



Independent Living Weekly Telegraph May 11 - May 17, 2026

Calendar of Events | Birthdays | Special Announcements | Menus



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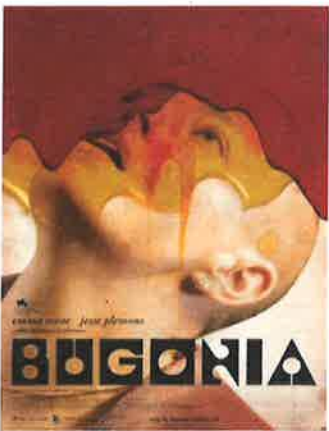
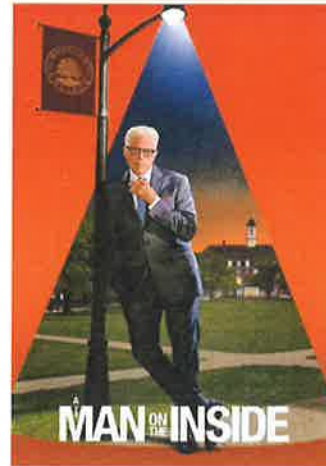
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Life Enrichment YouTube Channel: [@NottinghamLifeEnrichment](https://www.youtube.com/@NottinghamLifeEnrichment)

Tues May 12 @ 1:00: *A Man on the Inside*

Ep. 3 & 4

follows Charles (Ted Danson), a retired professor and recent widower who feels stuck in his routine. Seeking a new purpose, he answers a PI's ad to go undercover as a resident in a San Francisco retirement home to solve a missing heirloom mystery, based on the documentary *The Mole Agent*.



Weekend Movie: *Bugonia* (2025). 4-time Oscar nominated film. A comedy thriller film following two young men who kidnap a powerful CEO, suspecting that she is secretly an alien who wants to destroy Earth. Runtime 2 hours.



All retired nurses are invited to attend Nurses Appreciation Social **Wed. May 13th** at **1:30 p.m.** in the Clubhouse!

Tuesday May 12 @ 11:00 a.m. Niki Heaton discusses Continuum of Care at The Nottingham: Learn more about Memory Care

Thursday May 14 @ 7:15 p.m. Salt City New Horizons performs classical, pop, show tunes, Celtic inspired music, and original orchestral fare.

Friday May 15 @ 3:00 p.m. Learn more about *Advanced Geriatrics*, the new private practice opening on site with Desta Anthony, N.P.

Save the Date!
Spring Fashion Show @ The Nottingham
Friday May 29th
at 3:00 p.m.
in the TV. Room

Monday May 11, 2026	Tuesday May 12, 2026	Wednesday May 13, 2026
<p>9:00 Aquatics Exercise w/ Tiffany Pool</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Tiffany TR</p> <p>10:30 Exercise video TV/YT</p> <p>11:00 Yoga w/ Tiffany TR</p> <p>11:00 Cards for any occasion cardmaking w/ Tina CH</p> <p>1:00 Poker ML</p> <p>1:30 - 3:00 Freestyle watercolor painting GC</p> <p>1:30 Better Bones and Balance w/ Tiffany TR</p> <p>1:30 Exercise video TV/YT</p> <p>2:15 Advanced mahjong B 2nd Floor Lobby</p> <p>2:15 Better Breather's Club w/ Tiffany CH</p>	<p>9:30 Tai Chi w/ Anna TR</p> <p>10:15 Mindful Movements w/ Emily TR</p> <p>10:30 Exercise video TV/YT</p> <p>11:00 Continuum of Care w/ Niki Heaton: Memory Care TR</p> <p>1:00 Watch <i>A Man on the Inside</i> Ep. 3 & 4 TR</p> <p>1:30 Exercise Video TV/YT</p> <p>1:30 - 3:00 Open swim Pool</p> <p>1:30 Spiritual Service w/ Dave Pasinski and Fred Fiske IC</p> <p>2:30 Play Pitch ML</p> <p>2:30 Beginner's Mahjong A wing 2nd Floor lobby</p> <p>3:00 Play Bananagrams (word game) w/ Shannon TR</p> <p>7:15 Live music performance with Jerry Cali on piano TR</p>	<p>9:00 Aquatics Exercise with Tiffany Pool</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Tiffany TR</p> <p>10:30 Exercise video TV/YT</p> <p>11:00 Yoga w/ Tiffany TR</p> <p>1:00 Men's Group w/ Roland Powless Interview TR</p> <p>1:30 Nurses Appreciation Social CH</p> <p>2:00 Play Ladderball (independent) TR</p> <p>3:00 - 4:30 Happy Hour w/ musical performance by Little Jazz Trio CH</p>

Location Key

TR: T.V. Meeting Room
TV/YT: Spectrum Cable Channel 1340 & YouTube
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!

Thursday May 14, 2026	Friday May 15, 2026	Saturday May 16, 2026		
<p>9:00-10:30 Open Swim Pool</p> <p>10:15 – 11:00 Confessions IC</p> <p>10:30 Exercise class TR</p> <p>10:30 Exercise video TV/YT</p> <p>11:00 Health and Wellness presentation w/ Angelina Roberts on Nutrition TR</p> <p>11:15 Mass of the Ascension IC</p> <p>1:00 Play Poker ML</p> <p>1:30 Resident Forum TR</p> <p>1:30 Exercise video TV/YT</p> <p>3:00 Cornhole TR</p> <p>3:00 Former Educators Mtg CR</p> <p>7:15 Salt City New Horizons Orchestra Performance TR</p>	<p>9:00 Aquatics Exercise w/ Jami Pool</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Jami TR</p> <p>10:30 Exercise Video TV/YT</p> <p>11:10 Weekly Wrap Up: Bring news articles to share TR</p> <p>11:15 Walking Club w/ Jami CH</p> <p>1:30 <u>NO</u> Bible Study today</p> <p>1:30 Exercise Video TV/YT</p> <p>1:30 Boggle w/ Jami CH</p> <p>1:30 Wii Bowling TR</p> <p>2:00 Knit Wits ML</p> <p>3:00 Advanced Geriatrics Q&A w/ Desta Anthony, N.P. TR</p> <p>7:00 Bingo! \$1 per board TR</p>	<p>10:30 Exercise for fall prevention TV/YT</p> <p>10:30 Seated Vollyball TR</p> <p>1:30 Exercise for fall prevention TV/YT</p> <p>2:00 Play Chess w/ Alan in the Bistro</p> <p>2:30 Movie: <i>Bugonia</i>. TR</p> <tr> <th colspan="2" data-bbox="1390 630 2045 776"> Sunday May 17, 2026 </th> </tr> <p>10:30 Seated Stretching TV/YT</p> <p>11:00 Catholic Mass IC</p> <p>1:30 Seated Stretching TV/YT</p> <p>1:30 Play Mahjong ML</p> <p>2:00 Play Scrabble CR</p> <p>2:30 Movie rerun: <i>Bugonia</i>. TR</p> <p>2:30 Play Pinochle ML</p>	Sunday May 17, 2026	
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