

LONGVIEW RECREATION SCHEDULE

September 22 – September 28, 2024

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.

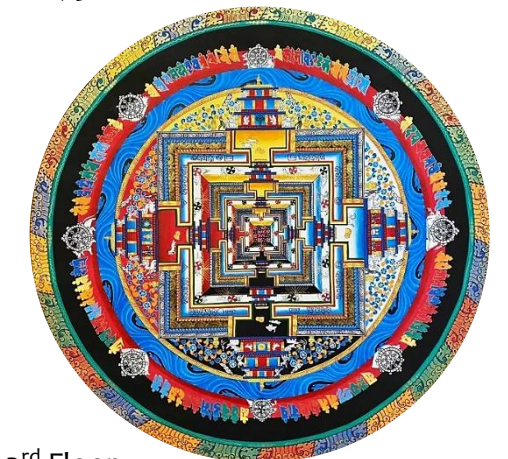


Sunday – September 22nd First Day of Autumn

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
- 2:30 **WORSHIP SERVICE w/ Rev. Nancy Didway, Dryden Presbyterian Church – Interfaith Chapel, 3rd Floor**

Monday – September 23rd

- 9:00 **OPEN FITNESS** with Lorraine – 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 – Garden Level, Rehab Room
- 10:00 **TRIP TO IC: Viewing Namgyal Monastery's Mandala at IC – Sign up in Craft Room, Meet in Entrance**
- 10:15 **TRIVIA with Lorraine – Garden Level, East Wing**
- 10:30 **LONGVIEW STORE** open until 11:30 – 3rd Floor
- 10:45 **CROSSWORDS** with Vera – 4th Floor, Fireplace Lounge
- 11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Craft Room, 3rd Floor
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- 2:00 **YOGA** with Lisa – IC Classroom, 2nd Floor
- 2:15 **CARD GAMES** with Maria – 4th Floor, Fireplace Lounge
- 2:30 **WATERCOLOR** with Lorraine – Garden Level, West Wing
- 3:15 **BINGO with Maria & Lorraine – Garden Level, East Wing**
- 3:30 **TECH SUPPORT** with Whitney – Craft Room, 3rd Floor
- 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



Tuesday – September 24th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
- 9:00 **NAILS** with Vera – 4th Floor, Fireplace Lounge
- 9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room
- 10:15 **SCATTERGORIES** with Whitney – Garden Level, East Wing
- 10:15 **OPEN ART STUDIO: Create art with other residents! All welcome! – Craft Room, 3rd Floor**
- 10:30 **LONGVIEW STORE** open until 11:30 – 3rd Floor
- 10:45 **BOWLING** with Pamela & Lorraine – IC Classroom, 2nd Floor
- 10:45 **CRAFTS** with Vera – Garden Level, West Wing
- 1:15 **SMARTBOARD PICTONARY** with Soni & Lorraine – 4th Floor, Fireplace Lounge
- 1:15 **KEN BURNS DOCUMENTARY: Benjamin Franklin, Join or Die (Part 1, 1706-1774) – IC Classroom, 2nd Floor**
- 1:15 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room ***Note time**
- 2:30 **COMMUNITY CAFÉ: Resident meet & greet social, All are welcome! – Craft Room, 3rd Floor**
- 2:30 **MUSIC THERAPY with Amanda – 4th Floor, Fireplace Lounge**
- 3:15 **SMART SCREEN WHEEL OF FORTUNE** with Whitney – 4th Floor, Fireplace Lounge
- 3:15 **TAI CHI** with Laurie – IC Classroom, 2nd Floor
- 3:30 **SHORT STORIES** with Lorraine – Garden Level, East Wing

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
LUNCH							
SOUP		Lentil	Cream of Asparagus	Lemon Chicken Orzo w/ Kale	Italian Wedding	Spilt Pea & Ham	Creamy Tomato
ENTRÉE 1	Roast Beef	Chicken Salad w/ grapes plate	Black Bean Burrito	Cheeseburger Quinoa Casserole	Turkey Chili & Corn Bread	Spinach Quiche	Seafood Alfredo
ENTRÉE 2	Mozzarella, Basil, Zucchini Frittata	Bacon Bleu Burger	Shaved Steak w/ peppers & onion on a roll	Bacon, Lettuce, Avocado, Tomato Sandwich	Grilled Sirloin Steak Bites	Lemon Garlic Baked Cod	Garlic Butter Pork Tenderloin - Mushrooms
STARCH	Au Gratin Potato	Sweet Potato Fries	Macaroni Salad	(no starch)	Roasted Potatoes	Rice Pilaf	Twice Baked Potato
FRUIT/VEG	Glazed Carrots	Peas and Carrots	Mexican Corn	Broccoli	Asparagus Bites	Pineapple Coleslaw	Roasted Squash
DESSERT	Cinnamon Twist	Chocolate Cake w/ Sprinkles	Fruited Jello	Coffee Ice Cream	Ecalirs	Assorted Cream Pie	Fruit of the Forest Pie
DINNER							
SOUP	ACF ONLY	Lentil	Cream of Asparagus	Lemon Chicken Orzo w/ Kale	Italian Wedding	Split Pea & Ham	Creamy Tomato
ENTRÉE 1	Meatball Sub	Italian Stuffed Peppers	Shredded BBQ Chicken	Balsamic Grilled Steak Salad w/Peaches	Pork Carnitas	Garlic Shrimp	Spinach & Feta Turkey Burger
ENTRÉE 2	Grilled Cheese & Tomato	Vegetable Baked Ziti	Tuna Veggie Casserole	Eggplant Lasagna	Southwest Stuffed Sweet Potato	Tomato Brushetta over Pasta	Mini Meatloaf
STARCH	(no starch)	Onion Petals	Potato Salad	(no starch)	Cilantro Rice	Bow Tie Pasta	Mashed Potato w/ Gravy
VEGGIE 1	Fresh Fruit Salad	Roasted Root Veggie	Tomato/ Cucumber Salad	Roasted Zucchini	Southwest Black Beans	Roasted Tomatoes	Green Beans
DESSERT	Brownies	Raindow Sherbert	Strawberry Rhubarb Pie	Boston Cream Pie	Peanut Butter Yogurt Parfait	Cheesecake	Jello Cake

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 – September 25th

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Lorraine – 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 – Garden Level, Rehab Room
- 10:30 **BIBLE STUDY: “Renegade Gospel”** with Brooke – Interfaith Chapel, 3rd Floor
- 10:45 **JENGA** with Lorraine – 4th Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden Level, West Wing
- 1:30 DOCUMENTARY: First Ladies, Eleanor Roosevelt (video) – 4th Floor, Fireplace Lounge**
- 1:30 **PRAYER GROUP** – 2nd floor, C-Wing Lounge
- 1:30 **MUSIC & MOVEMENT** with Whitney – Garden Level, Rehab Room
- 2:00 **GARDEN WALK** with Lorraine, weather permitting – Meet in Front Lobby, Garden Level
- 2:15 **NAILS** with Maria – Craft Room 3rd Floor *Moved from Thursday
- 2:15 **TRIP TO WEGMANS** – Sign up in Craft Room, Meet in Entrance
- 3:00 TROLLEY RIDES with Emma – Meet in Front Lobby at 3PM and Garden Level Entrances at 3:30PM**
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:30 **WATERCOLOR & TRIVIA** with Lorraine – Garden Level, West Wing
- 3:45 **WORD MINING** with Maria – 4th Floor, Fireplace Lounge
- 3:45 **HYMN SING** with Brooke – Interfaith Chapel, 3rd Floor
- 4:00 REGISTER TO VOTE – Front Lobby, 3rd Floor**
- 6:30 ANNIE OL’ THYME COUNTRY/BLUEGRASS MUSIC – IC Classroom, 2nd Floor**
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – September 26th

- 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 – Garden Level, Rehab Room
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **WHO AM I?** with Vera – Garden Level, East Wing
- 10:45 CLAY CLASS with Ed & Whitney – Craft Room, 3rd Floor**
- 10:45 BEAN BAG TOSS with Lorraine & Pam – 4th Floor, Fireplace Lounge**
- 1:15 **THE GREAT COURSES: Practicing Mindfulness Video Lecture** – Interfaith Chapel, 3rd Floor
- 1:15 **BINGO** with Lorraine & Soni – 4th Floor, Fireplace Lounge
- 1:15 **CHAIR VOLLEYBALL** with Whitney & Vera – Garden Level, Rehab Room
- 2:00 **MOVIE MATINEE: Beetlejuice (1988)** – Garden Level, East Wing
- 2:15 PLANT TALK with John – Craft Room, 3rd Floor**
- 3:15 **JEOPARDY** with Whitney – 4th Floor Fireplace Lounge
- 4:00 SHORT STORIES & DISCUSSION with Lorraine – Garden Level, Front Lobby**

Friday – September 27th

- 9:00 **OPEN FITNESS** with Pam – Exercise Room, 2nd Floor
- 9:30 BRAIN BUILDERS & BAKING with IC Students – Garden Level, East Wing**
- 9:30 **COFFEE & TRIVIA** with Greg – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:30 **TOSS UP** with Pam – 4th Floor, Fireplace Lounge
- 11:00 WRITING, READING, & DISCUSSIONS with Jerry, All are welcome! – Conference Room B, 2nd Floor**
- 1:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor *Note time
- 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
- 2:30 **10 CLUE WHAT IS IT? TEAM GAME** with Emma – 4th Floor, Fireplace Lounge
- 3:00 **SEPTEMBER BIRTHDAY DANCE PARTY** – Auditorium, 3rd Floor
- 3:00 LOVE LIVING AT HOME SOCIAL, All are welcome – Main Lobby, 3rd Floor**
- 3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room
- 6:15 PODCAST & DISCUSSION GROUP with Emma – Craft Room, 3rd Floor**

Saturday – September 28th

- 10:00 **SCATTERGORIES** with Maria – 4th Floor, Fireplace Lounge
- 10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3rd Floor
- 11:00 **TRIVIA & COLORING** with Maria – Garden Level, West Wing
- 1:00 **MOVEMENT & MUSIC** with Maria – Garden Level, Rehab Room
- 1:45 MOVIE MATINEE: His Three Daughters (2023) – Garden Level, West Wing**
- 2:15 MOVIE MATINEE: His Three Daughters (2023) – IC Classroom, 2nd Floor**



BEAUTY SALON

Please call Shaunna directly to schedule appointments.

Shaunna: (607) 279-7543



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.