



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



July 22—July 28, 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

WIRELESS EMERGENCY ALERTS



It is recommended you keep your cell phone *on and charged* when thunderstorms are forecasted. This is because smartphones are equipped to alert you of any weather that turns severe through the Wireless Emergency Alert system.

Participating carriers may offer WEA on some, but not all, of their mobile devices.

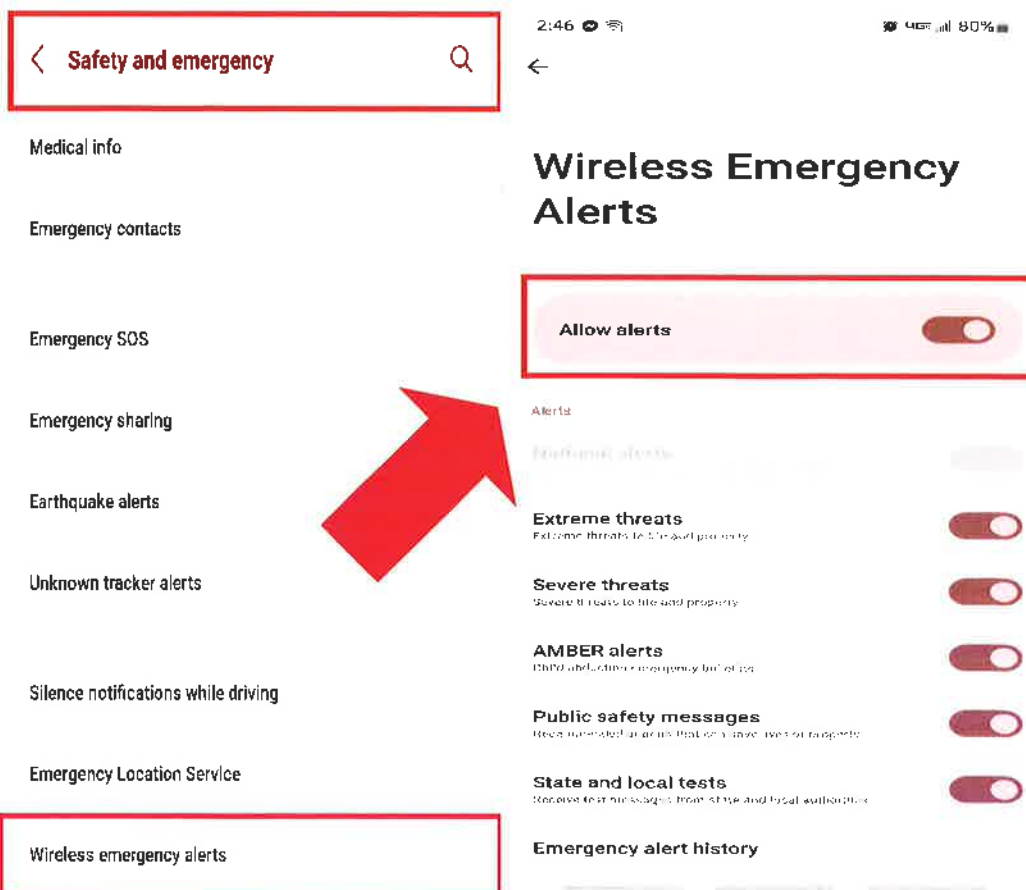
Consumers should check with their wireless carriers to find out if their cell phone is WEA-capable. You can also follow these steps below to ensure alerts are being delivered to your phone.

1. Go to your phone settings.

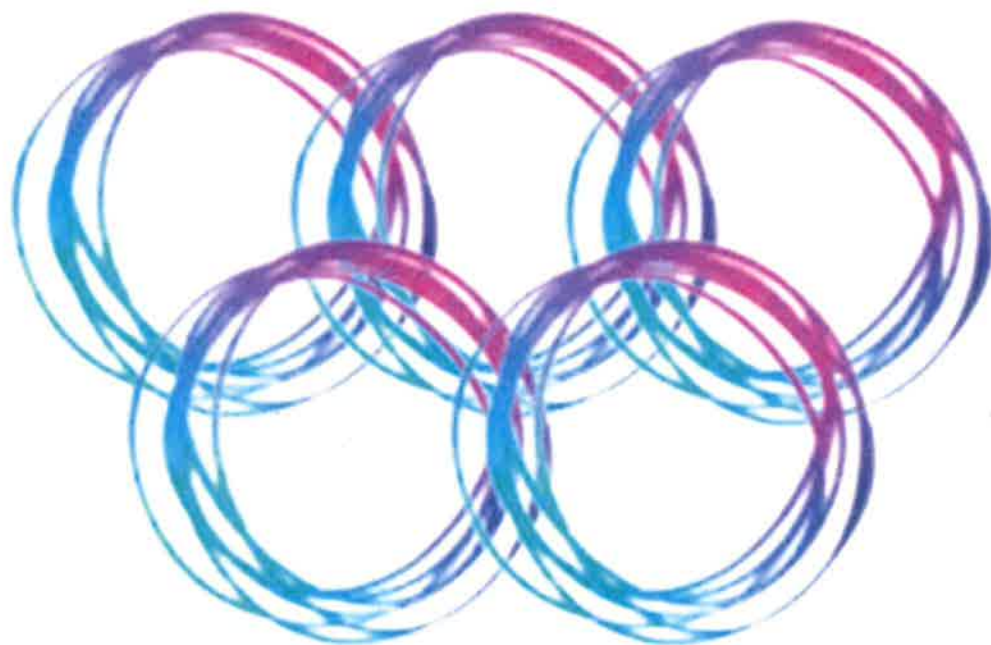
2. Find the category “Safety and Emergency” and tap it.

3. Find “Wireless Emergency Alerts” and tap it.

4. When alerts are turned on, the switch is to the left.



Compete in the 2024 Nottingham Summer Olympic games!



**Monday, July 29th
from 1:00– 2:30 p.m.
In the Memory Care Parking Lot/
T.V. Room in inclement weather**

Compete for prizes in challenges such as
Hockey, Golf, Foam Archery, Hoola hoop
toss, Bowling, Water Bucket Challenge,
Javelin throw, Wheelchair race,
and more!

Join us for Cornhole!




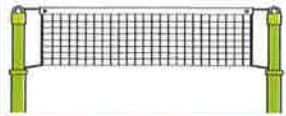




**The Nottingham Hammers and Slammers
are looking for more players!
Learn to play if you've never tried
it before.**

**Thursdays at 3 p.m. in the T.V. Room or
under the tent, weather-permitting
(Check the telegraph for any time
Updates).**

Monday, July 22nd 2024























NEW Resident Store Hours! Open daily 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 <i>This is a resident-run activity. New players welcome! (Free to play –no gambling)</i> 
1:30 p.m. 	 Mahjong for advanced players in the Arts & Crafts Room New players welcome! <i>This is a resident-run activity.</i>
1:30 p.m. 	 Growing connections with Kara Gemmell, Director of Independent Living, presenting: <i>The You Haiku In the T.V. Room</i>
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. 	NOURISHED With Emily Today is World Brain Health Day! Learn how to eat for a healthy brain with Emily Tills, Registered Dietitian Nutritionist. She will cover eating for stress management, plus some brain-boosting foods to add to your diet. <i>In the T.V. Room</i> 
7:00 p.m. 	 Liverpool Community Band Concert Under the Tent weather-permitting or the T.V. Room
8:00 p.m. 	Money Monday on Channel 1340: <i>How green is the energy revolution really? We hear a lot about the need to get off fossil fuels. How is the energy transition really going and how fast is the world moving towards a green future? RUNTIME: 20 Minutes</i>




Tuesday, July 23rd 2024		NEW Resident Store Hours! Open daily 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.	TV	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. – 3:00 p.m.	👤	 Open Swim/Lap Swim in the Pool	
1:30 p.m.	👤	 Spiritual Services for All in the T.V. Room Jim Brule, Multifaith Spiritual Storyteller Fred Frisk and Richard Weiskopf, musicians	
2:00 p.m.	👤	"Spirited Aging... Time to Feed our Souls" You are invited to join Nottingham Chaplain Mary Colleen Sinnott and fellow seekers for an informal gathering of sharing our soul experiences, questions, concerns and thoughts that are rising up in us as we age. <i>In the 1st Floor Conference Room</i>	
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	
4:15 p.m.	👤	 Olympic facts and trivia with Jami in the T.V. Room	
7:15 p.m.	👤	 Summer Nights Music Under the Tent With Jason Jeffers, keyboard and vocal performance Performing in the T.V. Room in poor weather. Sponsored by the Music Performance Trust Fund	
8:00 p.m.	TV	Tech Tuesday on Channel 1340: Sitting down with Neuralink's 1st brain chip implant patient. ABC News correspondent Will Reeve shares a look at his exclusive interview with Neuralink's first brain chip implant patient. RUNTIME: 6 MINUTES	

Wednesday, July 24th 2024 **NEW Resident Store Hours! Open daily 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. 	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.
1:00 p.m. 	  Life Enrichment Committee Meeting in The Arts and Crafts Room   All residents welcome to join the meeting & committee
2:00 p.m. 	 Make No-Bake "Brain Boosting Bars" with Jami in the Arts and Crafts Room Please call Jami at 315-413-3171 to sign up!
3:00 p.m. - 4:30 p.m. 	  Christmas in JULY   Happy Hour in the Clubhouse With guitar and vocal musical performance by Dennis Goettel Enjoy the new weekly cocktail special! Performance sponsored by the Music Performance Trust Fund 
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: What scientists have learned from studying people over 90 from the 60 Minutes Archive. In 2020, 60 Minutes checked in on the groundbreaking 90+ study and its members, a group of Americans age 90 and above still thriving in old age. Lesley Stahl revisited the participants, whom she first met in 2014, and caught up with the scientists expanding their findings on what leads to a longer, healthier life, with a special focus on memory and dementia. RUNTIME: 14 MINUTES

Thursday, July 25th 2024 **NEW Resident Store Hours! Open daily 1 p.m. – 4 p.m.**




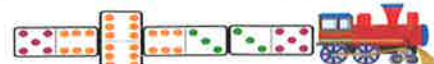



10:30 a.m. 	Exercise Class for all residents in the T.V. Room
10:30 a.m. 	Standing Exercise Video on the Nottingham Channel (ch. 1340)
11:00 a.m. 	<div>  <p>Monthly Astronomy Group: Back to the Moon Discussion and documentary</p> <p>Artemis will return humanity to the moon, and be the first mission to land a woman and a person of color on the moon. But before that can happen, NASA must first launch its Space Launch System (SLS) rocket—the most powerful rocket we've ever built—and Orion spacecraft on a flight test around the Moon. In this documentary, we follow SLS and Orion on their Path to the Pad.</p> <p>RUNTIME: 34 MINUTES In the T.V. Room</p> </div>
1:00 p.m. 	<p>Poker in the Memories Lounge</p> <p><i>This is a resident-run activity. New players welcome! (Free to play – no gambling)</i></p> 
1:30 p.m.—3:00 p.m. 	 <p>Open Swim/Lap Swim in the Pool</p>
2:30 p.m. 	<p>The Community Library of Jamesville & DeWitt will be in the T.V. Room with books for loan, sign up for a library card, & support in using tablets/digital content.</p> 
3:00 p.m. 	 <p>Cornhole Bean Bag Toss Game</p> <p>Under the Tent only</p> <p><i>This is a resident-run activity.</i></p>
3:30 p.m. 	 <p>Book Club Meeting in the T.V. Room</p> <p>Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss: <i>The Violin Conspiracy</i></p>
8:00 p.m. 	<p>Thoughtful Thursday on Channel 1340: Do you remember Nelson Mandela dying? Or reading Berenstain Bears? You might be a victim of the Mandela Effect! Let's discuss! RUNTIME: 7 MINUTES</p>

Friday, July 26th 2024

NEW Resident Store Hours! Open daily 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: Cardio Drumming 🥁🥁🥁🥁
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 <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>
2:30 p.m. 📺	Join Life Enrichment for a Strawberry Shortcake Social! Under the tent weather-permitting or the Clubhouse
3:00 p.m. - 7:00 p.m. 📺	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu
7:00 p.m. 📺	 In the T.V. Room. <i>This is a resident-run activity.</i>
8:00 p.m. 📺	Feel Good Friday on Channel 1340: What Cats Teach Us About Happiness. CATS DON'T CARE  Plato. Based on my interpretations of Gray's ideas, this video explores what we can learn from cats. RUNTIME: 13 MINUTES

Saturday, July 27th 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>
8:00 p.m. 	Science Saturday on Channel 1340: I Changed Astronomy Forever. He Won the Nobel Prize for It. Growing up in a Quaker household, Jocelyn Bell Burnell was raised to believe that she had as much right to an education as anyone else. But as a girl in the 1940s in Northern Ireland, her enthusiasm for the sciences was met with hostility from teachers and male students. In 1967, as a Ph.D. student at Cambridge University assisting the astronomer Anthony Hewish, she discovered pulsars — compact, spinning celestial objects that give off beams of radiation, like cosmic lighthouses. But the world wasn't yet ready to accept that a breakthrough in astrophysics could have come from a young woman. RUNTIME: 17 MINUTES

Sunday, July 28th 2024

11:00 a.m. 	Catholic Mass with Fr. Kehoe in the D-Wing Chapel
11:00 a.m. 	Catholic Mass with Syracuse Diocese Priests 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: Genealogist Who Tracks Down Modern-Day Slavery Practices. Slavery might have ended on paper after the Civil War, but many white landowners did everything they could to exploit newly freed slaves well into the 20th century in the shadows of rural America. VICE's Akil Gibbons traveled to Louisiana to meet genealogist Antoinette Harrell, the "slavery detective of the South," who tracks down cases of modern-day slavery and abusive labor practices. They talk to a man whose family was held on a plantation against their will into the 1950s, and Antoinette explains how she uses decades-old records to uncover how slavery was perpetuated long after the Civil War ended. RUNTIME: 22 MIN