



**The Nottingham**  
A Loretto Community

# *Independent Living Weekly Telegraph*



***July 1—July 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**

# Massage Therapy



*Massages with Donna,  
Licensed Massage Therapist  
in the 1<sup>st</sup> Floor Conference  
Room*

*Monday, July 1<sup>st</sup>*

*11:00 a.m.—12:00 p.m. &*

*1:00 p.m.—2:30 p.m.*

*Sign-up is required.*

*Please call 315-413-3171  
for an appt.*

**Looking for new players!**





















**Cornhole is a bean bag toss game played in teams who score points based on accuracy.**

**Cornhole is played Thursdays at 3:00 p.m.—join in to try something new!**



**Monday, July 1<sup>st</sup> 2024**      **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

**Trash to Treasures clean out week! Donate used items in good condition to the donation bins in the mailroom, Glens Community Room, & T.V. Room.**

9:00 a.m.— 9:45 a.m. 	<p style="text-align: center;"><b>Aquatics Exercise with Jess in the Pool</b></p>
9:45 a.m.— 10:30 a.m. 	 <p style="text-align: center;"><b>Open Swim/Lap Swim in the Pool</b></p>
10:30 a.m. 	<p style="text-align: center;"><b>Move and Groove with Jess in the T.V. Room</b></p>
10:30 a.m. 	<p style="text-align: center;">Zumba with Dr. Ann on The Nottingham Channel 1340</p>
11:00 a.m. 	<p style="text-align: center;"><b>Gentle Yoga with Jess in the T.V. Room</b></p> 
11:00 a.m.- 12:00 p.m. & 1:00 p.m. — 2:30 p.m. 	 <p style="text-align: center;"><i>Massages with Donna, Licensed Massage Therapist in the 1<sup>st</sup> Floor Conference Room Sign-up is required. Please call 315-413-3171 for an appt.</i></p>
1:00 p.m. 	<p style="text-align: center;"><b>Poker in the Memories Lounge</b> <i>This is a resident-run activity. New players welcome! (Free to play –no gambling)</i></p> 
1:30 p.m. 	 <p style="text-align: center;"><b>Mahjong for advanced players in the Arts &amp; Crafts Room</b> New players welcome! <i>This is a resident-run activity.</i></p>
1:30 p.m. 	<p style="text-align: center;"><b>Wii Games in the T.V. Room</b> This is a resident-run activity.</p>  
3:00 p.m. — 7:00 p.m. 	<p style="text-align: center;">The Clubhouse is open! Enjoy speciality drinks &amp; Clubhouse menu</p>
3:00 p.m. 	 <p style="text-align: center;"><b>All about July Jeopardy! with Jami in the Clubhouse</b></p>
8:00 p.m. 	<p><b>Money Monday on Channel 1340:</b> <i>From Micron to Main Street: CNY Economic Development.</i> On this episode of Talk CNY, presented by NBT Bank, CenterState CEO Vice President of Economic Development Nora Spillane discusses the work we're doing now and how we're planning to grow sustainably. <b>RUNTIME: 26 MINUTES</b></p>

<b>Tuesday, July 2<sup>nd</sup> 2024</b>		<b>Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.</b>	
<b>Trash to Treasures Clean Out week! Donate used items in good condition to the donation bins in the mailroom, Glens Community Room, &amp; T.V. Room.</b>			
10:15 a.m. 	<b>Mindful Movement Class with Emily, O.T.</b> in the TV Room <i>*open to all ability levels*</i>		
10:15 a.m. 	Seated Exercise Video on the Nottingham Channel (ch. 1340)		
11:00 a.m. 	<b>Skip-Bo Card game with Shannon</b> in the T.V. Room		
2:30 p.m. 		<b>Mahjong for beginners in the Arts &amp; Crafts Room</b> New players welcome! <i>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. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu		
4:00 p.m. 		<b>BYO Game Night with Jami</b> in the Clubhouse Do you have a favorite game you want to teach? Meet others interested in trying their hand at something new!	
7:15 p.m. 		<b>Summer Nights Music Under the Tent</b> With a guitar and vocal performance by Dale Randall Performing in the T.V. Room in case of poor weather	
8:00 p.m. 	<b>Tech Tuesday on Channel 1340: Talking Tech and AI with Tim Cook.</b> Tim Cook is the CEO of Apple. In this interview, he chats about AI vs Apple Intelligence, AI vs privacy and ChatGPT, and more. RUNTIME: 16 MINUTES		

**Wednesday, July 3<sup>rd</sup> 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.**  
 Medication and Sharps disposal are available with pharmacist during this time.

**Trash to Treasures Clean Out week! Donate used items in good condition to the donation bins in the mailroom, Glens Community Room, & T.V. Room.**

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.

**Exercise Class with Jess in the T.V. Room**

10:30 a.m.

Zumba with Dr. Ann on The Nottingham 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.**

2:00 p.m.



**Protestant Service with Rev. Stuart Hayes**  
**In the T.V. Room**



2:30 p.m.

**Writers' Group in the Arts and 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:**  
**Fourth of July bash!**

**With musical performance by  
Blair Frodelius on guitar**

**Enjoy the new weekly cocktail special!**



4:30 p.m. –  
7:00 p.m.

The Clubhouse is open!  
 Enjoy speciality drinks & Clubhouse menu

8:00 p.m.

**Wellness Wednesday on Channel 1340: *Unwavering Focus*.** Living as a Hindu monk for 10 years, Dandapani was trained in understanding the mind. There he learned and practiced the fine art of bringing concentration into everyday life. In this talk, Dandapani will share spiritual tools to learn to create unwavering focus in our lives and the boundless benefits that result from it.  
 RUNTIME: 17 MINUTES

**Thursday, July 4<sup>th</sup> 2024**      **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

**Trash to Treasures Clean Out week! Donate used items in good condition to the donation bins in the mailroom, Glens Community Room, & T.V. Room.**



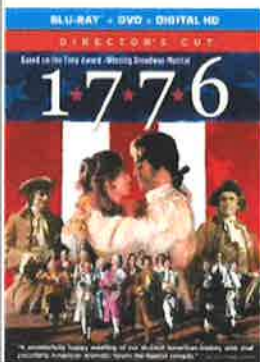
**10:30 a.m.**  Standing Exercise Video on the Nottingham Channel (ch. 1340)

**10:30 a.m.**   **Cornhole Bean Bag Toss Game**  
**In the T.V. Room**  
*This is a resident-run activity.*

**11:30 a.m.**  **HOLIDAY MEAL REMINDER**  
 The holiday meal will be served at 11:30 a.m. There will be no evening meal today in the IL Dining Room. **The Bistro will be open from 9 a.m. to 7 p.m. Room deliveries are available.** Thank you.




**1:00 p.m.**  **Movie in the T.V. Room:**  
**1776 the Musical**



With the Boston Harbor still stained from over-taxed British tea, a revolution is brewing in the colonies! And now England has thousands of troops headed for America's shores to squelch her subjects' freedom-loving spirit! It's up to John Adams, Benjamin Franklin and Thomas Jefferson to convince a stubborn congress of British colonists to unite as American patriots turn the inevitable war with England into a Declaration of Independence!  
**RUNTIME: 2 HRS 45 MIN**

**1:00 p.m.**  **Poker in the Memories Lounge**  
*This is a resident-run activity. New players welcome!*  
*(Free to play -no gambling)*



**8:00 p.m.**  **Thoughtful Thursday on Channel 1340:** *The Invisible Barrier Keeping Two Worlds Apart* by PBS. In between two of the islands of Indonesia, there's an ancient line that is both real and...not real. **RUNTIME: 10 MIN**

**Friday, July 5<sup>th</sup> 2024**      **Resident Store Open 10 a.m. – 12 p.m. / 1 p.m. – 3 p.m.**

**Trash to Treasures Clean Out week! Donate used items in good condition to the donation bins in the mailroom, Glens Community Room, & T.V. Room.**

9:00 a.m.— 9:45 a.m. 	<p style="text-align: center;"><b>Aquatics Exercise with Jess in the Pool</b></p>
9:45 a.m.— 10:30 a.m. 	 <p style="text-align: center;"><b>Open Swim/Lap Swim in the Pool</b></p>
10:30 a.m. 	<p style="text-align: center;"><b>Fitness Fun with Jess in the T.V. Room</b></p> <p style="text-align: center;">   <b>This week: Seated Volleyball</b>   </p>
10:30 a.m. 	<p>Zumba with Dr. Ann on The Nottingham Channel 1340</p>
11:00 a.m. 	<p><b>Weekly WRAP-UP</b>      <b>Current Events Discussion Group in the T.V. Room</b></p> <p style="text-align: center;"><i>Bring news articles to share. This is a resident-run activity.</i></p>
1:00 p.m. 	<p style="text-align: center;"> <i>The Teacher's Lounge Join a discussion group for former teachers to share their favorite memories! in the Memories Lounge</i> </p>
1:00 p.m. 	 <p style="text-align: center;"><b>Happy Tales with Jami in the T.V. Room</b></p> <p style="text-align: center;">                 Come share stories/pictures/memories with other animal lovers – because we all have a goofy tale or two to tell about our beloved pets, past or present!             </p>
1:30 p.m. 	 <p style="text-align: center;"><b>Bible Study with Pastor Tom Worth in the Arts and Crafts Room. All Are Welcome!</b></p>
2:00 p.m. 	 <p style="text-align: center;"><b>Knit-Wits in the Memories Lounge</b></p> <p style="text-align: center;"><i>New members welcome. This is a resident-run activity.</i></p>
3:00 p.m.- 7:00 p.m. 	<p style="text-align: center;">The Clubhouse is open! Enjoy speciality drinks &amp; Clubhouse menu</p>
3:00 p.m. 	<p style="text-align: center;"><b>Ladderball with Jami</b></p> <p style="text-align: center;"><b>Under the bistro tent, weather permitting/T.V. Room</b></p> 
7:00 p.m. 	 <p style="text-align: center;"><b>BINGO</b>      In the T.V. Room. <i>This is a resident-run activity.</i></p>
8:00 p.m. 	<p><b>Feel Good Friday on Channel 1340:</b> In this clip from her first ever Dry Bar Comedy special, comedian Cathy Ladman talks about getting older and some of the fortunate and not so fortunate side effects that come with it.</p> <p style="text-align: center;">RUNTIME: 10 MINUTES</p>



Saturday, July 6 <sup>th</sup> 2024	
10:30 a.m. 	<b>Seated Yoga</b> Tune into The Nottingham Channel (ch. 1340) to participate!
1:30 p.m. 	<b>65 Card Game in the Arts and Crafts Room</b> <i>This is a resident-run activity.</i>
2:00 p.m. 	<b>Train Dominoes in the Memories Lounge</b> This is a resident-run activity. 
2:00 p.m. 	 <b>Let's Play Chess in the Bistro</b> All players are welcome. <i>This is a resident-run activity.</i>
8:00 p.m. 	<b>Science Saturday on Channel 1340: Unexplainable Mysteries Explained by Science:</b> How science explained "The Kentucky Meat Shower" of March 1876, Easter Island Hats, Earthquake Lights, Sailing Stones, "The Bloop" and Will-O-The-Wisps. <b>RUNTIME: 15 MINUTES</b>
Sunday, July 7 <sup>th</sup> 2024	
11:00 a.m. 	<b>Catholic Mass with Fr. Kehoe</b> in the D-Wing Chapel
11:00 a.m. 	<b>Catholic Mass with Syracuse Diocese Priests</b> in the T.V. Room
2:00 p.m. 	 <b>Scrabble Game in the Arts &amp; Crafts Room</b> All are welcome! <i>This is a resident-run activity.</i>
2:30 p.m. 	 <b>Sunday Movie in the T.V. Room: Places in the Heart</b> Places in the Heart is a 1984 American drama film written and directed by Robert Benton. It stars Sally Field, Lindsay Crouse, Ed Harris, Ray Baker, Amy Madigan, John Malkovich, Danny Glover, Jerry Haynes and Terry O'Quinn. The film follows Edna Spalding, a young woman during the Great Depression in Texas who is forced to take charge of her farm after the death of her husband and is helped by a motley bunch. <b>RUNTIME: 111 MINUTES</b>
3:00 p.m. 	<b>PINOCHLE IN THE MEMORIES LOUNGE</b> <i>This is a resident-run activity.</i> 
8:00 p.m. 	<b>Historical Sunday on Channel 1340: The History of Ice Cream.</b> Ice cream actually dates back way further than you might think. In this video we explore the history of ice cream, from the Tang Dynasty all the way to the invention of the modern refrigerator. <b>RUNTIME: 10 MINUTES</b>