



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



August 5– August 11, 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

Paint 'N Sip!

Sunflowers on Canvas

with instructor
Melissa Kummrow



Monday, August 5th

2:00 p.m.—4:00 p.m.

Under the tent
weather-permitting or
the T.V. Room

Pre-registration with Life
Enrichment required with

A \$5.00 sign up fee

(This will get you a drink ticket
for the class!)

Classic Car Show

Featuring Oneida Lake Region
Classic Cars

**Tuesday, August 6th
in the Memory Care
parking lot**

From 10:00 a.m.—12:00 p.m.

**This is a self- guided tour to browse
at your own pace!**

**Enjoy music by
Jerry Cali from
10:30—11:30 a.m. &
light refreshments!**



Housewarming Party For All Nottingham Residents!

When: Wednesday, August 7th, 2024

Time: 2:30 p.m. – 4:00 p.m.

**Where: Under the Tent (weather
permitting) or TV Meeting Room**

**We hope that you will join us at this
event sponsored by
The Greeter's Committee
to welcome our new residents to
The Nottingham!**





Join us for a
Nottingham Fair Day!
Friday, August 9th
2:30 p.m. — 4:30 p.m.

Enjoy classic Fair games like
balloon darts and ring toss!


Win some prizes!

**For a \$1 donation to benefit the
Alzheimer's Association, try to
dunk staff volunteers in our
DUNK TANK!**

In the Bistro Courtyard

 Program is in person

 Program is on Channel 1340

 Program requires registration

Monday, August 5th

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. 	 Wii Games in the T.V. Room <i>This is a resident-run activity.</i> 
2:00 p.m. 	Paint 'N Sip Class! Sunflowers on Canvas with instructor Melissa Kummrow  Limited spots - Please register by stopping by the Life Enrichment office. \$5 registration fee due at sign up and will go towards a drink ticket! Under the tent/or T.V. Room
3:00 p.m. – 7:00 p.m. 	The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu
4:00 p.m. 	2024 Olympic Games: Watch the latest competitions live in the Clubhouse! 
8:00 p.m. 	Money Monday on Channel 1340: Are the Olympic Games getting more costly than they're worth? by ABC News. An Oxford University study says every Olympics since 1960 has come in at more than double the expected cost. The global sporting event has one of the biggest blowouts on record for any type of megaproject - even nuclear power projects. RUNTIME: 10 MIN

HANDY HINTS...

Your Support Services committee members are available to take any campus-wide issues. Members are: Eileen W. (A Wing): 315-558-1727; Fr. George S. (B Wing): 315-727-4631; Mark M. (315-317-3669); Lois M. (D Wing): 315-446-5185; Bill O. (Glens): 315-715-1822; Holmes B. (Cott.): 315-469-0029; and Margaret G. (Chair): 315-491-8500.

 Program is in person

 Program is on Channel 1340

 Program requires registration

Tuesday, August 6th

NEW Resident Store Hours! Open daily 1 p.m. – 4 p.m.

**10:00 a.m.-
12:00 p.m.**

Classic Car Show
with Oneida Lake Region Classic Cars
in the Memory Care Parking Lot
Enjoy a self-guided tour
to browse at your own pace!
With entertainment by Jerry Cali from
10:30 a.m. - 11:30 a.m.
and light refreshments



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)

**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
Rev. Eric Jackson, Plymouth Congregational Church UCC
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

5:15 p.m.



2024 Olympic Games:
Men's wrestling: Coverage of finals in wrestling, including
the Greco-Roman 77kg and 97kg classes and more.
Watch live in the Clubhouse!

7:15 p.m.



Tuesday Night Music
Under the tent/ or T.V. Room
With musical performance by
Mike Vendetti on saxophone



8:00 p.m.

Tech Tuesday on Channel 1340: The cosmetics business has exploited
natural resources for centuries. With consumers now demanding more
sustainable products, gene-editing technology could give the industry a
makeover—and make cosmetics cheaper. RUNTIME: 14 MINUTES










**Dining and Bistro menus will be printed separately this week. They will
be available for pick up in the dining room/Bistro and the Mailroom.**

Wednesday, August 7th

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
10:00 a.m. 🧑	<i>Walking on Wednesdays:</i> Join us for a walk 'n chat around the Nottingham to start the day! Inside or outside depending on weather. Friendly doggies welcome! Meet up in the I.L. Front Lobby
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 
12:15 p.m. 🧑	 2024 Olympic Games: Coverage of heats in canoeing, including the women's kayak 500m, men's kayak 1000m, canoe 1000m and more. Watch live 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.
1:30 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. <i>All are welcome to join!</i>
1:30 p.m. 🧑	 Protestant Service in the T.V. Room with Rev. Courtney Steininger of Pebble Hill Presbyterian Church 
2:30 p.m. 🧑	Join us for A Summer Housewarming for new residents Listen to new resident bios and enjoy light refreshments as we welcome our new neighbors! <i>Under the tent weather-permitting, or the T.V. Room</i> 
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: The cost of health care is unaffordable for many in the developing world. But while universal health care may sound like an impossible dream, it's more achievable than you might think. RUNTIME: 14 MIN

Thursday, August 8th

NEW Resident Store Hours! Open daily 1 p.m. – 4 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.



Cornhole Bean Bag Toss Game Under the Tent only

This is a resident-run activity.

11:00 a.m.



Health & Wellness Education Series with Nicole, Doctor of Physical Therapy

Presenting on: Tips for Dealing with Memory Loss and Dementia

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!

*Life Enrichment presenting an update from our
adopted Platoon*

*Donations to Resident Forum can be brought to the meeting or placed in the I.L.
mailroom suggestion box.*



3:00 p.m.



Le Moyne Spiritual Cares program: "Aging and the Experience of Regret"

With Shawn L. Ward, PhD.

Part 2 of 4 presentations

In the T.V. Room. Light refreshments will follow.

**3:00 p.m. –
7:00 p.m.**



The Clubhouse is open!

Enjoy speciality drinks & Clubhouse menu

5:00 p.m.



2024 Olympic Games:

The bronze medal match for the men's field hockey tournament at the Paris Olympics. Plus, Sailing at the Paris Olympics concludes with the women's kite medal series. Watch live in the Clubhouse!

8:00 p.m.




Thoughtful Thursday on Channel 1340: *The Reason We Have 7 Days in a Week.* How did we get the days of the week? Neil deGrasse Tyson and comedian Chuck Nice break down the planets of the ancients and how they correspond to our days of the week. Learn about the meaning of the word "planet," the names of the days, and how we got seven days in a week. Plus, learn how Copernicus later discovered a planet that was right under our noses. RUNTIME: 9 MINUTES

Friday, August 9 th 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.	👤	 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 Under the Tent/ T.V. Room	
2:30 p.m. - 4:30 p.m.	👤	Fair Days at The Nottingham Enjoy classic Fair games like balloon darts and ring toss! Win some prizes! For a \$1 donation to benefit the Alzheimer's Association, try to dunk staff volunteers in our DUNK TANK! In the Bistro Courtyard 	
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.	👤	 2024 Olympic Games: Men's Volleyball: USA vs Japan Watch in the T.V. Room!	
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: Road to the Olympic Games 2024. See how the City of Light got ready to host athletes from around the world at the 2024 Paris Olympics. Keir Simmons will take viewers to iconic sights and inside key venues. RUNTIME: 25 MINUTES	

 Program is in person

 Program is on Channel 1340

 Program requires registration

Saturday, August 10th 2024

10:30 a.m.



Seated Yoga

Tune into The Nottingham Channel (ch. 1340) to participate!

11:00 a.m.



2024 Olympic Games:

Watch the latest live in the T.V. Room!

1:30 p.m.



65 Card Game in the Arts and Crafts Room

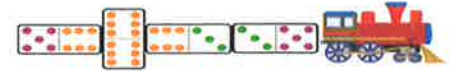
This is a resident-run activity.

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. *This is a resident-run activity.*

2:00 p.m.



Genealogy group in the 1st Floor Conference Room -
Open forum to share your research

8:00 p.m.



Science Saturday on Channel 1340: 5 New Scientific Discoveries in 2024.
Explore the latest breakthroughs in science with us! From the mind-boggling discovery of the Big Ring in space to revolutionary advancements in battery technology, get ready to be amazed! RUNTIME: 15 MINUTES

Sunday, August 11th 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

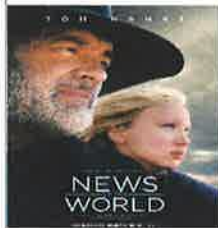
2:00 p.m.



Scrabble Game in the Arts & Crafts Room

All are welcome! *This is a resident-run activity.*

2:30 p.m.



**SUNDAY MOVIE IN THE T.V. ROOM:
NEWS OF THE WORLD**

A Civil War veteran agrees to deliver a girl taken by the Kiowa people years ago to her aunt and uncle against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. RUNTIME: 2 HOURS

3:00 p.m.



PINOCHLE IN THE MEMORIES LOUNGE

This is a resident-run activity.

4:30 p.m.



2024 Olympic Games Closing Ceremony (*immediately following the movie*)

Paris says "au revoir" to the world and celebrates the end of the 2024 Olympic Games in style with a spectacular party for the athletes, and passes the torch to Los Angeles, host of the 2028 Olympics.

8:00 p.m.



Historical Sunday on Channel 1340: From 1890 to 1930, the richest New Yorkers hired leading architects and landscape designers to build estates within 40 miles of New York City. Some families only kept the house for one generation. Several mansions are open to the public today – have a look at their past and present. RUNTIME: 26 MIN