

LONGVIEW RECREATION SCHEDULE

September 29 – October 5, 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 29th

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
- 2:30 **WORSHIP SERVICE w/ Rev. Tim Dean, Cayuga Medical Center** – Interfaith Chapel, 3rd Floor

Monday – September 30th

- 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
- 10:15 **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 – October 1st

- 9:00 **OPEN FITNESS** with Bree – 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 **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 Pictionary** with Soni & Pam – 4th Floor, Fireplace Lounge
- 1:15 **KEN BURNS DOC:** Benjamin Franklin, Join or Die (Part 2, 1706-1774) – Craft Rm, 3rd Floor ***Note Location**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- 1:30 **THE EMPOWERED CAREGIVER: Building Foundations of Caregiving** – IC Classroom, 2nd Floor
- 2:30 **COMMUNITY CAFÉ:** Resident meet & greet social, All are welcome! – Craft Room, 3rd Floor
- 3:15 **SMART SCREEN WHEEL OF FORTUNE** with Lorraine – 4th Floor, Fireplace Lounge
- 3:15 **TAI CHI** with Laurie – IC Classroom, 2nd Floor
- 4:00 **SHORT STORIES** with Lorraine – Garden Level, East Wing ***Note Time**
- 6:30 **MUSIC WITH THE FORTNIGHT SINGERS** – IC Classroom, 2nd Floor



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
LUNCH							
SOUP		Spring Vegetable	Cream of Carrot	Leek & Potato	Veggie & Minestrone	Corn Chowder	Creamy Tomato
ENTRÉE 1	Chicken Cordon Bleu Casserole	Chick Pea Tuna Salad	Chopped Cobb Salad	Chicken Paprika	Taco stuffed Tomato	Shrimp Scampi	Chicken Fajita Quesadillas
ENTRÉE 2	Fried Eggs	All American Burger	Monte Cristo	Beef and Bean Sloppy Joes	Crispy Chicken Deluxe	Ceaser Salad Chicken or Shrimp	Lamb Chops w/ mint Jelly
STARCH	Corned Beef Hash	Pasta Salad	Scalloped Taters	Brown Rice	Onion Rings	Texas Toast	Creamy Risotto
FRUIT/VEG	Fresh Fruit Salad	Chilled Beets	Italian Green Beans	Broccoli & Slaw Salad	Bean Medley	Fresh Fruit	Sauteed Spinach
DESSERT	Coffee Cake	Key Lime Bistro	Strawberries	Fruit and Yogurt Parfait	Coconut Cream Pie	Fruit Crisp	Dirt Cup (Pudding Parfait)
DINNER							
SOUP	ACF Only	Spring Vegetable	Cream of Carrot	Leek & Potato	Veggie & Minestrone	Corn Chowder	Creamy Tomato
ENTRÉE 1	Pizza & Wing Dings	Kale, Sausage & Pepper over Pasta	Spaghetti & Meatballs	Pork Osso Bucco	Turkey Spinach Artichoke Casserole	Fish Fry (haddock)	Pot Roast
ENTRÉE 2	Turkey Wrap	Three Bean Quinoa Salad	Strawberry Goat Cheese Salad w/ Balsamic Dressing	Lemon Garlic Tuna Burger	Zucchini Buritto Boats	Chicken & Spinach Pasta	Antipasto Salad
STARCH	Potato Wedges	Pasta	Garlic Bread	Mashed Potato	Garlic Roasted Potatoes	Hush Puppies	Mashed Potato
VEGGIE 1	Celery & Carrot Sticks	Seared Kale	Cauliflower	Snap Peas	Corn	Vinegar Slaw	Cooked Carrots, Celery, Onion
DESSERT	Ice Cream Novelty	Strawberry Shortcake with Biscuits	Cannoli	Tiramisu	Chocolate Cake with Peanut Butter Frosting	Individual Citrus Cake	Cookies and Cream Pie

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 – October 2nd Rosh Hashanah Begins at Sundown

- 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, Hillary Rodham Clinton (video) – 4th Floor, Fireplace Lounge**
- 1:30 **PRAYER GROUP** – 2nd floor, C-Wing Lounge
- 1:30 **MUSIC & MOVEMENT** with Lorraine – Garden Level, Rehab Room
- 2:15 **GARDEN WALK** with Lorraine, weather permitting – Meet in Front Lobby, Garden Level ***Note Time**
- 2:15 **NAILS** with Maria – Craft Room 3rd Floor *Moved from Thursday
- 2:15 **TRIP TO WALMART** – Sign up in Craft Room, Meet in Entrance
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:30 **WATERCOLOR & TRIVIA** with Lorraine – Garden Level, West Wing
- 3:30 HYMN SING with Brooke – Interfaith Chapel, 3rd Floor *Note Time**
- 3:45 **WORD MINING** with Maria – 4th Floor, Fireplace Lounge
- 6:00 SUNSET TROLLEY RIDES w/ Emma – Meet in Front Lobby at 6PM and Garden Level Entrances at 6:30PM**
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor



Thursday – October 3rd

- *** **NO OPEN FITNESS TODAY**
- 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 – 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 **BEAN BAG TOSS** with Vera – Garden Level, East Wing
- 2:00 **MOVIE MATINEE: Midway (1976)** – Garden Level, East Wing
- 2:15 PLANT TALK with John – Craft Room, 3rd Floor**
- 3:15 **FAMOUS FACES** with Lorraine – 4th Floor Fireplace Lounge
- 4:00 SHORT STORIES & DISCUSSION with Lorraine – Garden Level, Front Lobby**

Friday – October 4th

- 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 COFFEE WITH CHERYL – Craft Room, 3rd Floor**
- 11:00 **WRITING, READING, & DISCUSSIONS** with Jerry, All are welcome! – Rehab Room, Garden Level
- *** **NO OPEN SWIM TODAY**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room
- 1:30 WELLNESS SERIES: Occupational Therapy to Keep You Movin’ & Groovin’ – IC Classroom, 2nd Floor**
- 2:00 **QUILTING GROUP**, All are welcome! – Conference Room B, 2nd Floor
- 2:30 **WOULD YOU RATHER?** with Emma – 4th Floor, Fireplace Lounge
- 2:30 ANIMAL TALK with John – Craft Room, 3rd Floor *Note Time**
- 3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room
- 6:15 PODCAST & DISCUSSION GROUP with Emma – Craft Room, 3rd Floor**

Saturday – October 5th

- 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
- 2:15 MUSIC WITH MARIO – Garden Level, East Wing**
- 2:15 **MOVIE MATINEE: The Fundamentals of Caring (2016)** – 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.