The Nottingham Assisted Living Residence



Weekly Telegraph

November 9th- 15th , 2026

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Angelina Roberts, Recreation Specialist	315-413-3127

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

Monday November 9th, 2026	Tuesday November 10th, 2026	Wednesday November 11th, 2026
10:00am Exercise with Angelina **CR** **10:30am** Name that Tune **CR** **2:00pm** Lucky Number Dice **CR** **3:00pm** Bingo! **CR** **6:30pm** **Knitting with members of St. Paul's Church** **FR** **6:30pm** SU Men's Basketball vs Indiana **CH. 82**	**10:00am** Exercise with Abby **CR** **10:30am** Manicures with Abby **CR** **1:30pm** **Spiritual Services** in **IL Interfaith Chapel *attend with Abby*** **2:30pm** **Poetry Group:** bring your favorite poem or just come to listen! **AR** **3:30pm** **Live Music by Jerry Cali** **CR** **6:15pm** Evening Program with Kaileigh	**10:00am** **Mindful Movement with Emily** **CR** **10:30am** Veteran's Day Discussion: The History and Traditions **CR** **11:00am** Patriotic Word Games **CR** **1:00pm** Veteran's Day Service in **IL TV Room** ***All are welcome, meet Abby at 12:45 to attend*** **2:30pm** Cornhole **CR** **2:30** **Writer's Group with Professor Schell** **in IL TV Room** **3:30pm** **Happy Hour with Patriotic Songs- NO Live Music** **IL Clubhouse** **~No Evening Program~**

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 12th, 2026	Friday November 13th, 2026	Saturday November 14th, 2026
10:00am Exercise with Angelina **CR** **11:00am** **Lunch Outing to Joey's Italian Restaurant** **12:00pm** **Jamesville-Dewitt Library Visit: *Check out a new book or audio book*** **CR** **1:00pm** **Massages with Donna**, LMT **SR** **3:00pm** Movie Matinee: *9 to 5* **CR** **6:15pm** Evening Chats with Abby	**10:00am** Exercise with Abby **CR** **10:30am** Po-Ke-No **CR** **11:15am** Yoga with Tiffany **CR** **1:45pm** **Drumming with Jimbo** **CR** **3:00pm** **Helping Hounds Dog Visit** **CR** **3:15pm** Make and send Thanksgiving cards to other residents throughout Loretto! **AR**	**10:00am** Exercise with Angelina **CR** **10:30am** Penny-Ante **1:30pm** Boggle **2:30pm** Movie Matinee: *Amelia* **CR**

Sunday November 15th, 2026
10:00am Exercise with Angelina **CR** **10:30am** **Communion Service with Eucharistic Minister Mark** **CR** **1:30pm** Group crossword **CR** **2:30pm** Movie Matinee: *Come Fly with Me* **CR** **3:00pm** **Outing: SU Hendrick's Chapel** **7:00pm** SU Men's Basketball vs. St. John's *Streaming Only*

The Nottingham

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

	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13	Saturday 11/14	Sunday 11/15
DAILY SOUP	Creamy Italian Chicken (GF)	Bacon And Potato (GF)	Beef Tortillas (GF)	Ham and Cheddar Chowder	Fish Chowder (GF)	Chicken and Pumpkin (GF)	Sweet Potato Bisque (GF)
DAILY SALAD	Greek Couscous Salad	Broccoli Slaw w/ Kale (GF)	Apple Fennel Salad (GF)	Caesar Salad	Italian Chopped Salad (GF)	Spinach Salad w/ Balsamic	Tossed Garden Salad
ENTREE	Citrus Shrimp Skewers w/ Hollandaise Sauce	Grilled Chicken Thigh w/ Pineapple Teriyaki Sauce	Poached Salmon w/ Tomato Basil Caper Relish	Portobello Steak w/ Chimichurri (V) (GF)	Roasted Turkey w/ Wild Mushroom Gravy (GF)	Chicken Wings (BBQ or Buffalo Sauce) (GF)	Eggs and Omelets Cook to Order
ENTREE	Ground Lamb Kofta w/ Tabouli	Pepper Steak w/ Caramelized Shitake Mushroom (GF)	Chef's Special	Flat Iron Steak w/ Caramelized Corn	Sauteed Calamari Steak w/ Capers Lemon and Butter (GF)	Pan Seared Prawns w/ Pineapple Salsa	Shrimp and Grits w/ Bacon or Sausage Or Veal Parmesan
VEGETABLE	Roasted Brussel Sprouts w/ Shallots (GF)	Chef's Choice	Steamed Carrot Cabbage (GF)	Chef's Choice	Steamed Bok Choy (GF)	Tri Colored Carrots (GF)	Ginger Carrots And Home Fries
DESSERT	Chocolate Cake	Carrot Cake	Dutch Apple Pie	Strawberry Rhubarb Pie	Chef's Choice	Rhubarb Sauce Over Sweet Rice	Chef's Choice
Bistro Dinner Special (At 4:30PM)							
ENTREE	Peacan Crusted Chicken w/ Bourbon Glaze (GF)	Roasted Breaded Cod w/ Creamy Citrus Glaze	Corned Beef (GF)	Lamb Stew w/ Potatoes, Carrots, Onions (GF)	Baked Haddock (GF)	Yankee Pot Roast w/ Carrots and Onions (GF)	Maple Glazed Pork Loin (GF)
STARCH	Cheesy Creamy Polenta	Wild Rice w/ Pecans and Cranberries (GF)	Boiled Parsley Potato (GF)	Savory Pancakes	Scalloped Potatoes	Herb Basmati Rice (GF)	Wild Rice (GF)
VEGETABLE	Seared Hericot Vert (GF)	Roasted Garlic Asparagus (GF)	Steamed Broccoli (GF)	Roasted Tomato and Basil (GF)	Seared Swiss Chard (GF)	Steamed Kale (GF)	Sugar Snap Peas (GF)