



**The Nottingham**

A Loretto Community

# INDEPENDENT LIVING Weekly Telegraph



## December 18 — December 22

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

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## Save the Date!

**We'll see you at Forum in 2025!**

The Resident Forum meets monthly to share community updates and answer resident questions.

We look forward to seeing you all there!

### **Resident Forum 2025 Schedule at 1:30PM TV Meeting Room**

Thursday, January 9<sup>th</sup>

Thursday, February 13<sup>th</sup>

Thursday, March 13<sup>th</sup>

Thursday, April 10<sup>th</sup>

Thursday, May 8<sup>th</sup>

Thursday, June 12<sup>th</sup>

Thursday, July 10<sup>th</sup>

Thursday, August 14<sup>th</sup>

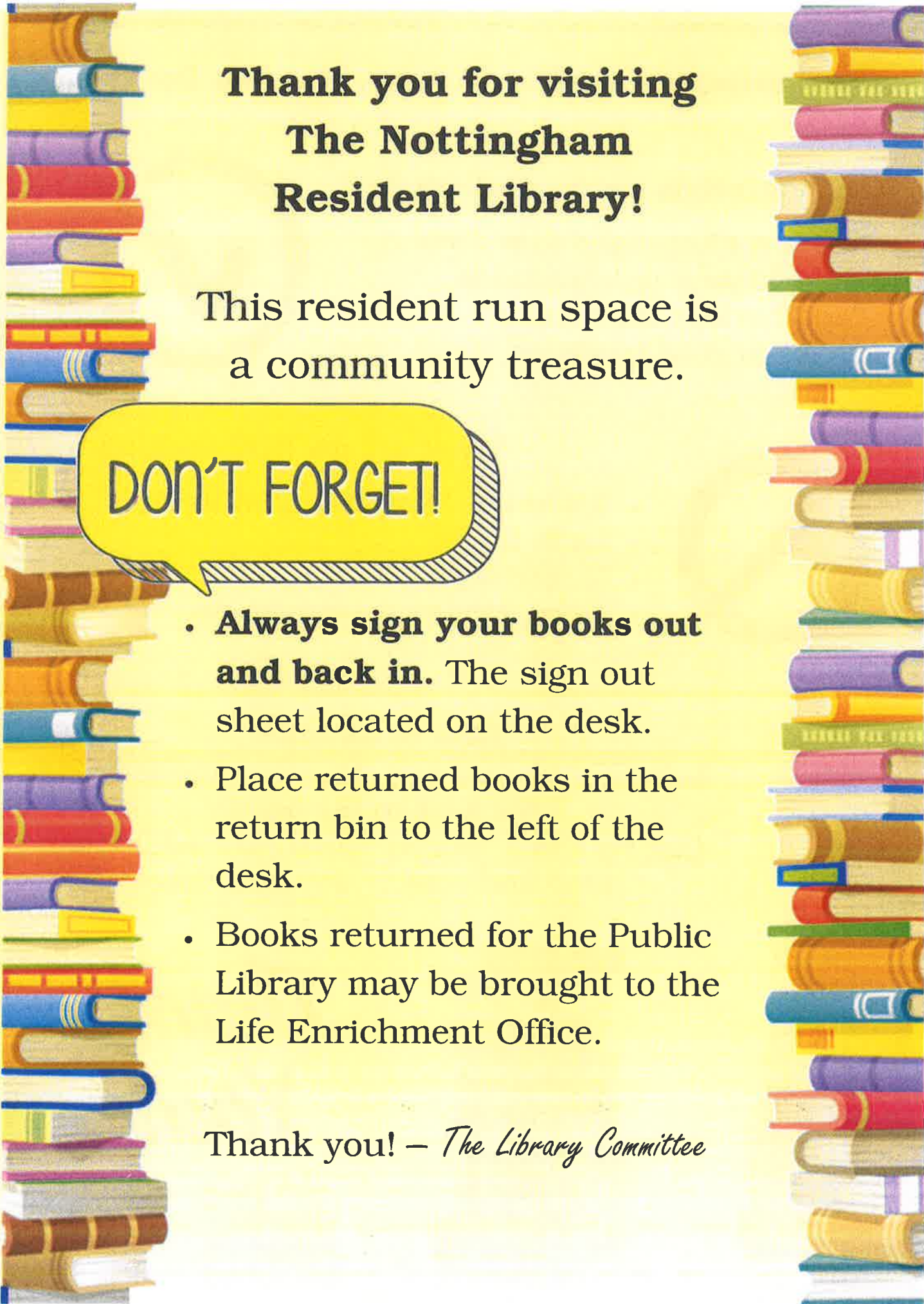
Thursday, September 11<sup>th</sup>

Thursday, October 9<sup>th</sup>

Thursday, November 13<sup>th</sup>

Thursday, December 11<sup>th</sup>





**Thank you for visiting  
The Nottingham  
Resident Library!**

This resident run space is  
a community treasure.

**DON'T FORGET!**

- **Always sign your books out and back in.** The sign out sheet located on the desk.
- Place returned books in the return bin to the left of the desk.
- Books returned for the Public Library may be brought to the Life Enrichment Office.

Thank you! – *The Library Committee*

## The Nottingham Resident Library Runs on Donations!

### What materials are we looking for?

- Current Fiction and Non-Fiction
- Local History or attractions
- Paperback or Hard Copy
- Books in good condition



### What are we NOT looking for?



- Reference Materials, Textbooks
- Cook Books
- Magazines
- Worn, torn or stained books

### How to donate?

Label the book(s) as a donation and leave on the desk in the library

Call Pat Onsi, Library Chair, to coordinate a time and answer any questions!





*Thank  
You!*









**WEDNESDAY, DECEMBER 18, 2024**

**Please practice proper handwashing before and after programming.**

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>
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>Zumba with Dr. Ann on The Nottingham Channel 1340</b>
3:00 p.m. – 4:30 p.m.		<b>The Clubhouse is reopened! Join us for A Grinchmas Happy Hour in the Clubhouse!</b> <b>With music by the Little Jazz Trio</b> <b>Join in the festivities by wearing green and getting your picture taken with the Grinch... if you dare!</b>
6:30 p.m. - 6:45 p.m.		<b>Dewitt Community Church Christmas Caroling in the Fireplace Lounge</b>
8:00 p.m.		<b>Wednesday topic on Channel 1340:</b> Train for any argument with Harvard’s former debate coach. Bo Seo, an author and two-time world debate champion, believes our public conversations are in crisis. To Seo, our arguing skills have collectively atrophied over recent decades, resulting in bad arguments that have caused many people to lose faith in the idea that productive disagreements are even possible. Runtime: 12 Minutes

**THURSDAY, DECEMBER 19, 2024**

**Please practice proper handwashing before and after programming.**

10:30 a.m.		<b>Exercise Video on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Exercise Class for all residents in the T.V. Room</b>
11:00 a.m.		<b>Nottingham Continuum of Care Presentation in the T.V. Room</b> with Nikki Heaton and Jade Hendricks presenting on Skilled Nursing.
11:00 a.m. - 1:00 p.m.		<b>Manicures with Jami in the Memories Lounge</b> Please call 315-413-3171 to set up an appointment.
1:00 p.m.		<b>Poker in the Memories Lounge</b> Free to play- no gambling. This is a resident-run activity.
1:00 p.m.		<b>Caregiver Support Group in the Arts and Crafts Room</b> Facilitated by Kimberly Connell, LMSW Caregiver Services & Support Coordinator
1:30 p.m.		<b>Therapeutic Drum Circle with Jimbo in the T.V. Room</b> Drums are provided. No experience necessary!
1:30 p.m.		<b>Exercise Video on the Nottingham Channel 1340</b>
1:30 p.m. - 3:00 p.m.		<b>Open Swim/Lap Swim in the Pool</b>
3:00 p.m.		<b>Rescue Mission Bag Decorating in the T.V. Room</b> Help spread messages of hope and love for the holiday season!
7:00 p.m. - 8:30 p.m.		<b>Concert Livestream in the T.V. Room:</b> Hendricks Chapel and the Setnor School of Music at Syracuse University invite you to the ongoing tradition anchored by the Hendricks Chapel Choir under the artistic direction of José "Peppie" Calvar.
8:00 p.m.		<b>Thursday topic on channel 1340:</b> Join Simon Sinek and Trevor Noah in this candid discussion where they dig into the critical role of friendships in mental health, success, and happiness. Simon argues that while we're constantly improving ourselves as leaders and professionals, we neglect the deep, emotional bonds that help us thrive. Runtime: 24 Minutes












FRIDAY, DECEMBER 20, 2024

Please practice proper handwashing before and after programming.

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.		Open Discussion group with Walt Stein, Director of Hope for Bereaved. It can be hard to cope with the holidays and loss. Hope for Bereaved is a non-profit organization dedicated to providing grief support at no cost to the community. He will be available to lead an open group discussion, and discuss the monthly support groups or one-on-one meetings if desired.
1:30 p.m.		Bible Study in the First Floor Conference Room With Pastor Tom Worth. All are welcome to join.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:45 p.m.		Christmas Decorating with Jami: DIY Ornaments and mini stockings in the T.V. Room. Help decorate our tree by stopping by with an ornament to share for our T.V. Room tree during this time!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:30 p.m.		Growing Connections series in the T.V. Room with Kara Gemmell, Director of Independent Living. This month's topic: Holiday Traditions.
8:00 p.m.		Friday topic on Channel 1340: 15 knit and crochet gift ideas for the holidays. all of these projects are super easy and fast, you would be able to get them done in a few hours to a day! Runtime: 16 Minutes

**SATURDAY, DECEMBER 21, 2024**

**Please practice proper handwashing before and after programming.**

9:00 a.m. - 9:20 a.m.		<b>Christmas-themed walking exercise video</b> on The Nottingham Channel 1340
10:30 a.m.		<b>Seated Yoga on The Nottingham Channel 1340</b>
10:30 a.m.		<b>Seated Balloon Volleyball in the T.V. Room</b> This is a resident-run activity.
1:30 p.m.		<b>65 Card Game in the Gathering Lounge (Located outside the Arts and Crafts Room)</b> This is a resident-run activity.
1:30 p.m.		<b>Seated Yoga on The Nottingham Channel 1340</b>
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.
2:30 p.m.		<b>Piano performance: Sing-a-long Christmas Caroling</b> with Richard Weiskopf in the T.V. Room.
8:00 p.m.		<b>Saturday topic on channel 1340: What is a Jinn Particle?</b> Neil deGrasse Tyson and Chuck Nice break down this time travel paradox, its appearances in pop culture— like Back to the Future and Rick and Morty—, and what would happen if a time machine became a Jinn Particle. Runtime: 10 Minutes











**HANDY HINTS . . .**

Please break down cardboard boxes before putting them in the recycling bins.



**SUNDAY, DECEMBER 22, 2024**

**Please practice proper handwashing before and after programming.**

9:00 a.m. - 9:20 a.m.		<b>Christmas-themed walking exercise video</b> on The Nottingham Channel 1340
10:30 a.m.		<b>Seated stretching on The Nottingham Channel 1340</b>
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
1:30 p.m.		<b>Seated stretching on The Nottingham Channel 1340</b>
1:30 p.m.		<b>Classical Violin Performance in the T.V. Room with Olivia Walburger.</b> Olivia is a graduate of Interlochen Arts Academy where she studied with Tina Qu and Ara Sarkissian. Olivia has participated in masterclasses with esteemed musicians such as Rachel Barton Pine, Ying Quartet, Brentano Quartet, Elina Vahala, and James Buswell, among others. Other important mentors that have greatly influenced Olivia's musical development include Noemi Miloradović, Jessica Tumajyan, and Ida Trebicka. Olivia attends Eastman School of Music and studies with Mikhail Kopelman.
2:00 p.m.		<b>Scrabble in the Gathering Lounge (Located outside the Arts and Crafts Room)</b> All are welcome! This is a resident-run activity.
3:00 p.m.		<b>Sunday Movie in the T.V. Room: National Lampoon's Christmas Vacation.</b> Christmas is the perfect season for Clark Griswold and his family. Clark's a disaster waiting to happen. You have to see it to believe it. There are 25,000 lights on the Griswold rooftop. An exploding turkey. And a house full of relatives. <b>RUNTIME: 1 hour 36 Minutes</b>
3:00 p.m.		<b>Pinochle in the Memories Lounge</b> This is a resident-run activity.
8:00 p.m.		<b>Sunday topic on Channel 1340: Travelogue: Mendenhall Glacier.</b> Runtime: 12 Minutes