



# Independent Living Weekly Telegraph

## June 29 – July 5, 2026

Calendar of Events | Birthdays | Menus | Special Announcements



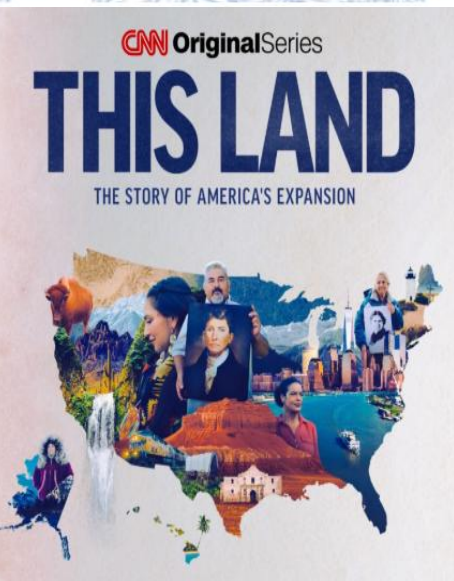
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Follow our YouTube Channel: [@NottinghamLifeEnrichment](https://www.youtube.com/@NottinghamLifeEnrichment)

History of the Fire Department presentation by Retired Lieutenant Dave Reeves. Enjoy a brief overview of firefighting history in the Central New York area from the earliest days to the present, touching on the major advances that have been made and the lessons that have been learned along the way, including a brief history of the Syracuse Fire Department, where we came from, and how we got to where we are today. **Mon the 29<sup>th</sup> @ 2:15 p.m. in the T.V. Room**



*Senior Recital with Caroline Casey, Soprano featuring Classical works and classical music theater with Sabine Krantz, Piano, and Elizabeth Casey & Rachel Casey on vocals.  
Wed. July 1 @ 7:00 p.m. in the T.V. Room.*



Special docuseries for Independence Day: *This Land*

Ep 1: The Purchase and the Price traces how the Louisiana Purchase doubled America's size overnight and reshaped its geopolitical future (45 min)

Ep 2: The Golden Trail covers California's perilous rise through the lens of settlers, labor, and descendants (50 min)

Ep 3: Lewis & Clark Expedition. Part of Jefferson's vision to create an America stretching from "sea to shining sea" marks rapid expansion westward but leads to the darkest period in Native American history. (53 min)

Ep 4: The Last Wild Frontier Examines the acquisition of Alaska and its vast, challenging wilderness (45 min)

Ep 5: Empire Island charts the story of the immigrants and the DeWitt Clinton plan that built New York into a global powerhouse (53 min)

**Monday  
June 29, 2026**

**9:00** Tech Help w/ Jami - use sign-up sheet in mailroom  
**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/YT**  
**11:00** Yoga w/ Tiffany **TR**  
**11:00** Chair Yoga **YT**  
**1:00** Poker **ML**  
**1:30** Better Bones and Balance w/ Tiffany **TR**  
**1:30** Exercise video **TV/YT**  
**2:15** Advanced mahjong **B 2<sup>nd</sup> Floor Lobby**  
**2:15** History of the Fire Department w/ Dave Reeves, retired Lieutenant **TR**  
**3:00** Play BINGO! \$1 per board **CH**  
**3:30** The Haven opening celebration. Enjoy refreshments to celebrate this great space! **Tent**  
**4:00** *This Land* Ep 1 **TR**

**Tuesday  
June 30, 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 **TR**  
**1:30** Exercise video **TV/YT**  
**1:30** Spiritual Service w/ & Fred Fiske. No homily today; instead, singing of hymns and hear more of Fred Fiske's original compositions, songs of faith and the spirit. **IC**  
**1:30 – 3:00** Open Swim **Pool**  
**1:30** Ladderball **TR**  
**2:30** *This Land* Ep 2 **TR**  
**2:30** Play Pitch **ML**  
**2:30** Beginner's Mahjong **A wing 2<sup>nd</sup> Floor lobby**  
**4:00** Elvis Sing-A-Long **CH**  
**7:00** Country Music night in the Clubhouse w/ performance by Lori Ann Wilbur. Enjoy \$1 off bottle of wine specials during Tuesday night concerts! **CH**

**Wednesday  
July 1, 2026**

**9:00** Drop -In Tech Help w/ Jami **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 **YT**  
**11:00** Yoga w/ Tiffany **CH**  
**11:00** Chair Yoga **YT**  
**1:00** Cardmaking Workshop w/ Tina. All supplies provided **TR**  
**1:30** Exercise Video **YT**  
**1:30** Vision Loss Support Group **ML**  
**2:00** *This Land* Ep 3 **TR**  
**3:00 – 4:30** Happy Hour w/ musical performance by Little Jazz Trio **CH**  
**7:00** Classical Works & Classical Musical Theater by Soprano Caroline Casey with Sabine Krantz performance **TR**

**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 2, 2026**

**10:15** Confessions **IC**  
**10:30** Exercise Class **TR**  
**10:30** Gentle Chair exercise **TV/YT**  
**11:00 - 1:00** Classic Car Show w/ The Oneida Lake Region Antique Automobile Club of America. Enjoy Root Beer Floats & music as you browse! In Memory Care Parking Lot. Attend independently or meet at **11:00** in the IL Front Lobby to walk over together.  
**11:15** Protestant Service **IC**  
**1:00** Play Poker **ML**  
**1:00** Massages w/ Donna, L.M.T. Sign up using sheet in the mailroom.  
**1:00** *This Land* Ep 4 **TR**  
**1:30** Exercise video **TV/YT**  
**1:30 – 3:00** Open Swim **Pool**  
**3:00** Cornhole **TR**  
**3:00** Game Night: Play Yahtzee! **CH**

**Friday  
July 3, 2026**

**Staff holiday today: In person programs will be limited.**

**Pool Closed Today**

**10:30** Exercise video **TV/YT**

**Limited dining hours today for the holiday  
 11:30 a.m. – 1:00 p.m.  
 The bistro is open for dining in & take out orders.**

**1:30** Wii Games **TR**

**1:30** Exercise Video **TV/YT**

**2:30** *This Land* Ep 5 **TR**

**2:30** Knit-Wits **ML**

**7:00** Bingo! \$1 per board **TR**

**Saturday  
July 4, 2026**  
 HAPPY 4<sup>TH</sup> OF JULY!




**10:30** Seated Stretching **TV/YT**  
**10:30** Seated Volleyball **TR**  
**1:30** Exercise for fall prevention **TV/YT**  
**2:00** Play Chess w/ Alan in the Bistro  
**2:30** *Cast Away.* A FedEx executive undergoes a physical and emotional transformation after crash landing on a deserted island. 143 Minutes, no ads. **TR**

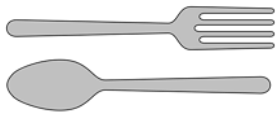
**Sunday  
July 5, 2026**

**10:30** Seated Stretching **TV/YT**  
**11:00** Catholic Mass **IC**  
**1:30** 40 min exercise **YT**  
**1:30** Play Mahjong **A wing 2<sup>nd</sup> Floor Lobby**  
**2:00** Play Scrabble **CR**  
**2:30** Movie re-run **TR**  
**2:30** Play Pinochle **ML**

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

DAY	SOUP	SALAD	SANDWICH	PIZZA	DINNER
<b>MON</b> 6/29	Cream of Tomato	Caesar Salad	Classic Grilled Cheese	Bacon and Cheddar	Short Ribs with Corn and Mashed Potatoes
<b>TUES</b> 6/30	Strawberry Watermelon	Potato Salad	Ham and Cheddar Melt	Chicken & Ranch	Grilled Ham Steak with Pineapple Ring, Steamed Broccoli Florets and Mashed Potatoes
<b>WED</b> 7/01	Wisconsin Cheddar and Bacon	Grated Carrots w/ Dates, Walnuts & Citrus Dressing	Philly Cheese Steak	Classic Cheese	Turkey Dinner with Carrots
<b>THUR</b> 7/02	Gazpacho	Wedge Salad	Buffalo Style Chicken with Ranch	Garlic & Onion	Buttermilk Fried Chicken with French Fries and Sautéed Spinach
<b>FRI</b> 7/03	Manhattan Clam Chowder	Chickpea Salad	Tuna Melt	Bang Bang Shrimp	Chicken Cordon Bleu with Lemon Asparagus and Italian Roasted Potatoes
<b>SAT</b> 7/04	Chilled Watermelon	Potato Salad	Hotdog	Fireworks Pizza (BBQ Chicken, Bell peppers, with Blue Cheese crumble)	Pulled Pork Sandwich with Macaroni & Cheese and Coleslaw
<b>SUN</b> 7/05	Lentils with Roasted Garlic	Tossed Salad	Chicken Salad	Breakfast with choice of bacon or sausage	Classic Lasagna & Butternut Squash



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

	<b>Monday 6/29</b>	<b>Tuesday 6/30</b>	<b>Wednesday 7/01</b>	<b>Thursday 7/02</b>	<b>Friday 7/03</b>	<b>Saturday 7/04</b>	<b>Sunday 7/05</b>
<b>DAILY SOUP</b>	Cream of Tomato	Strawberry Watermelon	Wisconsin Cheddar and Bacon	Gazpacho	Manhattan Clam Chowder	<b>Chilled Watermelon</b>	Lentils with Roasted Garlic
<b>DAILY SALAD</b>	Caesar	Potato Salad	Grated Carrots with Dates, Walnuts and Citrus Dressing	Wedge Salad	Chick Pea Salad	<b>Potato Salad</b>	Tossed Salad
<b>DINNER ENTRÉE</b>	BBQ Beef Short Ribs	Veal Marsala	Chef's Choice Special	Buttermilk Fried Chicken	Chicken Cordon Bleu	<b>Hamburger or Cheeseburger</b>	Lemon Ricotta Pancakes
<b>DINNER ENTRÉE</b>	Coquille ST. Jacques	Grilled Ham Steak w/ Pineapple Ring	Roasted Turkey w/ Stuffing, Gravy & Cranberry Sauce	Open Faced Grilled Steak Sandwich	Deep Fried Seafood Platter w/ Fish, Clam and Shrimp	<b>Hoffman's Hotdog or Coney</b>	Classic Layered Lasagna
<b>DINNER ENTRÉE</b>	Peach Balsamic Chicken	Quinoa and Veggie Power Bowl	Seafood Stuffed Sole	Honey Glazed Shrimp	Baked Haddock	<b>Pulled Pork Sandwich</b>	Eggs and Omelets cook to Order
<b>STARCH</b>	Sticky Rice	Wild Rice with Roasted Peppers	Buttered Egg Noodles	French Fries	Italian Roasted Potatoes	<b>Macaroni &amp; Cheese</b>	Hash Brown
<b>DAILY VEGETABLE</b>	Corn on the Cob	Steamed Broccoli Florets	Coined Carrots	Spinach	Stir Fry Veggies w/ Water Chestnuts	<b>Italian Pasta Salad</b>	Baby Carrots
<b>DAILY VEGETABLE</b>	Green Beans	Chef's Choice Vegetable	Cauliflower	Chef's Choice Vegetable	Lemon Asparagus	<b>Coleslaw</b>	Steamed Broccoli
<b>DESSERT</b>	Cupcakes	Fruit of the Forest Pie	Banana Cream Pie	Blueberry Bread	Chef's Choice	<b>Festive Cupcakes</b>	Chef's Choice