

# LONGVIEW RECREATION SCHEDULE

October 6 – October 12, 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 4<sup>th</sup> Floor and at each nurse's station in the Garden.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
<b>LUNCH</b>							
SOUP		White Chicken Chili	Hearty Veggie	Ham and Bean	Creamy Cauliflower	Lobster Bisque	Tomato
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, side Bacon	Lemony Linguine w/ Spring Veggies	Italian Chopped Salad	Baja Fish Taco	Egg Roll Bowl	Loaded Veggie Quiche	Flatbread Pizza
STARCH	Sweet Potato	Quinoa	Toasted Garlic Bread	Dinner Roll	Croissant	Wild Rice	(no starch)
FRUIT/ VEG	Corn	Spring Veggie	Broccoli	Fresh Fruit	Tomato, Cucum ber, onion Salad	Fruit Salad	Spinach Salad
DESSERT	SCONES	ICECREAM NOVELTY	BANANA PUDDING PARFAIT	BROWNIE SUNDAYS	CARROT CAKE	LEMON BARS	ORANGE FLUFF
<b>DINNER</b>							
SOUP	ACF Only	White Chicken Chili	Hearty Veggie	Ham and Bean	Creamy Cauliflower	Lobster Bisque	Tomato
ENTRÉE 1	Philly Cheesteak	cornell chicken	Swedish Meatballs	Honey Mustard Chicken	Pineapple Pork Fried Rice	Garlic Parmesan Baked Tilapia	Spinach and Artichoke Dip Pasta
ENTRÉE 2	Egg & Olive	Pulled pork	Mushroom & Zucchini Risotto	Sweet Potato & Black Bean Chili	Spinach & Artichoke Sausage Gnocchi	Baked Rigatoni	Grilled Brats
STARCH	French Fries	Mac Salad	Egg Noodles	Roasted Potato	Fried Rice	Baked Steak Potato Wedges	German Potato Salad
VEGGIE 1	Peas	Baked beans/ Corn	Honey Glazed Carrots	Creamy Corn	Cauliflower	Green Beans	Sauerkraut
DESSERT	DESSERT CART	ice cream novelty	SPICED CAKE	ANGEL FOOD CAKE W/ BERRIES	WHIPPED FRUIT SALAD	PEANUT BUTTER CHEESECAKE PARFAIT	RICE PUDDING

## Sunday – October 6<sup>th</sup>

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 2:30 **WORSHIP SERVICE w/ Rev. Brooke Newell** – Interfaith Chapel, 3<sup>rd</sup> Floor

## Monday – October 7<sup>th</sup>

- 9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2<sup>nd</sup> 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, 3<sup>rd</sup> 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 – 3<sup>rd</sup> Floor
- 10:45 **CROSSWORDS** with Vera – 4<sup>th</sup> Floor, Fireplace Lounge
- 11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Craft Room, 3<sup>rd</sup> Floor
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- \*\*\* **NO YOGA THIS WEEK**
- 2:00 **CORNELL COMPANIONS PET THERAPY VISITS** – Garden Level, East Wing
- 2:15 **CARD GAMES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge
- \*\*\*\* **DEATH CAFÉ has been moved to 10/14 at 3PM**
- 3:15 **BINGO** with Maria & Lorraine – Garden Level, East Wing
- \*\*\*\* **NO TECH SUPPORT**
- 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



## Tuesday – October 8<sup>th</sup>

- 9:00 **OPEN FITNESS** with Bree – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **NAILS** with Vera – 4<sup>th</sup> Floor, Fireplace Lounge
- 9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room
- 10:15 **OPEN ART STUDIO: Create art with other residents! All welcome!** – Craft Room, 3<sup>rd</sup> Floor
- 10:30 **LONGVIEW STORE** open until 11:30 – 3<sup>rd</sup> Floor
- 10:45 **BOWLING** with Pamela & Lorraine – IC Classroom, 2<sup>nd</sup> Floor
- 10:45 **CRAFTS** with Vera – Garden Level, West Wing
- 1:15 **SMARTBOARD Pictionary** with Soni & Pam – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:15 **KEN BURNS DOCUMENTARY: College Behind Bars (Part 1)** – IC Classroom, 2<sup>nd</sup> Floor
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- 2:30 **COMMUNITY CAFÉ: Resident meet & greet social, All are welcome!** – Craft Room, 3<sup>rd</sup> Floor
- 3:15 **SMART SCREEN WHEEL OF FORTUNE** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge
- 3:15 **TAI CHI** with Laurie – IC Classroom, 2<sup>nd</sup> Floor
- 4:00 **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 9<sup>th</sup>

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Lorraine – 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 Vera – Garden Level, Rehab Room
- 10:30 **BIBLE STUDY: Mere Christianity by CS Lewis** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor
- 10:45 **JENGA** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden Level, West Wing
- 1:30 DOCUMENTARY: First Ladies, Lady Bird Johnson (video) – 4<sup>th</sup> Floor, Fireplace Lounge**
- 1:30 **PRAYER GROUP** – 2<sup>nd</sup> floor, C-Wing Lounge
- 1:30 **MUSIC & MOVEMENT** with Lorraine – Garden Level, Rehab Room
- 2:15 **GARDEN WALK** with Lorraine, weather permitting – Meet in Front Lobby, Garden Level
- 2:15 **NAILS** with Maria – Craft Room 3<sup>rd</sup> Floor \*Moved from Thursday
- 2:15 **TRIP TO TRADER JOE'S** – Sign up in Craft Room, Meet in Entrance
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 3:30 **WATERCOLOR** with Lorraine – Garden Level, West Wing
- 3:45 HYMN SING with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor**
- 3:45 **WORD MINING** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge
- 6:00 SUNSET TROLLEY RIDES w/ Emma – Meet in Front Lobby at 6PM and Garden Level Entrances at 6:30PM**
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor

### Thursday – October 10<sup>th</sup>

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **NAILS** with Vera – Garden Level, East Wing
- 9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor
- 10:30 RE-THINKING THANKSGIVING with Perry Ground, Traditional Storyteller – IC Classroom, 2<sup>nd</sup> Floor**
- 10:45 **WHO AM I?** with Vera – Garden Level, East Wing
- 10:45 CLAY CLASS with Ed & Whitney – Craft Room, 3<sup>rd</sup> Floor**
- \*\*\* NO BEAN BAG TOSS THIS MORNING**
- 1:15 **THE GREAT COURSES: Practicing Mindfulness Video Lecture** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 1:15 **BINGO** with Lorraine & Soni – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:15 **BEAN BAG TOSS** with Whitney & Vera – Garden Level, East Wing
- 2:00 **MOVIE MATINEE: The Wedding Planner (2001)** – Garden Level, East 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
- 4:00 **SHORT STORIES & DISCUSSION** with Lorraine – Garden Level, Front Lobby
- 6:30 MOVIE NIGHT: Beetlejuice (1988) – 4<sup>th</sup> Floor, Fireplace Lounge**



### Friday – October 11<sup>th</sup> Yom Kippur Begins at Sundown

- 9:00 **OPEN FITNESS** with Pam – Exercise Room, 2<sup>nd</sup> Floor
- 9:30 BRAIN BUILDERS & BAKING with IC Students – Garden Level, East Wing\***
- 9:30 **COFFEE & TRIVIA** with Greg – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor
- 10:30 **POKENO** with Pam – 4<sup>th</sup> Floor, Fireplace Lounge
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry, All are welcome! – Garden Level, Rehab Room
- 1:00 **OPEN SWIM** with Whitney – Pool, 2<sup>nd</sup> Floor **\*Note time**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- 1:30 DEMENTIA CONVERSATIONS: Healthy Living for Your Brain – IC Classroom, 2<sup>nd</sup> Floor**
- 2:00 **QUILTING GROUP**, All are welcome! – Conference Room B, 2<sup>nd</sup> Floor **\*Note Room**
- 2:15 ANIMAL TALK with John – Craft Room, 3<sup>rd</sup> Floor \*Note Time**
- 2:30 **FAMOUS FACES** with Emma – 4<sup>th</sup> Floor, Fireplace Lounge
- 3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room
- 6:15 PODCAST & DISCUSSION GROUP with Emma – Craft Room, 3<sup>rd</sup> Floor**



### Saturday – October 12<sup>th</sup>

- 10:00 IC FALL PREVENTION CLINIC (until 12PM)– IC Classroom, 2<sup>nd</sup> Floor, Sign up for a time slot in Craft Room**
- 10:00 **SCATTERGORIES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor
- 11:00 **TRIVIA & COLORING** with Maria – Garden Level, West Wing
- 1:00 **MOVEMENT & MUSIC** with Maria – Garden Level, Rehab Room
- 1:45 **MOVIE MATINEE: Queen Bees (2021)** – Garden Level, West Wing
- 2:15 **MOVIE MATINEE: Queen Bees (2021)** – IC Classroom, 2<sup>nd</sup> Floor
- 2:30 WOULD YOU RATHER? With Maria – 4<sup>th</sup> Floor, Fireplace Lounge**



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

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.*