



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



July 15—July 21, 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



Thank you to all who donated items and volunteered their time to make the Trash to Treasures giveaway a success!

In addition to the food drive box in the mailroom, we have added a bin for other miscellaneous goods to be donated to the Gethsemane Methodist Church, who provides items to refugee families coming into Syracuse.



Resident Store
New hours starting
Monday, July 15th

Monday – Friday

1:00 p.m.—4:00 p.m.

**Located in the Village Center,
1st Floor Lobby**

Shop for all occasion greeting cards, toiletries, small household goods, seasonal gifts and decorations.

All proceeds benefit the Resident Forum



Buffalo pharmacy open hours Wednesdays 10:00 a.m.—noon

Monday, July 15th 2024

NEW Resident Store Hours: Open 1 p.m. – 4 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. –
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.



**Mahjong for advanced players in the Arts & Crafts
Room** New players welcome! *This is a resident-run activity.*

1:30 p.m.



**Onondaga Historical Society interactive
performance in the T.V. Room: Tailspins**

Be it around a campfire, or a fireplace, long before hi-definition, folks gathered to warm themselves and share tales of heroes and heroines, characters and creatures, and magic and monsters. Invite early settler and fur trader Ephraim Webster to spin a tale or two of Central New York in which the audience may play a part!

2:30 p.m.



Wii Games in the T.V. Room
This is a resident-run activity.



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

3:00 p.m.



**Nurses Group meets to share experiences
In the 1st Floor Conference Room**

8:00 p.m.



Money Monday on Channel 1340: Many people in the rich world are feeling the pinch, particularly in its poorest regions. As the cost of living rises, how can such "left behind" areas be made richer? **RUNTIME: 20 MIN**

Tuesday, July 16th 2024

NEW Resident Store Hours: Open 1 p.m. – 4 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.



Rummikub Tile Game with Shannon in the T.V. Room

1:30 p.m. —

3:00 p.m.



Open Swim/Lap Swim in the Pool

1:30 p.m.



Spiritual Services for All in the T.V. Room

With David Pasinski
Fred Fiske, Musician

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.



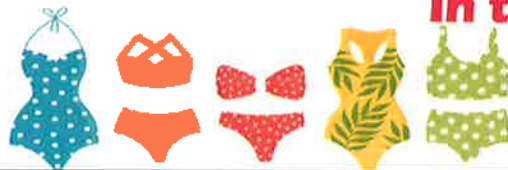
The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

4:15 p.m.



Craft with Jami: Life-sized prop bathing suits
Come get creative and make a bathing suit prop for
our upcoming summer social!

In the T.V. Room



7:15 p.m.



Summer Nights Music

Under the Tent

With musical performance by Greg Hoover
on vocals and guitar/piano

Performing in the T.V. Room in case of poor weather

8:00 p.m.



Tech Tuesday on Channel 1340: Meet Ameca! The World's Most Advanced Robot. Ameca is the world's most advanced robot, with human-like facial expressions and movement. It can mimic people's basic movements, draw sketches, and also speak to people with the help of AI such as ChatGPT. Meet Ameca and its creator, Morgan Roe. RUNTIME: 8 MIN

Wednesday, July 17th 2024

NEW Resident Store Hours: Open 1 p.m. – 4 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 align="center">Aquatics Exercise with Jess in the Pool</p>
9:45 a.m. - 10:30 a.m.	 <p align="center">Open Swim/Lap Swim in the Pool</p>
10:30 a.m.	<p align="center">Exercise Class with Jess in the T.V. Room</p>
10:30 a.m.	Zumba with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.	<p align="center">Gentle Yoga with Jess in the T.V. Room</p> 
1:00 p.m. – 4:00 p.m.	 <p align="center">Exploring New Frontiers in Genealogy with Lisa Alzo <i>Oasis Online Course</i></p> <p>This course will demonstrate how emerging technologies will shape a new frontier in family history including how we research our ancestors and share their stories. Learn how websites such as Ancestry.com, FamilySearch, MyHeritage have been developing and implementing AI and how it can take your genealogy research and writing to the next level.</p> <p align="center"><i>In the 1st Floor Conference Room – Registration Required</i></p>
1:00 p.m.	 <p align="center">Let's Play Bridge in the Memories Lounge New Players Welcome! This is a resident-run activity.</p>
2:30 p.m.	<p align="center">Writers' Group in the Arts and Crafts Room</p> <p>Syracuse University Professor Schell leads an open creative writing group. We invite anyone who likes to write or wants to do more writing. <i>All are welcome to join!</i></p>
3:00 p.m. – 4:30 p.m.	 <p align="center">Happy Hour in the Clubhouse With vocal musical performance by Jilissa Vellake</p> <p align="center">Enjoy the new weekly cocktail special!</p> 
4:30 p.m. – 7:00 p.m.	<p align="center">The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>
8:00 p.m.	<p>Wellness Wednesday on Channel 1340: Dairy, almond, soy, oat... If you go to the store in search of milk, there are a dizzying number of products to choose from. So which milk is actually best for you? And which uses the fewest resources and produces the least pollution? Jonathan J. O'Sullivan and Grace E. Cunningham dive into some of the most popular milks to find out.</p> <p align="center">RUNTIME: 6 MINUTES</p>

Thursday, July 18th 2024

NEW Resident Store Hours: Open 1 p.m. – 4 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.	 A presentation with Select Rehab Learn about the scope of practice of occupational therapists and speech pathologists. In the T.V. Room
12:00 p.m.	 Birthday Luncheon for July Birthdays in the Clubhouse! RSVP according to the invitation.
1:00 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. – 3:00 p.m.	 Open Swim/Lap Swim in the Pool
3:00 p.m.	 <p style="text-align: center;">Teacher's Lounge</p> <p style="text-align: center;">Join a discussion group for former teachers to share their favorite memories! in the Arts and Crafts Room</p> <p style="text-align: center;"><i>This is a resident-run activity.</i></p>
3:00 p.m.	 Cornhole Bean Bag Toss Game Under the Tent/T.V. Room in inclement weather <i>This is a resident-run activity.</i>
8:00 p.m.	 Thoughtful Thursday on Channel 1340: <i>The Most Convincing Time Traveler Story.</i> In 2006, a mysterious man appeared on the streets of Kiev, claiming to have come from 1958. And the story gets crazier from there. The Sergei Ponomarenko story has become a bit of an internet phenomenon as one of the most compelling time traveler stories ever documented. RUNTIME: 16 MIN



Friday, July 19th 2024

NEW Resident Store Hours: Open 1 p.m. – 4 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 The Nottingham Channel 1340

11:00 a.m.

Weekly
WRAP-UP

**Current Events Discussion Group
in the T.V. Room**

Bring news articles to share. This is a resident-run activity.

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

New members welcome. This is a resident-run activity.

2:30 p.m.

Manicures with Jami
In the Arts and Crafts Room

Please call Jami at 315-413-3171

to sign up for a 15-minute appointment!



3:00 p.m. -
7:00 p.m.

The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

7:00 p.m.

NO Bingo

7:15 p.m.

Summer Social with Life Enrichment






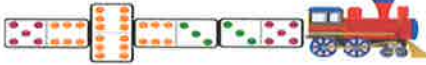





**Enjoy entertainment by Howie Bartolo
and light refreshments! In the bistro courtyard**

8:00 p.m.

Feel Good Friday on Channel 1340: *I visited a cat island in Japan (Tashirojima Island). This island has more cats than humans. In this video, I see many different cats, visit an island cafe, witness the cat feeding, explore the cat camping site, and observe how Tashirojima was affected by the 2011 tsunami, which flooded both villages and destroyed several buildings. This captivating journey is one you won't want to miss! RUNTIME: 10 MIN*



Saturday, July 20th 2024

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 This is a resident-run activity. 
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.  	SING A LONG WITH RICHARD WEISKOPF IN THE T.V. ROOM
8:00 p.m. 	Science Saturday on Channel 1340: Climate change: what is ocean acidification? As carbon emissions change the chemistry of the seas, ocean acidification threatens marine life and human livelihoods. How worried should you be about climate change's so-called "evil twin"? RUNTIME: 16 MIN

Sunday, July 21st 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
2:00 p.m.  	Scrabble Game in the Arts & Crafts Room All are welcome! <i>This is a resident-run activity.</i>
2:30 p.m.  	SUNDAY MOVIE IN THE T.V. ROOM: Because of Winn-Dixie A mischievous dog befriends a lonely young girl in a new town and helps her make new friends. RUNTIME: 106 MINUTES
3:00 p.m. 	PINOCHLE IN THE MEMORIES LOUNGE <i>This is a resident-run activity.</i> 
8:00 p.m. 	Historical Sunday on Channel 1340: In November 1898, in Wilmington, North Carolina, a mob of 2,000 white men expelled black and white political leaders, destroyed the property of the city's black residents, and killed dozens--if not hundreds--of people. How did such a turn of events change the course of the city? For decades, the story of this violence was buried, while the perpetrators were cast as heroes. Yet its impacts resonate across the state to this day. In the new Vox series <i>Missing Chapter</i> , Vox Senior Producer Ranjani Chakraborty revisits underreported and often overlooked moments from the past to give context to the present. RUNTIME: 13 MIN