

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
LUNCH							
SOUP	BRUNCH	BEEF BARLEY	CORN & CHICKEN	WISCONSIN CHEDDAR	ZUPA TOSCANA	MANHATTAN CLAM CHOWDER	TURKEY NOODLE
ENTRÉE 1	POT ROAST	OPEN FACED TUNA	FRIED BOLOGNA SANDWICH	CHICKEN GYRO	MEATBALL SUB	TURKEY CLUB WRAP	BLACK & BLUE BURGER
ENTRÉE 2	CREAMY EGG STRATA	BRATWURST W/CARMALIZED ONION	CHILI	CHIPPED BEEF ON TOAST	GRILLED CHICKEN SALAD	FRIED FISH SANDWICH	LOADED HOT DOG
STARCH	MASHED POTATO		CORNBREAD		SWEET POTATO FRIES	FRENCH FRIES	POTATO SALAD
VEGGIE 1	GREEN BEAN CASSEROLE	SAUTEED CABBAGE	THREE BEAN SALAD	SAUTEED SPINACH	CORN PUDDING	COLESLAW	BAKED BEANS
DESSERT	BROWNIE A LA MODE	SWEET POTATO PIE	RICE PUDDING	LEMON MERINGUE	YOGURT PARFAIT	STRAWBERRY SHORT CAKE	CHERRY PIE
DINNER							
SOUP		BEEF BARLEY	CORN & CHICKEN	WISCONSIN CHEDDAR	ZUPA TOSCANA	MANHATTAN CLAM CHOWDER	TURKEY NOODLE
ENTRÉE 1	STUFFED PEPPERS	SHRIMP ALFREDO	FLANK STEAK	STUFFED SOLE	CHICKEN MARSALA	BAKED COD	LIVER W/ BACON & ONION
ENTRÉE 2	TURKEY CHEDDAR MELT	COUNTRY FRIED CHICKEN	SEARED PORK CHOP	BEEF & BROCCOLI	GARLIC BUTTER STEAK BITES	GNOCHI W/VODKA SAUCE	BROCCOLI CHEDDAR QUICHE
STARCH	BROWN RICE	PENNE PASTA	PEROGIES	RICE	RISOTTO	TATER TOTS	POTATO WEDGES
VEGGIE 1	CAPRI BLEND	ROASTED CORN	SAUERKRAUT	BROCCOLI	SAUTEED MUSHROOMS	ROASTED ZUCHINI	WAX BEAN
VEGGIE 2	BROCCOLI	LIMA BEANS	CARMALIZED ONION	MED BLEND	GREEN BEANS	MIXED VEG	CREAMED SPINACH
DESSERT	BROWNIES	SWEET POTATO PIE	RICE PUDDING	LEMON MERINGUE	YOGURT PARFAIT	STRAWBERRY SHORT CAKE	CHERRY PIE

LONGVIEW RECREATION SCHEDULE

February 4 – February 10, 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 4th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
 2:30 **WORSHIP SERVICE with Rev. Brooke Newell** – Auditorium, 3rd Floor



MONDAY – February 5th

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
 10:30 **ART TALK: Six Photographers Who Made a Difference with Carol Hockett** – Auditorium, 3rd Floor
 10:45 **TRIVIA** with Whitney – Garden Level, East Wing
 10:45 **LONGVIEW STORE** open until 11:45 – 3rd Floor
 10:45 **KNITTING GROUP** with Vera, All skill levels welcome and no supplies needed! – Craft Room, 3rd Floor
 2:00 **WORD MINING** with Whitney – 4th Floor, Fireplace Lounge
 2:00 **MOVEMENT & MUSIC** with Olivia – Garden Level, Rehab Room
 2:00 **YOGA** with Lisa – IC Classroom, 2nd 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- The Three Stooges (2012)** – Garden Level, East Wing

TUESDAY – February 6th

8:30 **OPEN FITNESS** with Bree – Exercise Room, 2nd Floor
 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 **PAPER LANTERN CRAFT** for Chinese New Year with Vera – Garden Level, West Wing
 10:45 **BOWLING** with Whitney and Tara – 3rd Floor, Auditorium
 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 Bree & Tara – 4th Floor, Fireplace Lounge
 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
 1:30 **TAI CHI** with Laurie – Auditorium, 3rd Floor
 2:30 **COMMUNITY CAFÉ: Conversation & Community** – Dining Room, 3rd Floor
 3:30 **KEN BURNS DOCUMENTARY Mini-Series: The American Buffalo**, Auditorium, 3rd Floor
 3:45 **SMART SCREEN Pictionary** with Whitney – 4th Floor, Fireplace Lounge
 4:00 **SHORT STORIES** with Bree – Garden Level, West 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 7th

- 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 Fl
- 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
- 10:30 **BIBLE STUDY, Meeting Jesus Again for the First Time, Chapter 6** with Brooke – Chapel, 3rd Floor
- 10:45 **YAHTZEE** with Bree – 4th Floor, Fireplace Lounge
- 10:45 **CHARADES** 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 **PRAYER GROUP** – 2nd floor, C-Wing Lounge
- 2:15 **TRIP TO TARGET – Sign up in Craft Room, Meet in Front Entrance**
- 2:30 **SCRABBLE** with Olivia – 4th Floor, Fireplace Lounge
- 2:30 **PLANT TALK with John – Craft Room, 3rd Floor** *Note day change*
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:45 **TRIVIA** with Olivia – Garden Level, East Wing
- 3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
- 7:00 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor



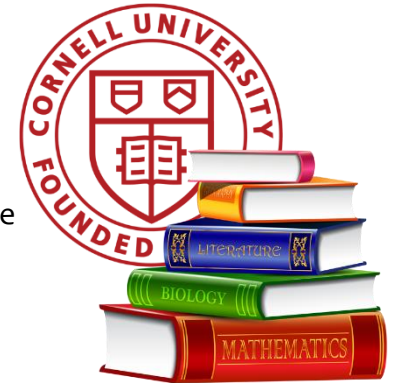
THURSDAY – February 8th

- 9:00 **NAILS** with Vera – Garden Level, East Wing
- 9:00 **OPEN EXERCISE** with Brooke – Exercise Room, 2nd Floor
- 9:30 **CHIT CHAT & TRIVIA** with Greg – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Whitney – Auditorium, 3rd Floor
- 10:45 **BINGO with Whitney & 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
- 2:00 **MOVIE MATINEE: The Nice Guys (2016) – Garden Level, East Wing**
- **** **PLANT TALK MOVED TO WEDNESDAY**
- 3:30 **FOOD FOR THOUGHT: FUN CHIP FLAVORS** with Whitney & Maria – 4th Floor Fireplace Lounge



Friday – February 9th

- 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 **ARE YOU A DRAGON? Chinese New Year Zodiacs** with Tara – 4th Floor, Fireplace Lounge
- 10:45 **LONGVIEW STORE** open until 11:45 a.m. – 3rd Floor
- 10:45 **SMART SCREEN Pictionary** with Whitney – Garden Level, East Wing
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry, All are welcome! – Rehab Room, Garden Level
- 1:00 **WALKING GROUP: Cornell's Uris Library – Sign up in Craft Rm, Meet in Front Entrance**
- 1:15 **WHO AM I?** with Whitney – 4th Floor, Fireplace Lounge
- 1:15 **MOVEMENT & MUSIC** with Olivia – Garden Level, Rehab Room
- 2:00 **TIME GUESSER: Guess a photo in history! – Auditorium, 3rd Floor**
- 2:00 **QUILTING GROUP, All quilters welcome!** – IC Classroom, 2nd Floor
- 3:00 **ANIMAL TALK with John – Auditorium, 3rd Floor**
- 6:30 **FRIDAY NIGHT MOVIE- Life of the Party (2018)** – 4th Floor, Fireplace Lounge



SATURDAY – February 10th Chinese New Year

- 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 & CHINESE NEW YEAR COLORING** with Olivia – Garden Level, West Wing
- 2:00 **MOVIE MATINEE: Fried Green Tomatoes (1991) – 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