



The Nottingham
A Loretto Community

Independent Living Weekly Telegraph May 25 - May 31, 2026

Calendar of Events | Birthdays | Special Announcements | Menus



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 & Wellness Coach

tweiskotten@lorettosystem.org

315-413-3817

Life Enrichment YouTube Channel: [@NottinghamLifeEnrichment](https://www.youtube.com/@NottinghamLifeEnrichment)

Spring Fashion Show

Hosted by Patty Schmidt!
Friday May 29 @ 3:00 p.m.
in the T.V. Room

The audience is the judge
as models compete to win
in three categories:

Most clever

most glamorous

BEST RETRO LOOK

Refreshments to follow!



What we're watching this week:

Watch the last 2 episodes of season 1 of *Man on the Inside*.
Weekend Movie: *Butch Cassidy and the Sundance Kid*: Wild West outlaws Robert LeRoy Parker, known as Butch Cassidy (Paul Newman), and his partner Harry Longabaugh, the "Sundance Kid" (Robert Redford), who are on the run from a crack US posse after a string of train robberies. The pair and Sundance's lover, Etta Place (Katharine Ross), flee to Bolivia to escape the posse.



Handy Hint!
Are you recycling right?
Check the mailroom
for a guide!

**Monday
May 25, 2026**



Holiday notices:

Pool will be closed today
No in person exercise today
One meal in the dining room today 11:00 a.m. – 1:00 p.m.
The Bistro is open for dine in and delivery.

- 10:30** Chair Zumba **TV/YT**
- 11:00** Honor Thy Fallen: A short 10-minute Memorial Day Tribute video **TV/YT**
- 1:00** Poker **ML**
- 1:30** Exercise video **TV/YT**
- 2:15** Advanced mahjong **B 2nd Floor Lobby**
- 3:00** Watch *A Patriot's Day*
A Patriot's Day follows the lives of three different American soldiers during the Iraq war.
1 hr 14 min **TR**

**Tuesday
May 26, 2026**

- 9:30** Tai Chi w/ Anna **TR**
- 9:30** Seated Tai Chi **TV/YT**
- 10:15** Mindful Movements w/ Emily **TR**
- 10:30** Exercise video **TV/YT**
- 11:00** Life Enrichment Calendar Review-all welcome **TR**
- 1:30** Exercise video **TV/YT**
- 1:30** Spiritual Service w/ Joann Cooke, Fred Fiske & Richard Weiskopf **IC**
- 1:30 – 3:00** Open Swim **Pool**
- 1:30** Watch *A Man on the Inside* last two episodes **TR**
- 2:30** Play Pitch **ML**
- 2:30** Beginner's Mahjong **A wing 2nd Floor lobby**
- 3:00** Gardening Group Meet in **Front Lobby**
- 4:00** Coloring Together **CH**
- 7:15** Live music performance with Ron Ziomek: acoustic cover songs **TR**

Location Key
TR: T.V. Meeting Room
CR: Conference Room
TV/YT: Channel 1340/YouTube
ML: Memories Lounge

**Wednesday
May 27, 2026**

- 8:45 – 9:30** Drop in Tech Help w/ Jami **CH**
- 9:00** Aquatics Exercise with Tiffany **Pool**
- 9:30** Read Together: *The Little Prince* **CH**
- 9:45-10:30** Open Swim **Pool**
- 10:30** Exercise w/ Tiffany **TR**
- 10:30** Exercise video **TV/YT**
- 11:00** Yoga w/ Tiffany **CH**
- 11:00** Chair Yoga **TV/YT**
- 1:00** Environmental Society Mtg **CH**
- 1:30** Exercise Video **TV/YT**
- 2:30** Writer's Group w/ Professor Eileen Schell **TR**
- 3:00 – 4:30** Happy Hour **CH**

GC: Glens Comm. Rm.
CH: Clubhouse
GL: Gathering Lounge
IC: Interfaith Chapel
FP: Fireplace Lounge

Thursday May 28, 2026	Friday May 29, 2026	Saturday May 30, 2026
<p>9:00-10:30 Open Swim Pool</p> <p>10:15 Confessions IC</p> <p>10:30 Exercise class TR</p> <p>10:30 Gentle Chair exercise TV/YT</p> <p>11:00 Cornhole TR</p> <p>11:15 Catholic Mass IC</p> <p>1:00 Play Poker ML</p> <p>1:30 Exercise video TV/YT</p> <p>2:30 Jamesville-Dewitt Library visit: Check out & return books, learn about events, ask-a-librarian! TR</p> <p>3:30 Jamesville-Dewitt Library Book Club TR</p>	<p>9:00 Aquatics Exercise w/ Tiffany Pool</p> <p>9:45-10:30 Open Swim Pool</p> <p>10:30 Exercise w/ Tiffany TR</p> <p>10:30 Seated Zumba TV/YT</p> <p>11:10 Weekly Wrap Up: Bring news articles to share TR</p> <p>11:15 Walking Club w/ Tiffany and Jami CH</p> <p>1:30 Bible Study w/ Pastor Tom Worth CR</p> <p>1:30 Seated Zumba TV/YT</p> <p>1:30 NO Wii Bowling today</p> <p>2:00 Knit Wits ML</p> <p>3:00 Spring Fashion Show TR</p> <p>7:00 Bingo! \$1 per board TR</p>	<p>10:30 Seated Stretching TV/YT</p> <p>10:30 Seated Volleyball TR</p> <p>1:30 Exercise for fall prevention TV/YT</p> <p>2:00 Play Chess w/ Alan in the Bistro</p> <p>2:30 Movie: <i>The Sundance Kid</i> TR</p>
		Sunday May 31, 2026
		<p>10:30 Seated Stretching TV/YT</p> <p>11:00 Catholic Mass IC</p> <p>1:30 40 Min all-in-one exercise TV/YT</p> <p>1:30 Play Mahjong A wing 2nd Floor Lobby</p> <p>2:00 Play Scrabble CR</p> <p>2:30 Movie rerun: <i>The Sundance Kid</i> TR</p>

Location Key

TR: T.V. Meeting Room

CR: Conference Room

TV/YT: Channel 1340/YouTube

ML: Memories Lounge

GC: Glens Comm. Rm.

CH: Clubhouse

GL: Gathering Lounge

IC: Interfaith Chapel

FP: Fireplace Lounge



The Bistrot For Pickup or Delivery 315-413-3941

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
MON 5/25	Chilled Watermelon Strawberry	Mixed Green Salad & Berries w/ Poppyseed Dressing	Hotdog	Fireworks (BBQ chicken w/ Red Peppers & Onions)	Chicken Piccata with Garlic Butter Pasta and Oven Roasted Squash
TUES 5/26	French Onion	Napa Cabbage with Soy Dressing	Ruben	Summer Lemony Garlic	Chicken Cacciatore with Linguine and Asparagus
WED 5/27	Salvadoran Beef Soup	Coleslaw with Tomatoes	Turkey & Avocado w/ Cheddar	Taco Pizza	Grilled Meat, Tomato Rice and Stewed Green Beans
THUR 5/28	Chilled Cream of Cucumber and Tomato	Greek Couscous	Chicken BLT	Onion and Green Olive	Spaghetti and Meatballs with Fried Greens Tomatoes
FRI 5/29	New England Clam Chowder	Broccoli Slaw	Summer Cucumber BLT	Sausage and Peppers	Fried Haddock Sweet Potato Wedges, and Fire Roasted Corn
SAT 5/30	Chicken Noodle	Orange and Grapefruit Salad	Chicken Caesar Wrap	Charred Cherry Tomato and Pesto	Tomato Glazed Meatloaf, Mashed Potatoes and Peas
SUN 5/31	Shrimp Bisque	Tossed Garden Salad	Grilled Cheese and Tomato Sandwich	Grilled Chicken and Peach w/ Balsamic Glaze	Belgian Waffles with Sausage Patty and Hash Brown



This Week's Featured Menu—For Delivery or Pickup—call 315-413-3941

	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29	Saturday 5/30	Sunday 5/31
DAILY SOUP	Chilled Watermelon Strawberry	French Onion	Salvadoran Beef Soup	Chilled Cream of Cucumber and Tomato	New England Clam Chowder	Chicken Noodle	Shrimp Bisque
DAILY SALAD	Mixed Green & Berries w/ Poppyseed	Napa Cabbage with Soy Dressing	Coleslaw with Tomatoes	Greek Couscous	Broccoli Slaw	Chickpea, Cucumber & Tomato	Tossed Garden Salad
SPECIAL	Hamburger or Cheeseburger	St. Louis Ribs	Griddle Stuffed Tortillas	Spaghetti and Meatballs	Drunken Pork	Tomato Glazed Meatloaf	Rack of Lamb with Red Onion Chutney
SPECIAL	Hotdog or Coney	Baked Shrimp and Scallops Florentine	Stewed Chicken Salvadoran Style	Chicken and Biscuits	Fried Haddock	Chicken Wings (BBQ or Buffalo Sauce)	Belgian Waffles with Sausage Patty
SPECIAL	Italian Sausage or Black Bean Burger	Chicken Cacciatore	Grilled Meat	Marinated Flounder	Warm Shrimp Salad with Honeydew	Fire Roasted Peppers & Shrimp	Eggs and Omelets cooked to order
STARCH	Macaroni or Potato Salad	Linguini	Tomato Rice	Spaghetti with Marinara	Sweet Potato Wedges	Curly Fries	Hash Browns
DAILY VEGETABLE	Corn on the Cob	Roasted Asparagus	Stewed Green Beans	Chef's Choice Vegetable	Fire Roasted Corn	Snow Peas	Sautéed Spinach
DAILY VEGETABLE	Baked Beans	Chef's Choice Vegetable	Fried Yuca Wedges	Fried Green Tomatoes	Peas and Pearl Onion	Diced Beets	Roasted Turnips
DESSERT	Ambrosia Salad	Bread Pudding	Empanadas de Plátano	Tapioca Pudding	Chef's Choice	Spice Cake	Chef's Choice