



**The Nottingham**

A Loretto Community

# INDEPENDENT LIVING Weekly Telegraph



## November 18—November 24, 2024

The Nottingham Channel 1340

A publication for Residents and 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 and Fitness Coach

315-413-3817



Thank you to all who supported the Nottingham Raffle Table.

**Congratulations to all our winners**



- |                                  |                     |
|----------------------------------|---------------------|
| 1. Black/White Chair Cushions    | Judy Mable          |
| 2. Quilt                         | Margaret Wicks      |
| 3. Quilt                         | Michelle Alton      |
| 4. Christmas Quilt               | Sherry Hinkley      |
| 5. Shawl                         | Shelia Gangemi      |
| 6. Scarf                         | Mary Ellen Drescher |
| 7. Grandpa T-Shirt               | Michelle            |
| 8. Christmas Basket              | Eileen Walsh        |
| 9. Candle                        | Rosemary Jones      |
| 10. Pitcher                      | Liz Older           |
| 11. H2O Mug                      | Gary Cramer         |
| 12. Sports Illustrated           | Gary Cramer         |
| 13. Plant                        | Mary Ellen Drescher |
| 14. Daily Diner                  | Jamie Freeman Sachs |
| 15. Massage by Donna             | Sheila Gangemi      |
| 16. Reflections Salon            | Ann Kronner         |
| 17. Fayetteville Hair Design     | Eileen Walsh        |
| 18. NAVY Sweatshirt              | Ann Kronner         |
| 19. Jelly Basket                 | Mary Ellen Drescher |
| 20. Wine and Dinner – Nottingham | Gary Cramer         |

**Thank you to Betsy Long, Bonny Mosher, Karen Kalata and Barb Connolly  
for their efforts to help raise money for the Nottingham Resident Forum**

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












**MONDAY, NOVEMBER 18, 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.

9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. - 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Move and Groove with Jess in the T.V. Room</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		<b>Gentle Yoga with Jess in the T.V. Room</b>
1:00 p.m.		<b>Poker in the Memories Lounge</b> This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:30 p.m.		<b>Mahjong for advanced players in the Arts &amp; Crafts Room</b> New players welcome! This is a resident-run activity.
2:00 p.m.		<b>Christmas Door Décor painting with Jami in the T.V. Room. Limited to 11 spots.</b>
2:30 p.m.		<b>Oasis Online Course: The Presidents XI in the 1<sup>st</sup> Floor Conference Room.</b> Prior registration with Oasis required.
3:00 p.m.		<b>Nurses Group Meets in the memories lounge</b>
3:00 p.m. - 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu.
5:00 p.m.		<b>Upstate Healthlinks Virtual seminar series on Stress and Stroke in the T.V. Room.</b> Speaker: Michelle Vallelunga, MS, RN, CNRN, SCRN, Upstate Comprehensive Stroke Center. Learn how stress is connected to stroke and take steps to reduce your risk. Michelle will review stress-reducing skills and techniques, including mindfulness practices, learning how to slow down, and saying no. Different types of strokes, key risk factors, and what to do if a stroke is suspected will also be discussed.



**TUESDAY, NOVEMBER 19, 2024**










10:15 a.m.		<b>Mindful Movement Class with Emily, O.T.</b> in the T.V. Room
10:15 a.m.		<b>Seated Exercise Video on the Nottingham Channel 1340</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		<b>Le Moyne Falls Prevention Class First Session</b> in the T.V. Room. Prior registration required.
1:30 p.m. - 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
1:30 p.m.		<b>Spiritual Services for All in the T.V. Room</b> With Nottingham resident Pam Stewart Music by Fred Fiske
2:30 p.m.		<b>Mahjong for beginners in the Arts &amp; Crafts Room</b> New players welcome! This is a resident-run activity.
2:30 p.m.		<b>Oasis Online Course: Travels with Tom: Texas! in the 1<sup>st</sup> Floor Conference Room.</b> Join Tom and Karl on their latest venture, this time to Big Bend National Park in Texas. Big Bend is an enormous but isolated park boasting at least eight environments, spectacular scenery and an array of unique wildlife. Come for great pictures, fun stories and a chance to share some adventures from the comfort of home with our friendly travelers! Prior registration with Oasis required.
2:30 p.m.		<b>Pitch Card Game in the Memories Lounge</b> This is a resident-run activity.
2:45 p.m.		<b>BINGO in the T.V. Room</b> This is a resident-run activity. Cost to play: \$1 + \$1 per board
3:00 p.m. – 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu.
4:00 p.m.		<b>Karaoke with Jami in the Clubhouse</b>
7:15 p.m.		<b>Musical Performance by Jason Jeffers in the T.V. Room</b> A piano and vocal covers performance.

**WEDNESDAY, NOVEMBER 20, 2024**











9:00 a.m. - 9:45 a.m.		<b>Aquatics Exercise with Jess in the Pool</b>
9:45 a.m. – 10:30 a.m.		<b>Open Swim/Lap Swim in the Pool</b>
10:30 a.m.		<b>Exercise Class with Jess in the T.V. Room</b>
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		<b>Gentle Yoga with Jess in the T.V. Room</b>
1:00 p.m.		<b>Bridge in the Memories Lounge</b> This is a resident-run activity.
1:30 p.m.		<b>Stock Market Group in the Glens Community Room</b> This is a resident-run activity.
1:30 p.m.		<b>Derrick Pratt, Director of Education and Public Programming at the Erie Canal Museum, presents <i>A Cartoon is worth a Thousand Words</i> in the T.V. Room</b> Political cartoons were a popular visual medium that could quickly and easily tell a story, influence political careers, gather a national movement, or ostracize a people. Thomas Nast was one of the most influential political cartoonists of the post-Civil War era, publishing mainly in the well-circulated Harper's Weekly. For better or for worse, political cartoons were used to influence the American people for almost 100 years. Learn more about Thomas Nast and the influential political cartoonists of the post-Civil War era.
3:00 p.m. – 4:30 p.m.		<b>Happy Hour in the Clubhouse</b> with a vocal performance by Jilissa Vellake. Enjoy the new weekly cocktail special!
4:30 p.m. – 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu.









**THURSDAY, NOVEMBER 21, 2024**

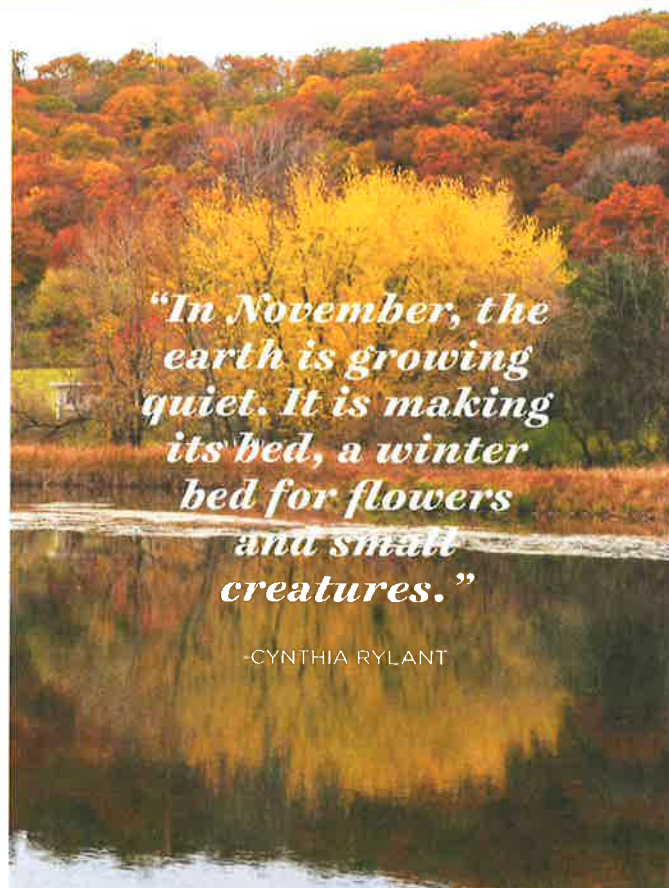
10:30 a.m.		<b>Exercise Video on the Nottingham Channel (Ch. 1340)</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
10:30 a.m.		<b>Exercise Class for all residents in the T.V. Room</b>
11:00 a.m.		<b>Monthly Health and Wellness Education Presentation with Nicole Veltri-Petrosino PT, DPT of Select Rehab in the T.V. Room.</b> This month's topic: Assessing Fall Risk and applying it to your home and the holidays
12:00 p.m.		<b>Birthday Luncheon for November Birthdays in the Clubhouse.</b> RSVP according to the invitation.
1:00 p.m.		<b>Poker in the Memories Lounge</b> This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:00 p.m.		<b>Caregivers Support Group in the Arts and Crafts room</b> with Kimberly Connell, LMSW, Caregiver Services & Support Coordinator, Onondaga County Department of Adult & Long-Term Care Services. Everyone is welcome for discussion and support.
1:30 p.m. - 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
2:30 p.m.		<b>Jamesville-DeWitt Library visit in the T.V. Room</b> With books to loan & support in using tablets/digital content.
3:00 p.m. – 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu
3:30 p.m.		<b>Book Club Meeting in the T.V. Room</b> Join Sara Jo Brandt, Coordinator for Community Engagement & Outreach at The Community Library of DeWitt & Jamesville, to discuss this month's book.

**FRIDAY, NOVEMBER 22, 2024**

9:00 a.m. - 9:45 a.m.		<b>NO</b> Aquatics Exercise with Jess in the Pool
9:45 a.m. – 10:30 a.m.		<b>NO</b> Open Swim/Lap Swim in the Pool
10:30 a.m.		<b>Zumba with Dr. Ann on The Nottingham Channel 1340</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
10:30 a.m.		<b>Fitness Fun with Jami in the T.V. Room</b> This week: Seated Volleyball
11:00 a.m.		<b>Weekly Wrap-Up in the T.V. Room</b> A current events discussion group. Bring news articles to share. This is a resident-run activity.
1:30 p.m.		<b>Bible Study in the Arts and Crafts Room</b> With Pastor Tom Worth. All are welcome to join.
2:00 p.m.		<b>Knit-Wits in the Memories Lounge</b> New members always welcome! This is a resident-run activity.
3:00 p.m. – 7:00 p.m.		<b>The Clubhouse is open!</b> Enjoy specialty drinks & Clubhouse menu
3:00 p.m.		<b>Trivial Pursuit with Jami in the T.V. Room</b>
7:00 p.m.		<b>BINGO in the T.V. Room</b> This is a resident-run activity. \$1 to play + \$1 per board

**SATURDAY, NOVEMBER 23, 2024**

10:30 a.m.		<b>Seated Yoga on The Nottingham Channel 1340</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
10:30 a.m.		<b>Seated Balloon Volleyball in the T.V. Room</b> This is a resident-run activity.
12:00 p.m.		<b>S.U. Men's Basketball: S.U. vs UConn</b> on ACC channel 388 Residents may watch together in the T.V. Room
1:30 p.m.		<b>65 Card Game in the Arts and Crafts Room</b> This is a resident-run activity.
2:00 p.m.		<b>Train Dominos in the Memories Lounge</b> This is a resident-run activity.
2:00 p.m.		<b>Let's Play Chess in the Bistro</b> This is a resident-run activity.









*"In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures."*

-CYNTHIA RYLANT



**SUNDAY, NOVEMBER 24, 2024**

10:30 a.m.		<b>Seated stretching on The Nottingham Channel 1340</b> Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		<b>Catholic Mass with Father Kehoe</b> In the D-Wing Chapel
11:00 a.m.		<b>Catholic Mass with Syracuse Diocese Priests</b> In the T.V. Room
2:00 p.m.		<b>Scrabble in the Arts and Crafts Room</b> All are welcome! This is a resident-run activity.
2:30 p.m.		<b>Sunday Movie in the T.V. Room: The Cemetery Club</b> Based on the play by Ivan Menchell, this comedy-drama concerns three friends, Doris, Lucille, and Esther. All three live in the same Jewish community in Pittsburgh, are in their mid-to-late 50s, and have become widows within the past few years. Once a week, they gather to visit their husbands' graves and meet at a deli afterward to talk about their lives. RUNTIME: 106 MINUTES
3:00 p.m.		<b>Pinochle in the Memories Lounge</b> This is a resident-run activity.



HANDY HINTS . . .

Upgrading this Christmas? Please do not leave old electronics, furniture or appliances in the trash rooms or lobby. Call the Resident Service Center for directions on how to get rid of these unwanted items properly.