

| Week 1           | SUNDAY                        | MONDAY                          | TUESDAY                   | WEDNESDAY              | THURSDAY                            | FRIDAY                   | SATURDAY                |
|------------------|-------------------------------|---------------------------------|---------------------------|------------------------|-------------------------------------|--------------------------|-------------------------|
|                  | 10-Nov                        | 11-Nov                          | 12-Nov                    | 13-Nov                 | 14-Nov                              | 15-Nov                   | 16-Nov                  |
| <b>LUNCH</b>     |                               |                                 |                           |                        |                                     |                          |                         |
| <b>SOUP</b>      | BRUNCH                        | Vegetable                       | Italian Wedding           | Lentil                 | Chicken Noodle                      | Corn Chowder             | Tomato                  |
| <b>ENTRÉE 1</b>  | Seafood Alfredo Casserole     | Cube Steak w/ Gravy             | Chicken Caprese Casserole | Pulled Chicken Sliders | Egg & Olive on Whole Wheat          | Fried Fish               | Pot Roast               |
| <b>ENTRÉE 2</b>  | Ham and Swiss Quiche          | Spinach and Feta Turkey Burgers | Roasted Tilapia           | Cheeseburger Sliders   | BLT Wrap                            | Peach BBQ Chicken Thighs | Tuna Melt               |
| <b>STARCH</b>    | Southern Potato Wedge         | French Fries                    | Sweet Potato Fries        | Zucchini Fries         | Potato Wedges                       | Fries                    | Tater Tots              |
| <b>FRUIT/VEG</b> | Roasted Brussels Sprouts      | Cucumber/ Tomato Salad          | Broccoli                  | Corn                   | Steamed Carrots                     | Coleslaw                 | Mashed Cauliflower      |
| <b>DESSERT</b>   | Strawberry Cheese Blintzes    | Chocolate Cake                  | Fruited Jello             | Coffee Ice Cream       | Eclairs                             | Assorted Cream Pie       | Fruit of the Forest Pie |
| <b>DINNER</b>    |                               |                                 |                           |                        |                                     |                          |                         |
| <b>SOUP</b>      |                               | Vegetable                       | Italian Wedding           | Lentil                 | Chicken Noodle                      | Corn Chowder             | Tomato                  |
| <b>ENTRÉE 1</b>  | Soft Tacos Salsa & Sour Cream | Beef Tips                       | Beef Lasagna              | Chicken Cutlet         | Meat Loaf                           | Baked Mac & Cheese       | Chicken and Biscuits    |
| <b>ENTRÉE 2</b>  | Grilled Cheese                | Turkey Stroganoff               | Stuffed Pepper            | Lemon Butter Tilapia   | Pork Tender w/ Mushroom Cream Sauce | Fried Shrimp             | Penne Marinara          |
| <b>STARCH</b>    | Yellow Rice                   | Egg Noodles                     | Garlic Bread              | Rice Pilaf             | Mashed Potato/Gravy                 | Hush Puppies             | Biscuit                 |
| <b>VEGGIE 1</b>  | Pico De Gallo                 | Mixed Vegetables                | Garlic Green Beans        | Sauteed Greens         | Peas                                | Stewed Tomato            | Wax beans               |
| <b>DESSERT</b>   | Brownies                      | Rainbow Sherbert                | Strawberry Rhubarb Pie    | Boston Cream Pie       | Fruit Yogurt Parfait                | Cheesecake               | Jello Cake              |

## LONGVIEW RECREATION SCHEDULE

*November 10 - November 16, 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 – November 10<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

**THANK YOU VETERANS**  
REMEMBER AND HONOR



### Monday – November 11<sup>th</sup> Veterans Day

9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2<sup>nd</sup> Floor  
 9:00 **MONDAY MORNING MOVEMENT** with Vera – Garden Level, Front Lobby  
 9:15 **TRIVIA** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
 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 – Dining Room, 3<sup>rd</sup> Floor  
 10:30 **VETERANS DAY COLORING** with Lorraine – Garden Level, East Wing  
 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
 10:45 **VETERANS DAY CROSSWORDS** with Vera & Netta – 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 **ASSISTED LIVING/ENHANCED ASSISTED LIVING RESIDENT COUNCIL MEETING** – Rehab Rm, Garden  
 2:00 **YOGA** with Lisa – IC Classroom, 2<sup>nd</sup> Floor  
 2:00 **WALKING TRIP: COMMONS HISTORY w/ The History Center** – Sign up in Craft Room, Meet in Entrance  
 2:15 **CARD GAMES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge  
 2:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, East Wing \*Note Time & Location  
 3:15 **BINGO** with Maria & Netta – Garden Level, East Wing  
 3:30 **VETERANS DAY DISCUSSION** with Lorriane – Craft Room, 3<sup>rd</sup> Floor  
 6:00 **MONDAY NIGHT MOVIE: Ghostbusters: Frozen Empire (2024)** – Garden Level, East Wing



### Tuesday – November 12<sup>th</sup>

9:00 **OPEN FITNESS** with Lorraine – 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 & Netta – Craft Room, 3<sup>rd</sup> Floor  
 10:00 **EXERCISE** with Netta – Dining Room, 3<sup>rd</sup> Floor  
 10:15 **JOKES & RIDDLES** with Whitney – Garden Level, East Wing  
 10:15 **OPEN ART STUDIO WITH JULIA**, Create art with other residents! All welcome! – Craft Room, 3<sup>rd</sup> Floor  
 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
 10:45 **BOWLING** with Pamela & Netta – IC Classroom, 2<sup>nd</sup> Floor  
 10:45 **CRAFTS** with Vera & Lorraine – Garden Level, West Wing  
 1:15 **SMARTBOARD PICTONARY** with Soni & Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
 1:15 **KEN BURNS DOCUMENTARY: Mark Twain, Part 1** – Dining Room, 3<sup>rd</sup> Floor  
 1:30 **FOOD COMMITTEE MEETING, All are welcome** – Conference Room B, 2<sup>nd</sup> Floor  
 1:45 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room \*Note Time  
 2:00 **WALKING TRIP: Commons History with The History Center (RAIN DATE)**  
 2:15 **SCRABBLE** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge

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## Tuesday – November 12<sup>th</sup> Continued

- 2:30 **MUSIC THERAPY with Amanda – Garden Level, East Wing**  
2:30 **COMMUNITY CAFÉ:** Resident meet & greet social, All are welcome! – Dining Room, 3<sup>rd</sup> Floor  
3:15 **TAI CHI** with Laurie – Rehab Room, Garden Level **\*Note Location**  
3:30 **WOULD YOU RATHER** with Netta – Garden Level, East Wing  
3:45 **SMART SCREEN FAMILY FUED 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 – November 13<sup>th</sup>

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby  
9:00 **OPEN FITNESS** with Netta – Exercise Room, 2<sup>nd</sup> Floor  
9:15 **FAMOUS FACES** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge  
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 – Dining Room, 3<sup>rd</sup> Floor  
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, West Wing  
1:30 **DOCUMENTARY: Wyatt Earp & The Cowboy War, The Gun Fight– 4<sup>th</sup> Floor, Fireplace Lounge**  
\*\*\* **NO PRAYER GROUP THIS WEEK**  
1:30 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room  
1:30 **STRETCH YOUR SPIRIT: Meditation to Harp with Pam Goddard – Interfaith Chapel, 3<sup>rd</sup> Floor**  
2:15 **GARDEN WALK** with Lorraine, weather permitting – Meet in Front Lobby, Garden Level  
2:15 **NAILS** with Maria & Netta – Craft Room 3<sup>rd</sup> Floor  
2:15 **TRIP TO TOPS - Sign up in Craft Room, Meet in Entrance**  
2:45 **UNO** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor  
3:30 **WATERCOLOR** with Lorraine – Garden Level, West Wing  
3:30 **PUN INTENDED GAME with Maria – 4<sup>th</sup> Floor, Fireplace Lounge**  
3:30 **TROLLEY RIDES** w/ Emma – Meet in Front Lobby at 3:30PM & Garden Level Entrances at 4 PM  
3:45 **HYMN SING** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor  
6:15 **MUSICAL PERFORMANCE by Annie Ol' Thyme – Dining Room, 3<sup>rd</sup> Floor**  
7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor

## Thursday – November 14<sup>th</sup>

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **NAILS** with Vera & Netta – Garden Level, East Wing  
9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3<sup>rd</sup> Floor  
10:00 **EXERCISE** with Lorraine – Dining Room, 3<sup>rd</sup> Floor  
10:00 **WAY2GO PUBLIC TRANSPORTATION (TCAT) TRIP TO MALL – Sign up in Craft Room, Meet in Entrance**  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **WHO AM I?** with Vera – Garden Level, East Wing  
10:45 **CLAY CLASS** with Ed – Craft Room, 3<sup>rd</sup> Floor

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## Thursday – November 14<sup>th</sup> Continued

- 10:45 **BEAN BAG TOSS** with Lorraine & Pam – 4<sup>th</sup> Floor, Fireplace Lounge  
1:15 **BINGO** with Lorraine & Soni - 4<sup>th</sup> Floor, Fireplace Lounge  
1:15 **SPIRITUAL LIFE Video Lecture (Movie TBD)** – Interfaith Chapel, 3<sup>rd</sup> Floor  
1:15 **BEAN BAG TOSS** with Netta & Vera – Garden Level, East Wing  
2:00 **MOVIE MATINEE: Focus (2015)** – 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  
3:45 **DRAMA CLUB, Acting with Netta – Garden Level, Front Lobby**  
6:15 **LONGVIEW SOCIAL CLUB, Make Pinecone Crafts! All are welcome – Craft Room, 3<sup>rd</sup> Floor**  
6:30 **THURSDAY MOVIE NIGHT: A Christmas Story (1983)** – 4<sup>th</sup> Floor, Fireplace Lounge

## Friday – November 15<sup>th</sup>

- 8:30 **PIE & BREAD BAKE SALE! Supporting Alzheimer's Awareness – Front Lobby, 3<sup>rd</sup> Floor**  
9:00 **OPEN FITNESS** with Pamela – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **OPEN SWIM** with Whitney – Pool, 2<sup>nd</sup> Floor  
9:30 **BRAIN BUILDERS & BAKING with IC Students – Garden Level, East Wing**  
10:00 **EXERCISE** with Netta – Dining Room, 3<sup>rd</sup> Floor  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:30 **POKENO** with Pamela – 4<sup>th</sup> Floor, Fireplace Lounge  
11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room  
1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room  
2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2<sup>nd</sup> Floor  
2:00 **WHO AM I?** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
2:30 **ANIMAL TALK** with John – Craft Room, 3<sup>rd</sup> Floor  
3:00 **NOVEMBER BIRTHDAY PARTY with the Maplewood Jazz Trio – Dining Room, 3<sup>rd</sup> Floor**  
3:30 **SHABBAT WORSHIP** with students from IC Hillel – Interfaith Chapel, 3<sup>rd</sup> Floor  
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 – November 16<sup>th</sup>

- 10:00 **CORNELL COMPANIONS Pet Therapy Visits – 4<sup>th</sup> Floor, Fireplace Lounge**  
10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor  
11:00 **TRIVIA** with Maria & Martina – Garden Level, West Wing  
1:00 **MOVEMENT & MUSIC** with Maria & Martina – Garden Level, Rehab Room  
1:45 **MOVIE MATINEE: Sixteen Candles (1984)** – Garden Level, West Wing  
2:15 **MOVIE MATINEE: Sixteen Candles (1984)** – IC Classroom, 2<sup>nd</sup> Floor  
2:30 **GAMES** with Martina & Maria – 4<sup>th</sup> Floor, Fireplace Lounge

### BEAUTY SALON

Please call Shaunna directly to schedule appointments at (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.