

## LONGVIEW RECREATION SCHEDULE

*November 17 - November 23, 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.

Week 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
<b>LUNCH</b>							
SOUP	BRUNCH	Pasta Fagiola	Broccoli Cheddar	Vegetable & Beef	Cream of Potato & Bacon	New England Clam	Tomato
ENTRÉE 1	Roasted Turkey & Gravy	Patty Melt w/Grilled Onions	Open Faced Turkey Sandwich/Gravy	Sloppy Jane (Turkey)	Irish Lamb Stew	Tuna Noodle Casserole	Chicken Tenders
ENTRÉE 2	Blueberry Pancakes	Turkey Meatloaf	Taco Bowl Served with Salsa & Sour Cream	Manicotti	Teriyaki Chicken Thighs	Beef Tenderloin	Homemade Chili
STARCH	Mashed Potato	Mashed Potatoes	French Fries	Sweet Potato Fries	Baked Potato	Au Gratin Potato	Cornbread
FRUIT/VEG	Green Bean Casserole	Asparagus	Corn	Honey Roasted Carrots	Sauteed Spinach	Seared Kale	Broccoli Coleslaw
DESSERT	Pumpkin Pie	Dirt Cup	Strawberries	Fruit and Yogurt Parfait	Coconut Cream Pie	Fruit Crisp	Key Lime Bistro
<b>DINNER</b>							
SOUP		Pasta Fagiola	Broccoli Cheddar	Vegetable & Beef	Cream of Potato & Bacon	New England Clam	Tomato
ENTRÉE 1	Cheese Pizza	Stuffed Sweet Potato	Chicken & Dumplings	Garlic Balsamic Pork Roast	Sweet & Sour Chicken	London Broil	Meatloaf
ENTRÉE 2	Boneless BBQ Wings	Stuffed Shells with Sausage Coins	Swedish Meatballs	Battered Haddock	Mango Salsa Salmon	Crab Mac & Cheese	Baked Raviloi
STARCH	Potato Wedges	No Starch	Egg Noodles	Au Gratin Potatoes	Wild Rice	Risotto	Mashed/Gravy
VEGGIE 1	Baby Carrots	Chuckwagon Blend	Peas/Carrot Blend	Cheesy Broccoli	Butternut Squash	Asparagus	Cream Corn
DESSERT	Ice Cream Novelty	Strawberry Shortcake with biscuits	Cannoli	Tiramisu	Chocolate Cake with Frosting	Individual Citrus Cake	Cookies and Cream Pie

### Sunday – November 17<sup>th</sup>

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor  
 2:30 **WORSHIP SERVICE w/ Father Ryan O’Dowd, Bread of Life Anglican Church** – Interfaith Chapel, 3<sup>rd</sup> Fl

### Monday – November 18<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  
 9:15 **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 **TRIVIA with Lorraine** – Garden Level, East Wing  
 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
 10:45 **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 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level  
 1:30 **HOLIDAY BAZAAR MEETING** – Craft Room, 3<sup>rd</sup> Floor  
 2:00 **YOGA** with Lisa – IC Classroom, 2<sup>nd</sup> Floor  
 2:15 **CARD GAMES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge  
 3:15 **BINGO** with Maria, Netta, & Lorraine – Garden Level, East Wing  
 3:30 **TECH SUPPORT** with Whitney – Craft Room, 3<sup>rd</sup> Floor  
 6:00 **MONDAY NIGHT MOVIE: A Christmas Story** – Garden Level, East Wing

### Tuesday – November 19<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 Pictionary** with Soni & Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
 1:15 **KEN BURNS DOCUMENTARY: Mark Twain, Part 2** – Dining Room, 3<sup>rd</sup> Floor  
 1:30 **THE EMPOWERED CAREGIVER: Exploring Care & Support Services** – IC Classroom, 2<sup>nd</sup> Floor  
 1:45 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room **\*Note Time**  
 2:30 **MUSIC THERAPY with Amanda** – 4<sup>th</sup> Floor, Fireplace Lounge  
 2:30 **COMMUNITY CAFÉ: Q&A Regarding Rental Adjustments** – Dining Room, 3<sup>rd</sup> Floor  
 3:15 **TAI CHI** with Laurie – IC Classroom, 2<sup>nd</sup> Floor

Continued on next page...



## Tuesday – November 19<sup>th</sup> Continued

- 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 20<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 **MEN'S CLUB: Veterans Presentation, All are welcome!** – 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, Trial of the Century** – 4<sup>th</sup> Floor, Fireplace Lounge  
1:30 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room  
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 T.J. MAXX - 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  
7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor

## Thursday – November 21<sup>st</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  
10:30 **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 & Whitney** – Craft Room, 3<sup>rd</sup> Floor  
10:45 **BEAN BAG TOSS** with Lorraine & Pam – 4<sup>th</sup> Floor, Fireplace Lounge  
12:45 **MUSIC with Ben Hogben** – Garden Level, Front Lobby  
1:30 **MUSIC with Ben Hogben** – 3<sup>rd</sup> Floor, Front Lobby  
1:15 **BINGO** with Lorraine & Soni - 4<sup>th</sup> Floor, Fireplace Lounge  
1:15 **SPIRITUAL LIFE Video Lecture, God In America** – Interfaith Chapel, 3<sup>rd</sup> Floor  
1:30 **BEAN BAG TOSS** with Netta & Vera – Garden Level, East Wing

Continued on next page...



## Thursday – November 21<sup>st</sup> Continued

- 2:00 **MOVIE MATINEE: Holidate (2020)** – Garden Level, East Wing  
2:00 **PLANT TALK** with John – Craft Room, 3<sup>rd</sup> Floor \*Note Time  
3:00 **STRETCH YOUR SPIRIT: I Just Can't Meditate, Part 2** – Interfaith Chapel, 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, All are welcome** – Craft Room, 3<sup>rd</sup> Floor  
6:30 **THURSDAY MOVIE NIGHT: Cruella (2021)** – 4<sup>th</sup> Floor, Fireplace Lounge  
6:30 **COMPLINE, SUNG EVENING PRAYER** – Dining Room, 3<sup>rd</sup> Floor

## Friday – November 22<sup>nd</sup>

- 9:00 **OPEN FITNESS** with Netta – 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 **FLU VACCINE CLINIC** – Garden Level, Rehab Room \*Sign up with Bree in Recreation  
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 Whitney – 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 **SUPER BINGO, All are Welcome!** – Dining Room, 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 23<sup>rd</sup>

- 10:00 **OPUS ITHACA YOUTH MUSICAL PERFORMANCE** – Dining Room, 3<sup>rd</sup> Floor  
10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor  
1:00 **MOVEMENT & MUSIC** with John – Garden Level, Rehab Room  
1:45 **MOVIE MATINEE: My Big Fat Greek Wedding 2 (2016)** – Garden Level, East Wing \*Note Location  
2:15 **MOVIE MATINEE: My Big Fat Greek Wedding 2 (2016)** – IC Classroom, 2<sup>nd</sup> Floor



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 at (607) 279-7543