The Nottingham Assisted Living Residence

Hello
NOVEMBER

Weekly Telegraph
November 2nd - 8th, 2026

Shannon Loughlin, Director of Life Enrichment	315-413-3903
Abigail Loiselle, Recreation Therapist	315-413-3596
Angelina Roberts, Recreation Specialist	315-413-3127

- Calendar of Events
- Upcoming Attractions
- Birthdays
- Special Announcements
- Menus

NOVEMBER Outings

The Nottingham Assisted Living

Thursday November 12th
Lunch at Joey's Italian Restaurant
Bus Departs at 11:00am

Wednesday Novemeber 18th
Lunch at Elderberry Pond
Bus Departs at 11:00am

Families: Please enure your loved one has sufficient funds for outings of choice. Thank you!

Sign up with Abby or Angelina!

Monday November 2nd, 2026	Tuesday November 3rd, 2026	Wednesday November 4th, 2026
10:00am Exercise with Abby **CR** **10:30am** Lifelong Learning: Travelogue **11:15am** Make Fabric Bookmarks **AR** **2:00pm** Bingo! **CR** **3:00pm** **Live Music by Blair Frodelius** **CR**	**10:00am** Exercise with Abby **CR** **10:30am** Manicures with Abby **CR** **1:30pm** **Spiritual Services** in **IL Interfaith Chapel *attend with Abby*** **2:30pm** **History of Loretto with CEO Kim Townsend in IL TV Room * meet Abby to attend*** **3:30pm** Coffee and Card Games **CR** **6:15pm** Evening Program with Kaileigh	**10:00am** **Mindful Movement with Emily** **CR** **10:30am** **Resident Council Meeting** **11:00am** SkipBo Card Game **2:00pm** PenPal Card Program: Send Holiday Cards to other senior facilities! **2:30** **Writer's Group with Professor Schell in IL TV Room** **3:30pm** **Happy Hour with Music by Lori Ann Wilbur IL Clubhouse** **~No Evening Program~**

Location Key:
CR= Community Room
AR= Arts and Crafts Room
SR= Sunroom
IL= Independent Living

Programs are subject to change. Please see the whiteboard across from the dining room for accurate daily schedules.

Thursday November 5th, 2026	Friday November 6th, 2026	Saturday November 7th, 2026
10:00am Exercise with Angelina **CR** **10:30** Trivia Time with Angelina **CR** **11:00am** **Select Rehab Presentation with Nicole** **CR** **11:15am** **Protestant Service in IL * attend independently*** **2:00pm** Thanksgiving Door Decor **AR** **3:30pm** Detective Puzzles with Angelina **CR** **6:15pm** Evening Chats with Abby	**10:00am** Exercise with Angelina **CR** **10:30am** Songs That Take Us to New Heights **CR** **11:15am** Yoga with Tiffany **CR** **1:30pm** Indoor Walk with Tiffany **2:00pm** What Am I? **CR** **3:00pm** Color by Number **AR**	**10:00am** Exercise with Abby **CR** **10:30am** Daily Chronicle **12:00 SU Football vs. Clemson. Ch. TBD** **1:30pm** Bingo! **2:30pm** Movie Matinee: *Beethoven* **CR**
		Sunday **November 8th, 2026**
		10:00am Exercise with Abby **CR** **10:30am** **Communion Service with Eucharistic Minister Mark** **CR** **1:30pm** UNO Card Game **CR** **2:30pm** Movie Matinee: *Sully* **CR**

The Nottingham
A Loretto Community

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

	Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6	Saturday 11/7	Sunday 11/8
DAILY SOUP	Cream of Tomato	Broccoli and Cheddar	Golden Mushroom	Italian Wedding	Manhattan Clam Chowder	Watermelon Strawberry	Corn Chowder
DAILY SALAD	Vinegar Slaw with Cucumber and Dill	Crudité	Olive and Tomato Salad	Caesar Salad	Macaroni Salad	Spinach Salad with Warm Bacon Dressing	Garden Salad
ENTREE	Mediterranean Shakshuka	Bourbon Street Steak	Turkey Chili in Bread Bowl	Marinated Flank Steak	Chicken Riggies	Baked Red Snapper	Eggs and Omelets Cook to Order
ENTREE	Roasted Cornish Game Hen	Shrimp Creole w/ Remoulade Sauce	Chef's Special	Vegetable Lasagna	Coconut Shrimp	Honey Garlic Chicken	Prime Rib
VEGETABLE	Broccoli	Chef's Choice	Stewed Tomatoes	Chef's Choice	Ratatouille	Italian Green Beans	Yellow Squash
DESSERT	Pecan Pie	Chocolate Mint Pie	Orange Jello Salad	Coconut Cake	Chef's Choice	Brownie A La Mode	Chef's Choice
Bistro Dinner Special (Also in main dining room)							
ENTREE	Lobster Macaroni and Cheese	Chicken Shawarma in a Pita Pocket	Baked Butter and Herb Cod	Turkey Ala King	Baked Haddock	Apple Cinnamon Pork Loin	Broccoli and Cheddar Stuffed Chicken
STARCH	Sweet Potato	Balsamic Rice w/ Fresh Herbs	Vegan Friendly Jambalaya	Fingerling Potatoes W/ Balsamic	Macoroni and Cheese	Pasta with Sundried Tomato	Mashed Potatoes
VEGETABLE	Roasted Vegetable Medley	Steamed Escarole	Snow Peas	Steamed Zucchini	Waxed Beans	Marinated Beets	Corn