

# The Nottingham Assisted Living Residence



  
**Trick  
or  
Treat** 

**Weekly Telegraph**  
**October 19<sup>th</sup> - 25<sup>th</sup>, 2026**

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Abigail Loiselle, Recreation Therapist

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Angelina Roberts, Recreation Specialist

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- Calendar of Events
- Upcoming Attractions
- Birthdays
- Special Announcements
- Menus

| <b>Monday</b><br><b>October 19<sup>th</sup>, 2026</b>                                                                                                                                                                                                                                  | <b>Tuesday</b><br><b>October 20<sup>th</sup>, 2026</b>                                                                                                                                                                                                                                                                                                | <b>Wednesday</b><br><b>October 21<sup>st</sup>, 2026</b>                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>10:00am</b> Exercise with Abby<br/><b>CR</b></p> <p><b>10:30am</b> Believable or Batty?!<br/>Facts about Bats!</p> <p><b>1:30pm</b> Bingo! <b>CR</b></p> <p><b>2:30pm</b> <u>Timeless Ties: Visit and “Tissue Paper Sugar Pumpkin” Craft with Jamesville-Dewitt Students</u></p> | <p><b>10:00am</b> Exercise with Abby<br/><b>CR</b></p> <p><b>10:30am</b> Manicures</p> <p><b>1:30pm</b> <u>Spiritual Services</u> in <b>IL Interfaith Chapel *</b></p> <p><b>2:15pm</b> Caramel Apple Snack and Chat</p> <p><b>3:00pm</b> <u>Live Piano Music by Mike Passarelli</u> <b>CR</b></p> <p><b>6:15pm</b> Evening Program with Kaileigh</p> | <p><b>10:00am</b> <u>Mindful Movement with Emily</u> <b>CR</b></p> <p><b>10:30am</b> <u>Lunch Outing: Cracker Barrel!</u></p> <p><b>2:30pm</b> <u>Writer’s Group with Professor Schell</u> in <b>IL TV Room</b></p> <p><b>3:30pm</b> <u>Happy Hour with Music by Blair Frodelius</u> <b>IL Clubhouse</b></p> <p>~No Evening Program~</p> |

**Location Key:**

**CR= Community Room**

**AR= Arts and Crafts Room**

**SR= Sunroom**

**IL= Independent Living**

*Programs are subject to change. Please see the whiteboard across from the dining room for accurate daily schedules.*

| Thursday<br>October 22 <sup>nd</sup> , 2026                                                                                                                                                                                                                                                                                                                                                                                                                                          | Friday<br>October 23 <sup>rd</sup> , 2026                                                                                                                                                                                                                                                        | Saturday<br>October 24 <sup>th</sup> , 2026                                                                                                                                                                                                                                                                       |
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| <p><b>10:30am</b> Exercise with Angelina <b>CR</b></p> <p><b>11:00am</b> EZ October Trivia</p> <p><b>2:00pm</b> “Art Throb Club” Daily Craft with Angelina</p> <p><b>3:00pm</b> The History of Jack-O-Lanterns with Angelina <b>CR</b></p> <p><b>6:00pm</b> <u>Trick-or-Treat Night!</u><br/>~Wear your Halloween best and hand out candy! ~ Please RSVP any children attending. Families and Friends Welcome. Candy provided for residents to hand out. 😊 In the Community Room</p> | <p><b>10:00am</b> Exercise with Abby <b>CR</b></p> <p><b>10:30am</b> Boggle <b>CR</b></p> <p><b>11:15am</b> Yoga with Tiffany <b>CR</b></p> <p><b>1:30pm</b> Pool Noodle Hockey with Tiffany <b>CR</b></p> <p><b>2:30pm</b> Fall Social: Share conversations and snacks with your neighbors!</p> | <p><b>10:00am</b> Exercise with Kaileigh <b>CR</b></p> <p><b>10:30am</b> Daily Chronicle</p> <p><b>1:30pm</b> Bingo!</p> <p><b>2:00</b> <u>Golden Age Musical Theater Cabaret Student Performance</u> IL TV room (attend independently)</p> <p><b>2:30pm</b> Movie Matinee: <i>Casper the Ghost</i> <b>CR</b></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                  | Sunday<br>October 25 <sup>th</sup> , 2026                                                                                                                                                                                                                                                                         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                  | <p><b>10:00am</b> Exercise with Kaileigh <b>CR</b></p> <p><b>10:30am</b> <u>Communion Service with Eucharistic Minister Mark</u> <b>CR</b></p> <p><b>1:30pm</b> Color by Number <b>CR</b></p> <p><b>2:30pm</b> Movie Matinee: <i>Ghost Busters</i></p>                                                            |

|                                                         | <b>Monday<br/>10/19</b> | <b>Tuesday<br/>10/20</b>            | <b>Wednesday<br/>10/21</b>                        | <b>Thursday<br/>10/22</b>         | <b>Friday<br/>10/23</b>             | <b>Saturday<br/>10/24</b>                 | <b>Sunday<br/>10/25</b>        |
|---------------------------------------------------------|-------------------------|-------------------------------------|---------------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------|--------------------------------|
| <b>DAILY SOUP</b>                                       | Cream of Tomato         | Watermelon Strawberry               | Wisconsin Cheddar and Bacon                       | Gazpacho                          | Manhattan Clam Chowder              | Cheesy Cauliflower                        | Lentils With Roasted Garlic    |
| <b>DAILY SALAD</b>                                      | Caesar Salad            | Potato Salad                        | Grated Carrots w/ Dates, Walnuts, Citrus Dressing | Wedge Salad                       | Chickpea Salad                      | Spinach Salad w/ Creamy Balsamic Dressing | Tossed Salad                   |
| <b>ENTREE</b>                                           | BBQ Short Ribs          | Veal Marsala                        | Crab Stuffed Sole                                 | Honey Glazed Shrimp               | Deep Fried Seafood Platter          | Chicken Pot Pie                           | Eggs and Omelets Cook to Order |
| <b>ENTREE</b>                                           | Coquille ST. Jacques    | Quinoa and Veggie Power Bowl        | Chef's Special                                    | Open Faced Grilled Steak Sandwich | Chicken Cordon Bleu                 | Flounder w/ Dill Cream Sauce              | Classic Layered Lasagna        |
| <b>VEGETABLE</b>                                        | Green Beans             | Chef's Choice                       | Cauliflower                                       | Chef's Choice                     | Lemon Asparagus                     | Corn                                      | Butternut Squash               |
| <b>DESSERT</b>                                          | Cupcakes                | Fruit of the Forest Pie             | Banana Cream Pie                                  | Blueberry Bread                   | Chef's Choice                       | Peanut Butter Pie                         | Chef's Choice                  |
| <b>Bistro Dinner Special (Also in main dining room)</b> |                         |                                     |                                                   |                                   |                                     |                                           |                                |
| <b>ENTREE</b>                                           | Peach Balsamic Chicken  | Grilled Ham Steak w/ Pineapple Ring | Roasted Turkey w/ Stuffing and Gravy              | Buttermilk Fried Chicken          | Baked Haddock                       | Sausage with Peppers and Onions           | Shrimp Scampi                  |
| <b>STARCH</b>                                           | Sticky Rice             | Wild Rice w/ Roasted Peppers        | Buttered Egg Noodles                              | French Fries                      | Italian Roasted Potato              | White Rice                                | Linguini                       |
| <b>VEGETABLES</b>                                       | Corn on the Cob         | Steamed Broccoli Florets            | Coined Carrots                                    | Roasted Tomato Wedge              | Stir Fry Veggies w/ Water Chestnuts | French Green Beans and Shallots           | Butternut Squash               |