



The Nottingham

A Loretto Community

Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



February 23 – March 1, 2026

Shannon Loughlin, Director of Life Enrichment
sloughlin@lorettosystem.org

315-413-3903

Jami Leone, Recreation Specialist
jleone@lorettosystem.org

315-413-3171

Tiffany Weiskotten, Fitness and Wellness Coach
tweiskotten@lorettosystem.org

315-413-3817

Hello

MARCH

Ah, March. For the Northern Hemisphere, March ushers in spring. That was even true back in the days of the Julian calendar when there were only 10 months and March started off the year.

"In like a lion, out like a lamb," or so the saying goes. The phrase refers to the proverb that says: "If March comes in like a lion, it will go out like a lamb." However, it may also refer to the constellations Leo and Aries. Leo rises in the east early in March but Aries sets in the west at the end of March. That's not the only saying attributed to the moody month. Sayings such as "A bushel of March dust is worth a King's ransom," and "March many weathers," remind us of the swiftly changing and windy weather March brings. "Beware the Ides of March!" is another. When the world used the Roman calendar, the middle of each month was called the "Ides." The 15th was always the midpoint in March, and in 44 BC an oracle predicted Julius Caesar's downfall to be no later than the Ides of March.



St. Patrick's Day will fall on Tuesday, March 17.



March Madness kicks into high gear as basketball enthusiasts cheer on their favorite teams. Whether cheering on a local high school team or their college and professional players, fans wear their colors and watch every nail-biting game.

Spring makes its official start in March! With it comes a lot of activity in nature. Birds migrate. Animals begin to mate. (They give us the phrase, "Mad as a March hare," too.) Plants begin to grow. Even the full moon gets involved. The full moon in March is called the Worm Moon. It earns this name because of all the insects beginning to hatch.

The official first day of Spring is the Spring Equinox, March 20th!



Daylight saving time ends on March 8th, so don't forget to spring ahead one hour!














We also honor and celebrate the achievements of women for **Women's History Month** in March. International Women's Day falls in March, and we will celebrate on Monday, March 9 at 2:30 p.m. with a women's march!

Welcome March!


MONDAY, FEBRUARY 23, 2026

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.		Tech Help with Jami. Use the sign up sheet in the mailroom to reserve a spot.
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Chair Zumba! on The Nottingham Channel 1340.
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Poker in the Memories Lounge. This is a resident-run activity. New players welcome! (Free to play)
1:30 p.m.		Advanced Mahjong in the B-Wing 2nd Floor Elevator Lobby. This is a resident-run activity.
1:30 p.m.		Better Bones and Balance with Tiffany in the T.V. Room
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340.
2:15 p.m.		Taste & Travel: Ghana! Join Tiffany & Jami in the T.V. Room to watch travel videos from Ghana while we make Kelewele, a traditional snack, and sample Zomkom, a traditional Ghanian drink! Please note, space for hands on activity will be limited.

The March Friends of Chamber Music concert has been added to the outings binder!










TUESDAY, FEBRUARY 24, 2026

10:15 a.m.		Mindful Movement Class with Emily, Select Rehab O.T. In the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340.
10:45 a.m.		Play Rummikub in the Memories Lounge. This is a resident-run activity.
11:00 a.m.		Life Enrichment Calendar Review in the T.V. Room. All are welcome to review the upcoming month's activities and give activity/outing suggestions.
1:30 p.m.		Dining meeting for A wing and Cottage residents in the A-Wing 2 nd Floor Elevator Lobby. Meet with dining supervisors for a chance to bring a recipe or some new ideas for the spring and summer menus!
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Service in the T.V. Room with presentation by JoVon Rue 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 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.
2:30 p.m.		<i>Making Black America</i>, Part 4 of 4 in the T.V. Room. Chronicles the vast social networks and organizations created by and for Black people. Runtime: 53 Minutes
4:00 p.m.		Paint together with Jami in the T.V. Room: We will use a tutorial to create a simple watercolor shamrock.
7:15 p.m.		Musical Performance with The Cadley's acoustic duo in the T.V. Room

WEDNESDAY, FEBRUARY 25, 2026

9:00 a.m.		Drop in Tech Help with Jami in the Clubhouse. Stop by with any quick questions regarding your phone, an app, ipad, etc.!
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room
10:30 a.m.		Chair Zumba! on The Nottingham Channel 1340.
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Join us for cake to celebrate Shannon's Birthday Party in the T.V. Room!
1:30 p.m.		Chair Zumba! on The Nottingham Channel 1340.
2:00 p.m.		Dining meeting for B-Wing residents in the B-Wing 2 nd Floor Elevator Lobby. Meet with dining supervisors for a chance to bring a recipe or some new ideas for the spring and summer menus!
2:30 p.m.		Writers' Group in the T.V. 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!
3:00 p.m. - 4:30 p.m.		Happy Hour with Life Enrichment in the Clubhouse! Enjoy a live folk music performance with Charlotte's Web and some snacks on us! Drinks are available for purchase as desired.







THURSDAY, FEBRUARY 26, 2026

10:00 a.m.		Sacrament of Reconciliation with Syracuse Diocese Priests in the Interfaith Chapel
10:30 a.m.		Exercise Video on The Nottingham Channel 1340
10:30 a.m.		In person Exercise Class 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.
11:00 a.m.		Lent Mass with Syracuse Diocese Priests in the D-Wing Chapel
1:00 p.m.		Poker in the Memories Lounge Free to play- no gambling. This is a resident-run activity.
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Exercise Video on The Nottingham Channel 1340
2:00 p.m.		Dining meeting for C-Wing residents in the C-Wing 2 nd Floor Elevator Lobby. Meet with dining supervisors for a chance to bring a recipe or some new ideas for the spring and summer menus!
2:30 p.m.		Jamesville-DeWitt Library visit in the T.V. Room With books to loan & support in using tablets/digital content.
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.





FRIDAY, FEBRUARY 27, 2026

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool (Pool opens at 9:00 a.m.)
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340.
11:10 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. – 4:00 p.m.		Tech Help with SU Students. Use the sign up sheet in the mailroom to reserve a spot.
1:30 p.m.		Bible Study in the 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.		Wii Bowling 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.
2:00 p.m.		Dining meeting for Glens residents in the Glens Community Room. Meet with dining supervisors for a chance to bring a recipe or some new ideas for the spring and summer menus!
3:00 p.m.		Growing Connections with Kara Gemmell, Director of Independent Living. All residents welcome to attend this once-a-month activity to build community connections! This month's activity: Luck of The Draw
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board

SATURDAY, FEBRUARY 28, 2026

10:30 a.m.		Seated exercises for Falls Prevention 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 exercises for Falls Prevention on The Nottingham Channel 1340
2:00 p.m.		Looking for players! Beginners Chess with Alan in the Bistro. This is a resident-run activity.
2:30 p.m.		Weekend Movie in the T.V. Room: <i>Maya Angelou.. and still I rise.</i> This unprecedented film celebrates Dr. Maya Angelou by weaving her words with rare and intimate archival photographs and videos, which paint hidden moments of her exuberant life during some of America's most defining moments. From her upbringing in the Depression-era South to her work with Malcolm X in Ghana, the film takes us on an incredible journey through the life of a true American icon. Runtime: 2 hours
5:45 p.m.		SU Men's Basketball game vs North Carolina. Residents may watch together in the Clubhouse (Ch 6).

SUNDAY, MARCH 1, 2026

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
1:30 p.m.		Mahjong in the A-Wing 2nd Floor Elevator Lobby. All are welcome! This is a resident-run activity.
2:00 p.m.		Scrabble in the Conference Room. All are welcome! This is a resident-run activity.
2:30 p.m.		Weekend Movie rerun in the T.V. Room: <i>Maya Angelou.. and still rise.</i>
2:30 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.