

# LONGVIEW RECREATION SCHEDULE

July 28 – August 3, 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 4<sup>th</sup> Floor and at each nurse's station in the Garden.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
<b>LUNCH</b>							
SOUP		Vegetable	Cheeseburger	Chicken Pot Pie	French Onion	New England Clam	Creamy Tomato
ENTRÉE 1	Roasted Turkey w/ Cranberry Sauce	Tuna & Chickpea Salad	Ratatouille	Lemony Lentil Salad w/Feta	Falafel Salad	Asparagus Casserole	Creamy Pesto Tortellini Salad
ENTRÉE 2	French Toast w/ Side of Sausage	Hamburger Buddy	Grilled Rueben	Pesto Tuna Noodle Casserole	Honey Garlic Chicken Thigh w/ Carrots & Broccoli	Baked Coconut Crusted Shrimp	Lemon Pepper Salmon
STARCH	Mashed Potato / Stuffing	Wheat Elbow Noodles	Colcannon (mashed/ cabbage)	Egg Noodles	Mushroom Risotto	Smashed Sweet Potato	Brown Rice
FRUIT/VEG	Green Bean Casserole	String Beans	Summer Squash	Fresh Fruit	Carrots & Broccoli	Asparagus	Roasted Mushrooms
DESSERT	Cinnamon Twist	Chocolate cake	Fruited Jello	Coffee Ice Cream	Ecalirs	Assorted Cream Pie	Fruit of the forest Pie
<b>DINNER</b>							
SOUP	ACF Only	Vegetable	Cheeseburger	Chicken Pot Pie	French Onion	New England Clam	Creamy Tomato
ENTRÉE 1	Soft Tacos, Salsa & Sour Cream	Slow Cooked Beef w/ Carrots & Cabbage	Turkey Stroganoff	Ham and Cheese Stuffed Chicken Breast	Beef & Broccoli Stir Fry	Cheeseburger Stuffed Baked Potato	Lemon Broccoli Pasta w/ Parmesan
ENTRÉE 2	Grilled Ham & Swiss on Rye	Vegetable Stir Fry	Baked Halibut	Baked Penne Florentine	Baked Ham	Lobster Ravioli	Chicken & Biscuit
STARCH	Yellow Rice	Mashed Potato	Quinoa	Sweet Potato	Candied Yams	No Starch	Biscuit
VEGGIE 1	Roasted Corn	Carrots & Cabbage	Brussel Sprouts	Steamed Spinach	Green Beans	Lemony Argula Salad	Mixed Vegetable
DESSERT	Brownies	Rainbow Sherbert	Strawberry Rhubarb Pie	Boston Cream Pie	Peanut Butter Yogurt Parfait	Cheesecake	Jello Cake

## Sunday – July 28<sup>th</sup>

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor

2:30 **WORSHIP SERVICE with Sunshine, Salvation Army** – Interfaith Chapel, 3<sup>rd</sup> Floor

## Monday – July 29<sup>th</sup>

9:00 **OPEN FITNESS** with Pam – Exercise Room, 2<sup>nd</sup> Floor

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

10:00 **EXERCISE** with Whitey – IC Classroom, 2<sup>nd</sup> Floor

10:15 **TRIVIA with Pam** – Garden Level, West Wing

10:45 **LONGVIEW STORE** open until 11:45 – 3<sup>rd</sup> Floor

10:45 **LINE GAME** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge

11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Craft Room, 3<sup>rd</sup> Floor

1:00 **MOVEMENT & MUSIC** with Tara – Garden Level, Rehab Room **\*Note Time**

1:30 **BUILDING COMMITTEE MEETING** – Conference Room B, 2<sup>nd</sup> Floor

2:00 **YOGA** with Lisa – Garden Level, Rehab Room **\*Note Location**

2:00 **RECREATION COMMITTEE MEETING** – IC Classroom, 2<sup>nd</sup> Floor **\*Note Location**

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

2:15 **CARD GAMES** with Tara – 4<sup>th</sup> Floor, Fireplace Lounge

2:30 **GARDEN & GROUNDS MEETING** – Conference Room B, 2<sup>nd</sup> Floor

3:00 **FOOD COMMITTEE MEETING** – IC Classroom, 2<sup>nd</sup> Floor **\*Note Location**

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

\*\*\* **NO FOOD FOR THOUGHT TODAY**

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

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

## Tuesday – July 30<sup>th</sup>

9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor

9:00 **NAILS** with Bree - 4<sup>th</sup> Floor, Fireplace Lounge

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

10:00 **EXERCISE** with Tara – IC Classroom, 2<sup>nd</sup> Floor

10:45 **BOWLING with Pamela & Tara** – IC Classroom, 2<sup>nd</sup> Floor **\*Note Location**

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

10:45 **LONGVIEW STORE** open until 11:45 – 3<sup>rd</sup> Floor

1:15 **SMARTBOARD Pictionary** with Soni & Tara – 4<sup>th</sup> Floor, Fireplace Lounge

1:15 **KEN BURNS DOCUMENTARY: Hemingway, Episode 1: A Writer** – IC Classroom, 2<sup>nd</sup> Floor

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

2:30 **COMMUNITY CAFÉ** – Craft Room, 3<sup>rd</sup> Floor

2:30 **MUSIC THERAPY WITH AMANDA** – 4<sup>th</sup> Floor, Fireplace Lounge

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Programs that have changed location due to Dining Room/ Auditorium renovations have been highlighted in Purple.



## Tuesday – July 30<sup>th</sup> *Continued*

- 3:30 **TAI CHI** with Laurie – IC Classroom, 2<sup>nd</sup> Floor
- 3:30 **SHORT STORIES** with Tara – Garden Level, West Wing
- 3:45 **SMART SCREEN WHEEL OF FORTUNE** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge

**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 31<sup>st</sup>

- 9:00 **MORNING MOVEMENT** with Tara – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Bree – Exercise Room, 2<sup>nd</sup> Floor
- 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Tara – IC Classroom, 2<sup>nd</sup> Floor
- 10:30 **BIBLE STUDY: The Gospel of Luke** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor
- 10:45 **JENGA** with Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Bree – Garden Level, West Wing
- 11:15 **PODCASTS & DISCUSSION GROUP with Emma, All are welcome!** – Craft Room, 3<sup>rd</sup> Floor
- 1:30 **PRAYER GROUP** – 2<sup>nd</sup> floor, C-Wing Lounge
- 1:30 **MUSIC & MOVEMENT** with Tara – Garden Level, Rehab Room
- 2:15 **TRIP TO WEGMANS – Sign up in Craft Room, Meet in Entrance**
- 2:45 **TRIVIA** with Tara – Garden Level, West Wing
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 3:45 **HYMN SING** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor
- 3:45 **CARDS** with Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor



## Thursday – August 1<sup>st</sup>

- 9:00 **OPEN EXERCISE** with Whitney – Exercise Room, 2<sup>nd</sup> Floor
- 9:30 **NAILS** with Bree – Garden Level, West Wing
- 9:30 **COFFEE & CONVERSATION** with Tara – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Tara – IC Classroom, 2<sup>nd</sup> Floor
- \*\*\*\* **NO BELLY DANCING**
- 10:45 **BEAN BAG TOSS with Tara & Pam – 4<sup>th</sup> Floor, Fireplace Lounge**
- 10:45 **WHO AM I?** with Whitney – Garden Level, West Wing
- 10:45 **LONGVIEW STORE** open until 11:45 a.m. – 3<sup>rd</sup> Floor
- 1:15 **THE GREAT COURSES: Practicing Mindfulness Video Lecture** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 1:15 **BINGO** with Pam & Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:15 **BEAN BAG TOSS** with Whitney – Garden Level, West Wing
- 2:00 **MOVIE MATINEE: Bone Tomahawk (2015)** – Garden Level, West Wing
- 2:15 **PLANT TALK with John – Craft Room, 3<sup>rd</sup> Floor**
- 3:15 **JEOPARDY** with Whitney – 4<sup>th</sup> Floor Fireplace Lounge
- 3:15 **CURRENT EVENTS** with Tara – Garden Level, West Wing



## Friday – August 2<sup>nd</sup>

- 9:00 **OPEN EXERCISE** with Pam – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **COFFEE TALK with Cheryl – Craft Room, 3<sup>rd</sup> Floor**
- 9:00 **OPEN SWIM** with Whitney – Pool, 2<sup>nd</sup> Floor
- 9:00 **MORNING MOVEMENT** with Tara – Garden Level, Front Lobby
- 10:00 **EXERCISE** with Tara – IC Classroom, 2<sup>nd</sup> Floor
- 10:45 **JENGA** with Tara – Garden Level, West Wing
- 10:45 **CLAY CLASS with Whitney – Craft Room, 3<sup>rd</sup> Floor**
- 10:45 **LONGVIEW STORE** open until 11:45 a.m. – 3<sup>rd</sup> Floor
- 10:45 **TRIVIA** with Pamela – 4<sup>th</sup> Floor, Fireplace Lounge
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry, All are welcome! – Rehab Room, Garden Level
- 1:00 **WALKING GROUP: Longview's Grounds – Sign up in Craft Room, Meet in Front Entrance**
- 1:15 **REALLY LOUD LIBRARIANS BOARD GAME** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:30 **WELLNESS SERIES: Meditation and Mindfulness** – IC Classroom, 2<sup>nd</sup> Floor **\*Note Location**
- 1:30 **MOVEMENT & MUSIC** with Tara – Garden Level, Rehab Room
- \*\*\* **NO QUILTING GROUP THIS WEEK**
- 2:15 **ANIMAL TALK** with John – Craft Room, 3<sup>rd</sup> Floor
- 3:00 **MUSIC ENTERTAINMENT with Tom Robert – Auditorium, 3<sup>rd</sup> Floor**
- 3:45 **GARDEN & ANIMAL TALK with John – Garden Level, Rehab Room**
- 6:30 **FRIDAY NIGHT MOVIE** – 4<sup>th</sup> Floor, Fireplace Lounge

## Saturday – August 3<sup>rd</sup>

- 10:00 **SCATTERGORIES** with Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor
- 11:00 **TRIVIA & COLORING** with Tara – Garden Level, West Wing
- 1:00 **MOVEMENT & MUSIC** with Tara – Garden Level, Rehab Room
- 1:45 **MOVIE MATINEE: Find Me Falling (2024)** – Garden Level, West Wing
- 2:15 **MOVIE MATINEE: Find Me Falling (2024)** – IC Classroom, 2<sup>nd</sup> 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.