



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



July 8—July 16, 2024

The Nottingham Channel 1340

A publication for Residents & Employees

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

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Trash to Treasures

Monday, July 8th from 2:00 p.m.—4:00 p.m.

under the tent weather permitting or the T.V. Room

Entertainment by Jilissa Vellake from 2:00 p.m.—3:00 p.m.!

How it works

Drop off small items in good/great condition only (clothing, towels, small décor, working small appliances like toasters or coffee makers, etc.) to the collection bins **between Mon. July 1st —Fri. July 5th**.

Collection bins will be located in the Glens Community Room, the Mailroom, and in the T.V. Room. Everything collected will be available for others to claim for free during Trash to Treasures on July 8th! *Everyone is welcome*, whether you have things to give away or not!

Please call Life Enrichment at 315-413-3171 with any questions! We are also looking for volunteers to set out items before the event.

Monday, July 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 The Nottingham Channel 1340	
11:00 a.m.		Gentle Yoga with Jess in the T.V. Room	
1:00 p.m.		Poker in the Memories Lounge <i>This is a resident-run activity. New players welcome! (Free to play –no gambling)</i>	
1:00 p.m.		 Wii Games in the T.V. Room This is a resident-run activity.	
1:30 p.m.			Mahjong for advanced players in the Arts & Crafts Room New players welcome! <i>This is a resident-run activity.</i>
2:00 p.m. – 4:00 p.m.		 <p>Trash to Treasures!</p> <p>They say one man's trash is another man's treasure! Browse our selection of donated items and take home anything you'd like for free! Under the Bistro Tent, weather-permitting, or the T.V. Room.</p> <p>With entertainment from Jilissa Vellake from 2-3 p.m.!</p>	
2:30 p.m.			Online course: The Presidency X: New Challenges In the I.L. Conference Room – Prior registration required.
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu	
8:00 p.m.		Money Monday on Channel 1340: Should the rich pay for climate change? Campaigners who believe world leaders are not doing enough to combat climate change are taking matters into their own hands—and suing governments and fossil-fuel companies. But can the climate catastrophe really be resolved in court? RUNTIME: 15 Min	

Tuesday, July 9th 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 <i>*open to all ability levels*</i>		
10:15 a.m. 	Seated Exercise Video on the Nottingham Channel (ch. 1340)		
11:00 a.m. 		Seated Balloon Volleyball In the T.V. Room	
1:30 p.m. 		Spiritual Services for All in the T.V. Room Nottingham Chaplain Mary Colleen Sinnott Fred Fiske, Musician	
2:15 p.m. 	1-1 visits with Nottingham Chaplain Mary Colleen Sinnott Contact Life Enrichment at 315-413-3903 to schedule an appointment!		
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. 		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		
3:00 p.m. 	Letters & Card writing to Nottingham's adopted Platoon In the Clubhouse		
4:00 p.m. 	Karaoke Night with Jami! in the Clubhouse		
7:15 p.m. 		Summer Nights Music Under the Tent With folk musical performance by The Cadleys Performing in the T.V. Room in case of poor weather	
8:00 p.m. 	Tech Tuesday on Channel 1340: <i>The A.I. Tipping Point.</i> With Artificial Intelligence evolving so rapidly, will it surpass human intelligence? Top experts provide a clear understanding of the immense benefits and potential dangers of AI. RUNTIME: 25 MIN		

Wednesday, July 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. Medication and Sharps disposal are available with pharmacist during this time.

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. 	 <p style="text-align: center;">Open Swim/Lap Swim in the Pool</p>
10:30 a.m. 	<p style="text-align: center;"><i>Exercise Class with Jess in the T.V. Room</i></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;">Gentle Yoga with Jess in the T.V. Room </p>
1:00 p.m. 	 <p style="text-align: center;">Let's Play Bridge in the Memories Lounge New Players Welcome! This is a resident-run activity.</p>
1:30 p.m. – 3:00 p.m. 	 <p style="text-align: center;">Mary Kay Representative Darlene Wrenn brings samples of make up, body lotions and skin care, and perfume/cologne available for order. Drop in anytime to test out samples! She is also available to schedule individual appointments for a 1:1 visit! In the Arts and Crafts Room</p>
2:00 p.m. 	 <p style="text-align: center;">Brain Games with Jami: Word Games in the T.V. Room </p>
3:00 p.m. – 4:30 p.m. 	 <p style="text-align: center;">Happy Hour in the Clubhouse With piano performance by John Vona Enjoy the new weekly cocktail special! </p>
4:30 p.m. – 7:00 p.m. 	<p style="text-align: center;">The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>
8:00 p.m. 	<p>Wellness Wednesday on Channel 1340: When it comes to what you bite, chew and swallow, your choices have a direct and long-lasting effect on the most powerful organ in your body: your brain. So which foods cause you to feel so tired after lunch? Or so restless at night? Mia Nacamulli takes you into the brain to find out. RUNTIME: 5 Min</p>

Thursday, July 11th 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 Series with Nicole, Doctor of Physical Therapy**
 Presenting on: Part 2 of Spine Series
 In the T.V. Room


















1:00 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.  **Resident Forum in the T.V. Room**
All residents welcome and encouraged to attend! 
Donations to Resident Forum can be brought to the meeting or placed in the I.L. mailroom suggestion box.









3:00 p.m.   **Cornhole Bean Bag Toss Game**
Under the tent weather-permitting or 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

8:00 p.m.    **Thoughtful Thursday on Channel 1340: Fake Cities.** Foreign Affairs Security Training Center in VA. The simulated cities of Survival City in N.V., Playas Training and Research center, and Pegasus. These are uncanny, entirely fake cities designed to test technology, train military, or even dedicated solely to propaganda, to make a country seem more prosperous than it is. **RUNTIME: 16 Min**

Friday, July 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 The Nottingham Channel 1340	
Final call for letters or cards to our adopted Platoon - drop off to Life Enrichment in the morning please.			
11:00 a.m.		Weekly WRAP-UP <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.			NO Bible Study with Pastor Tom Worth in the Arts and Crafts Room
1:30 p.m.		Remembrance Service In honor of our Nottingham Family In the T.V. Room Refreshments to follow	
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.			Bocce in the Bistro Courtyard with Jami Come to learn and come to play!
7:00 p.m.			In the T.V. Room. <i>This is a resident-run activity.</i>
8:00 p.m.		Friday on Channel 1340: Earthships. In New Mexico's desert town of Taos there is a large community of like minded people that dwell in earthships – made out of garbage and off the grid. Explore why they are there and why they choose this way of life. RUNTIME: 34 MINUTES	

Saturday, July 13th 2024

10:30 a.m. 	<p style="text-align: center;">Seated Yoga</p> <p>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> 
2:00 p.m. 	<p style="text-align: center;">Genealogy Group meeting in the I.L. Conference Room</p>
8:00 p.m. 	<p>Science Saturday on Channel 1340: Researchers Say They Are Close To Reversing Aging. Researchers at Harvard University are investigating whether human genes could reverse the effects of aging. NBC Medical Fellow Dr. Akshay Syal got exclusive access to their lab to discuss the future of how to defy aging. RUNTIME: 8 MINUTES</p>

Sunday, July 14th 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: <i>Memoirs Of A Geisha</i></p> <p>The film centers around the sacrifices and hardship faced by pre-World War II geisha, and the challenges posed by the war and a modernizing world to geisha society. RUNTIME: 145 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> 
8:00 p.m. 	<p>Historical Sunday on Channel 1340: It's a story that goes back to the 1820s, when that part of New York was largely open countryside. Soon it became home to about 1,600 people. Among them was a predominantly black community that bought up affordable plots to build homes, churches and a school. It became known as Seneca Village. And when Irish and German immigrants moved in, it became a rare example at the time of an integrated neighborhood. Everything changed on July 21, 1853. New York took control of the land to create what would become the first major landscaped park in the US -- they called it "The Central Park." RUNTIME: 8 MIN</p>