



Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



April 6 - April 12, 2026

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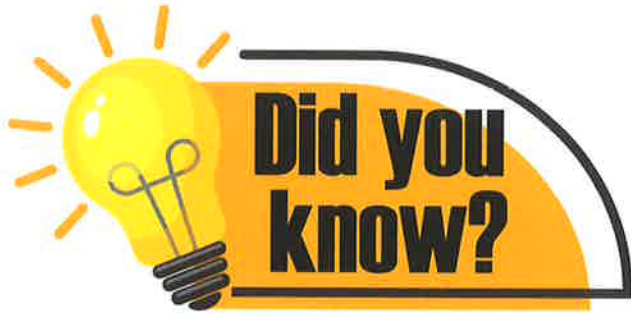
315-413-3903

Jami Leone, Recreation Specialist
jleone@lorettosystem.org

315-413-3171

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

315-413-3817



Resident Forum is the 2nd Thursday of every month at 1:30 PM in the TV/Meeting Room.

WHAT WE DO

The Forum sponsors and supports a wide variety of programs and services, including:

Nottingham Library

Resident Store

Welcoming New Residents

Partnering with Administration on Dining, Life Enrichment, Maintenance, and more

Sending Cards to residents who are hospitalized or going through a hard time

Holiday Fund, a year-end resident-led gift effort to thank our dedicated staff



Residents are encouraged to submit any questions they wish to be answered by Nottingham Leadership Staff at this monthly meeting.

Please submit your question by returning this form to the Resident Service Center or leaving in the suggestion box in the IL Mail Room before the Forum meeting.

Name (optional): _____ Apt/Cottage #(optional): _____

Nottingham Community Question _____



Electronics recycling collection notice

Mon. April 6 -
Fri. April 10



Where: Each wing lobby will have a labeled drop off box. Please leave your recycling in this box.

What is acceptable for this collection?

This will be posted by each collection box. Please read carefully & do not leave items not on this list. This is a free recycling service offered to the community. If you have larger items such as TVs, we can provide you with a list of other recycling options on request.

- Small computer accessories - mice, keyboards, webcams, etc.
- Laptop computers
- SMALL computer monitors (24 in or smaller)
- Desktop CPUs
- SMALL, FLATSCREEN TVs (24 in or smaller)
- Cables (phone, coax, etc)
- Storage devices (external hard drives, solid state drives, SD cards, memory cards, card readers, etc.)
- Printers (ink & toner cartridges also)
- Speakers
- Small Video & audio equipment like camcorders, tape players, DVD players
- Answering machines
- Digital cameras
- Cable boxes (analog, digital, satellite)
- Cell phones/smart phones/landline phones
- Tablets/kindles/streaming sticks
- Lab Equipment such as defibrillators, IV pumps, CPAP machines, portable oxygen concentrators (no O2 tanks)
- Rechargeable dry cell batteries (nickel hydride, lithium ion)
- GPS units
- Wires & cables
- Fitness trackers/smart watches
- Christmas lights
- LED strips
- Curling irons
- Fans

This is a free recycling service offered to the community. If you have larger items such as TVs, we can provide you with a list of other recycling options on request. Call Jami with any questions: 315-413-3171



Become a Member of a Support Group for Individuals with Lung Disease

American Lung Association Better Breathers Clubs are regularly scheduled, in-person support groups for individuals with chronic lung disease such as COPD, asthma, pulmonary fibrosis and lung cancer, and their family and caregivers.

Learn ways to better cope with your diagnosis while getting the support of others in similar situations. These support groups give you the tools you need to live your best quality of life.

Led by an American Lung Association trained facilitator, Better Breathers Clubs feature educational presentations on a wide range of relevant topics, including:

- How respiratory disease affects the lungs
- Breathing techniques
- Exercise and healthy eating
- Being your own health advocate
- Medications and other treatment options
- Medical tests and procedures
- Supplemental oxygen
- Navigating the healthcare system
- Community resources
- Air pollution









It feels good to talk with others who understand what you are going through, and can offer support and encouragement along the way. Join today!

The Nottingham Better Breathers Club
1301 Nottingham Road, TV Room
2nd Monday of each month Starting April 13th 2026
Tiffany Weiskotten
315.413.3817 | tweiskotten@LorettoSystem.org



MONDAY, APRIL 6, 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.

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
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 Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Poker in the Memories Lounge. Free to play, no gambling. <i>This is a resident-run activity.</i>
1:30 p.m.		Better Bones and Balance with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
2:15 p.m.		Advanced Mahjong in the B-Wing 2 nd Floor Elevator Lobby. <i>This is a resident-run activity.</i>
2:15 p.m.		Travel & Taste Series with Tiffany & Jami in the T.V. Room <i>Learn about Dyngus Day, a holiday celebrated in Poland, while taste testing some Pierogi!</i>

You will see “Interfaith Chapel” and “D-Wing Chapel” referenced in the telegraph. The D-Wing chapel is a small chapel space located across the hall from the new Interfaith Chapel. The sign for the Interfaith Chapel is located on the wall outside the chapel. The D-Wing chapel has a wall sign close to the ceiling that says “Chapel” and a sign on the door.

TUESDAY, APRIL 7, 2026

10:15 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room Seated exercise video on Channel 1340 & YouTube
10:45 a.m.		Play Rummikub in the Memories Lounge. <i>This is a resident-run activity</i>
11:00 a.m.		Brain Games with Jami in the T.V. Room <i>Join to play Connections together. Find the commonalities between random sets of words!</i>
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Service in the Interfaith Chapel <i>with service by Jim Brule and music by Nancy Pease</i>
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. <i>New players welcome! This is a resident-run activity</i>
2:30 p.m.		Pitch Card Game in the Memories Lounge <i>This is a resident-run activity.</i>
4:30 p.m.		Passover Seder service & dinner in the Clubhouse <i>Seating begins at 4:30 with the seder service running approximately 35 minutes preceding dinner. Sign up required as seats are limited. Call Jami to sign up at 315-413-3171.</i>
7:15 p.m.		Musical Performance in the T.V. Room <i>with Lana Stafford on flute for a classical music performance</i>

WEDNESDAY, APRIL 8, 2026

8:45 a.m. – 9:30 a.m.		Drop-in tech help with Jami in the Clubhouse. <i>No appointment necessary.</i>
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
9:30 a.m.		Read together in the Clubhouse <i>Join as we continue Harry Potter and the Sorcerer’s Stone</i>
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Men’s Group in the T.V. Room <i>Bryce M. Hand, Emeritus Professor of Geology, Syracuse University, to discuss “Limestone and friends: Our versatile family of mineral resources.” This is organized by the men’s group but all interested are welcome!</i>
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
2:30 p.m.		Writers’ Group in the T.V. Room <i>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!</i>
3:00 p.m. – 4:30 p.m.		Happy Hour in the Clubhouse <i>with a musical performance by John Vona on piano</i>

THURSDAY, APRIL 9, 2026

9:00 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:00 a.m.		Sacrament of Reconciliation (Confession) in the D-Wing Chapel
10:30 a.m.		In person exercise in the T.V. Room Standing exercise video on Channel 1340 & YouTube
11:00 a.m.		Healthy Living Discussion Series in the T.V. Room <i>With Dr. Nicole Veltri-Petrosino PT, DPT, GCS Presenting this month on Spine Series Part 2: Pathology</i>
1:00 p.m.		Poker in the Memories Lounge. Free to play, no gambling. <i>This is a resident-run activity.</i>
1:30 p.m.		Resident Forum Meeting in the T.V. Room <i>Open to all residents, a monthly forum where committees present on upcoming events/updates</i>
1:30 p.m.		Standing exercise video on Channel 1340 & YouTube
3:00 p.m.		Former Educator’s Meeting in the First Floor Conference Room. <i>A monthly, open form for former teachers and educators to meet and chat! This is a resident-run activity.</i>
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. <i>This is a resident- run activity.</i>
3:00 p.m.		Master’s Tournament Kickoff in the Clubhouse with Jami <i>Try your swing on the putting green & watch the first round of the 2026 Golf Masters Tournament (Ch. 24).</i>









FRIDAY, APRIL 10, 2026

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim in the pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Walking Group with Tiffany & Jami <i>Meet in the Clubhouse for a light stretch followed by an outdoor walk (weather permitting) or indoor walk</i>
11:10 a.m.		Weekly Wrap-Up in the Clubhouse <i>A current events discussion group. Bring news articles to share. This is a resident-run activity</i>
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 <i>With Pastor Tom Worth</i>
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
1:30 p.m.		Wii Bowling in the T.V. Room
1:45 p.m.		Helping Hounds visit in the Fireplace Lounge
2:00 p.m.		Knit-Wits in the Memories Lounge <i>New members always welcome! This is a resident-run activity.</i>
2:30 p.m.		Trash Talk with Jami in the T.V. Room <i>Watch a virtual tour of the OCRRA facility to learn how Onondaga County recycles</i>
3:00 p.m.		Simple Birdseed Ornament craft with Jami in the T.V. Room
3:00 p.m.		Watch the 2026 Golf Masters Tournament: Second Round in the Clubhouse (Ch. 24)
7:00 p.m.		BINGO in the T.V. Room. <i>Cost to play: \$1 + \$1 per board</i> <i>This is a resident-run activity</i>

SATURDAY, APRIL 11, 2026

10:30 a.m.		Exercises for Falls Prevention on Channel 1340 & YouTube
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room <i>This is a resident-run activity.</i>
1:30 p.m.		Exercises for Falls Prevention on Channel 1340 & YouTube
2:00 p.m.		Looking for players! Beginners Chess with Alan in the Bistro. <i>This is a resident-run activity.</i>
2:30 p.m.		Weekend Movie in the T.V. Room: <i>The Greatest Game Ever Played</i> , a 2005 American biographical sports film based on the early life of amateur golf champion Francis Ouimet and his surprise winning of the 1913 U.S. Open. Runtime: 120 Min
3:00 p.m.		Watch the 2026 Golf Master's Tournament: Third Round in the Clubhouse (Ch. 24)

SUNDAY, APRIL 12, 2026

10:30 a.m.		Seated stretching on Channel 1340 & YouTube
11:00 a.m.		Catholic Mass in the Interfaith Chapel with Syracuse Diocese Priests
1:30 p.m.		Seated stretching on Channel 1340 & YouTube
1:30 p.m.		Mahjong in the A-Wing 2 nd Floor Elevator Lobby. All are welcome! <i>This is a resident-run activity.</i>
2:00 p.m.		Scrabble in the Conference Room. <i>All are welcome! This is a resident-run activity.</i>
2:00 p.m.		Final Round of the Master's! <i>Watch in the Clubhouse (Ch. 2)</i>
2:30 p.m.		Weekend Movie Rerun in the T.V. Room: <i>The Greatest Game Ever Played</i> . Runtime: 120 Min
2:30 p.m.		Pinochle in the Memories Lounge <i>This is a resident-run activity.</i>