

Independent Living Weekly Telegraph

July 27 – August 3, 2026

Calendar of Events | Birthdays | Menus | Special Announcements



Hello August

Shannon Loughlin, Director of Life Enrichment	sloughlin@lorettosystem.org	315-413-3903
Jami Leone, Recreation Specialist	jeone@lorettosystem.org	315-413-3171
Tiffany Weiskotten, Fitness and Wellness Coach	tweiskotten@lorettosystem.org	315- 413-3817

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

Mary Jane Woodcock	Cott 42	8/2
Ann Kronner	C 108	8/3
Ann Phillips	B 121	8/4
Rodney Persons	C 222	8/4
Karen Kalata	A 222	8/6
Pam Stewart	G 200	8/7
Debbie Monahan	B 102	8/10
Carolyn Coit	MC 117	8/13
Carolyn Curley	A 102	8/14
Hildy Osborn	G 202	8/14
Sally Rall	A 108	8/14
Carolyn Curley	A 102	8/14
Marge Teillon	B 212	8/16
Peter Kragh	B 107	8/17
Betty Congel	MC 112	8/18
Charlotte Brown	ALR 119	8/20
Rochie Withers	MC 118	8/21
Louise Taylor	A 107	8/22
Larry Lardy	B 104	8/23
Richard Pickert	A 208	8/23
Mary Beth Hitchcock	C 118	8/24
Robert Zimmer	ALR 122	8/25
Fr. Michael Donovan	C 106	8/26
Willa Fauth	ALR 106	8/27
Linda Isaac	D 203	8/27
Don Spoerke	C 202	8/27
Pat Vanderhoek	C 113	8/29
S. Eileen Bouton	RHCF	8/31



Staff Birthdays

Kenneth Fermil	8/05
Tatyana Vovchuk	8/07
Kim Hite	08/13
Will Carter	08/15
Tammy Wiggins	08/15
Kayla Wellington	08/21
Shanil Hossain	08/24
Saconna Levy	08/24
Kayla Valerino	08/31

Monday July 27, 2026	Tuesday July 28, 2026	Wednesday July 29, 2026
9:00 Tech Help w/ Maddie - <u>use sign-up sheet in mailroom</u> 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 11:00 Chair Yoga TV 1:00 Poker ML 1:30 Better Bones and Balance w/ Tiffany TR 1:30 Exercise video TV 2:15 Advanced mahjong B 2nd Floor Lobby 2:30 <u>Canvas Painting w/ Shannon</u> TR 3:00 NO bingo today	9:00 – 10:30 Open Swim Pool 9:30 Tai-Chi with Anna TR 9:30 Seated Tai Chi TV 10:15 Exercise w/ Emily TR 10:30 Exercise video TV 11:00 <u>Life Enrichment Calendar Review</u> TR 1:30 Exercise video TV 1:30 <u>Spiritual Service</u> IC 1:30 Documentary: Interviews with Classic Corvette owners of CNY presented by Syracuse Nationals (38 min) TR 2:30 Beginner's Mahjong A wing 2nd Floor lobby 3:00 Coloring together CH 7:00 <u>Guitar performance by Greg Hoover. Enjoy \$1 off bottle of wine specials during Tuesday night concerts!</u> CH	9:00 Aquatics Exercise with Tiffany Pool 9:45-10:30 Open Swim Pool 10:30 Exercise w/ Tiffany TR 10:30 Exercise video TV 11:00 Yoga w/ Tiffany TR 11:00 Chair Yoga TV 1:00 Play Skipbo! with Shannon TR 2:30 Writer's Group TR 3:00 Happy Hour w/ Tim Herron on acoustic guitar. Enjoy free hors d'oeuvres during Wednesday Happy Hours! CH

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

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

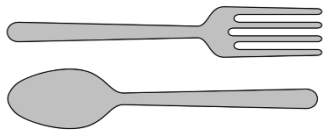
CH: Clubhouse
IC: Interfaith Chapel
ML: Memories Lounge

Thursday July 30, 2026	Friday July 31, 2026	Saturday August 1, 2026
10:15 Confessions IC 10:30 Exercise Class TR 10:30 Chair exercise TV 11:00 <u>Upstate Healthlinks</u> <u>Virtual Seminar on Low Dose</u> <u>Radiation for Arthritis Relief</u> TR 11:15 Catholic Mass IC 1:00 Play Poker ML 1:30 – 3:00 Open Swim Pool 1:30 <u>Linedancing w/ Lucy</u> TR 1:30 Exercise video TV 3:00 Cornhole TR 3:00 <u>Jazz in the Clubhouse</u> <u>w/ Stephen Daniels</u> CH	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 1:30 Wii Games TR 1:30 <u>Bible Study w/ Pastor</u> <u>Tom Worth</u> CR 1:30 Exercise Video TV 2:00 Knit-Wits ML 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: <i>The</i> <i>Sting</i> . Set in 1936, two professional grifters (Paul Newman and Robert Redford) con a mob boss. Runtime: 129 min, no ads TR
		Sunday August 2, 2026
		10:30 Seated Stretching TV 11:00 Catholic Mass IC 1:30 40 min exercise TV 1:30 Play Mahjong A wing 2nd Floor Lobby 2:00 Play Scrabble CR 2:30 Movie re-run 2:30 Play Pinochle ML

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

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

CH: Clubhouse
IC: Interfaith Chapel
ML: Memories Lounge



The Bistro For Pickup or Delivery: 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 7/27	Cream of Tomato	Caesar Salad	Classic Grilled Cheese	Bacon and Cheddar	Short Ribs with Corn and Mashed Potatoes
TUES 7/28	Strawberry Watermelon	Potato Salad	Ham and Cheddar Melt	Chicken & Ranch	Grilled Ham Steak with Pineapple Ring, Steamed Broccoli Florets and Mashed Potatoes
WED 7/29	Lemon Chicken Orzo Soup	Mediterranean Chickpea Salad	Classic Mediterranean Veggie Sandwich	The Greek Classic Pizza	Mediterranean Chicken with Brown Rice Pilaf and Roasted Mediterranean Vegetables
THUR 7/30	Gazpacho	Wedge Salad	Buffalo Style Chicken with Ranch	Garlic & Onion	Buttermilk Fried Chicken with French Fries and Sautéed Spinach
FRI 7/31	Manhattan Clam Chowder	Chickpea Salad	Tuna Melt	Bang Bang Shrimp	Chicken Cordon Bleu with Lemon Asparagus and Italian Roasted Potatoes
SAT 8/01	Cheesy Cauliflower	Spinach Salad w/ Balsamic	Italian Sub	Pepperoni & Spinach	Flounder with Dill Sauce and White Rice and Corn
SUN 8/02	Lentils with Roasted Garlic	Tossed Salad	Chicken Salad	Breakfast with choice of bacon or sausage	Classic Lasagna & Butternut Squash

	Monday 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31	Saturday 8/01	Sunday 8/02
DAILY SOUP	Cream of Tomato	Strawberry and Watermelon	Lemon Chicken Orzo	Gazpacho	Manhattan Chowder	Cheesy Cauliflower	Lentils with Roasted Garlic
DAILY SALAD	Caesar	Potato Salad	Mediterranean Chickpea Salad	Wedge Salad	Chickpea Salad	Spinach Salad with Creamy Balsamic Dressing	Tossed Salad
DINNER ENTRÉE	BBQ Beef Short Ribs	Veal Marsala	Grilled Lemon Herb Salmon	Buttermilk Fried Chicken	Chicken Cordon Bleu	Chicken Pot Pie	Lemon Ricotta Pancakes
DINNER ENTRÉE	Coquille ST. Jacques	Grilled Ham Steak w/Pineapple Ring	Herb-Rubbed Pork Tenderloin	Open Faced Grilled Steak Sandwich	Deep Fried Seafood Platter w/ Fish, Clam and Shrimp	Sausage with Peppers and Onions	Classic Layered Lasagna
DINNER ENTRÉE	Peach Balsamic Chicken	Quinoa and Veggie Power Bowl	Mediterranean Chicken	Honey Glazed Shrimp	Baked Haddock	Flounder with A Dill Cream Sauce	Eggs and Omelets cook to Order
STARCH	Sticky Rice	Wild Rice with Roasted Peppers	Brown Rice Pilaf with Herbs	French Fries	Italian Roasted Potatoes	White Rice	Hash Brown
DAILY VEGETABLE	Corn on the Cob	Steamed Broccoli Florets	Roasted Mediterranean Vegetables	Spinach	Stir Fry Veggies w/ Water Chestnuts	French Green Beans w/ Shallots	Baby Carrots
DAILY VEGETABLE	Green Beans	Chef's Choice Vegetable	Steamed Green Beans with Lemon Garlic	Chef's Choice Vegetable	Lemon Asparagus	Corn	Steamed Broccoli
DESSERT	Cupcakes	Fruit of the Forest Pie	Greek Yogurt Parfait	Blueberry Bread	Chef's Choice	Peanut Butter Pie	Brownie Ala Mode