

Week 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
<b>LUNCH</b>							
SOUP	<b>BRUNCH</b>	Pasta Fagiola	Broccoli Cheddar	Vegetable & Beef	Cream of Potato & Bacon	New England Clam	Tomato
ENTRÉE 1	Roasted Turkey & Gravy	Patty Melt w/grilled onions	Open Faced Turkey Sandwich/Gravy	Sloppy Jane (turkey)	Irish Lamb Stew	Tuna Noodle Casserole	Chicken Tenders
ENTRÉE 2	Grilled Cheese	Turkey Meatloaf	Taco bowl served with salsa and sour cream	Manicotti	Chicken Teriyaki	Beef Tenderloin	Chili Cheese Dog
STARCH	Mashed Potato	Mashed potatoes	French Fries	Sweet Potato Fries	Baked potato	Augratin Potato	Onion Rings
FRUIT/VEG	Green bean Casserole	Asparagus	Corn	Honey roasted carrots	Sauteed Spinach	seared kale	Broccoli coleslaw
DESSERT	Pumpkin Pie	Key Lime Bistro	Strawberries	Fruit and Yogurt Parfait	Coconut Cream Pie	Fruit Crisp	Dirt Cup (Pudding Parfait)
<b>DINNER</b>							
SOUP		Pasta Fagiola	Broccoli Cheddar	Vegetable & Beef	Cream of Potato & Bacon	New England Clam	Tomato
ENTRÉE 1	Cheese Pizza & Wings	Stuffed Sweet Potato	Chicken & Dumplings	Garlic Balsamic Pork Roast	Sweet and sour chicken	London Broil	Open Face Meatloaf Sandwich
ENTRÉE 2	Ham and cheese melts	Stuffed Shells with sausage coins	Sweedish Meatballs	Battered Haddock	Mango salsa salmon	Crab mac and cheese	Baked Raviloi
STARCH	no starch	no starch	Egg Noodles	Au gratin potatoes	Wild Rice	Risotto	Mashed/Gravy
VEGGIE 1	Celery & Carrot Sticks	Chuckwagon blend	peas/carrot blend	Cheesey Broccoli	Butternut Squash	Asparagus	Cream Corn
VEGGIE 2	Side Salad	Spinach	Mixed Veggie	Garlic Butter Roasted Parsnips	Broccoli/Kale Slaw	Zucchini	Roasted Fall Veggies
DESSERT	Ice Cream Novelty	Strawberry Shortcake with biscuits	Cannoli	Tiramisu	Chocolate Cake with peanut butter Frosting	Individual Citrus cake	Cookies and Cream Pie

## LONGVIEW RECREATION SCHEDULE

*October 20 – October 26, 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 4<sup>th</sup> Floor and at each nurse's station in the Garden.

### Sunday – October 20<sup>th</sup>

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor

2:30 **WORSHIP SERVICE w/ Pastor Dennis Christiansen, Trumansburg Baptist – Interfaith Chapel, 3<sup>rd</sup> Flr**

### Monday – October 21<sup>st</sup>

9:00 **OPEN FITNESS** with Lorraine – 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 – Garden Level, Rehab Room

10:30 **TRIVIA with Lorraine – Garden Level, East Wing**

10:30 **LONGVIEW STORE** open until 11:30 – 3<sup>rd</sup> Floor

10:45 **CROSSWORDS** with Vera – 4<sup>th</sup> Floor, Fireplace Lounge

11:00 **TRAVEL & EXPLORE** with Rick Steves (video travelogue) – Craft Room, 3<sup>rd</sup> Floor

1:30 **MOVEMENT & MUSIC** with Lorraine – Garden Level, Rehab Room

2:00 **YOGA** with Lisa – IC Classroom, 2<sup>nd</sup> Floor

2:15 **CARD GAMES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge

3:15 **BINGO with Maria & Lorraine – Garden Level, East Wing**

3:30 **TECH SUPPORT** with Whitney – Craft Room, 3<sup>rd</sup> Floor

6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing

### Tuesday – October 22<sup>nd</sup>

9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor

9:00 **NAILS** with Vera – 4<sup>th</sup> Floor, Fireplace Lounge

9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3<sup>rd</sup> 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, 3<sup>rd</sup> Floor**

10:30 **LONGVIEW STORE** open until 11:30 – 3<sup>rd</sup> Floor

10:45 **BOWLING** with Pamela & Lorraine – IC Classroom, 2<sup>nd</sup> Floor

10:45 **CRAFTS** with Vera – Garden Level, West Wing

1:15 **SMARTBOARD PICTONARY** with Soni & Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge

1:15 **KEN BURNS DOCUMENTARY: Thomas Jefferson, Part 1** – IC Classroom, 2<sup>nd</sup> Floor

1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room

2:30 **COMMUNITY CAFÉ: Meet our new Human Resource Manager – Auditorium, 3<sup>rd</sup> Floor** \*Note Location

2:30 **SUKKOT CELEBRATION with Rabbi Eli – Front Lobby, 3<sup>rd</sup> Floor**

3:15 **SMART SCREEN WHEEL OF FORTUNE** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge

3:15 **TAI CHI** with Laurie – IC Classroom, 2<sup>nd</sup> Floor

3:30 **SHORT STORIES** with Lorraine – Garden Level, East Wing



*We have lots to Celebrate!*

**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 23<sup>rd</sup>

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby  
9:00 **OPEN FITNESS** with Lorraine – 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 – Garden Level, Rehab Room  
10:30 **BIBLE STUDY: Mere Christianity by CS Lewis** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor  
10:45 **JENGA** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge  
10:45 **CROSSWORDS** with Vera – Garden, West Wing  
11:00 **TC BOE: PICK UP ABSENTEE BALLOTS – Front Lobby, 3<sup>rd</sup> Floor**  
1:30 **DOCUMENTARTY: Gordon Ramsay Travelogue (video) – 4<sup>th</sup> Floor, Fireplace Lounge**  
1:30 **PRAYER GROUP** – 2<sup>nd</sup> floor, C-Wing Lounge  
1:30 **MUSIC & MOVEMENT** with Lorraine – Garden Level, Rehab Room  
1:30 **FRIENDS OF THE LIBRARY BOOK SALE TRIP: Senior Day – Meet in Front Lobby, Sign up in Craft Room**  
2:15 **GARDEN WALK** with Lorraine, weather permitting – Meet in Front Lobby, Garden Level  
2:15 **NAILS** with Maria – Craft Room 3<sup>rd</sup> Floor  
3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor  
3:30 **WATERCOLOR** with Lorraine – Garden Level, West Wing  
3:30 **TROLLEY RIDES w/ Emma – Meet in Front Lobby at 3:30PM and Garden Level Entrances at 4 PM**  
3:45 **HYMN SING** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor  
3:45 **WORD MINING** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge  
7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor

### Thursday – October 24<sup>th</sup>

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **NAILS** with Vera – Garden Level, East Wing  
9:30 **COFFEE & CONVERSATION** with Pamela & Lorraine – Craft Room, 3<sup>rd</sup> Floor  
10:00 **EXERCISE** with Lorraine – Garden Level, Rehab Room  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **WHO AM I?** with Vera – Garden Level, East Wing  
10:45 **CLAY CLASS with Ed & Whitney – Craft Room, 3<sup>rd</sup> Floor**  
10:45 **BEAN BAG TOSS** with Lorraine & Pam – 4<sup>th</sup> Floor, Fireplace Lounge  
1:15 **BINGO** with Lorraine & Soni – 4<sup>th</sup> Floor, Fireplace Lounge  
1:15 **PBS SERIES: 'God In America' with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor**  
1:15 **BEAN BAG TOSS** with Whitney & Vera – Garden Level, East Wing  
2:00 **MOVIE MATINEE: Monte Carlo (2011) – Garden Level, East Wing**  
2:15 **PLANT TALK with John – Craft Room, 3<sup>rd</sup> Floor**  
3:15 **JEOPARDY** with Whitney – 4<sup>th</sup> Floor Fireplace Lounge  
4:00 **SHORT STORIES & DISCUSSION** with Lorraine – Garden Level, Front Lobby  
6:30 **THURSDAY MOVIE NIGHT: The Poltergeist (1980) – 4<sup>th</sup> Floor, Fireplace Lounge**  
6:30 **IC THALER VOCAL CONCERT SERIES – Meet in Front Lobby, Sign up in Craft Room**



### Friday – October 25<sup>th</sup>

- 9:00 **OPEN FITNESS** with Pamela – Exercise Room, 2<sup>nd</sup> Floor  
\*\*\*\* **NO OPEN SWIM THIS WEEK**  
9:30 **BRAIN BUILDERS & BAKING with IC Students – Garden Level, East Wing**  
9:30 **COFFEE & TRIVIA** with Greg – Craft Room, 3<sup>rd</sup> Floor  
10:00 **EXERCISE** with Whitney – Garden Level, Rehab Room  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:30 **POKENO** with Pamela – 4<sup>th</sup> Floor, Fireplace Lounge  
11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room  
1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room  
2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2<sup>nd</sup> Floor  
2:15 **ANIMAL TALK with John – Craft Room, 3<sup>rd</sup> Floor**  
2:00 **FAMOUS FACES** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room

### 4:00 PM - 6:00 PM 25<sup>th</sup>/50<sup>th</sup> Anniversary Celebration

- 4:30 PM – Remarks
- Please stop by:
  - Ithaca College Academic Department & Student Organizations – Auditorium
  - Photo Booth – Auditorium
  - Renovated Apartment Tour – Front Lobby/A-Wing
  - Historical Displays – Main Hallway
  - Main Hall by Administration
  - Buffet & Music by IC Students – Dining Room

Please note: Dinner will be served in the Dining Room on the Porch

6:15 **PODCAST & DISCUSSION GROUP** with Emma – Craft Room, 3<sup>rd</sup> Floor

### Saturday – October 26<sup>th</sup>

- 10:00 **SCATTERGORIES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge  
10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor  
11:00 **TRIVIA & COLORING** with Maria & Martina – Garden Level, West Wing  
1:00 **MOVEMENT & MUSIC** with Maria – Garden Level, Rehab Room  
1:45 **MOVIE MATINEE: Will & Harper (2024) – Garden Level, West Wing**  
2:15 **MOVIE MATINEE: Will & Harper (2024) – IC Classroom, 2<sup>nd</sup> Floor**  
2:30 **GAMES** with Maria & Martina – 4<sup>th</sup> Floor, Fireplace Lounge

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.

#### BEAUTY SALON

Please call Shaunna directly to schedule appointments.

Shaunna: (607) 279-7543



*We have lots to Celebrate!*