



# Independent Living Weekly Telegraph May 4 - May 10, 2026

Calendar of Events | Birthdays | Special Announcements | Menus

## OLDER AMERICANS MONTH



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**CHAMPION YOUR HEALTH: MAY 2026**

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Life Enrichment YouTube Channel: [@NottinghamLifeEnrichment](https://www.youtube.com/@NottinghamLifeEnrichment)

# Special upcoming events



Mon May 4 - Thurs May 9: Donate unneeded items in good condition for Trash to Treasures! Leave donations in your wing's elevator lobbies in the marked boxes during this time. Call Life Enrichment if you need assistance.

Tues 5: Social Worker Niki Heaton will present on the Continuum of Care at The Nottingham for the next 3 Tuesdays to cover Assisted Living, Memory Care, and Skilled Nursing. All residents & families are welcome to attend.

Fri May 10: Trash to Treasures event - look through donated items and claim what you need for free! Starts @ 2:30 p.m. in the T.V. Room.

**\*Upcoming sign up event:  
Terrarium Painting Workshop with local business  
Sweet Succulence!**

**Thurs. May 21 @ 3:30 p.m.**

**Cost: \$30.00 includes terrarium and all painting  
supplies! Sign up by calling Jami.**



# Nottingham Shining Star Award

**Food & Beverage Maintenance Housekeeping**

**Life Enrichment Resident Service Center Loretto Homecare**

**Admissions Reception Drivers Front Desk**

These Nottingham departments and their employees make our lives here in Independent Living so amazing! The Shining Star award is given four times per year to four separate employees or departments selected by residents. Complete this form to submit a nomination! This quarter's winner will receive their recognition and gift at the upcoming Resident Forum Meeting on Thursday, May 14<sup>th</sup> at 1:30 pm. Please return this form to the ballot box at the Resident Service Center **by Friday, May 8**. One nomination per resident please.

**Bonny Moser,  
Resident Forum President**

I nominate the following Independent Living employee or department for the shining star award:

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I nominate the above mentioned for the following reasons:

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Submitted by

Date

## Monday May 4<sup>th</sup>, 2026

**9:00** Tech Help with Jami - use sign up sheet in mailroom.

**9:00** Aquatics Exercise w/ Tiffany **Pool**

**9:45-10:30** Open Swim **Pool**

**10:30** Exercise w/ Tiffany **TR**

**10:30** Exercise video **TV YT**

**11:00** Yoga w/ Tiffany **TR**

**1:00** Poker **ML**

**1:30 - 3:00** Freestyle watercolor painting **GC**

**1:30** Better Bones and Balance w/ Tiffany **TR**

**1:30** Exercise video **TV YT**

**2:15** Advanced mahjong in B 2<sup>nd</sup> Floor Lobby

**2:15** Craft w/ Ro **TR**

**3:00** Poetry Lover's Mtg **CR**

## Tuesday May 5<sup>th</sup>, 2026

**9:30** Tai Chi w/ Anna **TR**

**10:15** Mindful Movements w/ Emily **TR**

**10:30** Exercise video **TV YT**

**11:00** Continuum of Care: Assisted Living w/ Niki Heaton and Jade Hendricks **TR**

**1:00** Watch *A Man on the Inside* Ep. 1 & 2 **TR**

**1:30 - 3:00** Open swim **Pool**

**1:30** Spiritual Service w/ Jim Brule and Fred Fiske **IC**

**2:30** Play Pitch **ML**

**2:30** beginners mahjong in A wing 2<sup>nd</sup> Floor lobby

**3:00** Gardening Group **TR**

**7:15** Live music performance with Barry Blumenthal **TR**

## Wednesday May 6<sup>th</sup>, 2026

**8:45** Drop in Tech Help with Jami **CH**

**9:00** Aquatics Exercise with Tiffany **Pool**

**9:30** Read Together Group **CH**

**9:45-10:30** Open Swim **Pool**

**10:30** Exercise w/ Tiffany **TR**

**10:30** Exercise video **TV YT**

**11:00** Yoga w/ Tiffany **TR**

**1:30** Exercise Video **TV YT**

**2:30** Writer's Group w/ SU Professor Eileen Schell **TR**

**3:00 - 4:30** Happy Hour w/ musical performance by Deb and John Puma **CH**

### Location Key:

**TR:** T.V. Meeting Room

**TV:** Spectrum Cable Channel 1340

**YT:** YouTube Channel

**ML:** Memories Lounge

**GC:** Glens Community Room

**CR:** Conference Room

**CH:** Clubhouse

**GL:** Gathering Lounge

**IC:** Interfaith Chapel

**FP:** Fireplace Lounge

Questions? Contact Life Enrichment anytime to receive assistance finding activities!

Residents with Xumo boxes will not receive Channel 1340. Exercise videos are available anytime on our YouTube by searching for nottingham life enrichment

## Thursday May 7<sup>th</sup>, 2026

**10:00** Sacrament of Reconciliation (Confession) **IC**  
**10:30** Exercise class **TR**  
**10:30** Exercise video **TV YT**  
**11:15** Protestant Service **IC**  
**1:00** Play Poker **ML**  
**1:00 - 2:30** Massage w/ Donna 10 min appts - sign up sheet in mailroom. **CR**  
**1:30 - 3:00** Open Swim **Pool**  
**1:30** Exercise Video **TV YT**  
**2:30** Sing a Long with Richard Weiskopf **TR**  
**3:30** Play Cornhole **TR**

## Friday May 8<sup>th</sup>, 2026

**9:00** Aquatics Exercise w/ Tiffany **Pool**  
**9:45-10:30** Open Swim **Pool**  
**10:30** Exercise w/ Tiffany **TR**  
**10:30** Exercise Video **TV YT**  
**11:15** Weekly Wrap Up: Bring news articles to share **TR**  
**11:15** Walking Club w/ Tiffany & Jami **CH**  
**1:30** Bible Study w/ Pastor Tom Worth **CR**  
**1:30** Exercise Video **TV YT**  
**1:30** NO Wii Bowling today  
**1:45** Helping Hounds visit **FP**  
**2:30** Trash to Treasures - claim donated items for free!  
**TR**

## Saturday May 9<sup>th</sup> 2026

**10:30** Exercise for fall prevention **TV YT**  
**10:30** Seated Vollyball **TR**  
**1:30** Exercise for fall prevention **TV YT**  
**2:00** Play Chess w/ Alan in the Bistro  
**2:00** Classical Music: CNYAMT Recital w/ Kim Farrell **TR**  
**3:30** Weekend movie: *The Theory of Everything* **TR**

## Sunday May 10<sup>th</sup>, 2026

HAPPY Mother's DAY

**10:30** Seated Stretching **TV**  
**11:00** Catholic Mass **TR**  
**1:30** Exercise for fall prevention **TV YT**  
**1:30** Seated Stretching **TV YT**  
**1:30** Play Mahjong A 2<sup>nd</sup> Floor lobby  
**2:00** Play Scrabble **CR**  
**2:30** Weekend Movie: *The Theory of Everything* **TR**  
**2:30** Play Pinochle **ML**

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