



The Nottingham
A Loretto Community

INDEPENDENT LIVING Weekly Telegraph



October 21 - October 27

The Nottingham Channel 1340
A publication for Residents and Employees

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

Shannon Loughlin, Director of Life Enrichment
Jami Leone, Recreation Specialist
Jess Wood, Wellness and Fitness Coach

315-413-3903
315-413-3903
315-413-3817

Resident Survey

To better serve the Nottingham community, LeMoyne College is looking for your input to its “Spirituality of Aging” presentations here and at other locations.

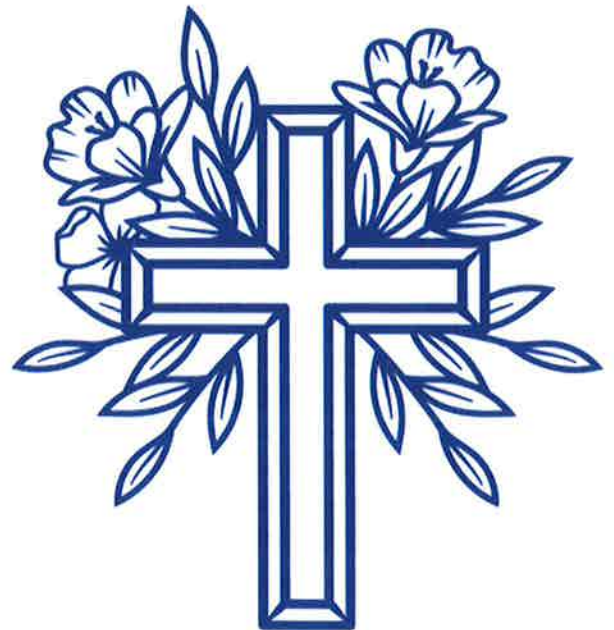
What topics would be most helpful to have presentations about? In other words, things you spend time thinking about, and would like insights regarding.

Please list any topics of interest:

If you have heard speakers on interesting topics in the Area of spirituality and aging, please list them with contact information, if possible:

Please return survey to the Life Enrichment suggestion box in the mailroom.

Questions? Please call Fr. Bob Yeazel, A101 (315) 415-6676 or ryeazel@syrдио.org. Thank you.












MONDAY, OCTOBER 21, 2024

Buffalo Pharmacy office hours: 10 a.m. -12 p.m. in the Resident Store.

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

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
9:30 a.m.		Group scarecrow display project Meet outside the I.L. Lobby to create our headless horseman scarecrow!
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 (Free to play) This is a resident-run activity. New players welcome!
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!
2:00 p.m.		Jeopardy! with Jami In the T.V. Room
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
3:00 p.m.		Nurses Group Meets in the Memories Lounge
8:00 p.m.		Money Monday on Channel 1340: Amtrak’s Billion-Dollar problem. Taking a train in the U.S. is often more expensive than flying and more expensive than intercity train systems in other developed countries, which often have even faster trains and better service. But Amtrak, the federally funded company that runs many of America's passenger trains, has never made money. Runtime: 21 Minutes

TUESDAY, OCTOBER 22, 2024

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











10:00 a.m.		A and B Wing Resident Socials In the A and B-wing 2 nd floor elevator lobbies
10:15 a.m.		Mindful Movement Class with Emily, OT in the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel (Ch. 1340)
11:00 a.m.		Boggle with Jami in the T.V. Room
1:00 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 Jo VonRue, Universal Unitarian church Prelude: Fred Fiske; Postlude: Richard Weiskopf
2:15 p.m.		Spirited Aging Discussion with Nottingham Chaplain Mary Colleen in the Glens Community Room
2:30 p.m.		Mahjong for beginners in the Arts & Crafts Room New players welcome! This is a resident-run activity.
2:30 p.m.		Pitch Card Game In the Memories Lounge. All are welcome!
2:30 p.m.		Oasis Zoom Class: The American Revolution In the Conference Room
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 for two boards.
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
4:00 p.m.		Karaoke with Jami in the Clubhouse
7:15 p.m.		Musical performance in the T.V. Room With guitar and vocal performance by Merlyn Fuller
8:00 p.m.		Tech Tuesday on Channel 1340: How AI facial recognition is being used to track down criminals. RUNTIME: 26 MINUTES

WEDNESDAY, OCTOBER 23, 2024

Resident Store Hours: 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.		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 Class with Jami in the T.V. Room
1:00 p.m.		Bridge in the Memories Lounge This is a resident-run activity.
1:30 p.m.		Local History Lecture in the T.V. Room: Spiritualism in Madison County. Learn about how Upstate NY/Madison County played a role in the Spiritualism movement of the late 19 th /early 20 th century. Presented by Aimee LaPlante-Walrath.
1:30 p.m.		Stock Market Group in the Glens Community Room This is a resident-run activity.
3:00 p.m. – 4:30 p.m.		Happy Hour in the Clubhouse With a duet by Barry Blumenthal on piano and Frank Grosso on saxophone. Enjoy the new weekly cocktail special!
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!
4:30 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.
8:00 p.m.		Wellness Wednesday on Channel 1340: With the help of scientists at King's College London, identical twins went on a 12-week fitness program with a twist: Hugo turned vegan, and Ross continued to eat meat to find out which diet is the best. RUNTIME: 8 Minutes

THURSDAY, OCTOBER 24, 2024








10:00 a.m.		C, D Wing and Glens Residents Social In the Glens Community Room
10:30 a.m.		Exercise Video on the Nottingham Channel (Ch. 1340)
10:30 a.m.		Exercise Class for all residents in the T.V. Room
11:00 a.m.		Cornhole Bean Bag Toss Game in the T.V. Room All are welcome to join and learn!
11:00 a.m.		Manicures with Jami in the Arts and Crafts Room
1:00 p.m.		Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:00 p.m.		Caregiver Support Group in the Arts and Crafts Room facilitated by Kimberly Connell, LMSW Caregiver Services & Support Coordinator
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
2:30 p.m.		Jamesville-DeWitt Library visit in the T.V. Room With books to loan & support in using tablets/digital content.
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
3:30 p.m.		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 this month's book.
7:30 p.m.		SU game: SU vs Pittsburg on ESPN Channel 24 Residents may watch together in the T.V. Room!
8:00 p.m.		Thursday on Channel 1340: Epigenetics: Can we change our genes? Runtime: 6 Minutes

FRIDAY, OCTOBER 25, 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.		Zumba with Dr. Ann on The Nottingham Channel 1340
10:30 a.m.		Fitness Fun with Jess in the T.V. Room This week: Seated Volleyball
11:00 a.m.		Weekly Wrap-Up in the T.V. Room A current events discussion group. Bring news articles to share. This is a resident-run activity.
1:00 p.m.		Brain Games with Jami in the T.V. Room Timehoppr Guessing Game - guess the location and time of a randomly generated photo.
1:30 p.m.		Bible Study in the Arts and Crafts Room With Pastor Tom Worth. All are welcome to join.
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
3:00 p.m.		Growing Connections Activity in the T.V. Room With Kara Gemmell, Director of Independent Living
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 for two boards
8:00 p.m.		Feel Good Friday on Channel 1340: Learn about The Tree that Changed the world. RUNTIME: 6 Minutes

SATURDAY, OCTOBER 26, 2024

10:30 a.m.		<p>Seated Yoga Tune into The Nottingham Channel 1340 to participate!</p>
10:30 a.m.		<p>Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.</p>
1:30 p.m.		<p>65 Card Game in the Arts and Crafts Room This is a resident-run activity.</p>
2:00 p.m.		<p>Train Dominos in the Memories Lounge This is a resident-run activity.</p>
2:00 p.m.		<p>Let's Play Chess in the Bistro This is a resident-run activity.</p>
2:00 p.m.		<p>Anjani Dance Performance in the T.V. Room Anjani is the region's premier Indian Dance Ensemble based in Syracuse, New York. Founder and artistic director Seema Sureshkumar is an adjunct dance professor at Le Moyne College, a recipient of CNY Arts education grant, CNY SCR Grant, NY State seed grant, and NYSCA/NYFA Artist Fellowship Finalist (2024). They perform in Indian Classical Kathak Dance, Bollywood Dance, Rajasthani Folk Dance, Bhangra and Yoga Dance.</p>
8:00 p.m.		<p>Science Saturday on Channel 1340: How scientists hope to save lives by drilling into active volcano. Iceland is one of the most volcanic places on earth. The Krafla volcano has erupted 30 times in the past 1,000 years, and upended local residents. Scientists are now preparing to drill into the rock to learn more about how volcanoes behave. They hope it could allow them to better predict eruptions, and consequently save more lives. RUNTIME: 7 MINUTES</p>

SUNDAY, OCTOBER 27, 2024

10:30 a.m.		Chair stretching: 20 minutes of seated stretching On The Nottingham Channel 1340
11:00 a.m.		Catholic Mass with Father 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 in the Arts and Crafts Room All are welcome! This is a resident-run activity.
2:30 p.m.		Sunday Movie in the T.V. room: <i>Frankenstein</i> In a village of the Bavarian Alps, Henry Frankenstein and his assistant Fritz, a hunchback, piece together a human body. Some of the parts are from freshly buried bodies, and some from the bodies of recently hanged criminals. In a laboratory he's built inside a watchtower, Henry desires to create a human, giving this body life through electrical devices. RUNTIME: 70 MINUTES
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Historical Sunday on Channel 1340: A complete tour around the historical site of Intramuros in the City of Manila. RUNTIME: 12 minutes

**A Reminder to sign library books out and back in from our resident library when utilizing the library.
Thank you!**