

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
LUNCH							
SOUP	BRUNCH	HEARTY VEGETABLE SOUP	ITALIAN WEDDING SOUP	LENTIL SOUP	CHICKEN NOODLE SOUP	CORN CHOWDER	CREAMY TOMATO SOUP
ENTRÉE 1	SEAFOOD ALFREDO CASSEROLE	MONTE CRISCO SANDWICH	GRILLED CHICKEN CAPRESE	HAM & SWISS SLIDERS	EGG & OLIVE ON WHEAT	FRIED FISH SANDWICH	GRILLED CHEESE
ENTRÉE 2	HAM & SWISS QUICHE	RODEO BURGER	HOT PASTRAMI	CHEESEBURGER SLIDERS	BLT WRAP	CHICKEN TENDERS	TUNA MELT
STARCH	SOUTHERN POTATO WEDGE	FRENCH FRIES	SWEET POTATO FRIES	ZUCCHINI FRIES	POTATO WEDGES	FRENCH FRIES	CHIPS/PICKLE
VEGGIE 1	ROASTED BRUSSEL SPROUTS	CUCUMBER / TOMATO	ASPARAGUS	ROASTED RED PEPPERS	SAUTEED CABBAGE	COLESLAW	FRESH CUT GREEN BEANS
VEGGIE 2							
DESSERT	CINNAMON ROLL	ECLAIRS	CHERRY FLUFF	APPLE COBBLER	ICE CREAM NOVELTIES	BLUEBERRY PIE	COCUNUT CAKE
DINNER							
SOUP		HEARTY VEGETABLE SOUP	ITALIAN WEDDING SOUP	LENTIL SOUP	CHICKEN NOODLE SOUP	CORN CHOWDER	CREAMY TOMATO
ENTRÉE 1	SWISS PATTY MELT	BEEF TIPS	LASAGNA	CHICKEN CUTLET	MEAT LOAF	BAKED MAC & CHEESE	CHICKEN & BISCUITS
ENTRÉE 2	SOFT TACO	SALMON PATTY ON ROLL	STUFFED PEPPER	LEMON BUTTER TILAPIA	PAN SEARED PORK CHOP	SHRIMP & GRITS	SPAGHETTI CARBONARA
STARCH	YELLOW RICE	EGG NOODLES	GARLIC BREAD	RICE PILAF	MASHED POTATO W/ GRAVY		BISCUIT
VEGGIE 1	PEAS	GREEN BEANS	CHEESY CAULIFLOWER	UTICA GREENS	PEAS	STEWED TOMATOES	WAX BEANS
VEGGIE 2	ROASTED CORN	BROCCOLI	SAUTEED GARLIC GREEN BEANS	HONEY ROASTED CARROTS	ROASTED ROOT VEGETABLES	ROASTED BEETS & SWEET POTATO	NORMANDY BLEND
DESSERT	BROWNIES	ECLAIRS OR SHERBET	CHERRY FLUFF OR SHERBET	APPLE COBBLER OR SHERBET	ICE CREAM NOVELTIES OR SHERBET	BLUEBERRY PIE OR LIME SHERBET	COCUNUT CAKE OR LIME SHERBET

LONGVIEW RECREATION SCHEDULE

February 18 – February 24, 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 4th Floor and at each nurse's station in the Garden. Please ask Longview staff for assistance if needed.

SUNDAY – February 18th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
 2:30 **WORSHIP SERVICE** with Rev. Ben Hogben, Caroline Center Church – Auditorium, 3rd Floor ***Note Time**

MONDAY – February 19th Presidents' Day



9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd 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, 3rd Floor
 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
 10:45 **PRESIDENTS' DAY TRIVIA** with Whitney – Garden Level, East Wing
 10:45 **KNITTING GROUP** with Vera, All skill levels welcome and no supplies needed! – Craft Room, 3rd Floor
 10:45 **LONGVIEW STORE** open until 11:45 – 3rd Floor
 11:00 **CRANIUM CRUNCHES** with Bree – 4th Floor, Fireplace Lounge
 11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Auditorium, 3rd Floor
 1:30 **AL/EAL RESIDENT COUNCIL MEETING** – Auditorium, 3rd Floor
 2:00 **YOGA** with Lisa – IC Classroom, 2nd Floor
 2:30 **MOVEMENT & MUSIC** with Olivia – Garden Level, Rehab Room ***Note Time Change**
 3:00 **TECH CORNER** with Whitney – Craft Room, 3rd Floor
 3:15 **BINGO** with Emma & Olivia – Garden Level, East Wing
 3:15 **INTRO TO MEDITATION** with Mary Ann Erickson – Chapel, 3rd Floor
 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing

TUESDAY – February 20th

**** **NO OPEN FITNESS**
 9:00 **MORNING MOVEMENT** with IC Students – Garden Level, Front Lobby
 9:00 **NAILS** with Vera & IC Students – 4th Floor, Fireplace Lounge
 9:30 **CHIT CHAT & TRIVIA** with Greg – Craft Room, 3rd Floor
 10:00 **EXERCISE** with Whitney – Auditorium, 3rd Floor
 10:45 **BOWLING** with Tara and Lorraine – 3rd Floor, Auditorium
 10:45 **CRAFTS** with Vera – Garden Level, West Wing
 10:45 **LONGVIEW STORE** open until 11:45 – 3rd Floor
 1:00 **GRIEF SUPPORT GROUP** Hosted by Hospicare – Sign up in Craft Room, Meet in Chapel, 3rd Floor
 1:15 **BEAN BAG TOSS** with Lorraine & Tara – 4th Floor, Fireplace Lounge
 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
 1:30 **FOOD COMMITTEE MEETING** – Board Room, 2nd Floor
 1:30 **TAI CHI** with Laurie – Auditorium, 3rd Floor
 2:30 **COMMUNITY CAFÉ: Conversation & Community** – Dining Room, 3rd Floor

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TUESDAY – February 20th ...Continued

3:30 [KEN BURNS DOCUMENTARY: Frank Lloyd Wright, Auditorium, 3rd Floor](#)

3:45 [SMART SCREEN 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 – February 21st

9:00 [MORNING MOVEMENT](#) with Vera – Garden Level, Front Lobby

9:00 [OPEN FITNESS](#) with Brooke – Exercise Room, 2nd Floor

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 [BIBLE STUDY, The Last Week of Christ's Life, Chapter 2](#) with Brooke – Chapel, 3rd Floor

10:45 [YAHTZEE](#) with Bree – 4th Floor, Fireplace Lounge

10:45 [OLD WIVES TALES](#) with Vera – Garden Level, East Wing

1:15 [PODCASTS & DISCUSSION GROUP with Emma – Craft Room, 3rd Floor](#)

1:30 [MUSIC & MOVEMENT](#) with Olivia – Garden Level, Rehab Room

1:30 [BUILDING COMMITTEE MEETING – Board Room, 2nd Floor](#)

1:30 [PRAYER GROUP](#) – 2nd floor, C-Wing Lounge

2:15 [TRIP TO WEGMANS – Sign up in Craft Room, Meet in Front Entrance](#)

2:30 [SCRABBLE](#) with Olivia – 4th Floor, Fireplace Lounge

3:00 [PRAYING THE ROSARY](#) – Interfaith Chapel, 3rd Floor

3:00 [STRETCH YOUR SPIRIT: Harp & Meditation with Pamela Goddard – Auditorium, 3rd Floor](#)

3:45 [TRIVIA](#) with Olivia – Garden Level, East Wing

7:00 [OPEN AA MEETING](#), All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor



THURSDAY – February 22nd

9:00 [OPEN EXERCISE](#) with Bree – Exercise Room, 2nd Floor

9:00 [NAILS](#) with Vera – Garden Level, East Wing

9:30 [CHIT CHAT & TRIVIA](#) with Greg – Craft Room, 3rd Floor

10:00 [EXERCISE](#) with Whitney – Auditorium, 3rd Floor

10:45 [BINGO with Lorraine & Tara – 4th 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. – 3rd Floor

1:00 [NAILS with Maria – Craft Room, 3rd Floor](#)

1:15 [BILL MOYERS VIDEO SERIES: Faith and Reason](#) – Auditorium, 3rd Floor

1:15 [JEOPARDY](#) with Whitney & Tara – 4th Floor, Fireplace Lounge

1:15 [BEAN BAG TOSS](#) with Vera – Garden Level, East Wing

1:30 [GARDEN & GROUNDS COMMITTEE MEETING – Board Room, 2nd Floor](#)

2:00 [MOVIE MATINEE: Bank of Dave \(2023\)](#) – Garden Level, East Wing

2:30 [PLANT TALK](#) with John – Craft Room, 3rd Floor

3:30 [WORD MINING](#) with Whitney & Maria – 4th Floor Fireplace Lounge

3:45 [HYMN SING](#) with Brooke – Auditorium, 3rd Floor

6:30 [IC SPEAKER/DISCUSSION: Mental Health is Your Ally, The Intersection to LGBTQ – Auditorium, 3rd Floor](#)



Friday – February 23rd

9:00 [OPEN EXERCISE](#) with Tara – Exercise Room, 2nd Floor

9:00 [AQUA AEROBICS](#) with Whitney – Pool, 2nd Floor

9:00 [COFFEE & CONVERSATION](#) A social time for residents to visit with each other – Craft Room, 3rd Fl

9:30 [BRAIN BUILDERS & BAKING with Ithaca College Students – Garden Level, East Wing](#)

10:00 [EXERCISE](#) with Tara – Auditorium, 3rd Floor

10:45 [TRIVA with Tara – 4th Floor, Fireplace Lounge](#)

10:45 [LONGVIEW STORE](#) open until 11:45 a.m. – 3rd Floor

11:00 [WRITING, READING, & DISCUSSIONS](#) with Jerry, All are welcome! – Rehab Room, Garden Level

1:15 [WALKING GROUP: CU Milstein Hall \(School of Architecture\) – Sign up in Craft Room, Meet in Entrance](#)

1:15 [WHO AM I?](#) with Whitney – 4th Floor, Fireplace Lounge

1:30 [MOVEMENT & MUSIC](#) with Olivia – Garden Level, Rehab Room

2:00 [QUILTING GROUP, All quilters welcome!](#) – IC Classroom, 2nd Floor

2:15 [TIME GUESSER with Olivia – Craft Room, 3rd Floor](#)

3:00 [ANIMAL TALK with John – Auditorium, 3rd Floor](#)

6:30 [FRIDAY NIGHT MOVIE](#) – 4th Floor, Fireplace Lounge

SATURDAY – February 24th

10:00 [SCATTERGORIES with Olivia – 4th Floor, Fireplace Lounge](#)

10:30 [LONGVIEW DISCUSSION GROUP](#) – Craft Room, 3rd Floor

11:00 [MOVEMENT & MUSIC](#) with Olivia – Garden Level, Rehab Room

1:00 [TRIVIA & COLORING](#) with Olivia – Garden Level, West Wing

2:00 [MOVIE MATINEE: The Perfect Storm \(2000\) – Auditorium, 3rd 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