

LONGVIEW RECREATION SCHEDULE

January 19 – January 25, 2025

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.

Week 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
LUNCH							
SOUP	BRUNCH	Beef Barley	Split Pea and Ham	Wisconsin Cheddar	Zupa Toscana	Manhattan Clam Chowder	Tomato Soup
ENTRÉE 1	Mint Jelly Lamb Lolly pops	Goulash	Butternut Squash Ravioli with Sage Butter Sauce	Garlic Parmed Chicken Breast	Meatballs	Crab Cake	Chicken Pot Pie
ENTRÉE 2	Sausage Gravy	Chicken Cordon Bleu	Sirloin Steak	Chipped Beef on Toast	Chicken Parm	Pesto Cream Sauce Over Tortellini	Garlic Parm Tilapia
STARCH	Biscuits	Brown Rice	Wild Rice	Sweet Potatoes	Spaghetti in a Red Sauce	Hush Puppies	Biscuits
FRUIT/VEG	Roasted Acorn Squash	Broccoli	Roasted Root Veg	Roasted Tomatoes	Zucchini & Yellow Squash	Winter Blend	Balsamic Asparagus
DESSERT	Scones	Sweet Potato Pie	Banana Pudding Parfait	Brownie Sundaes	Whipped Fruit Salad	Orange Fluff	Lemon Bars
DINNER							
SOUP		Beef Barley	Split Pea and Ham	Wisconsin Cheddar	Zupa Toscana	Manhattan Clam Chowder	Tomato Soup
ENTRÉE 1	Turkey Club Wraps	Shrimp Alfredo	Kielbasa	Stuffed Sole	Chicken Marsala	Baked Cod	Liver with Bacon and Onion
ENTRÉE 2	Chicken Bacon Ranch Casserole	Country Fried Chicken	Stuffed Cabbage	Beef & Broccoli Stir Fry	Garlic Butter Steak Bites	Gnocchi W/ Vodka Sauce	Broccoli Cheddar Quiche
STARCH	Chips	Penne Pasta	Pierogies	Rice	Loaded Mashed	Mushroom Risotto	Potato Wedges
VEGGIE 1	Green Beans	Normandy Blend	Sauerkraut	Roasted Red Peppers	Sauteed Mushrooms	Mixed Vegetables	Wax Beans
DESSERT	Dessert Cart	Ice Cream Novelty	Spiced Cake	Angel Food Cake w/ Berries	Carrot Cake	Mixed Berry Cheesecake Parfait	Rice Pudding

Sunday – January 19th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
 2:30 **WORSHIP SERVICE w/ Ms. Jami Breedlove, St. Paul's United Methodist Church – Auditorium, 3rd Floor**

Monday – January 20th **Martin Luther King Jr. Day**

9:00 **OPEN FITNESS** with Whitney – 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 Netta – Garden Level, East Wing**
 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
 10:45 **CROSSWORDS** with Vera – 4th Floor, Fireplace Lounge
 11:00 **MYSTERIES OF THE ABANDONED AMERICA** – Auditorium, 3rd Floor
 1:15 **DISCUSSION: THE MARTIN LUTHER KING, JR. MEMORIAL** with Maria – 4th Floor, Fireplace Lounge
 1:30 **MOVEMENT & MUSIC** with Netta – Rehab Room, Garden Level
 2:00 **YOGA** with Lisa – IC Classroom, 2nd Floor
 2:15 **CARD GAMES** with Maria – 4th Floor, Fireplace Lounge
 3:15 **BINGO** with Netta & Martina – Garden Level, East Wing
 3:15 **MARTIN LUTHER KING JR. DISCUSSION** with Whitney – Craft Room, 3rd Floor
 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



Tuesday – January 21st **IC Classes Begin**

9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor
 9:00 **NAILS** with Vera – 4th Floor, Fireplace Lounge
 9:15 **COMMON PHRASES & THE HISTORY BEHIND THEM** with Whitney – Garden Level, East Wing
 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
 10:00 **EXERCISE** with Netta – Auditorium, 3rd Floor
 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
 10:45 **BOWLING** with Netta & Pamela – Auditorium, 3rd Floor
 10:45 **MLK DOVES: CRAFTS** with Vera & Lorraine – Garden Level, West Wing
 1:15 **PICTIONARY** with Netta & Lorraine – 4th Floor, Fireplace Lounge
 1:15 **KEN BURNS DOCUMENTARY: Muhammad Ali, Round Three: The Rivalry (1970-1974)** – Auditorium
 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
 2:30 **COMMUNITY CAFÉ**, All Are Welcome! – Dining Room, 3rd Floor
 3:30 **WOULD YOU RATHER** with Netta – Garden Level, West Wing
 3:15 **TAI CHI** with Laurie – Auditorium, 3rd Floor
 3:45 **WHEEL OF FORTUNE** with Whitney – 4th Floor, Fireplace Lounge
 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

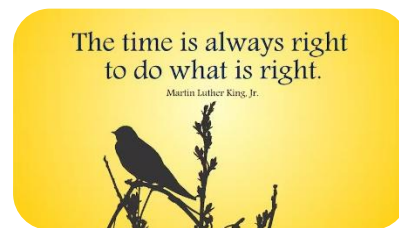
*Orders need to be in by **TUESDAY evening** and will be delivered **WEDNESDAY afternoon!**

Wednesday – January 22nd

- 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
- 10:15 **GETTING TO KNOW YOU**, Conversations with Netta – Garden Level, West Wing
- 10:30 **BIBLE STUDY: Studying Moses with Brooke – Interfaith Chapel, 3rd Floor**
- 10:45 **FAMOUS FACES** with Lorraine – 4th Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden Level, East Wing
- 11:15 **NAILS with Maria – Craft Room, 3rd Floor**
- 1:30 **DOCUMENTARY: Queen Cleopatra Mini-Series, “What Must Be Done”** – 4th Floor, Fireplace Lounge
- 1:30 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room
- 2:15 **TRIP TO WEGMANS – Sign up in Craft Room, Meet in Entrance**
- 2:30 **FRIENDLY VISITING** with Lorraine – Front Lobby, Garden Level
- 2:45 **PUN INTENDED GAME with Maria – 4th Floor, Fireplace Lounge**
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:45 **WATERCOLOR** with Lorraine – Garden Level, West Wing
- 3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – January 23rd

- 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 **BEAN BAG TOSS with Pam & Lorraine – 4th Floor, Fireplace Lounge**
- 10:45 **WHO AM I?** with Vera – Garden Level, East Wing
- 10:45 **CLAY CLASS** with Ed – 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 – Auditorium, 3rd Floor**
- 1:15 **BEAN BAG TOSS** with Vera – Garden Level, East Wing
- 1:30 **MUSIC with Ben Hogben – 3rd Floor, Front Lobby**
- 2:00 **MOVIE MATINEE: 80 For Brady (2023)** - Garden Level, East Wing
- 2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
- 3:15 **JEOPARDY: Martin Luther King Jr. with Whitney – 4th Floor, Fireplace Lounge**
- 3:45 **DRAMA CLUB**, Acting with Netta & Martina – Garden Level, Front Lobby
- 6:15 **LONGVIEW SOCIAL CLUB: Valentine’s Day Card Making, Games & Visiting – Craft Room, 3rd Floor**
- 6:30 **THURSDAY MOVIE NIGHT** – 4th Floor, Fireplace Lounge



Friday – January 24th

- 9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Netta – Garden Level, Front Lobby
- 10:00 **EXERCISE** with Netta – Auditorium, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:30 **POKENO** with Lorraine – 4th Floor, Fireplace Lounge
- 10:45 **COFFEE & GAMES** with Netta – Garden Level, West Wing
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room
- 1:15 **COLLAGE MAKING with Martina – 4th Floor, Fireplace Lounge**
- 1:30 **MOVEMENT & MUSIC** with Netta – Garden Level, Rehab Room
- 2:00 **COMMON PHRASES & THE HISTORY BEHIND THEM** with Whitney – 4th Floor, Fireplace Lounge
- 2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2nd Floor
- 2:15 **ANIMAL TALK** with John – Craft Room, 3rd Floor
- 3:00 **LONGVIEW SOCIAL: Meet the Board – Front Lobby, 3rd Floor**
- 3:15 **SCRABBLE** with Martina – 4th Floor, Fireplace Lounge
- 3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room
- 6:15 **PODCAST & DISCUSSION GROUP with Emma – Craft Room, 3rd Floor**



Saturday – January 25th

- 10:00 **SCATTERGORIES with Martina & Maria – Garden Level, East Wing**
- 10:15 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3rd Floor
- 11:00 **TRIVIA** with Maria & Martina – 4th Floor, Fireplace Lounge
- 1:00 **MOVEMENT & MUSIC** with Maria & Martina – Garden Level, Rehab Room
- 1:45 **SHORT STORIES** with Maria – Garden Level, East Wing
- 2:00 **MOVIE MATINEE: Forrest Gump (1994) – Auditorium, 3rd Floor *Note Time**
- 2:30 **GAMES** with Maria – 4th Floor, Fireplace Lounge

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