The Nottingham
A Loretto Community

Independent Living Weekly Telegraph
November 9 - November 15, 2026

Calendar of Events I Birthdays I Menus I Special Announcements



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Follow our YouTube Channel: @NottinghamLifeEnrichment

Monday November 9, 2026	Tuesday November 10, 2026	Wednesday November 11, 2026
9:00 Tech Help w/ Jami. Use the sign up sheet in the mailroom. **9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **10:00 – 12:00** Buffalo Pharmacy in the Resident Store for medication and sharps disposal **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** **1:30** Better Bones & Balance w/ Tiffany **TR** **2:00** Rooted in Health: The link between nature and health presented by Tiffany and Kara **TR** **1:30** Exercise video **TV** **2:15** Advanced mahjong **B 2nd Floor Lobby** **3:00** BINGO! **CH** **3:30** View a Presidential Memorabilia collection w/ Dick Woodworth **TR** **6:30** SU Men's Basketball vs Indiana on Ch. 400 **TR**	**10:15** Mindful Movements w/ Emily **TR** **10:30** Exercise video **TV** **11:00** AI discussion group w/ Jami: How AI is being used in healthcare **TR** **1:30** Exercise video **TV** **1:30** Spiritual Services w/ JoAnn Cooke and Fred Fiske **IC** **1:30 – 3:00** Open Swim **Pool** **2:30** Beginner's Mahjong **A wing 2nd Floor lobby** **2:30** Play Pitch **ML** **3:00** TV Trivia! Questions from the 1950s-2010s w/ Jami **CH** **7:00** Saxophone duet performance with Stephen Daniels **CH**	**9:00 – 10:00** Drop in Tech Help w/ Jami **CH** **9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **10:30** Exercise w/ Tiffany **TR** **10:30** Chair Zumba **TV** **11:00** Yoga w/ Tiffany **TR** **1:00** Veteran's Day service **TR** **2:30** Writer's Group with Professor Schell **TR** **3:00 – 4:30** Happy Hour no live music today – enjoy patriotic songs for Veteran's Day & 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 November 12, 2026	Friday November 13, 2026	Saturday November 14, 2026
9:00 – 10:30 Open Swim **Pool** **10:30** Exercise Class **TR** **10:30** Chair exercise **TV** **11:00** Healthy Living w/ Nicole of Select Rehab: Knee Anatomy and Pathology **TR** **12:30 – 3:30** Quilt Raffle to benefit St. Michael's/St. Peter's sister church Church of the Immaculate Conception in Haiti **FP** **1:00** Play Poker **ML** **1:30** Exercise video **TV** **1:30** Resident Forum **TR** **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** **12:00 – 4:00** Tech Help with S.U. Student Semi. Sign up in the mailroom for an appt. **1:30** Exercise Video **TV** **1:30** Wii Bowling **TR** **1:30** Bible Study w/ Pastor Tom Worth **CR** **1:45** Helping Hounds visit **FP** **2:00** Knit-Wits **ML** **3:00** AARP Men's Health Matters Webinar: Key Health Screenings, Lifestyle Impact Evaluations, and managing age-related changes presented by Alice Benjamin, Family Nurse Practitioner. RT 55 min **TR** **7:00** BINGO night! $1 per board **TR**	**10:30** Seated Stretching **TV** **10:30** Seated Volleyball **TR** **1:30** Exercise for fall prevention **TV** **2:00** Play Chess w/ Alan **in the Bistro** **2:30** Weekend movie: *The asphalt jungle.* A major heist goes off as planned, but then double crosses, bad luck and solid police work cause everything to unravel. RT 112 Min
		Sunday November 15, 2026
		10:30 Seated Stretching **TV** **11:00 Catholic Mass** **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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This Week's Featured Menu—For Delivery or Pickup—call 315-413-3941

	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13	Saturday 11/14	Sunday 11/15
DAILY SOUP	Creamy Italian Chicken (GF)	Bacon And Potato (GF)	Beef Tortillas (GF)	Ham and Cheddar Chowder	Fish Chowder (GF)	Chicken & Pumpkin (GF)	Sweet Potato Bisque (GF)
DAILY SALAD	Greek Couscous Salad	Broccoli Slaw w/ Kale (GF)	Apple Fennel Salad (GF)	Caesar Salad	Italian Chopped Salad (GF)	Spinach Salad w/ Balsamic	Tossed Garden Salad
ENTREE	Citrus Shrimp Skewers w/ Hollandaise Sauce	Grilled Chicken Thigh w/ Pineapple Teriyaki Sauce	Poached Salmon w/ Tomato Basil Caper Relish	Portobello Steak w/ Chimichurri (V) (GF)	Roasted Turkey w/ Wild Mushroom Gravy (GF)	Chicken Wings (BBQ or Buffalo Sauce) (GF)	Eggs and Omelets Cook to Order
ENTREE	Ground Lamb Kofta w/ Tabouli	Pepper Steak w/ Caramelized Shitake Mushroom (GF)	Chef's Special	Flat Iron Steak w/ Caramelized Corn	Sauteed Calamari Steak w/ Capers Lemon and Butter (GF)	Pan Seared Prawns w/ Pineapple Salsa	Shrimp and Grits w/ Bacon or Sausage Or Veal Parmesan
VEGETABLE	Roasted Brussel Sprouts w/ Shallots (GF)	Chef's Choice	Steamed Carrot Cabbage (GF)	Chef's Choice	Steamed Bok Choy (GF)	Tri Colored Carrots (GF)	Ginger Carrots And Home Fries
DESSERT	Chocolate Cake	Carrot Cake	Dutch Apple Pie	Strawberry Rhubarb Pie	Chef's Choice	Rhubarb Sauce Over Sweet Rice	Chef's Choice
Bistro Dinner Special (At 4:30PM)							
ENTREE	Peacan Crusted Chicken w/ Bourbon Glaze (GF)	Roasted Breaded Cod w/ Creamy Citrus Glaze	Corned Beef (GF)	Lamb Stew w/ Potatoes, Carrots, Onions (GF)	Baked Haddock (GF)	Yankee Pot Roast w/ Carrots and Onions (GF)	Maple Glazed Pork Loin (GF)
STARCH	Cheesy Creamy Polenta	Wild Rice w/ Pecans and Cranberries (GF)	Boiled Parsley Potato (GF)	Savory Pancakes	Scalloped Potatoes	Herb Basmati Rice (GF)	Wild Rice (GF)
VEGETABLE	Seared Hericot Vert (GF)	Roasted Garlic Asparagus (GF)	Steamed Broccoli (GF)	Roasted Tomato and Basil (GF)	Seared Swiss Chard (GF)	Steamed Kale (GF)	Sugar Snap Peas (GF)

Clubhouse EVENTS

Come Join the Fun!

Good Friends ♥ Great Times ♥ All Are Welcome!

MONDAY, NOV 9

BINGO
with the Dining Staff



3:00 PM

TUESDAY, NOV 10

TV Trivia with JAMI

3:00 PM

Jazz Performance with Stephen Daniel's



7:00 PM
in the Clubhouse

WEDNESDAY, NOV 11

VETERANS DAY
We Honor and Thank You!



Happy Hour
3:00 – 4:30 PM

Drink of the Week
Juicy Apple Bourbon



THURSDAY, NOV 12

Sing-A-Long with Dining Staff



3:00 PM
in the Clubhouse

FRIDAY, NOV 13

Cheers to Friday's!

$1 OFF Appetizer

See You at the Clubhouse!