLE IN THE MEMORIES LOUNGE <i>This is a resident-run activity.</i>	
8:30 p.m. 	REPLAY REQUESTED 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	