The Nottingham
A Loretto Community
Independent Living
Weekly Telegraph
Sept. 14 - Sept. 20 2020
The Nottingham Channel: 1340
A publication for
Residents & Employees
• Calendar of Events • Coming Attractions
• Special Announcements • Birthdays
Dear Residents,

As many of you know and have seen, the Nottingham staff has formed a team for the Alzheimer’s Association Walk to End Alzheimer's. The Alzheimer’s Association works to provide care and support for all those affected by Alzheimer's and other dementias. The Walk to End Alzheimer's is the largest event to raise awareness & funds for care, support, & research.

Staff throughout the continuum and all Loretto communities will be walking Sunday, September 27th to raise awareness and help find a cure. Our Nottingham Team is dedicated to walking for a cure and is fundraising to help fuel the mission of The Alzheimer’s Association and help create widespread awareness of this devastating disease that effects over 5 million Americans.

If you would like to donate toward our team’s fundraising efforts, here are the available options:

- Gather your spare change and add it to the and the “Change for Change” donation jar located in the IL Mail Room.

- Make a donation in the suggestion box in the Mailroom. Checks payable to Alzheimer’s Association.

Together, we can end Alzheimer’s disease. Every donation makes a difference.

Thank you & God Bless ♥
We will be raffling prizes to raise funds for the Walk to End Alzheimer's Nottingham Team. Each basket is valued between $75 to $100. Residents & staff are do not have to be present to win during the drawing on Friday 9/25.

**Syracuse Proud**
Show off your Orange Pride with a collection of items from the SU Bookstore and Wegman’s: hooded sweatshirt, silk scarf, ball cap, teddy bear, novelty football & basketball, magnets, car decal, coffee cup, & more!

**Groceries Galore**
Everything you need to fill up your kitchen cupboards form Tops Market: crackers, soup, mac & cheese, cereal, fruit snacks, granola bars, peanut putter & jelly, pasta & sauce, brownie mix, cookies, & more!

**Self Kare by Kinney**
Relax & Recharge with bath & body products including lotions, body washes, Kinney’s Glam Bag special sampler, manicure essentials, bath bombs, masks, scrubs, hair brushes, Dove Chocolate truffles & more.

**Home Essentials**
Keep your home tidy and clean with all your essentials form Wegman’s and Tops Markets: toilet paper, tissues, paper towels, laundry soap, fabric refresher, soaps, disinfectant wipes, cleaning products, air fresheners, hand sanitizer & more!

Ticket are 1 for $1, 6 for $5, “arms length” for $10 in the IL receptionist in the main lobby
Week 7

Taking STEPS against Alzheimer’s
7 week step tracker challenge

Monday 9/14, 11am
Meet in the TV room
“Mother may I”, game with Jess

Wednesday 9/16, 11am
Meet in the TV room
Scavenger hunt:
Meet up to get your hunting list and
head out on your own to find the items.
This may be done over multiple days
and your sheet can be turned in at the
Life Enrichment office any time
(by Monday 9/21 Please)

Remember:
Turn in your Step Challenge
weekly log on Mondays to
Life Enrichment
This a partnered program between The Nottingham and the Town of DeWitt guided towards connecting members of the community in such an unprecedented time. It is challenging for anyone to get out and meet new friends, but particularly seniors and children during these times, so our goal is to bring them together!

The Town of Dewitt sent out their fall newsletter asking for community members of all ages, to join the program. Letters will be collected by the Town of DeWitt Recreation Leader, Keith Caiello. This ensures addresses are confidential. He will give them to Colleen, Life Enrichment specialist every Friday starting October 2\textsuperscript{nd}. She will hold a weekly meeting for us to read and respond to our new found friends. She will give those to Keith and he will get them to our pen pals.

The Program will run from Friday, October 2\textsuperscript{nd} until December 31\textsuperscript{st}, 2020.

**How to be a part of the Pen Pal Project:**

Please fill out the bottom section and put it to the Life Enrichment suggestion box in the IL Mail Room by September 25\textsuperscript{th}.

Please call Colleen with any questions or concerns. 315-413-3171

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**Nottingham & Town of DeWitt Pen Pal Project**

First name & last initial: ________________________________

3-5 interests: ____________________________________________

___________________________________________________________________________

___________________________________________________________________________

Quick facts about you (where you grew up, where you went to school, where you worked, etc.)

___________________________________________________________________________

___________________________________________________________________________

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___________________________________________________________________________
Please Welcome Kathleen Thayer,
Life Enrichment Intern

Kathleen is a SUNY Cortland Recreation Intern and will be with the Nottingham through December. She was born and raised in Baldwinsville, NY and will be expanding and practicing her skills to becoming a CTRS (Certified Therapeutic Recreation Specialist). Over the years she had held several jobs which included; being an assistant in the Baldwinsville YMCA Primetime and a managerial staff for a family owned Construction Company. In her down time she enjoys playing board games and card games with her family and friends. She also played volleyball in high school and with her older sister, she loves coloring and drawing, walking her dog Toby, watching movies and participating in problem solving activities. “My goal is to become a CTRS and help others live their most fulfilling leisure lifestyle. I look forward to interacting with each of you and gaining new skills, and knowledge.”
Pastoral Care offering
doctor-to-doctor Communion

Wednesday, September 16th
10:30am to 11:30am

Please sign-up with Life Enrichment
or call Shannon 315-413-3903.
All are welcomed!
### Monday, September 14th 2020

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>“Move &amp; Groove” Aquatics with Jess in the Pool Class starts promptly. Please arrive on time.</td>
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<tr>
<td>9:45 a.m. – 10:30 a.m.</td>
<td>Open Swim/Lap Swimming in the Pool</td>
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| 10:00 a.m. | **Morning Meditation on ch. 1340**  
A guided meditation session that will offer ways to relax that can be used in your daily life. |
| 10:30 a.m. | **Exercise Class with Colleen** in the TV Room or on the Nottingham Channel (ch. 1340)  
*Please wear your masks and stay socially distant.* |
| 11:00 a.m. | **Step Tracker Challenge Event**  
Please see Telegraph insert for details! |
| 12:45 p.m. | **Stretch & Strength with Jess** in the A-Wing Lobby  
*Please wear your masks and stay socially distant.* |
| 1:30 p.m. | **Cornhole Bean Bag Toss Game** in The Clubhouse. Please wear your masks and stay socially distant. |
| 2:00 p.m. – 3:00 p.m. | Open Swim/Lap Swimming in the Pool  
Aquatics instruction available |
| 3:00 p.m. | **TED Talk Discussion on The Nottingham Channel 1340**  
TED (Technology, Entertainment, Design), a media organization which posts lectures on line.  
“Your Kids Might Live on Mars”  
Stephen Petranek; American writer & editor of Breakthrough Technology Alert.  
After the video, there will be prompts for discussion.  
You can call you friend or discuss it with your neighbors. |
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| 9:00 am – 9:45 a.m. | Aqua Fit with Shannon in the Pool  
*Aquatic Workout* |
| 9:45 a.m. – 10:30 a.m. | Open Swim/Lap Swimming in the Pool                                    |
| 10:30 a.m.  | **Zumba with Dr. Ann**  
in the TV Room & on Nottingham Channel (ch.1340)  
*Please register with Life Enrichment to participate. Class is limited to 20* |
| 11:00 a.m.  | **Brain Games: Fact or Fiction**  
in the TV Room. Please wear your masks and stay socially distant. |
| 1:00 p.m.   | **Community Church Service**  
Tune into The Nottingham Channel (ch. 1340) |
| 1:30 p.m.   | **BINGO in the TV/Meeting Room**  
*Please register with Life Enrichment to participate.  
Game size is limited to 20* Please wear your masks. |
| 2:00 p.m.   | **Stretching with Kathleen**  
in the Arts & Crafts Room or on the Channel (ch. 1340)  
Please wear your masks and stay socially distant. |
| 3:00 p.m.   | **Traveling to Madrid, Spain with Kathleen**  
in the TV/Meeting Room Please wear your masks. |
| 7:00 p.m.   | **A Nottingham Channel Special:**  
*Charlottesville Opera Favorites*  
Recorded June 29, 2019. A selection pieces from famous and  
beloved operas including: *Tosca, Madame Butterfly,  
*La Bohéme*, and more. Runtime 1hr 32min |
### Wednesday, September 16th 2020

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

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</table>
| 10:30 a.m. - 11:30 a.m. | Pastoral Care offering Communion  
Sign-up with Life Enrichment                                                            |
| 10:30 a.m. | Exercise Class with Jess in the TV Room or on the Nottingham Channel (ch. 1340)  
*Please wear your masks and stay socially distant.*                                   |
| 11:00 a.m. | Fun with Colleen IN PERSON in the TV/Meeting Room                                                   |
| 11:00 a.m. | Step Tracker Challenge Event  
Please see Telegraph insert for details!                                                          |
| 1:00 p.m. | Stock Market & Finance Discussion Group in the Arts & Crafts Room  
Limited to 10 participants. Please wear your masks and stay socially distant. *This is a resident run activity.* |
| 2:00 p.m. - 3:00 p.m. | Open Swim/Lap Swimming in the Pool  
Aquatics instruction available                                                               |
| 3:00 p.m. | Wii Bowling in the TV Room  
Please wear your masks and stay socially distant.                                                |
| 7:00 p.m. | Religious Reflection on ch. 1340  
Homilies, devotionals, or meditation from the Nottingham Community for all faiths to reflect upon. |

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**Wii Bowling**
### Thursday, September 17th 2020

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:00 a.m. -</td>
<td>Aqua Fit with Jess in the Pool</td>
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<td>9:45 a.m.</td>
<td><em>Aquatic Workout</em></td>
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<tr>
<td>9:45 a.m. -</td>
<td>Open Swim/Lap Swimming in the Pool</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td><strong>Exercise Class with Jess</strong></td>
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<td><em>in the TV Room or on the Nottingham Channel (ch. 1340)</em></td>
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<td></td>
<td><em>Please wear your masks and stay socially distant.</em></td>
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<tr>
<td>11:00 a.m.</td>
<td><strong>Brain Games: Sequence with Shannon</strong></td>
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<td><em>in the TV Room. Please wear your masks and stay socially distant.</em></td>
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<tr>
<td>1:00 p.m.</td>
<td><strong>&quot;Pling- Pong&quot; with Kathleen</strong></td>
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<td><em>in the TV Room. Please wear your masks and stay socially distant.</em></td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td><strong>Stretching with Kathleen</strong></td>
</tr>
<tr>
<td></td>
<td><em>in the TV Room or on the Nottingham Channel (ch. 1340)</em></td>
</tr>
<tr>
<td></td>
<td><em>Please wear your masks and stay socially distant.</em></td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Small Church Community Group in Arts &amp; Crafts Room</td>
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<tr>
<td></td>
<td>Limited to 10 participants. Please wear your masks and stay socially distant. <em>This is a resident run activity.</em></td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td><strong>Art Studio in the TV Room</strong></td>
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<td></td>
<td>2-part program to let your creativity shine.</td>
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<tr>
<td></td>
<td>This week: guided still-life drawing</td>
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<tr>
<td></td>
<td><em>Please register with Life Enrichment to participate.</em></td>
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<tr>
<td></td>
<td><em>Please wear your masks.</em></td>
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<tr>
<td>7:00 p.m.</td>
<td><strong>A Nottingham Chanel Special:</strong></td>
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<td><em>The Atlas of Boston History</em></td>
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<td></td>
<td>A 2019 Massachusetts Historical Society sponsored lecture by historians Nancy Seasholes, Robert Allison, Richard Garver, and Jim Vrabel. On this day in 1630, the city of Boston, Massachusetts was founded. *Runtime 58min</td>
</tr>
<tr>
<td>7:15 p.m.</td>
<td><strong>BINGO in the TV/Meeting Room</strong></td>
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<tr>
<td></td>
<td><em>Please register with Life Enrichment to participate.</em></td>
</tr>
<tr>
<td></td>
<td><em>Game size is limited to 20</em> Please wear your masks.*</td>
</tr>
</tbody>
</table>
**Friday, September 18th 2020**  
*Rosh Hashanah begins at sundown*

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

<table>
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<tr>
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<tr>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>Open Swim/Lap Swimming in the Pool</td>
</tr>
</tbody>
</table>
| 10:00 a.m.   | **Gentle Seated Yoga with Suzanne Masters**  
Under tent behind The Bistro  
*Please register with Life Enrichment to participate.*  
Please wear your masks.  |
| 10:30 a.m.   | **Exercise Class with Shannon**  
in the TV Room or on the Nottingham Channel (ch. 1340)  
*Please wear your masks and stay socially distant.* |
| 11:00 a.m.   | **Laughs from the Past on ch.1340**  
Paul Lynde's best one-liners on *Hollywood Squares*  |
| 1:00 p.m. – 3:30 p.m. | **Walgreens Flu Shot Clinic**  
*C & D Wing & Glens residents*  
If you would like to receive your flu shot  
from the Walgreens pharmacists, please  
sign-up with Life Enrichment by **Wednesday 9/16**  
315-413-3903 or 315-413-3171  |
| 1:30 p.m.    | **Catholic Mass**  
in the TV/ Meeting Room  
*Please register with Life Enrichment to participate. Service is limited to 20* |
| 2:30 p.m.    | **Frisbee Golf with Kathleen**  
in TV Room. Please wear your masks and stay socially distant. |
| 3:00 p.m.    | **Knit-Wits in the Arts & Crafts Room**  
*New members welcome. This is a resident run activity.* |
| 3:30 p.m.    | **A Nottingham Channel Special:**  
**The Capitol Building & The Legislature**  
A look into the development and creation of The Capital Building and the  
government that functions within its historic walls. On this day in 1793,  
construction began on the US Capitol Building. The first cornerstone was  
set by George Washington. |
### Saturday, September 18th 2020

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 a.m.</td>
<td><strong>Gentle Seated Yoga</strong>&lt;br&gt;Tune into The Nottingham Channel (ch. 1340) to participate from your apartment!</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td><strong>Syracuse University Football takes on Pittsburgh.</strong>&lt;br&gt;The game will be on ACC Network (ch. 388)&lt;br&gt;<strong>LET'S GO ORANGE!</strong></td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td><strong>A Nottingham Channel Special:</strong>&lt;br&gt;<strong>American Ballet Theatre: Romeo and Juliet</strong>&lt;br&gt;Recorded December 2016 at La Scala is an opera house in Milan, Italy. Composed by Sergei Prokofiev. Featuring Roberto Bolle and Misty Copeland. Runtime 2hr 42min</td>
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</table>

### Sunday, September 20th 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>11:30 a.m.</td>
<td><strong>Catholic Mass</strong>&lt;br&gt;Tune into The Nottingham Channel (ch. 1340)</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td><strong>Movie on The Nottingham Channel (ch.1340)</strong>&lt;br&gt;1955 Alfred Hitchcock mystery thriller:&lt;br&gt;<strong>To Catch a Thief</strong>&lt;br&gt;Starring: Cary Grant, Grace Kelly, Jessie Royce Landis&lt;br&gt;Runtime: 1hr 47min</td>
</tr>
</tbody>
</table>
Let's Laugh a Little!

A GOOD friend would visit you in jail.
A GREAT friend would bail you out.

WE CAUGHT HIM EXERCISING AT A REST STOP.

HIGHWAY PATROL

We don't want to release him, but he has this card...

Look—we can do this the easy way, or the hard way.

Last week I saw a dwarf climbing down a prison wall....

It was a little CON-Descending!
ANSWER, PAGE 259
<table>
<thead>
<tr>
<th>AROUND</th>
<th>ACROSS</th>
<th>DOWN</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Cheese, perhaps</td>
<td>1 Minestrone need</td>
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<td>5</td>
<td>Beer amounts</td>
<td>2 In a partnership</td>
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<td>Noted spokescow</td>
<td>3 Tristan’s love</td>
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<td>12</td>
<td>Venice street</td>
<td>4 Badge material</td>
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<td>13</td>
<td>By the way</td>
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<tr>
<td>14</td>
<td>Playing marble</td>
<td>6 Humorist</td>
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<td>15</td>
<td>Nada</td>
<td>7 Sort of</td>
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<td>16</td>
<td>Resistance unit</td>
<td>8 Florida team</td>
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<tr>
<td>18</td>
<td>Misery</td>
<td>9 Winter weather</td>
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<tr>
<td>19</td>
<td>Calm</td>
<td>11 Conceit</td>
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<td>21</td>
<td>Shopping aid</td>
<td>17 Aides</td>
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<td>22</td>
<td>Tampa Bay team</td>
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<td>Ski resort</td>
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<td>29</td>
<td>Ninny</td>
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<td>Became depleted</td>
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<td>32</td>
<td>High hit</td>
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<td>33</td>
<td>Swift flyer</td>
<td>31 Direction</td>
</tr>
<tr>
<td></td>
<td>34 Russian space station</td>
<td>33 Puts in stitches</td>
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<tr>
<td></td>
<td>35 Still kicking</td>
<td>36 Dachshund doc</td>
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<td></td>
<td>37 Thrill</td>
<td>38 Rat race setting</td>
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<td>39 Tendon</td>
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<td>40 Perm place</td>
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<td>41 Party throwers</td>
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<tr>
<td></td>
<td>42 Aviary resident</td>
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</tr>
</tbody>
</table>
BAIT

ELSIE CANAL

ALONG AGATE

NIL OHM WOE

SEDATE CART

DEVLIRAYS

ASPEN

CRIMEBOSS

FOOL RANOUT

LOB SST MIR

ALIVE ELATE

SINEW SALON

HOSTS BIRD