



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



Powered by Connection

May 6—May 12, 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



We are looking artwork to display
in the TV/Meeting Room!
If you are interested, please let
Life Enrichment know!

Call Jami at 315-413-3171
or Shannon at
315-413-3903.

Thank you!

We appreciate the opportunity to share
the talents of our residents!





Nottingham Gardening Club:

First 2024 meeting

Open to all interested residents!

Please meet in the Village Center (outside the I.L.
Front Lobby doors) on
Tuesday, May 7th at 1:00 p.m.
for our first project:
Filling the large planters that
beautify our campus!

(If you already have gloves/handheld gardening
tools, please bring them with you!)



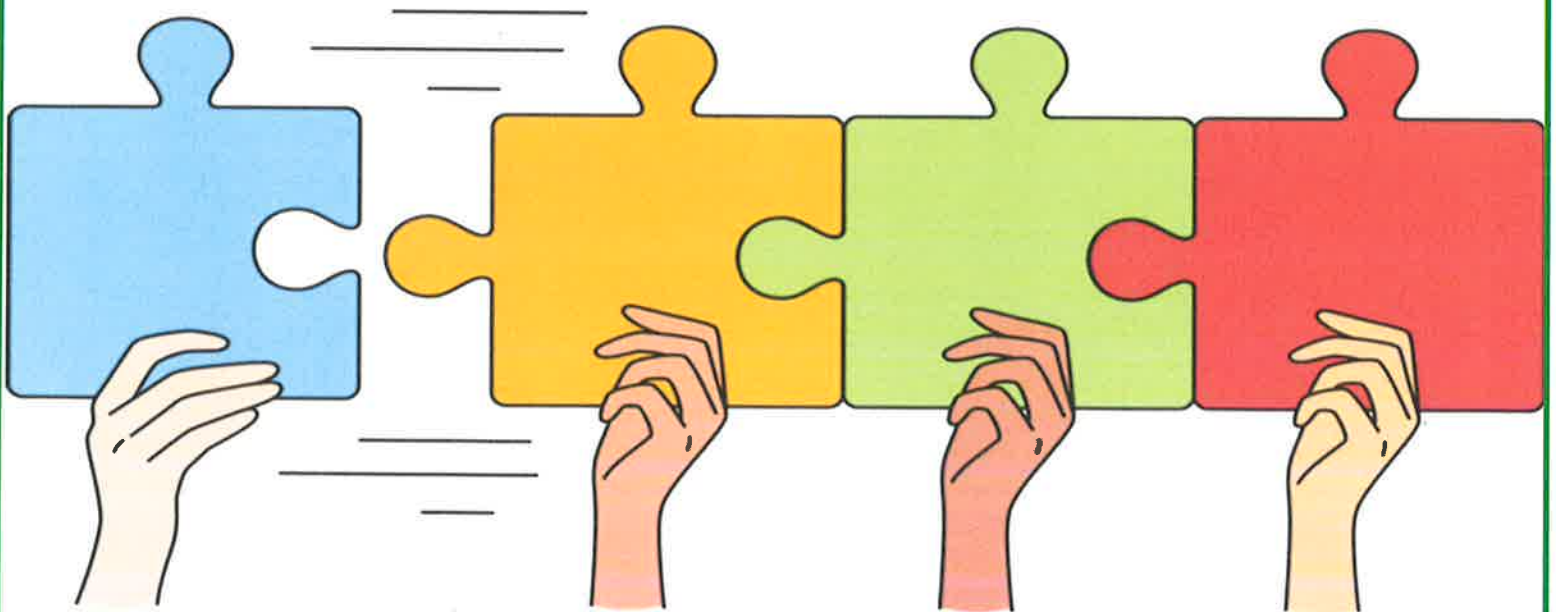
Join a Puzzle Competition!

Friday, May 17th at 3:00 p.m.
in the Clubhouse

Working in teams, you will
compete to be the first team to
finish a 300 piece puzzle!

Please sign up by calling Jami
at 315-413-3171.












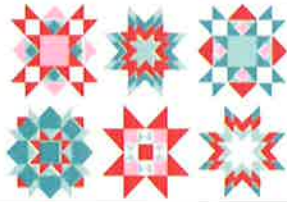









Teams will be created based on the
amount of interest.



OLDER
AMERICANS
MONTH



POWERED BY CONNECTION: MAY 2024


Monday, May 6 th 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. 		Craft with Jami for Older Americans Month: Help create a paper quilt! 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>	
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu		
3:00 p.m. 	Pastor Michael Yeoman from the First Presbyterian Church of Oneida presents his medical mission to Nicaragua in an audio/visual presentation In the T.V. Room		
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: <i>How To Live With Economic Doomsday.</i> Economic crises can and do happen. But for every true crisis, there are many false alarms, says economist Philipp Carlsson-Szlezak. He explains how to live with the media's pervasive economic doomsaying, why we should stop treating financial forecasts like a precise science — and what we should embrace instead. RUNTIME: 10 MINUTES		

Tuesday, May 7th 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 Video on the Nottingham Channel (ch. 1340) 

11:00 a.m.  **Scattergories with Shannon**
In the T.V. Room

1:00 p.m.  **Nottingham Gardening Club**
All residents welcome! Interested residents please meet in the I.L. Village Center (outside the I.L. Front Lobby doors). We will be filling the large planters that beautify our campus! If you have gloves/handheld gardening tools, please bring them with you!

1:30 p.m.  **Spiritual Services for All in the TV Room**
Rev. Eric Jackson
Plymouth Congregational Church UCC
Fred Fiske 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! *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

7:15 p.m.   **Tuesday Night Music in the T.V. Room**
 With musical performance by **A Brass Quintet**

8:30 p.m.  **Tech Tuesday** topic on Channel 1340: *The Rapid Rise of Starlink.* SpaceX launched its first batch of Starlink satellites back in 2019, and since then, adoption of the service has ballooned. Starlink now has over 2 million active customers and is available on all 7 continents and in over 60 countries. service has also become indispensable in areas hit by natural disasters, and, more recently, during times of war, particularly the Russia-Ukraine war. But Starlink’s growing influence is garnering condemnation from some who say that SpaceX CEO, Elon Musk is meddling in geopolitics, while the scientific community is raising alarms of the effect of thousands of satellites on radio and optical astronomy. **RUNTIME: 19 MINUTES**




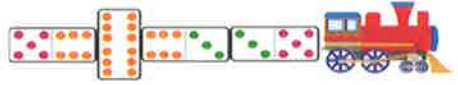



Wednesday, May 8th 2024		Resident Store Open 1 p.m. – 3 p.m.	
Buffalo Pharmacy will be in the Resident Store from 10:00 a.m.–12:00 p.m.			
9:00 a.m. — 9:45 a.m. 	Aquatics Exercise with Jess in the Pool		
9:45 a.m. — 10:30 a.m. 		Open Swim/Lap Swim in the Pool	
10:00 a.m. — 12:00 p.m. 	1-1 visits with Nottingham Chaplain Mary Colleen Sinnott Contact Life Enrichment to schedule an appointment!		
10:30 a.m. 	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 Upstate Oasis/ Sue Stowell in the Arts and Crafts Room. <i>Prior registration is required.</i>		
1:30 p.m. 	Stock Market & Finance Discussion Group in the Clubhouse <i>New members welcome. This is a resident-run activity.</i>		
1:30 p.m. 	Writers' Group in the Clubhouse 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!		
2:30 p.m. 	Join us for a Spring housewarming for new residents In the T.V. Room Enjoy refreshments and getting to know new faces as Life Enrichment staff reads new resident bios. All residents welcome to attend!		
4:00 p.m. — 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu		
8:30 p.m. 	Wellness Wednesday on Channel 1340: Heart Support with Cardiologist Dr. Sunil Rao. Dr. Rao answers your questions about the heart from Twitter. How do you measure your maximum heart rate? Is broken heart syndrome real? What is cholesterol? Can low dose aspirin help prevent heart attacks? Answers to these questions and many more. RUNTIME: 17 MINUTES		

Thursday, May 9 th 2024		Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.	
9:00 a.m.— 10:30 a.m. 		Open Swim/Lap Swim in the Pool	
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. 		Health & Wellness Education with Nicole, Doctor of Physical Therapy, Select Rehab This Month: Sensory Changes Associated with Aging 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! (Free to play – no gambling)</i>		
1:30 p.m. 	Resident Forum in the T.V. Room All residents are encouraged to attend! <i>Donations to Resident Forum can be brought to the meeting or placed in the I.L. mailroom suggestion box.</i>		
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu		
3:00 p.m. 		Cornhole Bean Bag Toss Game in the TV Room <i>This is a resident-run activity.</i>	
7:15 p.m. 		Wii Games in the T.V. Room This is a resident-run activity.	
8:30 p.m. 	Thoughtful Thursday on Channel 1340: Why haven't we found aliens? A physicist shares the most popular theories. Chances are, we're not alone in the universe. But if that's true — why can't we seem to find our neighbors? This question is known as the Fermi paradox, and it continues to go unsolved. However, some theories could offer potential solutions. Physicist Brian Cox explains the paradox and walks us through our best guesses as to the reason for our quasi-isolation. RUNTIME: 13 MINUTES		

Friday, May 10th 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. 	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!	
1:45 p.m. 		HelpingHounds <small>DOG RESCUE</small>	Helping Hounds Therapeutic Dog Visit In the Fireplace Lounge
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 is open! Enjoy speciality drinks & Clubhouse menu		
3:00 p.m. 	Rummikub Game with Shannon in the Clubhouse with instruction! Come play or come learn to play!		
7:15 p.m. 		In the T.V. Room <i>This is a resident-run activity.</i>	
8:30 p.m.	Feel Good Friday on Channel 1340: Elin Kjos is a sport's trainer who was diagnosed with incurable lung cancer two years ago. She was given less than a year to live and has yet defeated all odds. Everyday, she shares her journey with her hundreds of thousands of followers on Instagram. She talks about how her cancer diagnosis changed her perspective on life. RUNTIME: 13 MINUTES		

HANDY HINTS...

Trash Rooms are closed on Mondays and Thursdays for trash pick up. Please do not leave trash bags on the floor!

Saturday, May 11 th 2024	
10:30 a.m. 	<p style="text-align: center;">Seated Yoga</p> <p style="text-align: center;">Tune into The Nottingham Channel (ch. 1340) to participate!</p>
1:30 p.m. 	<p style="text-align: center;">65 Card Game in the Arts and Crafts Room</p> <p style="text-align: center;"><i>This is a resident-run activity.</i></p>
2:00 p.m. 	<p style="text-align: center;">Train Dominoes in the Memories Lounge</p> <p style="text-align: center;"><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</p> <p style="text-align: center;">All players are welcome. <i>This is a resident-run activity.</i></p>
8:30 p.m. 	<p style="text-align: center;">Science Saturday on Channel 1340:</p> <p style="text-align: center;"><i>How Big Business Broke Recycling (And Blamed You).</i> Recycling has been the gold standard for fighting pollution for decades. But most plastics can't be recycled and the companies that push for recycling are the ones often generating the most emissions and waste in the first place. Dr. Rae Wynn-Grant looks at how we have been told to "reduce, reuse, recycle" to shift the responsibility from companies to the individual. RUNTIME: 10 MINUTES</p>

Sunday, May 12 th 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</p> <p style="text-align: center;">All are welcome! <i>This is a resident-run activity.</i></p>
2:30 p.m. 	 <p style="text-align: center;">Sunday Movie in the T.V. Room: The Holdovers</p> <p>The Holdovers is a 2023 American Christmas comedy-drama set in late 1970 and early 1971. The film stars Paul Giamatti as a strict classics teacher at a New England boarding school who is forced to chaperone a handful of students with nowhere to go on the Christmas break. The Holdovers received five nominations at the 96th Academy Awards, including Best Picture and Best Actor for Giamatti; Randolph won the Academy Award for Best Supporting Actress. RUNTIME: 133 MINUTES</p>
3:00 p.m. 	<p style="text-align: center;">PINOCHLE IN THE MEMORIES LOUNGE</p> <p style="text-align: center;"><i>This is a resident-run activity.</i></p> 
8:30 p.m. 	<p style="text-align: center;">Historical Sunday on Channel 1340: <i>The Little Hagia Sophia Mosque: Istanbul's Hidden Gem.</i> A hidden gem nestled among the historic streets of Istanbul, predating Hagia Sophia, lies the Little Hagia Sophia Mosque. Discover the architectural marvels and rich history of this iconic site. RUNTIME: 8 MINUTES</p>