



# Independent Living Weekly Telegraph

## June 22 - June 28, 2026

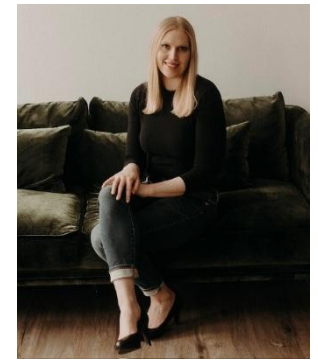
Calendar of Events | Birthdays | Menus | Special Announcements

Shannon Loughlin, Director of Life Enrichment	<a href="mailto:sloughlin@lorettosystem.org">sloughlin@lorettosystem.org</a>	315-413-3903
Jami Leone, Recreation Specialist	<a href="mailto:jleone@lorettosystem.org">jleone@lorettosystem.org</a>	315-413-3171
Tiffany Weiskotten, Fitness and Wellness Coach	<a href="mailto:tweiskotten@lorettosystem.org">tweiskotten@lorettosystem.org</a>	315-413-3817

Follow our YouTube Channel: [@NottinghamLifeEnrichment](#)

Hannah Pietra, Arts & Minds Coordinator at Syracuse Jewish Family Service, shares the stories and inspiration behind the artwork collection currently displayed in the T.V. Room.

**Tuesday the 23<sup>rd</sup> @ 11:00 a.m.**



**\*Primary Elections Voting Information\***

**Early voting: Until June 22<sup>nd</sup>**

**Election Day: Tuesday, June 23<sup>rd</sup> @ Pebble Hill Presbyterian polls open at 6 a.m.**

**The Nottingham will provide transportation to in person voting departing at 10:00 a.m. To sign up, use the sign up sheet in the outings binder located in the mailroom.**

Please attend the Town Hall Meeting! **Thurs the 25<sup>th</sup> @ 11:00 a.m.** in the T.V. Room.

All residents welcome to attend this recap of the last 6 months at The Nottingham presented by admin staff.

***What we're watching this week***

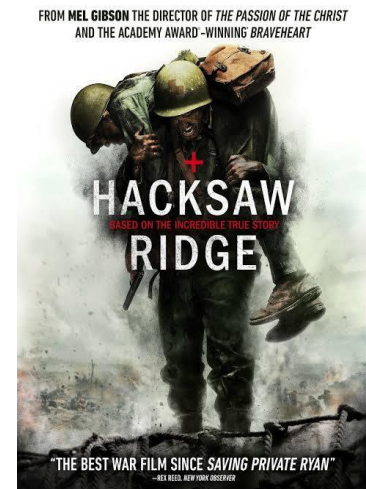


PBS presents Mission 24, which featured Nottingham resident Dale Pease! **Thurs the 25<sup>th</sup> @ 1:00 p.m.**

Runtime: 25 minutes

This weekend's movie: World War II American Army Medic Desmond T. Doss, serving during the Battle of Okinawa, refuses to kill people and becomes the first man in American history to receive the Medal of Honor without firing a shot. \*contains graphic content\*

Runtime: 139 Minutes, no ads.



**Don't miss the Syracuse Polish Dancers Performance!**  
**Saturday, June 27<sup>th</sup> at 2:00 p.m.**



**Monday  
June 22, 2026**

**9:00** Aquatics Exercise w/  
Tiffany **Pool**  
**9:45-10:30** Open Swim **Pool**  
**10:30** Exercise w/ Tiffany **TR**  
**10:30** Chair Zumba **YT**  
**11:00** Yoga w/ Tiffany **TR**  
**11:00** Chair Yoga **YT**  
**1:00** Poker **ML**  
**1:00** Wing Social for A and D  
Wing residents **CH**  
**1:30** Better Bones and  
Balance w/ Tiffany **TR**  
**1:30** Exercise video **YT**  
**2:15** Advanced mahjong  
**B 2<sup>nd</sup> Floor Lobby**  
**3:00** Growing Connections  
activity with Kara **TR**  
**3:00** Play BINGO! \$1 per  
board Every Monday  
afternoon in the Clubhouse  
**CH**  
**5:00** FIFA world cup Game:  
France v Iraq **CH**

**Tuesday  
June 23, 2026**

**9:30** Tai Chi w/ Anna **TR**  
**9:30** Seated Tai Chi **YT**  
**10:15** Mindful Movements w/  
Emily **TR**  
**10:30** Exercise video **YT**  
**11:00** Hannah Pietrah presents  
on the T.V. Room art exhibit **TR**  
**1:00** Wing Social for C Wing &  
cottage residents **CH**  
**1:30** Exercise video **YT**  
**1:30** Spiritual Service w/ Joann  
Cooke & Fred Fiske **IC**  
**1:30** Ladderball **Tent**  
**1:30 – 3:00** Open Swim **Pool**  
**2:15** Forum on the U.S.  
Constitution session 2.  
Registration required. **TR**  
**2:30** Play Pitch **ML**  
**2:30** Beginner's Mahjong **A  
wing 2<sup>nd</sup> Floor lobby**  
**3:00** Coloring together **CH**  
**7:15** Classical Music  
performance with Ida &  
soprano Janet Brown. Enjoy  
\$1 off bottle of wine special! **TR**

**Wednesday  
June 24, 2026**

**9:00** Tech Help w/ Jami  
- use sign-up sheet in  
mailroom  
**9:00** Aquatics Exercise  
with Tiffany **Pool**  
**9:45-10:30** Open Swim  
**Pool**  
**10:30** Exercise w/  
Tiffany **TR**  
**10:30** Exercise video **YT**  
**11:00** Yoga w/ Tiffany  
**CH**  
**11:00** Chair Yoga **YT**  
**1:00** Wing Social for  
Glens & B Wing **CH**  
**1:00** Manicures w/ Jami  
sign up for appts in  
mailroom  
**1:30** Exercise Video **YT**  
**2:30** Writer's Group w/  
Professor Schell **TR**  
**3:00 – 4:30** A day at the  
Beach Happy Hour w/  
musical performance by  
Blair Frodelius **CH**

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

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

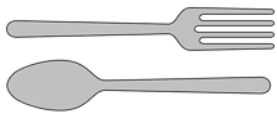
**CH: Clubhouse**  
**IC: Interfaith Chapel**  
**ML: Memories Lounge**

<b>Thursday June 25, 2026</b>	<b>Friday June 26, 2026</b>	<b>Saturday June 27, 2026</b>
<p> <b>10:15</b> Confessions <b>IC</b>  <b>10:30</b> Exercise Class <b>TR</b>  <b>10:30</b> Gentle Chair exercise <b>YT</b>  <b>11:00</b> <u>Town Hall</u> <b>TR</b>  <b>11:15</b> Catholic Mass <b>IC</b>  <b>1:00</b> Play Poker <b>ML</b>  <b>1:00</b> <u>Honor Flight Mission 24 on PBS</u> – watch Dale’s mission!  <b>1:30</b> Exercise video <b>YT</b>  <b>1:30 – 3:00</b> Open Swim <b>Pool</b>  <b>2:30</b> <u>Dewitt Public Library visit</u> – check out/return/place holds on books! <b>TR</b>  <b>3:00</b> <u>Blues in the Clubhouse</u>: Performance by Jimmy Murphy <b>CH</b>  <b>3:30</b> <u>Library-led book club</u> <b>TR</b> </p>	<p> <b>9:00</b> Aquatics Exercise w/ Tiffany <b>Pool</b>  <b>9:45-10:30</b> Open Swim <b>Pool</b>  <b>10:00</b> Gardening Group <b>tent</b>  <b>10:30</b> Exercise w/ Tiffany <b>TR</b>  <b>11:10</b> Weekly Wrap-Up <b>TR</b>  <b>11:15</b> Walking Group w/ Tiffany <b>CH</b>  <b>1:30</b> Bible Study <b>CR</b>  <b>1:30</b> Tree Committee Mtg <b>GC</b>  <b>1:30</b> Wii Games <b>TR</b>  <b>2:30</b> Knit-Wits <b>ML</b>  <b>3:00 p.m.</b> <u>Remembrance Service</u> <b>TR</b>  <b>7:00</b> Bingo! \$1 per board <b>TR</b> </p>	<p> <b>10:30</b> Seated Stretching <b>YT</b>  <b>10:30</b> Seated Volleyball <b>TR</b>  <b>1:30</b> Exercise for fall prevention <b>YT</b>  <b>2:00</b> Play Chess w/ Alan in the Bistro  <b>2:00</b> <u>Syracuse Polish Dancers perform!</u> Enjoy polkas &amp; Polish music performances <b>TR</b> </p> <p style="text-align: center;"> <b>Sunday June 28, 2026</b> </p> <p> <b>10:30</b> Seated Stretching <b>YT</b>  <b>11:00</b> Catholic Mass <b>IC</b>  <b>1:30</b> 40 min exercise <b>YT</b>  <b>1:30</b> Play Mahjong <b>A wing 2<sup>nd</sup> Floor Lobby</b>  <b>2:00</b> Play Scrabble <b>CR</b>  <b>2:30</b> Movie: <i>Hacksaw Ridge</i>. Runtime 139 Minutes, no ads. <b>TR</b>  <b>2:30</b> Play Pinochle <b>ML</b> </p>

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# The Bistrot For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
<b>MON</b> <b>6/22</b>	Kansas City Beef	Tabbouleh (Tomato, Cucumber, & Red Onion)	Seafood Salad	Spinach and Black Olives	Chicken Piccata with Garlic Butter Pasta and Broccolini
<b>TUES</b> <b>6/23</b>	French Onion	Napa Cabbage with Soy Dressing	Ruben	Summer Lemony Garlic	Chicken Cacciatore with Linguine and Asparagus
<b>WED</b> <b>6/24</b>	Chilled Watermelon Strawberry	Tropical Mixed Greens	Roast Beef & Cheese	Coconut- Lime Chicken	Island Teriyaki Flank Steak with Coconut Rice Pilaf and Honey-Glazed Carrots
<b>THUR</b> <b>6/25</b>	Chilled Cream of Cucumber and Tomato	Greek Couscous	Chicken BLT	Onion and Green Olive	Spaghetti and Meatballs with Fried Greens Tomatoes
<b>FRI</b> <b>6/26</b>	New England Clam Chowder	Broccoli Slaw	Summer Cucumber BLT	Sausage and Peppers	Fried Haddock Sweet Potato Wedges, and Fire Roasted Corn
<b>SAT</b> <b>6/27</b>	Chicken Noodle	Orange and Grapefruit Salad	Chicken Caesar Wrap	Charred Cherry Tomato and Pesto	Tomato Glazed Meatloaf, Mashed Potatoes and Peas
<b>SUN</b> <b>6/28</b>	Shrimp Bisque	Tossed Garden Salad	Grilled Cheese and Tomato Sandwich	Grilled Chicken w/ Balsamic Glaze	Boneless Breaded Pork Chops with Mashed Potatoes and Creamed Greens

	<b>Monday 6/22</b>	<b>Tuesday 6/23</b>	<b>Wednesday 6/24</b>	<b>Thursday 6/24</b>	<b>Friday 6/25</b>	<b>Saturday 6/26</b>	<b>Sunday 6/27</b>
<b>DAILY SOUP</b>	Kansas City Beef	French Onion	Chilled Watermelon Strawberry	Chilled Cream of Cucumber and Tomato	New England Clam Chowder	Chicken Noodle	Shrimp Bisque
<b>DAILY SALAD</b>	Tabbouleh	Napa Cabbage with Soy Dressing	Tropical Mixed Greens	Greek Couscous	Broccoli Slaw	Chickpea, Cucumber & Tomato	Tossed Garden Salad
<b>SPECIAL</b>	Coffee Rubbed Brisket	St. Louis Ribs	Grilled Lemon Garlic Shrimp Skewers	Spaghetti and Meatballs	Drunken Pork	Tomato Glazed Meatloaf	Rack of Lamb with Red Onion Chutney
<b>SPECIAL</b>	Chicken Piccata	Baked Shrimp and Scallops Florentine	Coconut- Lime Grilled Chicken Breast	Chicken and Biscuits	Fried Haddock	Chicken Wings (BBQ or Buffalo Sauce)	Belgian Waffles with Sausage Patty
<b>SPECIAL</b>	Maryland Crab Cakes	Chicken Cacciatore	Island Teriyaki Flank Steak	Marinated Flounder	Warm Shrimp Salad with Honeydew	Fire Roasted Peppers & Shrimp	Eggs and Omelets cooked to order
<b>STARCH</b>	Garlic Butter Pasta	Linguini	Coconut Rice Pilaf	Spaghetti with Marinara	Sweet Potato Wedges	Curly Fries	Hash Browns
<b>DAILY VEGETABLE</b>	Butternut Squash	Roasted Asparagus	Honey- Glazed Carrots	Chef's Choice Vegetable	Fire Roasted Corn	Snow Peas	Sautéed Spinach
<b>DAILY VEGETABLE</b>	Broccolini	Chef's Choice Vegetable	Zucchini & Summer Squash	Fried Green Tomatoes	Peas and Pearl Onion	Diced Beets	Roasted Turnips
<b>DESSERT</b>	Petit Fours with Chocolate Mousse	Bread Pudding	Key Lime Pie with Whipped Cream	Tapioca Pudding	Chef's Choice	Spice Cake	Chef's Choice