

Week 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
LUNCH							
SOUP	<i>BRUNCH</i>	Sausage Potato Kale Soup	Stuffed Pepper Soup	Vegetable Soup	Bean and Keilbasa Soup	Seafood Bisque	Tomato Soup
ENTRÉE 1	Hamsteak	Homemade Chili	Chicken Cordon Bleu	BBQ Chicken	Shaved Steak Sandwich	Gnocchi W/ Vodka Sauce	Liver with Bacon and Onion
ENTRÉE 2	Fried Eggs w/ Corned Beef Hash	Lemon Pepper Salmon	Beef & Squash Stew	Beef Fajitas	Grilled Mahi Mahi	Popcorn Shrimp with Cocktail Sauce	Broccoli Cheddar Quiche
STARCH	Breakfast Potatoes	Cornbread	Sweet Potato Mashed	Mexican Rice	Rice Pilaf	Tater Tots	Fingerling Potato
FRUIT/VEG	Hubbard Squash	Asparagus	Steamed Carrots	Creamed Corn	Bahama Blend	Mixed Vegetables	Corn
DESSERT	Apple Turnover	Chocolate Cake	Fruited Jello	Coffee Ice Cream	Eclairs	Assorted Cream Pie	Red Velvet Bistro
DINNER							
SOUP		Sausage Potato Kale Soup	Stuffed Pepper Soup	Vegetable Soup	Bean and Keilbasa Soup	Seafood Bisque	Tomato Soup
ENTRÉE 1	Chicken Cutlet Sandwich	Chicken Marsala	Ham & Scalloped Potato	Sausage Parm	Stuffed Cabbage Casserole	Shake & Bake Pork Chops	Chili Cheese Dogs
ENTRÉE 2	Turkey Wraps	Beef Stroganoff	Shepherds Pie	Baked Ziti	Chicken and Dumpling	Baked Salmon	Roasted Chicken Thighs
STARCH	Curly Fries	Egg Noodles	No Starch	Garlic Bread	No Starch	Cheesy Chive Potato	Potato Salad
VEGGIE 1	Carrots	Peas	Green Beans	Broccoli	Mediterranean Blend	Peas & Carrots	Beets
DESSERT	Brownies	Rainbow Sherbert	Strawberry Rhubarb Pie	Boston Cream Pie	Mixed Berry Yogurt Parfait	Cheesecake	Jello Cake

LONGVIEW RECREATION SCHEDULE

February 23– March 1, 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.

Sunday – February 23rd

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
- 2:30 **WORSHIP SERVICE** with Major “Sunshine”, the Salvation Army – Auditorium, 3rd Floor

Monday – February 24th

- 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 – 4th Floor, Fireplace Lounge
- 1:15 **BINGO** with Maria & Lorraine – 4th Floor, Fireplace Lounge
- 1:30 **MOVEMENT & MUSIC** with Netta – Rehab Room, Garden Level
- 2:00 **YOGA** with Kathy Morris – IC Classroom, 2nd Floor
- 2:30 **WHO AM I? with Maria – 4th Floor, Fireplace Lounge**
- 3:00 **ALL CREATURES GREAT & SMALL** (Season 1, Episode 3) – Auditorium, 3rd Floor
- 3:00 **ART CLUB DISCUSSION: Surrealism, with Whitney – Craft Room, 3rd Floor**
- 3:15 **BINGO** with Netta & Martina – Garden Level, East Wing
- 3:15 **WORD MINING with Lorraine – 4th Floor, Fireplace Lounge**
- 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



Tuesday – February 25th

- 9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor
- 9:00 **NAILS** with Vera – 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 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 **CRAFTS** with Vera & Lorraine – Garden Level, West Wing
- 1:00 **PET OWNERSHIP & OLDER ADULTS FOCUS GROUP** with IC Students- Craft Room, 3rd Fl
- 1:15 **PICTIONARY** with Netta & Lorraine – 4th Floor, Fireplace Lounge
- 1:15 **SECRET WORLD OF SOUND with David Attenborough (2024) – Auditorium, 3rd Floor**
- 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
- 2:30 **MUSIC THERAPY with Amanda – Garden Level, East Wing**
- 2:30 **COMMUNITY CAFÉ**, All are Welcome! – Dining Room, 3rd Floor
- 2:30 **UNDERSTANDING ALZHEIMER'S & DEMENTIA – Auditorium, 3rd Floor**
- 3:15 **TAI CHI** with Laurie – Auditorium, 3rd Floor
- 3:30 **WOULD YOU RATHER** with Netta – Garden Level, East Wing
- 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 – February 26th

- 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, East Wing
- 10:30 BIBLE STUDY: Studying Moses, Chapter 6 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
- 1:15 **NAILS** with Maria – Craft Room, 3rd Floor
- 1:30 DOCUMENTARY: Erased, WW2's Heroes of Color, "Dunkirk" – 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 Front Entrance**
- 2:30 **FRIENDLY VISITING** with Lorraine – Front Lobby, Garden Level
- 2:45 **CARD GAMES** 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 – February 27th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
- 9:00 **NAILS** with Vera – Garden Level, East Wing
- 9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Lorraine – Auditorium, 3rd Floor
- 10:15 **COFFEE & GAMES** with Netta – Garden Level, East Wing
- 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 Netta & Vera – Garden Level, East Wing
- 1:30 **MUSIC** with Ben Hogben – 3rd Floor, Front Lobby
- 2:00 MOVIE MATINEE: Marshall (2017) - Garden Level, East Wing**
- 2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
- 3:15 **JEOPARDY** with Whitney – 4th Floor, Fireplace Lounge
- 3:45 **DRAMA CLUB**, Acting with Netta – Garden Level, Front Lobby
- 6:30 **THURSDAY MOVIE NIGHT** – 4th Floor, Fireplace Lounge
- 6:45 COMPLINE: Sung Evening Prayer – Auditorium, 3rd Floor**

Friday – February 28th

- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- *** **NO OPEN FITNESS TODAY**
- 9:30 BRAIN BUILDERS & BAKING with IC Students – Garden Level, West Wing**
- 10:00 **EXERCISE** with Whitney – Auditorium, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **THE GAME OF THINGS** with Whitney – 4th Floor, Fireplace Lounge
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room
- 1:15 SCRABBLE with Martina – 4th Floor, Fireplace Lounge**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- 2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2nd Floor
- 2:15 **ANIMAL TALK** with John – Craft Room, 3rd Floor
- 3:00 FEBRUARY BIRTHDAY PARTY with music by The Maplewood Jazz Trio – Auditorium, 3rd Floor**
- 3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room
- *PODCAST GROUP WILL BE MEETING SATURDAY AFTERNOON THIS WEEK**



Saturday – March 1st

- 10:00 **SCATTERGORIES** with Maria & Martina – 4th Floor, Fireplace Lounge
- 10:15 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3rd Floor
- 11:00 **MOVEMENT & MUSIC** with Maria & Martina – Garden Level, Rehab Room
- 1:00 PIANO MUSIC with Madi, IC Student – Garden Level, Front Lobby**
- 2:00 MOVIE MATINEE: The Blues Brothers (1980) - Auditorium, 3rd Floor**
- 2:30 **GAMES** with Maria & Martina – 4th Floor, Fireplace Lounge
- 3:00 PODCAST & DISCUSSION GROUP with Martina – Craft Room, 3rd Floor *Note Day**

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