The Nottingham Channel: 1340

A publication for Residents & Employees

- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays
ATTENTION ALL
INDEPENDENT
LIVING RESIDENTS

We would like to remind all residents to drink fluids regularly in order to remain hydrated. For older adults, dehydration is dangerous and can lead to illness and even hospitalization.

There are water coolers on the second floor of the Village Center in the Fitness Room, in The Cuppa Café, and in the TV Room. Be sure to stop and grab a drink of water as you pass by.

Stay Hydrated
Stay Healthy
Passover Seder Dinner

Monday, April 13th 2020
5:30 pm on The Nottingham Channel (ch. 1340)
The Passover Seder is a Jewish ritual feast that marks the beginning of the Jewish Holiday of Passover.
The Nottingham will be airing a recorded Seder Service that residents can follow along with.

The Nottingham Dining team will be preparing special to-go meals for this service.
If you would like to order one for pick-up or delivery, please call 315-413-3930
No later than 4pm on Friday, April 10th
Town Hall Address
Vice President of Housing, Jennifer Ingerson will be giving a Town Hall Address via The Nottingham Channel (ch. 1340) on Thursdays at 2pm
She will be discussing the current procedures regarding disease prevention, and will be answering questions residents submit.
Please fill out the bottom portion with your question or concern and put on in the Life Enrichment Suggestion Box in the Mail Room by Wednesday by 12pm.

Name: ___________________________  Apt #: ____________
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<th>Time</th>
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<td>9:00 a.m. - 10:30 a.m.</td>
<td>Open Swim/Lap Swimming in the Pool</td>
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| 10:30 a.m.  | **Morning Meditation in the TV Room**  
Join Colleen for a guided meditation session that will offer ways to relax that can be used in your daily life. |
| 11:15 a.m.  | **BRAIN GAMES in the TV Room**                                                                                                                    |
| 1:30 p.m.   | **Indoor Walking Club Clue**  
Meet in Fireplace Lounge                                                                                                                              |
| 3:00 p.m.   | **TED Talk Discussion on The Nottingham Channel 1340**  
TED (Technology, Entertainment, Design), a media organization which posts lectures online.  
**"The Power of Vulnerability"**  
Brené Brown, studies human connection -- our ability to empathize, belong, & love. She shares a deep insight from her research that sent her on a personal quest to know herself as well as to understand humanity.  
After the video, there will be prompts for discussion. You can call you friend or discuss it with your neighbors. |
| 3:30 p.m.   | **NO** Rosary Devotion in the second floor D-Wing Chapel                                                                                         |
| 3:30 p.m.   | **"Hey Neighbor" Hang-Out**  
Join your wing specific neighbors to socialize in small groups.  
A, B, & C Wings: meet in their 2nd floor lobbies.  
D Wing & Glens: meet in the 1st floor Community Lounge                                      |
| 4:00 p.m.   | **NO** Mass with Fr. Heintz in the second floor D-Wing Chapel                                                                                   |
| 7:15 p.m.   | **BINGO in the TV/Meeting Room**  
This is a resident run activity                                                                                                                     |
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| 10:30 a.m.      | Exercise Class with Kara  
Tune into The Nottingham Channel (ch. 1340) to participate from your apartment! |
| 11:15 a.m.      | Fun with Zach in the TV/Meeting Room                                 |
| 2:00 p.m. – 3:30 p.m. | Art with Zaire in the Arts & Crafts Room  
Enjoy an 8 weeks course in portrait painting with Syracuse University School of Art alumnus & Dining team member Zaire Knight. No experience necessary! Sign-up with Life Enrichment |
| 2:30 p.m.       | Stretching with Colleen in the TV Room for A & B Wings and Cottage residents |
| 3:00 p.m.       | Hangman Word Game in the TV Room                                    |
| 3:30 p.m.       | “Hey Neighbor” Hang-Out  
Join your wing specific neighbors to socialize in small groups.  
A, B, & C Wings: meet in their 2nd floor lobbies.  
D Wing & Glens: meet in the 1st floor Community Lounge |
| 4:00 p.m.       | **NO** Mass with Fr. Heintz in the second floor D-Wing Chapel        |
| 7:15 p.m.       | A Nottingham Channel Special:  
Oratorio Society of Virginia Concert  
Celebration of Great Choruses  
filmed in Old Cabell Hall at the University of Virginia on May 14, 2017. Tune into ch. 1340 |
### Wednesday, April 8th 2020

**Passover begins at sundown**

**Daily Catholic Masses are available on EWTN (ch. 44) at 8am, 12pm, & 7pm**

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| 10:00 - 10:30 a.m. | Exercise Class with Colleen  
                        | Tune into The Nottingham Channel (ch. 1340) to participate from your apartment! |
| 11:15 a.m.   | Fun with Colleen in the TV/Meeting Room  
                        | Word Mining                                                              |
| 1:30 p.m.    | **Wii Bowling in the TV Room**                                             |
| 2:30 p.m.    | **Stretching with Colleen in the TV Room**  
                        | **for C & D Wings and Glens residents**                                |
| 2:30 p.m.    | **Writers Group in Arts & Crafts Room**  
                        | *This will be a resident run session.*  
                        | Prompts for the week are available in the Mail Room.  
                        | We invite anyone who likes to write or wants to do more writing.           |
| 3:30 p.m.    | **“Hey Neighbor” Hang-Out**  
                        | Join your wing specific neighbors to socialize in small groups.  
                        | A, B, & C Wings: meet in their 2nd floor lobbies.  
                        | D Wing & Glens: meet in the 1st floor Community Lounge                   |
| 4:00 p.m.    | **NO** Mass with Fr. Kehoe in the second floor D-Wing Chapel              |
| 7:15 p.m.    | **Religious Reflections**  
                        | Life Enrichment will be sharing homilies, devotionals,  
                        | or meditation from the Nottingham Community  
                        | for all faiths to reflect upon.  
                        | Tune into The Nottingham Channel (ch. 1340)                             |
Thursday, April 9th 2020

Maundy Thursday

Due to health concerns and group limitations, there will **NOT** be a Resident Forum Meeting.

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| **10:30 a.m.** | **Exercise Class with Kara**  
Tune into The Nottingham Channel (ch. 1340)  
to participate from your apartment! |
| **11:00 a.m.** | **Mass of the Lord's Last Supper**  
Presided over by Pope Francis. Tune into EWTN (ch. 44)                             |
| **11:15 a.m.** | **Fun with Zach in the TV/Meeting Room**                                          |
| **2:00 p.m.**  | **Town Hall Address**  
Vice President of Housing, Jennifer Ingerson will be giving  
a Town Hall Address via The Nottingham Channel (ch. 1340)  
She will be discussing the current procedures regarding disease  
prevention, and will be answering resident submitted questions. |
| **3:00 p.m.**  | **“Tell Me Something Good”**  
Sharing good & positive news in the TV Room                                       |
| **3:30 p.m.**  | **“Hey Neighbor” Hang-Out**  
Join your wing specific neighbors to socialize in small groups.  
A, B, & C Wings: meet in their 2nd floor lobbies.  
D Wing & Glens: meet in the 1st floor Community Lounge |
| **7:15 p.m.**  | **A Nottingham Channel Special:**  
*Picasso's Last Stand*  
a BBC biography of the last decade of  
Pablo Picasso’s life, through the  
testimony of family & close friends.  
Tune into ch. 1340 |
**Friday, April 10th 2020**

**Good Friday**

*Passover Seder requests for pick-up or delivery are due today by 4pm*
*Please call 315-413-3930*

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<td>9:00 a.m. – 10:00 a.m.</td>
<td>Open Aquatics/Swimming in the Pool</td>
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| 10:30 a.m. | **Exercise Class with Colleen**  
              Tune into The Nottingham Channel (ch. 1340)  
              to participate from your apartment!              |
| 11:15 a.m. | 🤗 Fun with Kara in the TV/Meeting Room                               |
| 12:45 p.m. | **Knit-Wits Members:**  
              Pick-up yarn and drop off finished squares  
              at the Life Enrichment Office                   |
| 1:30 p.m.  | **Cornhole in the TV Room**                                           |
| 2:00 p.m.  | **Stations of the Cross:** Tune into EWTN (ch. 44)                     |
| 2:30 p.m.  | **Liturgy of the Lord’s Passion:** Tune into EWTN (ch. 44)            |
| 3:30 p.m.  | **“Hey Neighbor” Hang-Out**  
              Join your wing specific neighbors to socialize *in small groups.*  
              A, B, & C Wings: meet in their 2nd floor lobbies.  
              D Wing & Glens: meet in the 1st floor Community Lounge |
| 7:15 p.m.  | BINGO in the TV/Meeting Room                                         
              *This is a resident run activity*
**Saturday, April 11th 2020**

**Holy Saturday**

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<tr>
<td>10:00 a.m.</td>
<td><strong>NO</strong> Coffee Klatsch in the Cuppa Café</td>
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<tr>
<td>2:30 p.m.</td>
<td><strong>Vatican Easter Vigil</strong>&lt;br&gt;Presided over by Pope Francis. Tune into EWTN (ch 44)</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td><strong>“Hey Neighbor” Hang-Out</strong>&lt;br&gt;Join your wing specific neighbors to socialize <em>in small groups.</em>&lt;br&gt;A, B, &amp; C Wings: meet in their 2nd floor lobbies.&lt;br&gt;D Wing &amp; Glens: meet in the 1st floor Community Lounge</td>
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**Sunday, April 12th 2020**

**Happy Easter**

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<td>10:30 a.m.</td>
<td><strong>NO</strong> Mass with Fr. Kehoe in the second floor D-Wing Chapel</td>
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<tr>
<td>10:30 a.m.</td>
<td><strong>Ecumenical Easter Service</strong>&lt;br&gt;Tune into The Nottingham Channel (ch. 1340)</td>
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<tr>
<td>11:30 a.m.</td>
<td><strong>Catholic Easter Mass</strong>&lt;br&gt;Tune into The Nottingham Channel (ch. 1340)</td>
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<tr>
<td>2:30 p.m.</td>
<td>Movie in the TV Room; 55th anniversary showing of the beloved award winning musical:&lt;br&gt;The Sound of Music</td>
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<tr>
<td>5:30 p.m.</td>
<td>Movie in the TV Room; 55th anniversary showing of the beloved award winning musical:&lt;br&gt;The Sound of Music</td>
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Let's Laugh a Little!

I'll be doing my part this Easter to keep kids healthy by swiping as many chocolate peanut butter eggs as possible.

No child's Easter basket left behind!

You're not really going out dressed like that, are you?

And I can't believe you still have rabbit ears.

Wait... Are you sure this is the right Easter Island?

Oh yeah.

What is an Easter egg's favorite game?

Wanna play hide 'n seek? You crack me up!

Hide and Seek

Very Punny
ACROSS
1 Needs to
5 Dandies
9 Tough puzzle
10 Boise's state
12 Wear down
13 Arrive
14 Animated sailor
16 ___ room (play site)
17 Software buyer
18 Actress Kidman
21 Corral
22 Bordering on obscene
23 Entrenched
24 Light benders
26 Tablet
29 Black Sea peninsula
30 Tortoise's rival
31 Jump
32 "Never mind"

34 Gift for the teacher
37 Wipe clean
38 Measuring aid
39 Check writer
40 Jury member
41 Fed

DOWN
1 Sullen
2 Annual golf tourney
3 Passover feast
4 Deuce beater
5 Pear-shaped fruit
6 Keats poem
7 Do police work
8 Police badge, slangily
9 Invigorate
11 Formerly
15 Puzzles
19 Storklike bird
20 Fire
22 Trick
23 Poorly lit
24 Support
25 Little wave
26 Tropical fruit
27 Gotten up
28 Hamper
29 Burn a bit
30 Ulysses Grant's original first name
33 Maintained
35 Golf's Trevino
36 Blunder