The Nottingham
A Loretto Community

Independent Living Weekly Telegraph
November 2 - November 8, 2026

Calendar of Events I Birthdays I Menus I Special Announcements



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Follow our YouTube Channel: @NottinghamLifeEnrichment

Congrats to the staff pumpkin decorating contest winners!

Scariest: Frelissa



Most Creative: Tiffany



Funniest: Abby



You are cordially
invited to

Afternoon Tea in the Clubhouse

on Tuesday,
the 3rd of November
from 1:00 p.m. until 2:00 p.m.
Space is limited - please reserve your seat
using the sign up sheet in the mailroom

Monday November 2, 2026	Tuesday November 3, 2026	Wednesday November 4, 2026
9:00 Tech Help w/ Jami. Use the sign up sheet in the mailroom. **9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **10:00 – 12:00** Buffalo Pharmacy hours in the Resident Store for medication and sharps disposal **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 & Balance w/ Tiffany **TR** **1:30** Exercise video **TV** **2:15** Advanced mahjong **B 2nd Floor Lobby** **3:00** Beyond the Headache: What every woman should know about migraine and stroke virtual webinar **TR** **3:00** Poetry Lover's Group **CR**	**10:15** Mindful Movements w/ Emily **TR** **10:30** Exercise video **TV** **11:00** Craft w/ Ro: Thanksgiving craft **TR** **1:00 – 2:00** Afternoon Tea in the Clubhouse. Enjoy traditional snacks & tea! Limited space – sign up for a seat in the mailroom! **1:30** Exercise video **TV** **1:30** Spiritual Services w/ Jim Brule and Fred Fiske **IC** **1:30 – 3:00** Open Swim **Pool** **2:30** Beginner's Mahjong **A wing 2nd Floor lobby** **2:30** Play Pitch **ML** **2:30** Celebrating a Century and Looking Forward with Loretto CEO Dr. Kim Townsend **TR** **3:30** Dolly Parton Sing-A-Long w/ Jami! **CH** **7:00** Little Jazz Trio performance **TR**	**9:00 – 10:00** Drop in Tech Help w/ Jami **CH** **9:00** Aquatics Exercise w/ Tiffany **Pool** **9:45-10:30** Open Swim **Pool** **1:30** Vision Loss Support Group: Learn about ScriptTalk. A Zoom virtual presentation w/ En-Vision America representative Loretta Roberts **TR** **2:30** Writer's Group with Professor Schell **TR** **3:00 – 4:30** Happy Hour with country songs performed by Lori Ann Wilbur from 3:30 – 4:30 p.m. Enjoy free Hors d'oeuvres! **CH**

GC: Glens Comm. Rm.
CR: Conference Room
TV/YT: Channel 1340/YouTube
TR: T.V. Meeting Room
GL: Gathering Lounge
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ML: Memories

Thursday November 5, 2026	Friday November 6, 2026	Saturday November 7, 2026
10:30 Exercise Class **TR** **10:30** Chair exercise **TV** **11:00** Brain Games w/ Jami: Play New York Times word games Wordle & Connections together **TR** **11:15** Monthly Protestant Service w/ Pebble Hill Presbytarian Church **IC** **12:30 – 2:30** Massages with Donna Gullotto, L.M.T. Sign up for an appt. in the mailroom **CR** **1:00** Play Poker **ML** **1:30** Exercise video **TV** **1:30 – 3:00** Open Swim **Pool** **3:00** Cornhole **TR**	**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** **12:00 – 4:00** Tech Help with S.U. Student Semi. Sign up in the mailroom for an appt. **1:30** Exercise Video **TV** **1:30** Wii Bowling **1:30** **NO** **Bible Study** **2:00** Knit-Wits **ML** **3:00** Celebrating Native American Heritage Month: Learn about the Navajo Nation history & its future documentary on Youtube RT 45 minutes **TR** **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: *Pitch Perfect*. Beca, a freshman at Barden University, is cajoled into joining The Bellas, her school's all-girls singing group, injecting some much needed energy into their repertoire. RT 112 min
		Sunday **November 8, 2026**
		10:30 Seated Stretching **TV** **11:00** **Catholic Mass** **IC** **1:30** 40 min exercise **TV** **1:30** Play Mahjong **CH** **2:00** Play Scrabble **CR** **2:30** Movie rerun **TR** **2:30** Play Pinochle **ML**

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