

The Nottingham Assisted Living Residence



Weekly Telegraph
August 17th- 23rd, 2026

Shannon Loughlin, Director of Life Enrichment

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Abigail Loiselle, Recreation Therapist

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Angelina Roberts, Recreation Specialist

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

Monday August 17th, 2026	Tuesday August 18th, 2026	Wednesday August 19th, 2026
10:00am Exercise with Angelina CR 10:30am Group Crossword CR 2:00 Detective Puzzles CR 3:00pm Bingo! With Angelina CR	9:30am Morning Chats 10:00am Exercise with Abby CR 10:30am Manicures CR 1:30pm <u>Ecumenical Services in the IL Interfaith Chapel D-Wing *meet Abby at 1:15 to attend*</u> 2:15pm Name 10 CR 3:00pm Live Music with Dale Randall CR 6:15 Evening Program with Kaileigh	10:00am Mindful Movement with Emily CR <u>10:45am Lunch Outing to Elderberry Pond</u> 3:00pm <u>Happy Hour with music by Howie Bartolo IL Clubhouse</u> 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 August 20 th , 2026	Friday August 21 st , 2026	Saturday August 22 nd , 2026
10:00am Exercise with Maddie CR 10:30am Flip 7 Card Game CR 12:00pm August Birthday Luncheon IL Clubhouse 2:00pm Word Games with Maddie CR 3:00pm Exercise Bingo with Maddie CR 6:15pm Build a Lego Set with Abby	10:00am Exercise with Abby CR 10:30am Summer Word Mining CR 11:15am Yoga with Tiffany CR 1:30pm Fair Games under the IL Tent! ~Games, treats, prizes, and fun!!~ 	10:00am Exercise with Angelina CR 10:30am Can you see the big picture? CR 1:30pm Sundaes in the sunshine patio 2:30pm Movie Matinee: <i>Bringing Up Baby</i> CR
		Sunday August 23 rd , 2026
		10:00am Exercise with Angelina CR 10:30am <u>Communion Service with Eucharistic Minister Mark</u> CR 1:30pm Short Stories CR 2:30pm Movie Matinee: <i>The Wizard of Oz</i> CR

	<u>Monday</u> 8/17	<u>Tuesday</u> 8/18	<u>Wednesday</u> 8/19	<u>Thursday</u> 8/20	<u>Friday</u> 8/21	<u>Saturday</u> 8/22	<u>Sunday</u> 8/23
DAILY SOUP	Kansas City Beef	French Onion	Fresh Tomato	Chilled Cream of Cucumber and Tomato	New England Clam Chowder	Chicken Noodle	Shrimp Bisque
DAILY SALAD	Tabbouleh	Napa Cabbage with Soy Dressing	Strawberry Walnut	Greek Couscous	Broccoli Slaw	Chickpea Salad	Tossed Garden Salad
SPECIAL	Coffee Rubbed Brisket	St. Louis Ribs	Grilled Beef Tacos	Spaghetti and Meatballs	Drunken Pork	Chicken Wings (BBQ or Buffalo Sauce)	Rack of Lamb with Red Onion Chutney
SPECIAL	Maryland Crab Cakes	Chicken Cacciatore	Chef's Special	Marinated Flounder	Warm Shrimp Salad with Honeydew	Fire Roasted Peppers & Shrimp	Eggs and Omelets cooked to order
SPECIAL *BISTRO DINNER* at 4:00pm	Chicken Piccata	Baked Shrimp and Scallops Florentine	Mediterranean Beef & Veggie Skillet	Chicken and Biscuits	Fried Haddock	Tomato Glazed Meatloaf	Belgian Waffles with Sausage Patty
STARCH *BISTRO DINNER*	Garlic Butter Pasta	Linguini	Yellow Rice	Spaghetti with Marinara	Sweet Potato Wedges	Curly Fries	Hash Browns
DAILY VEGETABLE *BISTRO DINNER*	Oven Roasted Butternut Squash	Artichoke Hearts	Refried Beans	Fried Green Tomatoes	Fire Roasted Corn	Snow Peas	Sautéed Spinach
DAILY VEGETABLE	Broccolini	Chef's Choice	Garlic Roasted Brussel Sprout	Chef's Choice	Peas and Pearl Onion	Diced Beets	Roasted Turnips
DESSERT	Petit Fours with Chocolate Mousse	Bread Pudding	Strawberry Mousse	Tapioca Pudding	Chef's Choice	Spice Cake	Chef's Choice