

Week 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
 <b>LUNCH</b>							
<b>SOUP</b>	Chicken Noodle	Beef Barley	Split Pea and Ham	Wisconsin Cheddar	Zupa Toscana	Manhattan Clam Chowder	Tomato Soup
<b>ENTRÉE 1</b>	Mint Jelly Lamb Lollo Pops	Corned Beef	Butternut Squash Ravioli with Sage Butter Sauce	Garlic Parmed Chicken Breast	Meatballs	Crab Cake	Chicken Pot Pie
<b>ENTRÉE 2</b>	Sausage Gravy	Chicken Cordon Bleu	Sirloin Steak	Chipped Beef on Toast	Chicken Parm	Pesto Cream Sauce over Tortellini	Garlic Parm Tilapia
<b>STARCH</b>	Biscuits	Potatoes	Wild Rice	Sweet Potatoes	Spaghetti in a Red Sauce	Hush Puppies	Biscuits
<b>FRUIT/VEG</b>	Roasted Acorn Squash	Carrots & Cabbage	Roasted Root Veg	Roasted Tomatoes	Zucchini and Yellow Squash	Winter Blend	Balsamic Asparagus
<b>DESSERT</b>	Scones	Mint Chocolate Chip Ice Cream	Banana Pudding Parfait	Brownie Sundaes	Whipped Fruit Salad	Orange Fluff	Lemon Bars
 <b>DINNER</b>							
<b>SOUP</b>	Chicken Noodle	Beef Barley	Split Pea and Ham	Wisconsin Cheddar	Zupa Toscana	Manhattan Clam Chowder	Tomato Soup
<b>ENTRÉE 1</b>	Turkey Club Wraps	Shrimp Alfredo	Kielbasa	Stuffed Sole	Chicken Marsala	Baked Cod	Liver with Bacon and Onion
<b>ENTRÉE 2</b>	Chicken Bacon Ranch Casserole	Corned Beef	Stuffed Cabbage	Beef & Broccoli Stir Fry	Garlic Butter Steak Bites	Gnocchi W/ Vodka Sauce	Broccoli Cheddar Quiche
<b>STARCH</b>	Chips	Potatoes	Pierogies	Rice	Loaded Mashed	Mushroom Risotto	Potato Wedges
<b>VEGGIE 1</b>	Green Beans	Carrots & Cabbage	Sauerkraut	Roasted Red Peppers	Sauteed Mushrooms	Mixed Vegetables	Wax Beans
<b>DESSERT</b>	Dessert Cart	Mint Chocolate Chip Ice Cream	Spiced Cake	Angel Food Cake w/ Berries	Carrot Cake	Mixed Berry Cheesecake Parfait	Rice Pudding

## LONGVIEW RECREATION SCHEDULE

*March 16 – March 22, 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 4<sup>th</sup> Floor and at each nurse's station in the Garden.

### Sunday – March 16<sup>th</sup>

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 2:30 **WORSHIP SERVICE** with The Rev. Geri Judd, Newfield United Methodist – Auditorium, 3<sup>rd</sup> Floor

### Monday – March 17<sup>th</sup> **St. Patrick's Day**

- 9:00 **OPEN FITNESS** with Kelly – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **MONDAY MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:15 **TRIVIA** with Whitney – 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 – Auditorium, 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 – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 **BACKYARD BIRDING CLUB Interest Meeting** – Craft Room, 3<sup>rd</sup> Floor
- 1:00 **A CELTIC PILGRIMAGE Video with John O'Donohue** – Auditorium, 3<sup>rd</sup> Floor
- 1:15 **BINGO** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:30 **ART CLUB: PASTELS** with Kelly – Craft Room, 3<sup>rd</sup> Floor **\*Note Time**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
- 2:00 **YOGA** with Lisa – IC Classroom, 2<sup>nd</sup> Floor
- 2:30 **WHO AM I?** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge
- 3:00 **ST. PATRICK'S DAY PARTY & GAMES** – Auditorium, 3<sup>rd</sup> Floor
- \*\*\* **NO ALL CREATURES GREAT & SMALL, WORD MINING, OR BINGO TODAY. COME TO THE PARTY!**
- 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



### Tuesday – March 18<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** A social time for residents to visit with each other – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Kelly – Auditorium, 3<sup>rd</sup> Floor
- 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 & Kelly – Auditorium, 3<sup>rd</sup> Floor
- 10:45 **CRAFTS** with Vera & Lorraine - Garden Level, West Wing
- 1:15 **PICTIONARY** with Soni & Kelly – 4<sup>th</sup> Floor, Fireplace Lounge
- \*\*\* **NO DOCUMENTARY SERIES THIS WEEK**
- 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
- 2:30 **10 WARNING SIGNS OF ALZHEIMER'S, All are Welcome!** – Auditorium, 3<sup>rd</sup> Floor
- 2:30 **COMMUNITY CAFÉ:** All are Welcome! – Dining Room, 3<sup>rd</sup> Floor
- 3:15 **TAI CHI** with Laurie – Garden Level, Rehab Room **\*Note Location**



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## Tuesday – March 18<sup>th</sup> Continued

- 3:45 **WHEEL OF FORTUNE** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge  
3:45 **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 – March 19<sup>th</sup>

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby  
9:00 **OPEN FITNESS** with Kelly – Exercise Room, 2<sup>nd</sup> Floor  
9:15 **SPORTS HIGHLIGHTS: Videos & Discussion** 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 Kelly – Auditorium, 3<sup>rd</sup> Floor  
**10:30 BIBLE STUDY: Lenten Study with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor**  
10:45 **FAMOUS FACES** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge  
10:45 **CROSSWORDS** with Vera – Garden Level, East Wing  
1:15 **NAILS** with Maria – Craft Room, 3<sup>rd</sup> Floor  
1:30 **MUSIC & MOVEMENT** with Lorraine – 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 & Martina – 4<sup>th</sup> Floor, Fireplace Lounge  
3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor  
**3:15 TROLLEY RIDES w/ Emma – Meet in Front Lobby at 3:15 PM and Garden Level Entrances at 3:45 PM**  
3:45 **WATERCOLOR** with Lorraine – Garden Level, West Wing  
3:45 **HYMN SING** with Brooke – Auditorium, 3<sup>rd</sup> Floor  
**6:15 IC MUSIC: Ben Hogben & Tim Anguish (Irish/Celtic Music) – Auditorium, 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 – March 20<sup>th</sup> Spring Begins

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **NAILS** with Vera & Kelly – Garden Level, East Wing  
9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3<sup>rd</sup> Floor  
10:00 **EXERCISE** with Lorraine – Auditorium, 3<sup>rd</sup> Floor  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **BEAN BAG TOSS** with Pam & Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge  
10:45 **WHO AM I?** with Vera – Garden Level, East Wing  
**10:45 CLAY CLASS with Ed & Kelly – Craft Room, 3<sup>rd</sup> Floor**  
12:45 **MUSIC with Ben Hogben** – Garden Level, Front Lobby  
1:15 **SPIRITUAL LIFE Video Lecture**, Great Courses Series on Genesis – Auditorium, 3<sup>rd</sup> Floor  
1:15 **BEAN BAG TOSS** with Vera & Whitney – Garden Level, East Wing  
**1:15 THIS WEEK IN HISTORY with Kelly – 4<sup>th</sup> Floor, Fireplace Lounge**  
1:30 **MUSIC** with Ben Hogben – 3<sup>rd</sup> Floor, Front Lobby  
**2:00 MOVIE MATINEE: Heart of Champions (2021) – Garden Level, East Wing**  
2:15 **PLANT TALK** with John – Craft Room, 3<sup>rd</sup> Floor  
**3:00 CATHOLIC MASS with Father Dan – Interfaith Chapel, 3<sup>rd</sup> Floor**  
3:15 **JEOPARDY** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge

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## Thursday – March 20<sup>th</sup> Continued

- 3:45 **SHORT STORIES**, with Lorraine – Garden Level, West Wing  
6:30 **THURSDAY MOVIE NIGHT** – 4<sup>th</sup> Floor, Fireplace Lounge

## Friday – March 21<sup>st</sup>

- 8:30 BAKE SALE to Benefit Longview's Community Garden – Front Lobby, 3<sup>rd</sup> Floor**  
9:00 **OPEN SWIM** with Whitney – Pool, 2<sup>nd</sup> Floor  
9:00 **OPEN FITNESS** with Kelly – Auditorium, 3<sup>rd</sup> Floor  
**9:30 BRAIN BUILDERS & BAKING with IC Students – Garden Level, West Wing**  
10:00 **EXERCISE** with Kelly – Auditorium, 3<sup>rd</sup> Floor  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **THE GAME OF THINGS** with Kelly – 4<sup>th</sup> Floor, Fireplace Lounge  
11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room  
1:30 **MOVEMENT & MUSIC** with Kelly – Garden Level, Rehab Room  
**1:30 ROMAN CATHOLIC STATIONS OF THE CROSS – Interfaith Chapel, 3<sup>rd</sup> Floor**  
1:30 **WORD MINING** (word game) with Martina – 4<sup>th</sup> Floor, Fireplace Lounge  
2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2<sup>nd</sup> Floor  
2:15 **ANIMAL TALK** with John – Craft Room, 3<sup>rd</sup> Floor  
**3:00 RECREATION PROGRAM OPTIONS Brainstorming Meeting, All are Welcome! – Auditorium, 3<sup>rd</sup> Floor**  
3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room  
\*\*\* **PODCAST GROUP WILL MEET TOMORROW THIS WEEK.**



## Saturday – March 22<sup>nd</sup>

- 10:00 **SCATTERGORIES** with Maria & Martina – 4<sup>th</sup> Floor, Fireplace Lounge  
10:15 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor  
11:00 **TRIVIA** with Martina & Maria – Garden Level, East Wing  
1:00 **MOVEMENT & MUSIC** with Maria & Martina – Garden Level, Rehab Room  
\*\*\* **NO MOVIE MATINEE TODAY**  
**2:00 IC ASTRONOMY CLUB: Spring Equinox Presentation – Auditorium, 3<sup>rd</sup> Floor**  
**3:15 PODCAST & DISCUSSION GROUP with Martina – Craft Room, 3<sup>rd</sup> 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