



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph



August 26– September 1, 2024

The Nottingham Channel 1340

A publication for Residents & Employees

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

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The Nottingham
A Loretto Community

**WALK TO
END
ALZHEIMER'S**

alzheimer's association



Forget-Me-Not Sale

Purchase a Forget-Me-Not for \$1 at the Independent Living Resident Service Center to decorate our mailroom in recognition of the fight to end Alzheimer's Disease. Proceeds go to The Nottingham Team's fund raising efforts for the Alzheimer's Association Walk to End Alzheimer's®



Thank you for your participation & support!

Monday, August 26th

Resident Store Open 1 p.m. – 4 p.m.

8:00 a.m.—
8:45 a.m.

**Aquatics Exercise with Jami
in the Pool**

8:45 a.m.—
9:30 a.m.



**Open Swim/Lap Swim
in the Pool**

10:30 a.m.



**Exercise Class with Nicole of Select Rehab
In the T.V. Room**

10:30 a.m.

Zumba with Dr. Ann on The Nottingham Channel 1340

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.



**Mahjong for advanced players
in the Arts & Crafts Room**

New players welcome! This is a resident-run activity.

1:30 p.m.



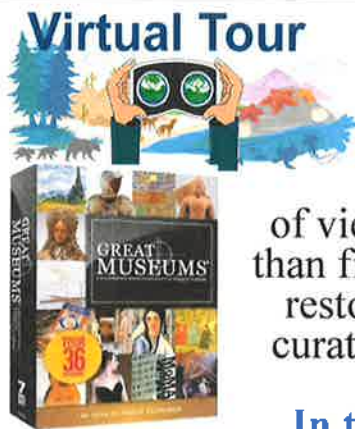
Wii Games in the T.V. Room
This is a resident-run activity.



3:00 p.m. –
7:00 p.m.

The Clubhouse is open!
Enjoy speciality drinks & Clubhouse menu

3:30 p.m.



Virtual Tour

The Molly Brown House Museum Tour

from PBS *Great Museums: A Documentary Series*
Celebrating the World of Museums series. Celebrate the world of museums with this award-winning series that opens the doors of the museum world to millions of viewers and discover why fact is even more fascinating than fiction! Go behind the scenes to a museum vault, an art restoration lab, or an archaeological dig with the museum curators, scientists, historians, collectors and conservators who make our museums living spaces.

In the T.V. Room.

RUNTIME: 27 Minutes

8:00 p.m.

Money Monday on Channel 1340: *How Temu's Explosive Growth Is Disrupting American E-Commerce.* Temu, a Chinese-founded e-commerce company, became the most-downloaded app in the U.S. in just over a year. The retailer has flooded social media feeds with curious consumers and even aired ads at back-to-back Super Bowls. In 2023, the discount retail app moved about \$17 billion worth of goods between manufacturers and customers across the Pacific. WSJ breaks down how its continued growth could redefine online retail, just like Amazon's speedy delivery did. **RUNTIME: 8 MIN**

👤 Program is in person

📺 Program is on Channel 1340

📄 Program requires registration

Tuesday, August 27th

Resident Store: 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
JoAnn Cooke, SU Buddhist Chaplain
Zen Center of Syracuse
Fred Fiske, Musician

1:30 p.m.



NEW GROUP! Pitch Card Game in the Memories Lounge
This is a resident-run activity.

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.



Nottingham Dog parade!
The beloved dogs of The Nottingham all together and on their best behavior for a parade around campus! Arriving to I.L. at approximately 4:15 p.m. - under the tent or in the T.V. Room in inclement weather.

7:15 p.m.



Tuesday Night Music in the T.V. Room
with a Jazz performance by the Little Jazz Trio

8:00 p.m.



Tech Tuesday on Channel 1340: *How AI And Automation Are Taking Over Grocery Stores And Drive-Thru Lanes.* The American consumer is starting to pull back on spending and rising food and labor costs are causing the food industry to invest more into automation to lower labor costs and improve sales, in order to stay competitive and take advantage of shifting consumer taste.

RUNTIME: 12 MINUTES

Wednesday, August 28th

Resident Store: 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.

Aquatics Exercise with Shannon in the Pool

9:45 a.m. -
10:30 a.m.



Open Swim/Lap Swim in the Pool

9:45 a.m.



Walking on Wednesdays: Join us for a chat and walk 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 Jami 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 Jami 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.



Special screening of Mr. Bates Vs. Post Office: Episode 3 of 4
Alan allies with the Post Office in the hope his friends can get justice at last, but can he trust the people who have let them down so badly?
RUNTIME: 48 minutes 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

Featuring Cocktails for a Cause Fundraiser for Alzheimer's Awareness with this week's celeb bartenders: Josh Edinger, Memory Care Residence Administrator and Jade Hendricks, Resident Relations Representative



A special thanks to everyone who donated to the Alzheimer's Association during the last Cocktails for a Cause Happy Hour! Your kindness and support were greatly appreciated. We hope that you enjoyed yourselves as much as we did! With gratitude, Melissa & Marylynn


8:00 p.m.

Wellness Wednesday on Channel 1340: Are We All Related? Investigate how closely related we all really are. Basic math tells us that all humans share ancestors. But you'll be amazed at how recently those shared ancestors lived. Thanks to genetic data in the 21st century, we're even discovering that we really are all descended from one mother. RUNTIME: 7 MINUTES



Thursday, August 29th

Resident Store: 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. 📺	<p>Monthly Astronomy Group in the T.V. Room: Screening of <i>The Pluto Files</i> by PBS NOVA</p>  <p>When the American Museum of Natural History's Hayden Planetarium stopped calling Pluto a planet, director Neil deGrasse Tyson found himself at the center of a firestorm led by angry Pluto-loving elementary school students. What is it about Pluto—a cold, distant, icy rock—that captures so many hearts? NOVA travels cross-country with Tyson to find out.</p> <p>RUNTIME: 52 MINUTES</p>
1:00 p.m. 📺	<p>Poker in the Memories Lounge <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 Under the Tent only <i>This is a resident-run activity.</i></p>
3:00 p.m. – 7:00 p.m. 📺	<p>The Clubhouse is open! Enjoy speciality drinks & Clubhouse menu</p>
3:30 p.m. 📺	 <p>Book Club Meeting in the T.V. Room Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss: <i>The Dictionary of Lost Words</i></p>
8:00 p.m. 📺	<p>Thoughtful Thursday on Channel 1340: A simple guide to chaos theory. There is a lot more uncertainty around us. Here's how chaos theory and its butterfly effect has changed the way we think about our Universe.</p> <p>RUNTIME: 5 MINUTES</p>

📺 Program is in person

📺 Program is on Channel 1340

📺 Program requires registration

Friday, August 30th 2024

Resident Store: Open 1 p.m. – 4 p.m.

9:00 a.m.—
9:45 a.m.

Aquatics Exercise with Shannon 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 Shannon 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.

3:00 p.m.



Bananagrams Word Game with Shannon In the Clubhouse Come learn to play a word race game!

7:00 p.m.



In the T.V. Room.
This is a resident-run activity.

8:00 p.m.

Feel Good Friday on Channel 1340: *The science of laughter.* Isn't it odd that, when something's funny, you might show your teeth, change your breathing, become weak and achy in some places, and maybe even cry? In other words, why do we do this bizarre thing that is laughter? Since there's no archaeological record of laughter, it's impossible to say exactly how and why it evolved, but scientists have some theories. Sasha Winkler digs into the reflex. **RUNTIME: 6 MINUTES**



HANDY HINTS ...

September Outings Lists are now available for pick up in the Mailroom and the Glens Community Room!

Saturday, August 31st

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

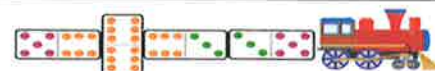
This is a resident-run activity.

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.*

8:00 p.m.



Science Saturday on Channel 1340: *Inside the Extreme Plan to Refreeze the Arctic.* A method normally used to create ice-skating rinks is now coming to the rescue of melting sea ice in the Arctic. Could making more ice be a potential solution to this issue? WSJ got exclusive access to follow the team trialing the technology in the Arctic island of Svalbard, one of the coldest inhabited places in the world. RUNTIME: 8 MIN

Sunday, September 1st

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

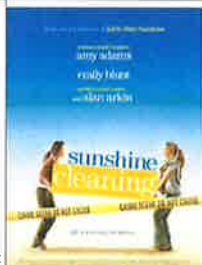
2:00 p.m.



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: SUNSHINE CLEANING

In order to raise the tuition to send her young son to private school, a mom starts an unusual business -- a biohazard removal/crime scene clean-up service -- with her unreliable sister. RUNTIME: 1 hr 30 min

3:00 p.m.



PINOCHLE IN THE MEMORIES LOUNGE

This is a resident-run activity.

8:00 p.m.



Historical Sunday on Channel 1340: *The hidden history of "Hand Talk".* Native sign languages, broadly known as "Hand Talk," were thriving across North America. One of these Hand Talk variations, Plains Indian Sign Language (PISL), was used so widely across the Great Plains that it became a lingua franca. Tens of thousands of indigenous people used PISL for everything from trade to hunting, conflict, storytelling, and rituals. By the late 1800s, the federal government had implemented a violent boarding school program designed to forcibly assimilate indigenous children into white American culture. Because of a forced "English-only" policy, the boarding school era is one of the main reasons we lost so many Native signers — along with the eventual dominance of ASL in schools for the deaf. Today, there are just a handful of fluent PISL signers left in the US. In this, we hear from two of these signers who have dedicated their lives to studying and revitalizing the language. RUNTIME: 10 MINUTES