

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
SOUP	<b>BRUNCH</b>	SAUSAGE POTATO KALE	STUFFED PEPPER SOUP	VEGETABLE SOUP	BEAN & KIELBASA	SEAFOOD BISQUE	CREAMY TOMATO
ENTRÉE 1	HAM STEAK	MARINATED CHICKEN BREAST	PASTRAMI SALMON SALAD	BBQ CHICKEN CASSEROLE	SHAVED STEAK SANDWICH	GNOCCHI W/VODKA SAUCE	LIVER W/ BACON & ONION
ENTRÉE 2	SAUSAGE & CROISSANT CASSEROLE	BRATWURST	ITALIAN PANINI	BEEF FAJITAS	BLACKENED MAHI ON A ROLL	POPCORN SHRIMP	BROCCOLI CHEDDAR QUICHE
STARCH	SKILLET POTATOS	POTATO SALAD	BOILED POTATO	MEXICAN RICE	TWICE BAKED POTATO	TATER TOTS	FINGERLING POTATO
VEGGIE 1	GREEN BEANS	ASPARAGUS	SAUTEED CABBAGE	MEXICAN STREET CORN	BAHAMA BLEND	MIXED VEGETABLES	CORN
VEGGIE 2							
DESSERT	APPLE TURNOVER	STRAWBERRY LAFRAISER	MUDSLIDE	CHEESECAKE	CHOCOLATE ICED CAKE	CARROT CAKE	KEY LIME BISTRO
<b>DINNER</b>							
SOUP		SAUSAGE POTATO & KALE	STUFFED PEPPER SOUP	VEGETABLE SOUP	BEAN & KIELBASA	SEAFOOD BISQUE	CREAMY TOMATO
ENTRÉE 1	CHICKEN PATTY DELUXE	CHICKEN MARSALA	HAM & SCALLOPED POTATOES	SIRLOIN STEAK	CHICKEN MARSALA	SHAKE & BAKE PORK CHOPS	CHILI CHEESE DOGS
ENTRÉE 2	SAUSAGE W/PEPPERS & ONIONS	BEEF STROGANOFF	CHICKEN PARM	STUFFED SHELLS	STUFFED CABBAGE CASSEROLE	BAKED SALMON	BLACK & BLUE BURGER
STARCH	CURLY FRIES	EGG NOODLES	PENNE	GARLIC BREAD	CHICKEN & DUMPLINGS	CHEESY CHIVE POTATOES	POTATO SALAD
VEGGIE 1	CARROTS	PEAS	GREEN BEANS	BACON WRAPPED ASPARGUS	MEDTERANNIAN BLEND	PEAS & CARROTS	COLESLAW
VEGGIE 2	CORN	ROASTED TOMATOES	ITALIAN PANINI	CREAMED SPINACH	CHUCKWAGO N BLEND	BEETS	FRIED ZUCHINI
DESSERT	APPLE TURNOVER	STRAWBERRY LAFRAISER	MUDSLIDE SUNDAE	CHOCOLATE GANACHE CAKE	CHOCOLATE ICED CAKE	CARROT CAKE	KEY LIME BISTRO

## LONGVIEW RECREATION SCHEDULE

*February 11 – February 17, 2024*

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.

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. Please ask Longview staff for assistance if needed.

### SUNDAY – February 11<sup>th</sup>

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 1:15 **STUDENT PIANO PERFORMANCE** – Auditorium, 3<sup>rd</sup> Floor
- 3:00 **WORSHIP SERVICE** with Rev. Geri Judd, Newfield Methodist Church – Auditorium, 3<sup>rd</sup> Floor **\*Note Time**
- 6:30 **SUPER BOWL: San Francisco 49ers vs Kansas City Chiefs** – 4<sup>th</sup> Floor, Fireplace Lounge AND Garden Level, East Wing

### MONDAY – February 12<sup>th</sup>

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **MONDAY MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 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
- 10:45 **TRIVIA** with Whitney – Garden Level, East Wing
- 10:45 **KNITTING GROUP** with Vera, All skill levels welcome and no supplies needed! – Craft Room, 3<sup>rd</sup> Floor
- 10:45 **LONGVIEW STORE** open until 11:45 – 3<sup>rd</sup> Floor
- 11:00 **CRANIUM CRUNCHES** with Bree – 4<sup>th</sup> Floor, Fireplace Lounge
- 11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Auditorium, 3<sup>rd</sup> Floor
- 1:00 **TECH CORNER** with Whitney – Craft Room, 3<sup>rd</sup> Floor
- 1:30 **AL/EALR COUNCIL MEETING** – Auditorium, 3<sup>rd</sup> Floor
- 2:00 **YOGA** with Lisa – IC Classroom, 2<sup>nd</sup> Floor
- 2:30 **MOVEMENT & MUSIC** with Olivia – Garden Level, Rehab Room **\*Note Time Change**
- 3:15 **BINGO** with Emma & Olivia – Garden Level, East Wing
- 3:15 **INTRO TO MEDITATION with Mary Ann Erickson** – Chapel, 3<sup>rd</sup> Floor
- 4:00 **ITHACA HIGH SCHOOL: Community Care Bears Social Hour** – Auditorium – Come get to know and chat with local high school students.
- 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



### TUESDAY – February 13<sup>th</sup>

- 8:30 **OPEN FITNESS** with Bree – Exercise Room, 2<sup>nd</sup> Floor
  - 9:00 **MORNING MOVEMENT** with IC Students – Garden Level, Front Lobby
  - 9:00 **NAILS** with Vera & IC Students – 4<sup>th</sup> Floor, Fireplace Lounge
  - 9:30 **CHIT CHAT & TRIVIA** with Greg – Craft Room, 3<sup>rd</sup> Floor
  - 10:00 **EXERCISE** with Whitney – Auditorium, 3<sup>rd</sup> Floor
  - 10:45 **MARDI GRAS PANCAKE RACE** – 3<sup>rd</sup> Floor, Auditorium
  - 10:45 **LONGVIEW STORE** open until 11:45 – 3<sup>rd</sup> Floor
  - 1:00 **GRIEF SUPPORT GROUP Hosted by Hospicare** – Sign up in Craft Room, Meet in Chapel, 3<sup>rd</sup> Floor
  - 1:15 **BEAN BAG TOSS** with Bree & Tara – 4<sup>th</sup> Floor, Fireplace Lounge
  - 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
- Continued on next page...



- 1:30 TAI CHI with Laurie – Auditorium, 3<sup>rd</sup> Floor
- 2:30 COMMUNITY CAFÉ: Conversation & Community – Dining Room, 3<sup>rd</sup> Floor
- 3:30 KEN BURNS DOCUMENTARY: Frank Lloyd Wright, Auditorium, 3<sup>rd</sup> Floor
- 3:45 SMART SCREEN WHEEL OF FORTUNE with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge
- 4:00 SHORT STORIES with Bree – Garden Level, West Wing
- 6:30 MUSIC WITH THE FORTNIGHT SINGERS – Auditorium, 3<sup>rd</sup> 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 – February 14<sup>th</sup> Valentine's Day

- 9:00 MORNING MOVEMENT with Vera – Garden Level, Front Lobby
- 9:00 OPEN FITNESS with Brooke – Exercise Room, 2<sup>nd</sup> Floor
- 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 BIBLE STUDY, The Last Week of Christ's Life, Chapter 1 with Brooke – Chapel, 3<sup>rd</sup> Floor
- 10:45 YAHTZEE with Bree – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 OLD WIVES TALES with Vera – Garden Level, East Wing
- 1:15 PODCASTS & DISCUSSION GROUP with Emma – Craft Room, 3<sup>rd</sup> Floor
- 1:30 MUSIC & MOVEMENT with Olivia – Garden Level, Rehab Room
- 1:30 PRAYER GROUP – 2<sup>nd</sup> floor, C-Wing Lounge
- 2:00 ASH WEDNESDAY SERVICE – Chapel, 3<sup>rd</sup> Floor
- 2:15 TRIP TO TRIPHAMMER REUSE MEGACENTER– Sign up in Craft Room, Meet in Front Entrance
- 2:30 SCRABBLE with Olivia – 4<sup>th</sup> Floor, Fireplace Lounge
- 2:30 PLANT TALK with John – Craft Room, 3<sup>rd</sup> Floor \*Note day change\*
- 3:00 PRAYING THE ROSARY – Interfaith Chapel, 3<sup>rd</sup> Floor
- 3:45 TRIVIA with Olivia – Garden Level, East Wing
- 3:45 HYMN SING with Brooke – Auditorium, 3<sup>rd</sup> Floor
- 6:30 VALENTINE'S DAY DANCE – Auditorium, 3<sup>rd</sup> Floor
- 7:00 OPEN AA MEETING, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor



### THURSDAY – February 15<sup>th</sup>

- 9:00 OPEN EXERCISE with Brooke – Exercise Room, 2<sup>nd</sup> Floor
- 9:15 NAILS with Vera – Garden Level, East Wing \*Note Time
- 9:30 CHIT CHAT & TRIVIA with Greg – Craft Room, 3<sup>rd</sup> Floor
- 10:00 EXERCISE with Whitney – IC Classroom, 2<sup>nd</sup> Floor \*Note Location
- 10:45 BINGO with Whitney & Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 BELLY DANCING with Zajal – Garden Level, West Wing
- 10:45 WHO AM I? with Vera – Garden Level, East Wing
- 10:45 LONGVIEW STORE open until 11:45 a.m. – 3<sup>rd</sup> Floor
- 1:00 NAILS with Maria – Craft Room, 3<sup>rd</sup> Floor
- 1:15 BILL MOYERS VIDEO SERIES: Faith and Reason – Auditorium, 3<sup>rd</sup> Floor
- 1:15 JEOPARDY with Whitney & Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:15 BEAN BAG TOSS with Vera – Garden Level, East Wing
- 2:00 MOVIE MATINEE: The Ballad of Buster Scruggs (2018) – Garden Level, East Wing
- 2:30 SMART SCREEN MOVIE MATINEE: Now, Voyager (1942) – 3<sup>rd</sup> Floor, B-Wing Lounge
- \*\*\*\* PLANT TALK MOVED TO WEDNESDAY
- 3:30 FOOD FOR THOUGHT: MOCHI with Whitney & Maria – 4<sup>th</sup> Floor Fireplace Lounge
- 6:15 LONGVIEW SOCIAL CLUB – Auditorium, 3<sup>rd</sup> Floor



### Friday – February 16<sup>th</sup>

- 9:00 OPEN EXERCISE with Tara – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 AQUA AEROBICS with Whitney – Pool, 2<sup>nd</sup> Floor
- 9:00 COFFEE & CONVERSATION A social time for residents to visit with each other – Craft Room, 3<sup>rd</sup> Fl
- 9:30 BRAIN BUILDERS & BAKING with Ithaca College Students – Garden Level, East Wing
- 10:00 EXERCISE with Tara – Auditorium, 3<sup>rd</sup> Floor
- 10:45 VALENTINE'S DAY TRIVA with Tara – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 LONGVIEW STORE open until 11:45 a.m. – 3<sup>rd</sup> Floor
- 11:00 WRITING, READING, & DISCUSSIONS with Jerry, All are welcome! – Rehab Room, Garden Level
- 1:15 WHO AM I? with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:30 MOVEMENT & MUSIC with Olivia – Garden Level, Rehab Room
- 2:00 QUILTING GROUP, All quilters welcome! – IC Classroom, 2<sup>nd</sup> Floor
- 2:15 ANIMAL TALK with John – Craft Room, 3<sup>rd</sup> Floor
- 3:00 FEBRUARY BIRTHDAY PARTY with Music by Bob Lyna - Auditorium, 3<sup>rd</sup> Floor
- 6:30 FRIDAY NIGHT MOVIE – 4<sup>th</sup> Floor, Fireplace Lounge

### SATURDAY – February 17<sup>th</sup>

- 10:00 CORNELL COMPANIONS PET THERAPY– 4<sup>th</sup> Floor, Fireplace Lounge
- 10:30 LONGVIEW DISCUSSION GROUP – Craft Room, 3<sup>rd</sup> Floor
- 11:00 MOVEMENT & MUSIC with Tara – Garden Level, Rehab Room
- 1:00 TRIVIA & CHINESE NEW YEAR COLORING with Tara – Garden Level, West Wing
- 2:00 MOVIE MATINEE: City of Angels (1998) – Auditorium, 3<sup>rd</sup> Floor

#### Measures Longview Administration is taking to mitigate community transmission or impact of COVID-19:

Longview is committed to the well-being of our community. We have taken a multifaceted and proactive approach to minimize the threat of exposure to COVID-19.

- 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.
- Staff members know the signs and symptoms of COVID-19 and what to do if Residents or staff becomes symptomatic.
- Case Management will notify family member or next of kin if any residents test positive for COVID-19, or if any resident suffers a COVID-19 death, within 24 hours of such positive test result of death.

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.

Shaunna: (607) 279-7543