

Week 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
LUNCH							
SOUP	BRUNCH	Vegetable	Italian Wedding	Lentil	Chicken Noodle	Corn Chowder	Tomato
ENTRÉE 1	Seafood Alfredo Casserole	Cube Steak w/ Gravy	Chicken Caprese Casserole	Pulled Chicken Sliders	Egg & Olive on Whole Wheat	Fried Fish	Pot Roast
ENTRÉE 2	Ham and Swiss Quiche	Spinach & Feta Turkey Burgers	Roasted Tilapia	Cheeseburger Sliders	BLT Wrap	Peach BBQ Chicken Thighs	Tuna Melt
STARCH	Southern Potato Wedge	French Fries	Sweet Potato Fries	Zucchini Fries	Potato Wedges	Fries	Tater Tots
FRUIT/VEG	Roasted Brussels Sprouts	Cucumber/ Tomato Salad	Broccoli	Corn	Steamed Carrots	Coleslaw	Mashed Cauliflower
DESSERT	Pumpkin Pie	Dirt Cup	Strawberries	Fruit and Yogurt Parfait	Coconut Cream Pie	Fruit Crisp	Key Lime Bisto
DINNER							
SOUP		Vegetable	Italian Wedding	Lentil	Chicken Noodle	Corn Chowder	Tomato
ENTRÉE 1	Soft Tacos salsa & sour cream	Beef Tips	Beef Lasagna	Chicken Cutlet	Meat Loaf	Baked Mac & Cheese	Chicken and Biscuits
ENTRÉE 2	Grilled Cheese	Turkey Stroganoff	Stuffed Pepper	Lemon Butter Tilapia	Pork Tender w/ Mushroom Cream Sauce	Fried Shrimp	Penne Marinara
STARCH	Yellow Rice	Egg Noodles	Garlic Bread	Rice Pilaf	Mashed Potato/Gravy	Hush Puppies	Biscuit
VEGGIE 1	Pico De Gallo	Mixed Vegetables	Garlic Green Beans	Sauteed Greens	Peas	Stewed Tomatoes	Wax Beans
DESSERT	Ice Cream Novelty	Strawberry Shortcake with Biscuits	Cannoli	Tiramisu	Chocolate Cake with Frosting	Individual Citrus Cake	Cookies & Cream Pie

LONGVIEW RECREATION SCHEDULE

December 8 – December 14, 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 – December 8th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
 2:30 **WORSHIP SERVICE w/ Pastor Ben Hogben** – Interfaith Chapel, 3rd Floor

Programs that have moved back to the Auditorium have been highlighted in Blue

Monday – December 9th

9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor
 9:00 **MONDAY MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
 9:15 **TRIVIA** with Netta – 4th Floor, Fireplace Lounge
 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
 10:30 **TRIVIA with Lorraine** – Garden Level, East Wing
 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
 10:45 **CROSSWORDS** with Vera & Netta – 4th Floor, Fireplace Lounge
 11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Auditorium, 3rd Floor
 1:30 **ASSISTED LIVING/ENHANCED ASSISTED LIVING RESIDENT COUNCIL MEETING** – Auditorium, 3rd Floor
 2:00 **YOGA** with Lisa – IC Classroom, 2nd Floor
 2:15 **CARD GAMES** with Maria – 4th Floor, Fireplace Lounge
 2:30 **IC COURSE ADVISING** – Craft Room, 3rd Floor
 2:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level ***Note Time**
 3:15 **BINGO** with Netta, Lorraine, & Maria – Garden Level, East Wing
 3:30 **TECH SUPPORT** with Whitney – Craft Room, 3rd Floor
 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



Tuesday – December 10th

9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor
 9:00 **NAILS** with Vera – 4th Floor, Fireplace Lounge
 9:30 **COFFEE & CONVERSATION** with Pamela & Netta – Craft Room, 3rd Floor
 10:00 **EXERCISE with Netta** – Auditorium, 3rd Floor
 10:15 **TRIVIA** with Whitney – Garden Level, East Wing
 10:15 **OPEN ART STUDIO WITH JULIA**, Create art with other residents! All welcome! – Craft Room, 3rd Floor
 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
 10:30 **IC COURSE ADVISING** – IC Classroom, 2nd Floor
 10:45 **BOWLING** with Pamela & Netta – Auditorium, 3rd Floor
 10:45 **CRAFTS** with Vera & Lorraine – Garden Level, West Wing
 1:15 **BINGO with Soni & Netta** – 4th Floor, Fireplace Lounge
 1:15 **KEN BURNS DOCUMENTARY: Leonardo DaVinci, Part 3** – Auditorium, 3rd Floor
 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
 2:15 **SHORT STORIES** with Lorraine – Front Lobby, Garden Level
 2:30 **COMMUNITY CAFÉ**, All Are Welcome! – Dining Room, 3rd Floor
 3:15 **TAI CHI** with Laurie – Auditorium, 3rd Floor



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Tuesday – December 10th Continued

- 3:30 **WOULD YOU RATHER** with Netta – Garden Level, East Wing
- 3:45 **WHEEL OF FORTUNE** with Whitney – 4th Floor, Fireplace Lounge
- 6:30 **MUSIC WITH THE FORTNIGHT SINGERS** – Auditorium, 3rd Floor

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 – December 11th Last Day of Classes at Ithaca College

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Netta – Exercise Room, 2nd Floor
- 9:15 **SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine** – 4th Floor, Fireplace Lounge
- 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
- 10:00 **CREATIVE COLORING with Netta** – Garden Level, West Wing
- 10:30 **BIBLE STUDY: Advent Study** with Brooke – Interfaith Chapel, 3rd Floor
- 10:45 **FAMOUS FACES** with Lorraine – 4th Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden, West Wing
- 1:30 **DOCUMENTARY: Queen Cleopatra Mini-Series, “When in Rome”** – 4th Floor, Fireplace Lounge
- 1:30 **CAROLING with Cornell University’s Catholic Campus Ministry Students** – Garden Level, Front Lobby
- 2:00 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room *Note Time
- 2:15 **TRIP TO GREENSTAR – Sign up in Craft Room, Meet in Entrance**
- 2:15 **NAILS** with Maria – Craft Room, 3rd Floor
- 2:30 **FRIENDLY VISITING** with Lorraine – Front Lobby, Garden Level
- 2:45 **UNO** with Netta – 4th Floor, Fireplace Lounge
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:30 **PUN INTENDED GAME** with Maria – 4th Floor, Fireplace Lounge
- *** **TROLLEY RIDES HAVE ENDED FOR THE SEASON. WE’LL BE BACK IN THE SPRING!**
- 3:45 **WATERCOLOR** with Lorraine – Garden Level, West Wing
- 3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
- 6:15 **IC SPEAKER: A Song Bath with Hospicare’s Threshold Singers** – Auditorium, 3rd Floor
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – December 12th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
- 9:00 **NAILS** with Vera & Netta – Garden Level, East Wing
- 9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Lorraine – Auditorium, 3rd Floor
- 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
- 12:45 **MUSIC with Ben Hogben** – Garden Level, Front Lobby
- 1:15 **SPIRITUAL LIFE Video Lecture, Great Courses Series on “Genesis”** – Interfaith Chapel, 3rd Floor
- 1:15 **BEAN BAG TOSS** with Netta & Vera – Garden Level, East Wing

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Thursday – December 12th Continued

- 1:30 **IC MUSIC: Saxophone Quartet** – Auditorium, 3rd Floor
- 2:00 **MOVIE MATINEE: Singing in the Rain (1952)** – Garden Level, East Wing
- 2:30 **PLANT TALK with John** – Craft Room, 3rd Floor *Note Time
- 3:15 **JEOPARDY** with Whitney – 4th Floor, Fireplace Lounge
- 3:45 **DRAMA CLUB**, Acting with Netta – Garden Level, Front Lobby
- 6:30 **CAROLING with New Heart Wesleyan Church** – Auditorium, 3rd Floor
- 6:30 **THURSDAY MOVIE NIGHT** – 4th Floor, Fireplace Lounge

Friday – December 13th

- 9:00 **OPEN FITNESS** with Pamela – Exercise Room, 2nd Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Netta – Garden Level, Front Lobby
- 9:30 **JENGA with Martina** – Garden Level, East Wing
- 10:00 **EXERCISE** with Netta – Auditorium, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:30 **POKENO** with Pamela – 4th Floor, Fireplace Lounge
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room
- 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
- 1:30 **WELLNESS SERIES: Functional Fitness for Everyone with Jana Leyden** – Auditorium, 3rd Floor
- 2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2nd Floor
- 2:00 **WHO AM I?** with Netta – 4th Floor, Fireplace Lounge
- 2:30 **ANIMAL TALK** with John – Craft Room, 3rd Floor
- 3:00 **DECEMBER BIRTHDAY PARTY with Music by Bob Lyna** – 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 – December 14th

- 10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3rd Floor
- 10:30 **CAROLING with the IC’S American Choral Directors Association** – Auditorium, 3rd Floor
- 1:00 **MOVEMENT & MUSIC** with Maria – Garden Level, Rehab Room
- 2:15 **MOVIE MATINEE: Meet Me in St. Louis (1944)** – IC Classroom, 2nd Floor
- 2:15 **SINGING THE CLASSICS WITH MARIO** – Auditorium, 3rd 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