

The Nottingham Assisted Living Residence



hello

F A L L
Weekly Telegraph

September 21st- 27th, 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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- Calendar of Events
- Upcoming Attractions
- Birthdays
- Special Announcements
- Menus

Monday September 21st, 2026	Tuesday September 22nd, 2026	Wednesday September 23rd, 2026
10:00am Exercise with Abby CR 10:30am Scattegories CR 2:15pm <u>Timeless Ties Club:</u> <u>Students from Jamesville-</u> <u>Dewitt.</u> Play games and share conversation! 3:00pm Bingo! CR 7:00pm <u>Liverpool Community</u> <u>Band in IL TV Room</u> meet Shannon at 6:30 to attend	10:00am Exercise with Abby CR 10:30am Manicures CR 1:30pm <u>Spiritual Services in</u> IL Interfaith Chapel *meet Abby to attend* 2:15pm Let's Make an Apple Crisp! CR 3:00pm "An Apple a Day" Trivia and enjoy our apple crisp! CR 6:15 Evening Program with Kaileigh	10:00am Mindful Movement with Emily CR 10:30am Boggle with Abby & Zach CR 1:15 Visits & Games with Zach CR 2:00pm Cornhole with Abby & Zach CR 2:30pm <u>Writer's Group with</u> <u>Professor Schell</u> IL TV Room 3:00pm <u>Happy Hour with music</u> <u>by Dennis Goettel</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 September 24 th , 2026	Friday September 25 th , 2026	Saturday September 26 th , 2026
10:00am Exercise with Angelina CR 10:45am <u>Men's Group with Peter</u> AR 2:00pm <u>ALR Housewarming Party! Welcome New Residents!</u> CR 3:00pm <u>Live Music by Stringdom</u> CR ~No evening program~	10:00am Exercise with Angelina CR 10:30am 70s Pictionary CR 11:15am Yoga with Tiffany CR 1:30pm Friday Fun with Tiffany! CR 2:00pm 70s Trivia CR 3:00pm Paper Doll "Shelfies" CR	10:00am Exercise with Abby CR 10:30am Who Am I? Trivia 1:30pm "I Got It" Card Game 2:30pm Movie Matinee: Rocky CR
		Sunday September 27 th , 2026
		10:00am Exercise with Abby CR 10:30am <u>Communion Service with Eucharistic Minister Mark</u> CR 1:30pm Weekend Bingo! CR 2:30pm Movie Matinee: <i>Rocky</i> //

		Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25	Saturday 9/26	Sunday 9/27
DAILY SOUP		Cream of Tomato	Watermelon Strawberry	Wisconsin Cheddar and Bacon	Gazpacho	Manhattan Clam Chowder	Cheesy Cauliflower	Lentils With Roasted Garlic
DAILY SALAD		Caesar Salad	Potato Salad	Grated Carrots w/ Dates, Walnuts, Citrus Dressing	Wedge Salad	Chickpea Salad	Spinach Salad w/ Creamy Balsamic Dressing	Tossed Salad
ENTREE		BBQ Short Ribs	Veal Marsala	Crab Stuffed Sole	Honey Glazed Shrimp	Deep Fried Seafood Platter	Chicken Pot Pie	Eggs and Omelets Cook to Order
ENTREE		Coquille ST. Jacques	Quinoa and Veggie Power Bowl	Chef's Special	Open Faced Grilled Steak Sandwich	Chicken Cordon Bleu	Flounder w/ Dill Cream Sauce	Classic Layered Lasagna
BISTRO DINNER SPECIAL 4:00 PM	ENTREE	Peach Balsamic Chicken	Grilled Ham Steak w/ Pineapple Ring	Roasted Turkey w/ Stuffing and Gravy	Buttermilk Fried Chicken	Baked Haddock	Sausage with Peppers and Onions	Lemon Ricotta Pancakes
	STARCH	Sticky Rice	Wild Rice w/ Roasted Peppers	Buttered Egg Noodles	French Fries	Italian Roasted Potato	White Rice	Hash Brown
	VEGETABLES	Corn on the Cob	Steamed Broccoli Florets	Coined Carrots	Roasted Tomato Wedge	Stir Fry Veggies w/ Water Chestnuts	French Green Beans and Shallots	Baby Carrots
VEGETABLE		Green Beans	Chef's Choice	Cauliflower	Chef's Choice	Lemon Asparagus	Corn	Butternut Squash
DESSERT		Cupcakes	Fruit of the Forest Pie	Banana Cream Pie	Blueberry Bread	Chef's Choice	Peanut Butter Pie	Chef's Choice