



Independent Living Weekly Telegraph

October 26 - November 1, 2026

Calendar of Events | Birthdays | Menus | Special Announcements



Shannon Loughlin, Director of Life Enrichment	sloughlin@lorettosystem.org	315-413-3903
Jami Leone, Recreation Specialist	jleone@lorettosystem.org	315-413-3171
Tiffany Weiskotten, Fitness and Wellness Coach	tweiskotten@lorettosystem.org	315- 413-3817
Follow our YouTube Channel: @NottinghamLifeEnrichment		

Happy November Birthday!

Shelia Goldie	A 118	11/2
Arlene Charlamb	MCR 107	11/7
Barbara Bickford	A 211	11/7
Tony Tuck	G 100	11/9
Sam Ebersole	MCR 104	11/10
Judy Fico	MCR 101	11/10
Jan Taylor	A 215	11/14
Ned Hunt	B 120	11/16
Velma Lindberg	G 106	11/16
Joe Nicoletti	ALR 124	11/16
Neena Mitchell	ALR 128	11/17
Martin Rothenberg	B 118	11/18
Barbara Crandall	RH 121	11/19
Oisin McGinty	D 110	11/19
Jean Martin	RH 132	11/19
Bob Ayers	D 103	11/20
Harvey Simmons	RH 107	11/20
Laurie Irwin	ALR 121	11/21
Marcy Shiroki	RH 131	11/22
Lois Schroeder	C 224	11/29
Barbara Shelly	B 214	11/30

Kaileigh Roy	11/05
Nicole Givens	11/06
Jason Hall	11/07
Autumn Mathews-Firnstein	11/07
Susan Gates	11/09
Breauna Curry	11/09
Heather Howell	11/12
Teadra Taylor	11/12
Mahella Soavelo	11/13
Melissa Curran	11/13
Jami Leone	11/15
Curtis McAdam	11/15
Terry Wright Jr.	11/17
Brittany Powless	11/27
Angelo Dela Cruz	11/28



Monday October 26, 2026	Tuesday October 27, 2026	Wednesday October 28, 2026
9:00 Tech Help w/ Jami. <u>Use the sign up sheet in the mailroom.</u> 9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:00 – 12:00 <u>Buffalo Pharmacy hours in the Resident Store for medication and sharps disposal</u> 10:30 Exercise w/ Tiffany TR 10:30 Chair Zumba TV 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga TV 1:00 Poker ML 1:00 – 2:30 <u>A Wing and Glens Social</u> CH 1:30 Better Bones & Balance w/ Tiffany TR 1:30 Exercise video TV 2:15 Advanced mahjong B 2nd Floor Lobby 3:30 <u>Data centers & AI in the news: Catch up on the latest</u> TR	10:15 Mindful Movements w/ Emily TR 10:30 Exercise video TV 11:00 <u>Respiratory & other illnesses that affect older adults presented</u> <u>Upstate Global Health nurse practitioner Rachael Cavelli</u> TR 1:00 – 2:30 <u>B Wing & Cottages social</u> CH 1:30 Exercise video TV 1:30 <u>Spiritual Services w/ Jo Von Rue and Fred Fiske</u> IC 1:30 – 3:00 Open Swim Pool 2:30 Beginner's Mahjong A wing 2nd Floor lobby 2:30 Play Pitch ML 3:30 <u>Play Villains Trivia! w/ Jami</u> CH 7:00 <u>Merlyn Fuller music performance: Halloween Show</u> TR	Covid & Flu Clinic Day in T.V. Room today – no morning programs. Clinic schedule: Glens Residents: 8:30 A Wing Residents: 9:30 B Wing Residents: 10:30 C Wing Residents: 11:30 Cottages/D Wing: 12:30 2:30 <u>Writer's Group with Professor Schell</u> TR 3:00 – 4:30 <u>Halloween Happy Hour with performance by Deb & John Puma at 3:30 p.m.</u> Enjoy free Hors d'oeuvres! CH

GC: Glens Comm. Rm.
CR: Conference Room
TV/YT: Channel 1340/YouTube

TR: T.V. Meeting Room
GL: Gathering Lounge
FP: Fireplace Lounge

CH: Clubhouse
IC: Interfaith Chapel
ML: Memories

Thursday October 29, 2026	Friday October 30, 2026	Saturday October 31, 2026			
10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 <u>Ghost Ships by Gary Emerson, Schuyler County historian. This talk will present the little-known story of British prison ships during the American Revolution</u> TR 1:00 Play Poker ML 1:00 – 2:30 <u>C and D Wing Social</u> CH 1:30 Exercise video TV 1:30 – 3:00 Open Swim Pool 3:00 Cornhole TR	9:00 Aquatics Exercise w/ Tiffany Pool 9:45-10:30 Open Swim Pool 10:30 Exercise w/ Tiffany TR 11:10 Weekly Wrap Up TR 1:00 <u>Life Enrichment Calendar Review – all welcome to review November activities & provide feedback</u> TR 12:00 – 4:00 <u>Tech Help with S.U. Student Semi. Sign up in the mailroom for an appt.</u> 1:30 Exercise Video TV 1:30 Wii Bowling 1:30 NO Bible Study 2:00 <u>Halloween Whodunit? Try to solve the mystery performed by staff! *In ALR TV Room*</u> 2:00 Knit-Wits ML 3:30 <u>Poison or Snack? Plant identification game w/ Jami</u> TR 7:00 BINGO night! \$1 per board TR	Happy Halloween!   10:30 Seated Stretching TV 10:30 Seated Volleyball TR 12:00 SU Football vs. SMU Mustangs Ch. 388 TR 1:30 Exercise for fall prevention TV 2:00 Play Chess w/ Alan in the Bistro 3:00 Weekend movie: <i>Hocus Pocus</i>. RT 96 Min. <tr> <th colspan="2" data-bbox="1432 889 2066 1036"> Sunday November 1, 2026 *Daylight Savings Ends* </th><td data-bbox="1432 1036 2066 1432"> Set clocks back one hour! 10:30 Seated Stretching TV 11:00 <u>Catholic Mass</u> IC 1:30 40 min exercise TV 1:30 Play Mahjong CH 2:00 Play Scrabble CR 2:30 Movie rerun TR 2:30 Play Pinochle ML </td></tr>	Sunday November 1, 2026 *Daylight Savings Ends*		Set clocks back one hour! 10:30 Seated Stretching TV 11:00 <u>Catholic Mass</u> IC 1:30 40 min exercise TV 1:30 Play Mahjong CH 2:00 Play Scrabble CR 2:30 Movie rerun TR 2:30 Play Pinochle ML
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The Nottingham Resident Forum

“Shining Star” Award

These Nottingham Departments and their employees make our lives here
in Independent Living so amazing!

Food & Beverage

Maintenance

Housekeeping

Life Enrichment

Resident Service Center (Reception, Drivers, Front Office)

Loretto Homecare

Admissions

The Shining Star award will be given four times per year to four separate
Employees or Departments selected by the residents.

Complete this form to nominate an Employee or a Department!

This quarters winner will receive their recognition and gift at the upcoming

Resident Forum Meeting on Thursday, August 12th at 1:30 PM

Please complete your nomination form on the back of this form and return to
the ballot box at the Resident Service Center by **Friday, November 6th**.

Bonny Moser

President Resident Forum

“Shining Star” Award Ballot

Please complete your ballot and return to the collection box located in the Resident Service Center **by Friday, November 6th.**

I nominate the following Independent Living employee or department for the Shining Star Award:

I nominate the above mentioned for the following reason(s):

One nomination per resident

Resident Signature

Date

	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30	Saturday 10/31	Sunday 11/01
DAILY SOUP	Butternut Squash Bisque	Turkey Noodle	French Lentil Soup	Tuscan Shrimp and White Bean	New England Clam Chowder	Witch's Cauldron Soup (Butternut Squash Soup)	Chicken Noodle
DAILY SALAD	Spinach w/ Raspberry Vinaigrette	Crudit�	Classic French Salad	Lemony Caesar Salad	Creamy Coleslaw	Haunted Harvest Salad (Mixed Greens, Feta & Apples)	Garden Salad
ENTREE	Shrimp Scampi In Skewers	Sweet and Sour Tofu	Beef Bourguignon	Beef Tenderloin with Bordelaise Sauce	Fried Haddock	Mummy Meatloaf	Eggs and Omelets Cook to Order
ENTREE	Chicken Cacciatore	Poach Salmon with Ginger Shitake Glaze	Baked Cod Provencal	Lentil Gumbo Scallops with Orange Butter Sauce	Linguini with White Clam Sauce	Vampire's Garlic Chicken	Yankee Pot Roast
VEGETABLE	Power Blend	Chef's Choice	Honey Glazed Carrots	Chef's Choice Vegetable	Steamed Green Beans	Witch's Fingers Green Beans	Acorn Squash
DESSERT	Chocolate Mousse	Strawberry Rhubarb Pie	Cr�me Br�l�e	Carrot Cake	Chef's Choice	Graveyard Chocolate Pudding Cups	Chef's Choice
Bistro Dinner Special (Also in main dining room)							
ENTREE	Veal Parmigiana	Shepards Pie	Chicken Breast with Tarragon Cream Sauce	Eggplant Parmesan	Boneless Pork Chops with Applesauce	Black Magic Fish	Teriyaki Chicken Breast
STARCH	Linguini	Red Rice Pilaf	Creamy Garlic Potato Gratin	Spaghetti with Butter Sauce	Mashed Potatoes	Harvest Moon Rice	Onion Rings
VEGETABLE	Broccoli	Blistered Tomato Medley	French Green Beans	Steamed Peas	Corn on the Cob	Jack-o'-Lantern Carrots	Grilled Zucchini



Clubhouse Events

Come and Enjoy the Fun in the Clubhouse!



Monday
the 26th

**Residents
Bingo**



Tuesday
the 27th

Villains Trivia
at 3:30 with Jami

Halloween Show
with Merlyn Fuller
Guitar & Vocalist
at 7:00 p.m.



Wednesday
the 28th

Happy Hour
Drink of the Week
Scarecrow Sour
Special Drink of the Week



Happy Hour Performance
Halloween
at 3:30
with
Deb and John Puma



Thursday
the 29th

**Dining
Spotlight**

Come and sing
along with the
dining team!
Everyone is invited!



Friday
the 30th

Sip and Relax



\$13 Cheese Platter

Your Choice of
House Wine or
House Liquor

