

INDEPENDENT LIVING Weekly Telegraph



December 30—January 5

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

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Arts & Minds: A Showcase for Creative Aging at The Nottingham

**Featuring works by the artists of
Syracuse Jewish Family Service's arts-in-aging
programs including M-Power U Arts & Minds Community
and Opening Minds Through Art (OMA)**



**December 30, 2024 - January 30, 2025
The Nottingham
1301 Nottingham Rd,
Jamesville, NY 13078**

**Share the vision of an aging friendly community and unlock
the limitless potential of creative self-expression!**














This showcase is curated by Syracuse Jewish Family Service and is made possible through the CNY Arts Grants for Regional Arts and Cultural Engagement regrant program thanks to a New York State Senate Initiative supported by the NYS Legislature, the Office of the Governor and administered by the New York State Council on the Arts.













MONDAY, DECEMBER 30, 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 A-Wing 2nd Floor Elevator Lobby. New players welcome! This is a resident-run activity.
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
3:00 p.m.		2024: A Year in Review with Jami in the T.V. Room. A look back on the biggest news, pop culture phenomenon, find out what we googled most... and more!
8:00 p.m.		Monday topic on Channel 1340: Why Does the U.S. Support and Fund Israel So Much? By the Wall Street Journal. Runtime: 9 Minutes

TUESDAY, DECEMBER 31, 2024

**Limited in-person programming due to the holiday.
Happy New Years Eve!**

9:30 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room **Note time change for holiday**
10:00 a.m.		New Years Eve Brunch with Jami in Clubhouse Join for muffins, mimosas, and plenty of shenanigans!
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340
1:30 p.m.		Spiritual Services for All in the T.V. Room With David Pasinski and music by Nancy Pease
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340
2:00 p.m.		SU Men's Basketball: SU vs Wake Forest on Channel 25 Residents may watch together in the Clubhouse
2:30 p.m.		Mahjong for beginners in the A-Wing 2nd Floor Elevator 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: Why Is January 1st The "New Year"? The New Year has been celebrated since at least 2000 B.C.E. New Year was celebrated on January 1 in the Roman Empire because it was the day that new consuls were inaugurated. Since then we have had the Roman calendar, the Julian calendar, the Gregorian calendar, and the New Style Act calendar. Each tried to fuse the sun, the moon, the seasons, and important days in the Christian faith into one calendar, and celebrate the New Year on January 1. This finally happened in 1753! Runtime: 9 Minutes

WEDNESDAY, JANUARY 1, 2025

**Limited in-person programming due to the holiday.
Happy New Year!**








10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.		Catholic Mass Holy Celebration of the Solemnity of Mary with Syracuse Diocese Priests in the T.V. Room
11:30 a.m.- 1:00 p.m.		<p>New Years 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>There will be <u>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>
1:00 p.m.		<p>Bridge in the Memories Lounge This is a resident-run activity.</p>
1:30 p.m.		<p>Stock Market Group in the Glens Community Room This is a resident-run activity.</p>
1:30 p.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
8:00 p.m.		<p>Wednesday topic on Channel 1340: How different cultures celebrate the New Year. Most people follow the Gregorian calendar, which has 365 days, or 12 months in the year. So January 1st ends up being the most commonly celebrated New Year. But, depending on who you speak with, the New Year reaches far beyond January 1st. Runtime: 6 Minutes</p>










THURSDAY, JANUARY 2, 2025

10:30 a.m.		Exercise Video on The Nottingham Channel 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 This is a resident-run activity. All are welcome!
11:00 a.m. - 12:00 p.m.		Massages and Manis Day! Massages with Donna in the 1 st Floor Conference Room. Sign up for a 10-minute massage by calling Jami at 315-413-3171.
11:00 a.m. - 1:00 p.m.		Manicures with Jami in the Memories Lounge Please call 315-413-3171 to set up an appointment.
1:00 p.m. - 2:30p.m.		Massages with Donna in the 1st Floor Conference Room. Sign up for a 10-minute massage by calling Jami at 315-413-3171.
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:30 p.m.		Exercise Video on the Nottingham Channel 1340
1:30 p.m.		W.I.S.E. (Women Interested in Sharing Experiences) group meeting in the T.V. Room. This month's topic: What will the New Year bring?
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
3:00 p.m. - 4:30 p.m.		Hanukkah Celebration Happy Hour in the Clubhouse Featuring a trio performance by the Keyna Hora Klezmer Band. Enjoy the new weekly cocktail special!
8:00 p.m.		Thursday topic on channel 1340: Psychiatrist Daniel Amen Answers Brain Questions From Twitter on Tech Support by WIRED. RUNTIME: 20 Minutes

FRIDAY, JANUARY 3, 2025

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
1:30 p.m.		Pencil Sketching basics: Follow a YouTube tutorial with Jami to learn how to sketch a tree! In the T.V. Room
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
3:00 p.m.		Monthly Shabbat Service with Rabbi Moshe Saks of Temple Adath in the 1 st Floor Conference Room
3:00 p.m.		Life Enrichment Committee Meeting in the T.V. Room A chance to review the upcoming month of recreation activities and outings, and provide feedback/suggestions to Life Enrichment. Open to all residents!
8:00 p.m.		Friday topic on Channel 1340: The Audacious Plan That Brought Detroit Back From The Brink. The inspiring story of Detroit, Michigan's comeback a decade after declaring for bankruptcy--a revitalization effort led by Mayor Mike Duggan. RUNTIME: 14 Minutes

SATURDAY, JANUARY 4, 2025

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.		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.
6:00 p.m.		SU Men's Basketball vs Florida State on Channel 388. Residents may watch together in the T.V. Room
8:00 p.m.		Saturday topic on channel 1340: Should Airships Make A Comeback? Blimps and airships might be relics of the past, but could they help save the future? RUNTIME: 22 Minutes

What happens with your monetary contributions to the Forum?

- Charitable memorial gifts identified by our resident in their obituaries- \$50 per gift
- The Shining Star Award to Staff- \$50/quarterly
- Scholarship Award to Staff- \$1,000/annual
- Annual Charitable Donation to Community Organizations who support The Nottingham Residents. *In 2023 these gifts were: \$600 Jamesville-Dewitt Fire Department, \$200 Community Library of Dewitt Jamesville and \$200 Aurora of CNY*
- Support of Resident Forum Projects and Activities as needed.

SUNDAY, JANUARY 5, 2025		
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: Hemingway & Gellhorn Tells the story of the passionate love affair and tumultuous marriage between Martha Gellhorn and Ernest Hemingway, following the adventurous writers through all the great conflicts of their time. RUNTIME: 155 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: The Story of Pittsburgh: City of Bridges. Pittsburgh, the City of Bridges, has a vast infrastructure that needs constant maintenance. I interviewed Allegheny County Executive Rich Fitzgerald to learn how it keeps up. RUNTIME: 15 Minutes

Happy New Year

Menu

Soup

Traditional Lentil

Salad of the Day

Shrimp Cocktail

Entrée

Prime Rib

Slow Roasted with Herb and Au Jus

Pan Seared Scallops

Seared With Lemon Aioli

Tuscan Chicken

Oven Roasted, Topped with Creamy Sundried Tomato Sauce

Sides

Au Gratin Potatoes

Black Eyed Peas

Roasted Beet Medley

Dessert

Hazel Crunch Cake



The Bistrot

For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 12/30	Cream of Tomato	Carrot Raisin	Hot Dog with Grilled Onions	Roasted Red Onion and Sausage	Crab Cakes with Snow Peas and Mashed Potatoes
TUES 1/31	Roasted Garlic	Camper Cole Slaw	Monte Cristo	Vegetable on Cauliflower Crust	Chicken Oscar, Loaded Sweet Potato Casserole, Oven Roasted Mushrooms
WED 1/1	Traditional Lentil	Shrimp Cocktail	Ham and Brie	Tomato Pie	Tuscan Chicken with Au Gratin Potato and Black Eyed Peas
THUR 1/2	Turkey Noodle	Salad Wedge Bleu Cheese Bacon and Balsamic	Buffalo Style Chicken with Ranch	Feta Cheese and Kalamata Olives	Korean Beef Short Ribs, Creamy Orzo with Mushrooms, Root Vegetable Blend
FRI 1/3	New England Clam Chowder	Cole Slaw	Tuna Melt with Swiss Cheese	Calabrian	Baked Haddock, French Fries, Butternut Squash
SAT 1/4	Corn and Pepper Chowder	Bowtie Pasta	Roasted Turkey and Avocado	Prosciutto and Melon	Stuffed Shells with Garlic Toast and Vegetables
SUN 1/5	Shrimp Bisque	Garden Salad	Waffle with Eggs, Bacon	Breakfast w/ Choice of Bacon or Sausage	Roast Beef Tenderloin, Baked Potato, Asparagus



This Week's Featured Menu—For Delivery or Pickup—call 315-413-3941

	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	Friday 1/3	Saturday 1/4	Sunday 1/5
SOUP	Cream of Tomato	Roasted Garlic	Traditional Lentil	Turkey Noodle	New England Clam Chowder	Corn and Pepper	Shrimp Bisque
SALAD	Carrot raisin	Waldorf Salad	Shrimp Cocktail	Salad Wedge w/ Cheese, Bacon and Balsamic Vinegar	Spring Mix w/ Pears and Pecans	Bowtie Pasta Salad	Garden Salad
SPECIAL #1	Grilled Pork Loin	Jumbalya	Prime Rib	Korean Beef Short Ribs	Chicken Broccoli Alfredo	Hofman Chili Dog	Waffle Mixed Berries, Sausage or Bacon
SPECIAL #2	Steak Diane	Chicken Oscar	Pan Seared Scallops	Chicken Romesco	Shrimp Scampi	Stuffed Shells	Roasted Beef Tenderloin w/ Balsamic Glaze
SPECIAL #3	Maryland Crabcakes	French Dip	Tuscan Chicken	Baked Salmon	Baked Haddock	Crispy Cod w/ Cream Sauce	Eggs and Omelets cook to Order
STARCH	Four Cheese Pasta w/ Peas	Loaded Sweet Potato Casserole	Au Gratin Potato	Vegetable Fried Rice	French Fries	Baked Beans	Home Fries
VEGETABLE #1	Baby Corn w/ Water Chestnuts	Oven Roasted Mushroom	Black Eyed Peas	Root Vegetable Blend	Maple Cinnamon Butternut Squash	Roasted Tomato w/ Parmesan	Asparagus
VEGETABLE #2	Snow Peas	Grilled Cauliflower	Roasted Beet Medley	Harvard Beets	Carrot Coins	Parmesan Broccoli	Riced Cauliflower
DESSERT	Apple Dumplings	Fruit of the Forest Pie	Hazel Crunch Cake	Pumkin Bread	Tuxedo Cake	Peanut Butter Pie	Turtle Cheesecake