

LONGVIEW RECREATION SCHEDULE

July 14 – July 20, 2024

Longview is encouraging all Residents to wear facemasks when they are feeling ill or have cold/flu like symptoms when they leave their living unit and move about the common spaces at Longview.

All Longview Assisted Living Residents are required to sign out and in when leaving the Longview grounds. If a Resident does not comply with this requirement, their residency at Longview may be at risk. Residents' sign out sheets are available outside the Med Room on the 4th Floor and at each nurse's station in the Garden.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
LUNCH							
SOUP	BRUNCH	SPRING VEGETABLE	COLD DAY KITCHEN EQUIPMENT	LEET AND POTATO	VEGGIE AND MINISTRONE	CORN CHOWDER	CREAMY TOMATO SOUP
ENTRÉE 1	CORDON BLEU CASSEROLE	CHICK PEA TUNA SALAD	ROAST BEEF / HAM/ TURKEY SANDWICH	CHICKEN PAPRIKA	TACO STUFFED TOMATO	SHRIMP SCAMPI	CHICKEN FAJITA QUESADILLA
ENTRÉE 2	FRIED EGGS	ALL AMERICAN BURGERS	TUNA SALAD SANDWICH	BEEF AND BEAN SLOPPY JOES	CRISPY CHICKEN DELUXE	CHICKEN OR SHRIMP CESAR SALAD	LAMB CHOPS W/ MINT JELLY
STARCH	CORNERED BEEF HASH	PASTA SALAD	POTATO CHIPS	BROWN RICE	ONION RINGS	TEXAS TOAST	CREAMY RISOTTO
VEGGIE 1	FRESH FRUIT SALAD	CHILLED BEETS	COLESLAW	BROCCOLI AND SLAW SALAD	BEAN MEDLEY	FRESH FRUIT	SAUTEED SPINACH
DESSERT	COFFEE CAKE	KEY LIME BISTROS	COOKIES	FRUIT AND YOGURT PARFAIT	COCONUT CREAM PIE	FRUIT CRISP	DIRT CUP
DINNER							
SOUP	ACF ONLY	SPRING VEGETABLE	COLD DAY KITCHEN EQUIPMENT	LEET AND POTATO	VEGGIE AND MINISTRONE	CORN CHOWDER	CREAMY TOMATO SOUP
ENTRÉE 1	PIZZA AND WING DINGS	KALE, SAUSAGE, AND PEPPER PASTA	HAM SANDWICH	PORK OSSO BUCCO	TURKEY AND SPINACH ARTICHOKE CASSEROLE	FISH FRY	POT ROAST
ENTRÉE 2	TURKEY WRAPS	THREE BEAN QUINOA SALAD	SEAFOOD SALAD	LEMON GARLIC TUNA BURGER	ZUCCINI BURRITO BOATS	CHICKEN AND SPINACH PASTA	ANTIPASTO SALAD
STARCH	POTATO WEDGES	PASTA	POTATO SALAD	MASHED POTATOES	GARLIC ROASTED POTATOES	HUSH PUPPIES	MASHED POTATO
VEGGIE 1	CELERY AND CARROT STICKS	SEARED KALE	THREE BEAN SALAD	SNAP PEAS	CORN	VINEGAR SLAW	COOKED CARROTS, CELERY, ONION
DESSERT	ICE CREAM NOVELTY	SHORTCAKE WITH BISCUITS	ICE CREAM NOVELTYS	TIRAMISU	CHOCOLATE PEANUT BUTTER CAKE	INDIVIDUAL CITRUIS CAKE	COOKIES AND CREAM PIE

Sunday – July 14th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor

2:30 **WORSHIP SERVICE with Esther Haney, Christian Science** – Auditorium, 3rd Floor

Monday – July 15th

9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor

9:00 **MONDAY MORNING MOVEMENT** with Vera – Garden Level, Front Lobby

10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor

10:15 **TRIVIA with Whitney – Garden Level, East Wing**

10:45 **LONGVIEW STORE** open until 11:45 – 3rd Floor

10:45 **LINE GAME** with Vera – 4th Floor, Fireplace Lounge

11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Auditorium, 3rd Floor

11:15 **TECH SUPPORT** with Whitney – Craft Room, 3rd Floor

1:15 **CAYUGA LAKE BOAT CRUISE, Discover the lake! – For those signed-up, Meet in designated entrance**

1:30 **MOVEMENT & MUSIC** with Tara – Garden Level, Rehab Room

2:00 **YOGA** with Kathy – IC Classroom, 2nd Floor

2:15 **CARD GAMES** with Tara – 4th Floor, Fireplace Lounge

3:15 **SUMMER OLYMPICS IN PARIS TRIVIA** with Tara – Garden Level, East Wing

**** **NO FOOD FOR THOUGHT**

6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing

Tuesday – July 16th

9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor

9:00 **NAILS** with Vera – 4th Floor, Fireplace Lounge

9:30 **COFFEE & CONVERSATION** with Tara – Craft Room, 3rd Floor

10:00 **EXERCISE** with Tara – Auditorium, 3rd Floor

10:00 **CHIT CHAT & COFFEE** with Whitney – Garden Level, East Wing

10:45 **BOWLING with Pamela & Tara – Auditorium, 3rd Floor**

10:45 **CRAFTS** with Vera – Garden Level, West Wing

10:45 **LONGVIEW STORE** open until 11:45 – 3rd Floor

1:15 **SMARTBOARD PICTONARY** with Soni & Tara – 4th Floor, Fireplace Lounge

1:15 **KEN BURNS DOCUMENTARY: The Roosevelts, Episode 6: The Common Cause** – Auditorium, 3rd Floor

1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room

2:30 **COMMUNITY CAFÉ** – Dining Room, 3rd Floor

**** **NO TAI CHI**

3:30 **SHORT STORIES** with Tara – Garden Level, East Wing

3:45 **SMART SCREEN WHEEL OF FORTUNE** with Whitney – 4th Floor, Fireplace Lounge

7:00 **ITHACA CONCERT BAND PERFORMANCE, All are welcome – Pavilion, Trolley transportation from lobby starting at 6:30 PM.**



All Committee Meetings have been moved to Monday, July 29 to accommodate the Cayuga Lake Boat Cruise.



LONGVIEW SHOPPER SIX or less items from Wegmans, drop list & money off in Business Office Mailbox

*Orders need to be in by **TUESDAY EVENING** and will be delivered **Wednesday Afternoon!**

Wednesday – July 17th

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Tara – Exercise Room, 2nd Floor
- 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
- 10:30 **BIBLE STUDY: The Gospel of Luke** with Brooke – Interfaith Chapel, 3rd Floor
- 10:30 **JENGA** with Tara – 4th Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden Level, East Wing
- 1:15 STRETCH YOUR SPIRIT: Sacred, Film – Auditorium, 3rd Floor**
- 1:15 **PODCASTS & DISCUSSION GROUP** *Moved to Friday this week!
- 1:30 **PRAYER GROUP** – 2nd floor, C-Wing Lounge
- 1:30 **MUSIC & MOVEMENT** with Tara – Garden Level, Rehab Room
- 2:15 TRIP TO TARGET – Sign up in Craft Room, Meet in Entrance**
- 2:30 **WORD MINING** with Tara – 4th Floor, Fireplace Lounge
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:15 **TRIVIA** with Emma – Garden Level, East Wing
- 3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
- 4:00 **CARDS** with Tara – 4th Floor, Fireplace Lounge
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – July 18th

- 9:00 **OPEN EXERCISE** with Whitney – Exercise Room, 2nd Floor
- 9:30 **NAILS** with Vera – Garden Level, East Wing
- 9:30 **COFFEE & CONVERSATION** with Tara – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Tara – Auditorium, 3rd Floor
- **** **NO BELLY DANCING**
- 10:45 BEAN BAG TOSS with Tara & Pam – 4th Floor, Fireplace Lounge**
- 10:45 **WHO AM I?** with Vera – Garden Level, East Wing
- 10:45 **LONGVIEW STORE** open until 11:45 a.m. – 3rd Floor
- 12:45 NAILS with Bree & Vera – Craft Room, 3rd Floor**
- 1:15 **THE GREAT COURSES: Practicing Mindfulness** Video Lecture – Interfaith Chapel, 3rd Floor *Note Room
- 1:15 **BINGO** with Pam & Tara – 4th Floor, Fireplace Lounge
- 1:30 **BEAN BAG TOSS** with Vera & Whitney – Garden Level, East Wing
- 2:00 **MOVIE MATINEE: The Paper (1994)** – Garden Level, East Wing
- 2:15 PLANT TALK with John – Craft Room, 3rd Floor**
- 3:15 **JEOPARDY** with Whitney – 4th Floor Fireplace Lounge
- 3:15 **CURRENT EVENTS** with Tara – Garden Level, West Wing
- 3:45 GARDEN & PLANT TALK with John – Garden Level, West Wing**
- 6:15 LONGVIEW SOCIAL CLUB – Craft Room, 3rd Floor *Note Room**

We're excited to start renovations in the 3rd floor dining room starting Thursday, July 18 (moving dining furniture to Auditorium). Please be patient with staff and scheduling as we navigate these changes. We welcome feedback and positive suggestions.



Friday – July 19th

- 9:00 **OPEN EXERCISE** with Pam – Exercise Room, 2nd Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Tara – Garden Level, Front Lobby
- 9:00 **COFFEE & TRIVIA** with Greg – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Tara – IC Classroom, 2nd Floor *Note Room
- 10:45 **JENGA** with Tara – Garden Level, West Wing
- 10:45 **CLAY CLASS** with Whitney – Craft Room, 3rd Floor
- 10:45 **LONGVIEW STORE** open until 11:45 a.m. – 3rd Floor
- 10:45 **TRIVIA** with Pamela – 4th Floor, Fireplace Lounge
- 10:45 TROLLEY RIDES with Emma – Meet in the Front Lobby and Garden Level Entrances**
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry, All are welcome! – Rehab Rm, Garden Lvl *Note Room
- 1:15 PODCASTS & DISCUSSION GROUP with Emma, All are welcome! – Craft Room, 3rd Floor**
- 1:15 **WHO AM I?** with Whitney – 4th Floor, Fireplace Lounge
- 1:30 **MOVEMENT & MUSIC** with Tara – Garden Level, Rehab Room
- 2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2nd Floor
- 2:15 ANIMAL TALK with John – Craft Room, 3rd Floor**
- 3:00 JULY BIRTHDAY PARTY WITH MUSIC BY THE MAPLEWOOD JAZZ TRIO – Auditorium, 3rd Floor**
- 6:30 **FRIDAY NIGHT MOVIE** – 4th Floor, Fireplace Lounge



Saturday – July 20th

- 10:00 CORNELL COMPANIONS Pet Therapy Visits – 4th Floor, Fireplace Lounge**
- 10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3rd Floor
- 11:00 **MOVEMENT & MUSIC** with Tara – Garden Level, Rehab Room
- 1:00 **TRIVIA & COLORING** with John – Garden Level, West Wing
- 1:45 MOVIE MATINEE: A Walk in the Woods (2015) – Garden Level, West Wing**
- 2:15 MOVIE MATINEE: A Walk in the Woods (2015) – IC Classroom, 2nd Floor *Note Room**

BEAUTY SALON
Please call Shaunna directly to schedule appointments.
Shaunna: (607) 279-7543

Questions/concerns regarding Recreation programs, contact Bree Nash in the Recreation Department at 607-375-6335.