

LONGVIEW RECREATION SCHEDULE

October 13 – October 19, 2024

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
Week 4	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
LUNCH							
SOUP		Vegetable	Cheeseburger	Chicken Pot Pie	French Onion	New England Clam	Creamy Tomato
ENTRÉE 1	Roasted Turkey & Cran 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 with 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
DINNER							
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 – October 13th

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

2:30 **WORSHIP SERVICE w/ Rev. Joellyn Tuttle, St. Paul's United Methodist** – Interfaith Chapel, 3rd Floor

Monday – October 14th Indigenous Peoples' Day



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

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

9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor

10:00 **EXERCISE** with Vera – Garden Level, Rehab Room

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

10:30 **LONGVIEW STORE** open until 11:30 – 3rd Floor

10:45 **INDIGENOUS NATIONS CROSSWORDS** with Vera – 4th Floor, Fireplace Lounge

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

1:30 **ASSISTED & ENHANCED ASSISTED LIVING RESIDENT COUNCIL MEETING** – Rehab Room, Garden Level

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

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

2:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, East Wing ***Note Time and Location**

3:00 **DEATH CAFÉ, All are invited to gather, eat cake, drink tea & discuss death** – Craft Room, 3rd Floor

3:15 **BINGO** with Maria & Lorraine – Garden Level, East Wing

3:30 **INDIGENOUS PEOPLES DAY DISCUSSION** with Whitney – 4th Floor, Fireplace Lounge

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



Tuesday – October 15th

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

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

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

10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room

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

10:15 **OPEN ART STUDIO: Create art with other residents! All welcome!** – Craft Room, 3rd Floor

10:30 **LONGVIEW STORE** open until 11:30 – 3rd Floor

10:45 **BOWLING** with Pamela & Lorraine – IC Classroom, 2nd Floor

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

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

1:15 **KEN BURNS DOCUMENTARY: Join or Die (Part 2, 1706-1774)** – Craft Room, 3rd Floor ***Note Location**

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

1:30 **THE EMPOWERED CAREGIVER: Supporting Independence** – IC Classroom, 2nd Floor

2:30 **COMMUNITY CAFÉ: Resident meet & greet social, All are welcome!** – Craft Room, 3rd Floor

2:30 **MUSIC THERAPY with Amanda** – Garden Level, East Wing

3:15 **SMART SCREEN WHEEL OF FORTUNE** with Whitney – 4th Floor, Fireplace Lounge

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Tuesday – October 15th Continued

- 3:15 TAI CHI with Laurie – IC Classroom, 2nd Floor
3:30 SHORT STORIES with Lorraine – Garden Level, East Wing

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 – October 16th

- 9:00 MORNING MOVEMENT with Vera – Garden Level, Front Lobby
9:00 OPEN FITNESS with Lorraine – Exercise Room, 2nd Floor
9:30 COFFEE & CONVERSATION A social time for residents to visit with each other – Craft Room, 3rd Floor

10AM – 12PM COVID-19 & FLU VACCINE CLINIC (ALR/EALR) – Rehab Room, Garden Level

- 10:00 EXERCISE with Vera – IC Classroom, 2nd Floor *Note Location
10:30 MEN'S CHAT HOUR WITH BEN HOGBEN, All are welcome! – Craft Room, 3rd Floor
10:30 BIBLE STUDY: Mere Christianity by CS Lewis with Brooke – Interfaith Chapel, 3rd Floor
*** NO JENGA OR CROSSWORDS TODAY

1PM – 3:30PM COVID-19 & FLU VACCINE CLINIC (Independent) – Rehab Room, Garden Level

- 1:30 DOCUMENTARY: First Ladies, Nancy Reagan (video) – 4th Floor, Fireplace Lounge
1:30 PRAYER GROUP – 2nd floor, C-Wing Lounge
1:30 MUSIC & MOVEMENT with Lorraine – Garden Level, East Wing *Note Location
2:15 GARDEN WALK with Lorraine, weather permitting – Meet in Front Lobby, Garden Level
2:15 NAILS with Maria – Craft Room 3rd Floor
**** NO AFTERNOON SHOPPING TRIP TODAY
3:00 PRAYING THE ROSARY – Interfaith Chapel, 3rd Floor
3:30 WATERCOLOR with Lorraine – Garden Level, West Wing
3:30 TROLLEY RIDES w/ Emma – Meet in Front Lobby at 3:30PM and Garden Level Entrances at 4 PM
3:45 HYMN SING with Brooke – Interfaith Chapel, 3rd Floor
3:45 WORD MINING with Maria – 4th Floor, Fireplace Lounge
6:30 RESIDENT SPEAKER: Steam Engines with Monte May – IC Classroom, 2nd Floor
7:30 OPEN AA MEETING, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – October 17th Ithaca College Fall Break – No Classes

- 9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
9:00 NAILS with Vera – Garden Level, East Wing
9:30 COFFEE & CONVERSATION with Pamela & Lorraine – Craft Room, 3rd Floor
9:30 TRIP TO THE IRON KETTLE FARM – Sign up in Craft Room, Meet in Entrance
10:00 EXERCISE with Lorraine – Garden Level, Rehab Room
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:45 WHO AM I? with Vera – Garden Level, East Wing
10:45 CLAY CLASS with Ed & Whitney – Craft Room, 3rd Floor
10:45 BEAN BAG TOSS with Lorraine & Pam – 4th Floor, Fireplace Lounge
11:00 WRITING, READING, & DISCUSSIONS with Jerry – Rehab Room, 2nd Floor *Note Day
1:15 CELEBRATION OF LIFE, All are welcome to attend – Interfaith Chapel, 3rd Floor
1:15 BINGO with Lorraine & Soni – 4th Floor, Fireplace Lounge

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Thursday – October 17th Continued

- 1:15 BEAN BAG TOSS with Whitney & Vera – Garden Level, East Wing
2:00 MOVIE MATINEE: Knight and Day (2010) – Garden Level, East Wing
2:15 PLANT TALK with John – Craft Room, 3rd Floor
3:15 JEOPARDY with Whitney – 4th Floor Fireplace Lounge
4:00 SHORT STORIES & DISCUSSION with Lorraine – Garden Level, Front Lobby
6:15 LONGVIEW SOCIAL CLUB, All are welcome! – Craft Room 3rd Floor
6:30 MOVIE NIGHT: Rocky Horror Picture Show (1975) – 4th Floor, Fireplace Lounge

Friday – October 18th Ithaca College Fall Break – No Classes

- 9:00 OPEN FITNESS with Lorraine – Exercise Room, 2nd Floor
9:00 OPEN SWIM with Whitney – Pool, 2nd Floor
**** NO BRAIN BUILDERS & BAKING THIS WEEK
9:30 COFFEE & TRIVIA with Greg – Craft Room, 3rd Floor
10:00 EXERCISE with Lorraine – Garden Level, Rehab Room
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:30 POKENO with Lorraine – 4th Floor, Fireplace Lounge
**** NO WRITING, READING, & DISCUSSIONS
1:30 MOVEMENT & MUSIC with Lorraine – 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 *Note Time
3:00 OCTOBER BIRTHDAY PARTY with The Pelotones Trio – Auditorium, 3rd Floor
3:45 GARDEN & ANIMAL TALK with John – Garden Level, Rehab Room
6:15 PODCAST & DISCUSSION GROUP with Emma – Craft Room, 3rd Floor

Saturday – October 19th

- 10:00 CORNELL COMPANIONS PET THERAPY VISITS – 4th Floor, Fireplace Lounge
10:30 LONGVIEW DISCUSSION GROUP – Craft Room, 3rd Floor
11:00 TRIVIA & COLORING with Pam – Garden Level, West Wing
1:00 MOVEMENT & MUSIC with John – Garden Level, Rehab Room
1:45 MOVIE MATINEE: Mamma Mia! (2008) – Garden Level, West Wing
2:15 MOVIE MATINEE: Mamma Mia! (2008) – IC Classroom, 2nd Floor
6:30 ITHACA CONCERT BAND'S FALL CONCERT AT Ithaca College – Sign up in Craft Room, Meet in Entrance



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.

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

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