

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul

LUNCH

SOUP	BRUNCH	White Chicken Chili Soup	Hearty Veggie Soup	Ham & Bean Soup	Creamy Cauliflower Soup	Lobster Bisque	Tomato Soup
ENTRÉE 1	Apricot Glazed Ham	Sausage, Peppers & Onions	Sesame Tofu & Broccoli	Strawberry Poppy Seed Salad w/ Chicken	Avocado Egg Salad	Mediterranean Hummus Bowl	Baked Feta & Tomato Portobellos
ENTRÉE 2	Veggie Scramble, Bacon on Side	Lemony Linguine w/ Spring Veggies	Italian Chopped Salad	Baja Fish Toast	Egg Roll Roll	Loaded Veggie Quiche	Flatbread Pizza
STARCH	Sweet Potato	Quinoa	Toasted Garlic Bread	Dinner Roll	Croissant	Wild Rice	No Starch
VEGGIE	Corn	Spring Veggies	Broccoli	Fresh Fruit	Tomato, Cucumber, Onion Salad	Fruit Salad	Spinach Salad
DESSERT	Scones	Ice Cream Novelty	Banana Pudding Parfait	Brownie Sundae	Carrot Cake	Lemon Bars	Orange Fluff

DINNER

SOUP		White Chicken Chili Soup	Hearty Veggie Soup	Ham & Bean Soup	Creamy Cauliflower Soup	Lobster Bisque	Tomato Soup
ENTRÉE 1	Philly Cheesesteak	Broccoli & Ham Stuffed Potato	Swedish Meatballs	Honey Mustard Chicken	Spinach & Artichoke Sausage Gnocchi	Baked Rigatoni	Spinach & Artichoke Dip Pasta
ENTRÉE 2	Egg & Olive	Stuffed Cabbage	Mushroom & Zucchini Risotto	Sweet Potato & Black Bean Chili	Pineapple Pork Fried Rice	Garlic Parmesan Baked Tilapia	Grilled Brats
STARCH	French Fries		Egg Noodles	Roasted Potato	Fried Rice	Baked Steak Potato Wedges	German Potato Salad
VEGGIE	Peas	Asparagus	Honey Glazed Carrots	Creamy Corn	Cauliflower	Green Beans	Sauerkraut
DESSERT	Dessert Cart	Sweet Potato Pie	Spiced Cake	Angel Food Cake w/ Berries	Whipped Fruit Salad	Peanut Butter Cheesecake Parfait	Rice Pudding

LONGVIEW RECREATION SCHEDULE

July 21 – July 27, 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 – July 21st

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

2:30 **WORSHIP SERVICE with Susan Spear, United Methodist** – Interfaith Chapel, 3rd Floor

Monday – July 22nd

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 – IC Classroom, 2nd 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) – Craft Room, 3rd Floor

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

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

2:00 **TROLLEY RIDES with Emma** – Meet in the Front Lobby and Garden Level Entrances

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

3:15 **BINGO** with Tara & Emma – Garden Level, East Wing

3:15 **FOOD FOR THOUGHT: European Snacks with Whitney** – Craft Room, 3rd Floor

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

6:30 **AGELESS JAZZ BAND, All are welcome** – Pavilion, Trolley transport from lobby starting at 6:15 PM

Tuesday – July 23rd

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 – IC Classroom, 2nd Floor

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

10:45 **BOWLING with Pamela & Tara** – 4th Floor, Fireplace Lounge

10:45 **CRAFTS** with Vera – Garden Level, East 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 7: A Strong & Active Faith**– IC Classroom, 2nd Fl

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

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

2:30 **MUSIC THERAPY WITH AMANDA** – Garden Level, East Wing

3:30 **TAI CHI** with Laurie – IC Classroom, 2nd Floor

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

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

Programs that have changed location due to renovations have been highlighted in PINK.



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 24th

- 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 – IC Classroom, 2nd 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 **PODCASTS & DISCUSSION GROUP with Emma, All are welcome!** – Craft Room, 3rd Floor
1:30 **PRAYER GROUP** – 2nd floor, C-Wing Lounge
1:30 **MUSIC & MOVEMENT** with Tara – Garden Level, Rehab Room
2:15 **TRIP TO WALMART – Sign up in Craft Room, Meet in Entrance**
2:45 **TRIVIA** with Tara – Garden Level, East Wing
3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
3:45 **HYMN SING** with Brooke – Interfaith Chapel, 3rd Floor
3:45 **CARDS** with Tara – 4th Floor, Fireplace Lounge
6:30 **ANNIE OL' THYME COUNTRY/BLUEGRASS** – Location TBA
7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – July 25th

- 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 – IC Classroom, 2nd 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 Vera** – Craft Room, 3rd Floor
1:15 **THE GREAT COURSES: Practicing Mindfulness Video Lecture** – Interfaith Chapel, 3rd Floor
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: Old Dads (2023)** – 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, East Wing



Friday – July 26th

- 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
10:45 **JENGA** with Tara – Garden Level, East 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 Pam – 4th Floor, Fireplace Lounge
11:00 **WRITING, READING, & DISCUSSIONS** with Jerry, All are welcome! – IC Classroom, 2nd Floor
*** **NO WALKING GROUP TODAY**
1:15 **REALLY LOUD LIBRARIANS BOARD GAME** 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 **SUPER BINGO with Whitney & Tara** – Location TBA
3:45 **GARDEN & ANIMAL TALK with John** – Garden Level, East Wing
6:30 **FRIDAY NIGHT MOVIE** – 4th Floor, Fireplace Lounge

Saturday – July 27th

- 10:00 **SCATTERGORIES** with Tara – 4th Floor, Fireplace Lounge
10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3rd Floor
11:00 **TRIVIA & COLORING** with Tara – Garden Level, East Wing
1:00 **MOVEMENT & MUSIC** with John – Garden Level, Rehab Room
1:45 **MOVIE MATINEE: Dark Waters (2019)** – Garden Level, East Wing
2:15 **MOVIE MATINEE: Dark Waters (2019)** – IC Classroom, 2nd Floor



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.