



The Nottingham

A Loretto Community

INDEPENDENT LIVING Weekly Telegraph



December 23 — December 29

The Nottingham Channel 1340

A publication for Residents and Employees

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

Shannon Loughlin, Director of Life Enrichment

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MONDAY, DECEMBER 23, 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.		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.		Wii Bowling in the T.V. Room. This is a resident-run activity.
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 2nd Floor A-Wing Lobby New players welcome! This is a resident-run activity.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:30 p.m.		Santa & Elf Visit in the Fireplace Lounge Stop by for photos!
1:30 p.m.		Color-A-Cookie with Jami in the T.V. Room Color in easy, edible designs on Christmas cookies and if you're naughty, eat it after! If you're nice, leave it for Santa!
3:00 p.m.		Carols from King's College Cambridge recorded performance in the T.V. Room
8:00 p.m.		Monday topic on Channel 1340: Comparing British and American Christmas Traditions. RUNTIME: 17 Minutes

TUESDAY, DECEMBER 24, 2024

In-Person Programming will be limited due to the holiday. Happy Holiday!

10:15 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340
10:45 a.m.		Coloring and Cocoa with Shannon in the T.V. Room
11:30 a.m.- 1:00 p.m.		<p>Christmas Dinner in the Dining Room Please join us for a special Christmas Menu in the Dining Room from 11:30 a.m. to 1:00 p.m.</p> <p><u>There will be no evening meal today in the IL Dining Room.</u></p> <p><i>The Bistro will be open 9:00 a.m. until 7:00 p.m. Room delivery will be available.</i></p>
1:30 p.m.		Spiritual Services for All in the T.V. Room With Rev Jo VonRue, Universal Unitarian Church pastor And music by Nancy Pease
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
2:30 p.m.		Mahjong for beginners in the 2nd Floor A-Wing Lobby New players welcome! This is a resident-run activity.
2:30 p.m.		Pitch Card Game in the Memories Lounge This is a resident-run activity.
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
8:00 p.m.		Tuesday Topic on Channel 1340: How Christmas is Celebrated in the Coldest Village on Earth. Christmas and New Year are celebrated differently in Yakutia. For the Yakut people, there are two new years to celebrate. The first is the Yakutian new year, which falls on the summer solstice, on June 21st. This is a time of great celebration, when the people come together to mark the beginning of the summer and to honor their ancestors. RUNTIME: 8 Minutes











WEDNESDAY, DECEMBER 25, 2024

In-Person Programming will be limited due to the holiday. Happy Holiday!

10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.		Celebration of Christmas Catholic Mass with Syracuse Diocese Priests in the T.V. Room
11:30 a.m.- 1:00 p.m.		<p>Christmas Dinner in the Dining Room Please join us for a special Christmas Menu in the Dining Room from 11:30 a.m. to 1:00 p.m. <u>There will be no evening meal today in the IL Dining Room.</u> <i>The Bistro will be open 9:00 a.m. until 7:00 p.m.</i> Room delivery will be available.</p>
11:00 a.m.		NO Gentle Yoga with Jess in the T.V. Room
1:00 p.m.		NO Bridge in the Memories Lounge This is a resident-run activity.
1:30 p.m.		NO Stock Market Group in the Glens Community Room This is a resident-run activity.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
6:00 p.m. - 8:30 p.m.		Wednesday topic on Channel 1340: Trans-Siberian Orchestra 2019 Multi-cam Complete Christmas Eve & Other Stories Live Performance. Runtime: 2 hours 21 minutes











THURSDAY, DECEMBER 26, 2024

<p>9:00 a.m. - 10:30 a.m.</p>		<p>Open Swim/Lap Swim in the Pool</p>
<p>10:30 a.m.</p>		<p>Exercise Video on The Nottingham Channel 1340</p>
<p>10:30 a.m.</p>		<p>Exercise Class for all residents in the T.V. Room</p>
<p>11:00 a.m.</p>		<p>Cornhole Bean Bag Toss Game in the T.V. Room All are welcome to join and learn!</p>
<p>1:00 p.m.</p>		<p>Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.</p>
<p>1:00 p.m. - 2:00 p.m.</p>		<p>Jamesville-DeWitt Library visit in the T.V. Room With books to loan & support in using tablets/digital content. Note time change</p>
<p>1:30 p.m.</p>		<p>Exercise Video on the Nottingham Channel 1340</p>
<p>2:00 p.m. - 3:00 p.m.</p>		<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 this month's book. Note time change</p>
<p>3:00 p.m. - 4:30 p.m.</p>		<p>Christmas Party Happy Hour in the Clubhouse Featuring a specialty cocktail, music by Jill Minye on piano, and fun and games with Jami!</p>
<p>8:00 p.m.</p>		<p>Thursday topic on channel 1340: Yule Pagan Rituals & Christmas Celebrations in Finland. Runtime: 29 Minutes</p>

FRIDAY, DECEMBER 27, 2024

Please practice proper handwashing before and after programming.









9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jami 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 Jami 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.
1:30 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
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		Astronomy group monthly meeting in the T.V. Room Open forum: Any topic of interest to share with the group.
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
8:00 p.m.		Friday topic on Channel 1340: This Country is Trapped in the 1950s. RUNTIME: 23 Minutes
8:00 p.m.		Holiday Football Bowl: S.U. vs Washington State. Residents may watch together in the T.V. Room.

HANDY HINTS . . .

January Outings are now available in the Mailroom and the Glens Community Room!

SATURDAY, DECEMBER 28, 2024

Please practice proper handwashing before and after programming.

10:30 a.m.		Seated Yoga on The Nottingham Channel 1340
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.
1:30 p.m.		65 Card Game in the Gathering Lounge (Located outside the Arts and Crafts Room) This is a resident-run activity.
1:30 p.m.		Seated Yoga on The Nottingham Channel 1340
2:00 p.m.		Train Dominos in the Memories Lounge This is a resident-run activity.
2:00 p.m.		Let's Play Chess in the Bistro This is a resident-run activity.
2:00 p.m.		S.U. Men's Basketball Game Vs. Bucknell On channel 6. Residents may watch together in the T.V. Room!
8:00 p.m.		Saturday topic on channel 1340: Why do clocks go clockwise? Neil deGrasse Tyson and comedian Chuck Nice ponder about the way we tell our time and more. We think about time geometrically and the history of timekeeping with sundials. What if timekeeping had been invented in the southern hemisphere? Plus, we discuss precision, synchronization, and chronometers on boats. RUNTIME: 16 Minutes

SUNDAY, DECEMBER 29, 2024

Please practice proper handwashing before and after programming.

10:30 a.m.		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
1:30 p.m.		Seated stretching on The Nottingham Channel 1340
2:00 p.m.		Scrabble in the Gathering Lounge (Located outside 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: A Fish Called Wanda A Fish Called Wanda is a 1988 heist comedy film directed by Charles Crichton and written by Crichton and John Cleese. It stars Cleese, Jamie Lee Curtis, Kevin Kline, and Michael Palin. The film follows a gang of diamond thieves who double-cross one another to recover stolen diamonds hidden by their jailed leader. His barrister becomes a central figure – and jealousies rage – as femme fatale Wanda seduces him to locate the loot. RUNTIME: 108 Minutes
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Sunday topic on Channel 1340: Are you ready to discover the secrets behind the World's Healthiest Island? Join on a journey to OKINAWA, JAPAN, a place where people live longer and healthier than anywhere else on Earth. With the longest life expectancy in Japan, and Japan having the highest life expectancy in the world, Okinawa stands out as a true paradise for longevity and wellness. It's normal for people to live well past 100 years old! Runtime: 19 Minutes