

# The Nottingham Assisted Living Residence

**4TH OF**  
*July*

Weekly Telegraph  
June 29th- July 5<sup>th</sup>, 2026

Shannon Loughlin, Director of Life Enrichment  
Abigail Loiselle, Recreation Therapist  
Angelina Roberts, Recreation Specialist

315-413-3903  
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- Calender of Events
- Upcoming Attractions
- Birthdays
- Special Announcements
- Menus

<p style="text-align: center;"><b>Monday June 29<sup>th</sup>, 2026</b></p>	<p style="text-align: center;"><b>Tuesday June 30<sup>th</sup>, 2026</b></p>	<p style="text-align: center;"><b>Wednesday July 1<sup>st</sup>, 2026</b></p>
<p><b>10:00am</b> Exercise with Abby <b>CR</b></p> <p><b>10:30am</b> Bean Bag Tic Tac Toe <b>CR</b></p> <p><b>2:00pm</b> Nottingham Choir Practice</p> <p><b>3:00pm</b> Bingo!</p>	<p><b>9:30am</b> Daily Chronicle <b>CR</b></p> <p><b>10:00am</b> Exercise with Abby <b>CR</b></p> <p><b>10:30am</b> Manicures with Abby <b>CR</b></p> <p><b>1:30pm</b> <u>Spiritual Services</u> for all <b>IL</b> <b>Interfaith Chapel- D-wing.</b></p> <p><b>2:15pm</b> Hydration Station and Snack Cart, Let's Go for a Walk! <b>Front benches</b></p> <p><b>3:30pm</b> <u>Live Music</u> by Meg Mahwinney <b>CR</b></p> <p><b>6:15pm</b> Evening Visits with Kaileigh <b>CR</b></p>	<p><b>10:00am</b> <u>Mindful Movement</u> with Emily <b>CR</b></p> <p><b>10:30am</b> <u>Resident Council</u> <b>CR</b></p> <p><b>11:00am</b> Let's Decorate our Walkers/Wheelchairs/Doors for the 4<sup>th</sup> of July! <b>CR</b></p> <p><b>2:00pm</b> Famous American Guess Who? <b>CR</b></p> <p><b>3:00pm</b> <b>4<sup>th</sup> of July themed</b> <u>Happy Hour</u> with music by The Lil Jazz trio <b>IL</b> <b>Clubhouse</b></p> <p><b>6:15pm</b> Evening Program with Angelina</p> <p><b>7:00pm</b> <u>Classical Music</u> in <b>IL</b></p>

**Location Key:**

- CR= Community Room**
- AR= Arts and Crafts Room**
- SR= Sunroom**
- IL= Independent Living**
- Patio**

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

**Thursday  
July 2<sup>nd</sup>, 2026**

**9:30am** What's New in the News?

**10:00am** Exercise with Angelina  
**CR**

**11:00am** All-American Classic Car Show with music by Dale Randall and **Root Beer Floats!**

**11:15am** Protestant Service in IL Interfaith Chapel

**1:30pm** Bridge Group **AR**

**3:00pm** Book Club with Angelina  
**CR**

**6:15pm** Board Games or Patio Chats with Abby

**Friday  
July 3<sup>rd</sup>, 2026**

**10:00am** Exercise with Kaileigh **CR**

**10:30am** Monthly Gazette and Daily Chronicle with Kaileigh **CR**

**1:30pm** Ukulele and Vocals Patriotic Performance by Dawn Johnson **CR**

**Saturday  
July 4<sup>th</sup>, 2026**

**10:00am** Exercise with Abby **CR**

**10:30am** Independence Day Trivia  
**CR**

**1:30pm** Red, White, and Blue Ice Pops on the **front benches**

**2:30pm** Movie Matinee: *Independence Day* **CR**

~Happy 4<sup>th</sup> of July! ~

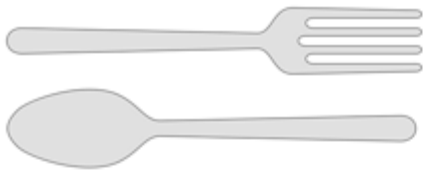
**Sunday  
July 5<sup>th</sup>, 2026**

**10:00am** Exercise with Abby  
**CR**

**10:30am** Communion Service with Eucharistic Minister Mark  
**CR**

**1:30pm** America or Canada?  
**CR**

**2:30pm** Movie Matinee: *A League of Their Own* **CR**



The Bistro For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
<b>MON</b> 6/29	Cream of Tomato	Caesar Salad	Classic Grilled Cheese	Bacon and Cheddar	Short Ribs with Corn and Mashed Potatoes
<b>TUES</b> 6/30	Strawberry Watermelon	Potato Salad	Ham and Cheddar Melt	Chicken & Ranch	Grilled Ham Steak with Pineapple Ring, Steamed Broccoli Florets and Mashed Potatoes
<b>WED</b> 7/01	Wisconsin Cheddar and Bacon	Grated Carrots w/ Dates, Walnuts & Citrus Dressing	Philly Cheese Steak	Classic Cheese	Turkey Dinner with Carrots
<b>THUR</b> 7/02	Gazpacho	Wedge Salad	Buffalo Style Chicken with Ranch	Garlic & Onion	Buttermilk Fried Chicken with French Fries and Sautéed Spinach
<b>FRI</b> 7/03	Manhattan Clam Chowder	Chickpea Salad	Tuna Melt	Bang Bang Shrimp	Chicken Cordon Bleu with Lemon Asparagus and Italian Roasted Potatoes
<b>SAT</b> 7/04	Chilled Watermelon	Potato Salad	Hotdog	Fireworks Pizza (BBQ Chicken, Bell peppers, with Blue Cheese crumble)	Pulled Pork Sandwich with Macaroni & Cheese and Coleslaw
<b>SUN</b> 7/05	Lentils with Roasted Garlic	Tossed Salad	Chicken Salad	Breakfast with choice of bacon or sausage	Classic Lasagna & Butternut Squash

	<b>Monday 6/29</b>	<b>Tuesday 6/30</b>	<b>Wednesday 7/01</b>	<b>Thursday 7/02</b>	<b>Friday 7/03</b>	<b>Saturday 7/04</b>	<b>Sunday 7/05</b>
<b>DAILY SOUP</b>	Cream of Tomato	Strawberry Watermelon	Wisconsin Cheddar and Bacon	Gazpacho	Manhattan Clam Chowder	<b>Chilled Watermelon</b>	Lentils with Roasted Garlic
<b>DAILY SALAD</b>	Caesar	Potato Salad	Grated Carrots with Dates, Walnuts and Citrus Dressing	Wedge Salad	Chick Pea Salad	<b>Potato Salad</b>	Tossed Salad
<b>DINNER ENTRÉE</b>	BBQ Beef Short Ribs	Veal Marsala	Chef's Choice Special	Buttermilk Fried Chicken	Chicken Cordon Bleu	<b>Hamburger or Cheeseburger</b>	Lemon Ricotta Pancakes
<b>DINNER ENTRÉE</b>	Coquille ST. Jacques	Grilled Ham Steak w/ Pineapple Ring	Roasted Turkey w/ Stuffing, Gravy & Cranberry Sauce	Open Faced Grilled Steak Sandwich	Deep Fried Seafood Platter w/ Fish, Clam and Shrimp	<b>Hoffman's Hotdog or Coney</b>	Classic Layered Lasagna
<b>DINNER ENTRÉE</b>	Peach Balsamic Chicken	Quinoa and Veggie Power Bowl	Seafood Stuffed Sole	Honey Glazed Shrimp	Baked Haddock	<b>Pulled Pork Sandwich</b>	Eggs and Omelets cook to Order
<b>STARCH</b>	Sticky Rice	Wild Rice with Roasted Peppers	Buttered Egg Noodles	French Fries	Italian Roasted Potatoes	<b>Macaroni &amp; Cheese</b>	Hash Brown
<b>DAILY VEGETABLE</b>	Corn on the Cob	Steamed Broccoli Florets	Coined Carrots	Spinach	Stir Fry Veggies w/ Water Chestnuts	<b>Italian Pasta Salad</b>	Baby Carrots
<b>DAILY VEGETABLE</b>	Green Beans	Chef's Choice Vegetable	Cauliflower	Chef's Choice Vegetable	Lemon Asparagus	<b>Coleslaw</b>	Steamed Broccoli
<b>DESSERT</b>	Cupcakes	Fruit of the Forest Pie	Banana Cream Pie	Blueberry Bread	Chef's Choice	<b>Festive Cupcakes</b>	Chef's Choice