

The Nottingham Assisted Living Residence

Weekly Telegraph
July 27th- August 2nd, 2026

Shannon Loughlin, Director of Life Enrichment

315-413-3903

Abigail Loiselle, Recreation Therapist

315-413-3596

Angelina Roberts, Recreation Specialist

315-413-3127

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

Monday July 27th, 2026	Tuesday July 28th, 2026	Wednesday July 29th, 2026
10:00am Exercise with Angelina CR 10:30am A to Z Game CR 2:00pm S'mores Front Benches 3:00pm Bingo! With Angelina CR	9:30am Daily Chronicle with Abby 10:00am Exercise with Abby CR 11:00am Lunch Outing: Heid's and Ice Cream 1:30pm <u>Ecumenical Services</u> in the IL Interfaith Chapel D-Wing *attend independently* 3:30pm <u>Live Music by Jerry Cali</u> CR 6:15 Evening Program with Kaileigh	10:00am <u>Mindful Movement with Emily</u> CR 10:30am Hangman with Abby CR 11:15am Patio Chats and Trivia front benches 2:00pm Tasty Treats and Tunes in the Community Room 2:30pm <u>Writer's Group with Professor Schell</u> in IL TV Room 3:00pm <u>Mediterranean Themed Happy Hour with music by Tim Herron</u> IL Clubhouse 6:15pm Evening Program with Angelina

Location Key:

CR= Community Room

AR= Arts and Crafts Room

SR= Sunroom

IL= Independent Living

Patio

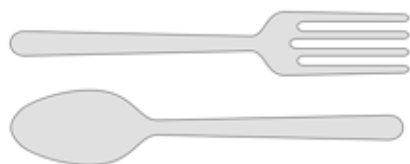
Programs are subject to change. Please see the whiteboard across from the dining room for accurate daily schedules.

Thursday July 30 th , 2026	Friday July 31 st , 2026	Saturday August 1 st , 2026
9:30am What's New in the News with Angelina 10:00am Exercise with Angelina CR 10:30am Name 10 with Angelina CR 2:00pm Penny Pitch with Angelina CR 3:00pm Watercolor Painting with Angelina AR 6:15pm Apples to Apples Game with Abby	10:00am Exercise with Abby CR 10:30am "I Got It" Card Game CR 1:30pm Friday Fun Games with Tiffany CR 2:30pm Ice Cream Cart on the front benches 3:00pm Games of Summer Trivia/ Hangman with Abby	10:00am Exercise with Angelina CR 10:30am This Day in History CR 1:30pm Making Hand Fans CR 2:30pm Movie Matinee: <i>Oliver Twist</i> CR
		Sunday August 2 nd , 2026
		10:00am Exercise with Angelina CR 10:30am <u>Communion Service with Eucharistic Minister Mark</u> CR 1:30pm Color by Numbers CR 2:30pm Movie Matinee: <i>The Spiderwick Chronicles</i> CR



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

	Monday 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31	Saturday 8/01	Sunday 8/02
DAILY SOUP	Cream of Tomato	Strawberry and Watermelon	Lemon Chicken Orzo	Gazpacho	Manhattan Chowder	Cheesy Cauliflower	Lentils with Roasted Garlic
DAILY SALAD	Caesar	Potato Salad	Mediterranean Chickpea Salad	Wedge Salad	Chickpea Salad	Spinach Salad with Creamy Balsamic Dressing	Tossed Salad
DINNER ENTRÉE	BBQ Beef Short Ribs	Veal Marsala	Grilled Lemon Herb Salmon	Buttermilk Fried Chicken	Chicken Cordon Bleu	Chicken Pot Pie	Lemon Ricotta Pancakes
DINNER ENTRÉE	Coquille ST. Jacques	Grilled Ham Steak w/Pineapple Ring	Herb-Rubbed Pork Tenderloin	Open Faced Grilled Steak Sandwich	Deep Fried Seafood Platter w/ Fish, Clam and Shrimp	Sausage with Peppers and Onions	Classic Layered Lasagna
DINNER ENTRÉE	Peach Balsamic Chicken	Quinoa and Veggie Power Bowl	Mediterranean Chicken	Honey Glazed Shrimp	Baked Haddock	Flounder with A Dill Cream Sauce	Eggs and Omelets cook to Order
STARCH	Sticky Rice	Wild Rice with Roasted Peppers	Brown Rice Pilaf with Herbs	French Fries	Italian Roasted Potatoes	White Rice	Hash Brown
DAILY VEGETABLE	Corn on the Cob	Steamed Broccoli Florets	Roasted Mediterranean Vegetables	Spinach	Stir Fry Veggies w/ Water Chestnuts	French Green Beans w/ Shallots	Baby Carrots
DAILY VEGETABLE	Green Beans	Chef's Choice Vegetable	Steamed Green Beans with Lemon Garlic	Chef's Choice Vegetable	Lemon Asparagus	Corn	Steamed Broccoli
DESSERT	Cupcakes	Fruit of the Forest Pie	Greek Yogurt Parfait	Blueberry Bread	Chef's Choice	Peanut Butter Pie	Brownie Ala Mode



The Bistro For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 7/27	Cream of Tomato	Caesar Salad	Classic Grilled Cheese	Bacon and Cheddar	Short Ribs with Corn and Mashed Potatoes
TUES 7/28	Strawberry Watermelon	Potato Salad	Ham and Cheddar Melt	Chicken & Ranch	Grilled Ham Steak with Pineapple Ring, Steamed Broccoli Florets and Mashed Potatoes
WED 7/29	Lemon Chicken Orzo Soup	Mediterranean Chickpea Salad	Classic Mediterranean Veggie Sandwich	The Greek Classic Pizza	Mediterranean Chicken with Brown Rice Pilaf and Roasted Mediterranean Vegetables
THUR 7/30	Gazpacho	Wedge Salad	Buffalo Style Chicken with Ranch	Garlic & Onion	Buttermilk Fried Chicken with French Fries and Sautéed Spinach
FRI 7/31	Manhattan Clam Chowder	Chickpea Salad	Tuna Melt	Bang Bang Shrimp	Chicken Cordon Bleu with Lemon Asparagus and Italian Roasted Potatoes
SAT 8/01	Cheesy Cauliflower	Spinach Salad with Balsamic	Italian Sub	Pepperoni & Spinach	Flounder with Dill Sauce and White Rice and Corn
SUN 8/02	Lentils with Roasted Garlic	Tossed Salad	Chicken Salad	Breakfast with choice of bacon or sausage	Classic Lasagna & Butternut Squash