The Nottingham Assisted Living Residence





Weekly Telegraph

November 23rd-29th, 2026

Shannon Loughlin, Director of Life Enrichment	315-413-3903
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Angelina Roberts, Recreation Specialist	315-413-3127

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

Monday November 23rd, 2026	Tuesday November 24th, 2026	Wednesday November 25th, 2026
10:00am Exercise with Abby **CR** **10:30am** Let's Cook! Preparing sides for our Friendsgiving in memory care tomorrow **CR** **2:00pm** Bingo! **CR** **3:30pm Musical Performance by Meg Mahwinney CR**	**10:00am** Exercise with Abby **CR** **10:30am** Manicures with Abby **CR** **12:00pm Friendsgiving Potluck Lunch with our friends in Memory Care! ~spend the afternoon with good friends, good food, and good music! ~** **1:30pm Spiritual Services in IL Chapel D-Wing** *attend independently* **2:00pm Live Music in Memory Care with Jerry Cali** **6:00pm** SU Men's Basketball vs UAlbany Ch. ACCN 338 **~No Evening Program~**	**10:00am Mindful Movement with Emily CR** **10:30am** Word Game Wednesday Abby **CR** **11:15am** Turkey and Thanksgiving Trivia with Abby **CR** **2:00pm** SkipBo Card Game **AR** **2:30 Writer's Group with Professor Schell in IL TV Room** **3:30pm Happy Hour in IL Clubhouse with music by Just Joe** **6:15** Evening with Angelina

Location Key:
CR= Community Room
AR= Arts and Crafts Room
SR= Sunroom
FR= Fish Room
IL= Independent Living

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

Thursday November 26th, 2026	Friday November 27th, 2026	Saturday November 28th, 2026
~No Recreation Programs~ **8:30am -12:00pm** **Macy's Day Parade Ch. 3 NBC** **CR**  	**10:00am** Exercise with Shannon **CR** **10:30am** Scategories with Shannon **CR** **2:00pm** Qwirkle Tile Game **AR** **3:00pm** Short Stories and Poetry with Shannon **CR**	**10:00am** Exercise with Abby **CR** **10:30am** How was your Thanksgiving? **CR** **12:00pm** SU Football vs Notre Dame **Ch. ABC** **1:30pm** Bingo! **CR** **2:30pm** Movie Matinee: *Addams Family* **CR**

Sunday November 29th, 2026
10:00am Exercise with Abby **CR** **10:30am** **Communion Service with Eucharistic Minister Mark** **CR** **1:30pm** "I Got It" Card Game **CR** **2:30pm** Movie Matinee: *Addams Family Values* **CR**

The Nottingham
A Loretto Community

This Week's Featured Menu—For Delivery or Pickup—call 315-413-3941

	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27	Saturday 11/28	Sunday 11/29
DAILY SOUP	Kansas City Beef (GF)	Zuppa Toscana (GF)	Cream of Carrot (GF)	Roasted Butternut Squash	New England Clam Chowder (GF)	Chili Con Carne (GF)	Chicken Noodle (GF)
DAILY SALAD	Tomato and Fresh Mozzarella (GF)	Classic Potato (GF)	Spinach Salad w/ warm Bacon Dressing (GF)	Apple-Cranberry Salad with Toasted Glazed Pecans	Marinated Tomato and Rice (GF)	Macaroni Salad	Garden Salad (GF)
ENTREE	Seafood Croquets w/ Roasted Garlic	Cabbage Stir Fry (GF) (V)	Poached Cod Topped w/ Dill Sauce (GF)	Herb Roasted Turkey w/ Gravy	BBQ Chicken Breast (GF)	Chicken Margherita (GF)	Eggs and Omelets Cook to Order
ENTREE	Bourbon Steak w/ Bacon and Onion (GF)	ST. Louis BBQ Ribs	Chef's Special	Roasted Salmon Fillet w/ Dill Cream Sauce	Teriyaki Pork Glazed Tenderloin (GF)	Seafood Casserole (GF)	Maple Bacon Pancakes
VEGETABLE	Butternut Squash (GF)	Chef's Choice (GF)	Braised Napa Cabbage (GF)	Green Beans with Butte and Onion	Grilled Sweet Onions (GF)	Spinach (GF)	Green Beans
DESSERT	Lemon Bars	Red Velvet Cake	Chocolate Mousse	Pumpkin Pie	Chef's Choice	Pumpkin Cheesecake	Chef's Choice
Bistro Dinner Special (At 4:30PM)							
ENTREE	Sauteed Chicken (GF)	Coq Qu Vin w/ Slow Roasted Vegetables (GF)	Buttermilk Fried Chicken	Maple Syrup Glazed Ham	Fried Haddock	Traditional Meatloaf	Homemade Meatballs
STARCH	Rice Pilaf (GF)	Creamy Sundried Tomato Pasta	Brown Rice	Sweet Potatoes	Sweet Potato Fries	White Rice (GF)	Home Fries
VEGETABLE	Braised Kale (GF)	Roasted Tri-Colored Carrots (GF)	Steamed Golden Beets (GF)	Roasted Brussel Sprouts	Fire Roasted Corn (GF)	Roasted Radishes (GF)	Parmesan Broccoli