

| Week 3        | SUNDAY                        | MONDAY                | TUESDAY                | WEDNESDAY                    | THURSDAY                   | FRIDAY                            | SATURDAY                   |
|---------------|-------------------------------|-----------------------|------------------------|------------------------------|----------------------------|-----------------------------------|----------------------------|
|               | 27-Oct                        | 28-Oct                | 29-Oct                 | 30-Oct                       | 31-Oct                     | 1-Nov                             | 2-Nov                      |
| <b>LUNCH</b>  |                               |                       |                        |                              |                            |                                   |                            |
| SOUP          | <b>BRUNCH</b>                 | Beef Barley           | Split Pea and Ham      | Wisconsin Cheddar            | Zupa Toscana               | Manhattan Clam Chowder            | Tomato Soup                |
| ENTRÉE 1      | Mint Jelly Lamb Lolly pops    | Goulash               | Chili                  | Garlic Parmed Chicken Breast | Meatballs                  | Crab Cake                         | Chicken Pot Pie            |
| ENTRÉE 2      | Sausage Gravy                 | Chicken Cordon Bleu   | Lemon Pepper Salmon    | Chipped Beef on Toast        | Chicken Parm               | Pesto Cream Sauce Over Tortellini | Seafood ala King           |
| STARCH        | Biscuits                      | Brown rice            | Cornbread              | Sweet Potatoes               | Spaghetti in a Red Sauce   | Hush Puppies                      | Biscuits                   |
| FRUIT/VEG     | Balsamic Asparagus            | Broccoli              | Roasted Root Veg       | Roasted Tomatoes             | Zucchini and Yellow Squash | Winter Blend                      | Roasted Acorn Squash       |
| DESSERT       | Scones                        | Sweet Potato Pie      | Banana Pudding Parfait | Brownie Sundaes              | Carrot Cake                | Lemon Bars                        | Orange Fluff               |
| <b>DINNER</b> |                               |                       |                        |                              |                            |                                   |                            |
| SOUP          |                               | Beef Barley           | Split Pea and Ham      | Wisconsin Cheddar            | Zupa Toscana               | Manhattan Clam Chowder            | Tomato Soup                |
| ENTRÉE 1      | Turkey Club Wraps with Chips  | Shrimp Alfredo        | Kielbasa               | Stuffed Sol                  | Chicken Marsala            | Baked Cod                         | Liver with Bacon and Onion |
| ENTRÉE 2      | Chicken Bacon Ranch Casserole | Country Fried Chicken | Stuffed Cabbage        | Beef & Broccoli Stir Fry     | Garlic Butter Steak Bites  | Gnocchi w/ Vodka Sauce            | Broccoli Cheddar Quiche    |
| STARCH        | No Starch                     | Penne Pasta           | Pierogies              | Rice                         | Loaded Mashed              | Mushroom Risotto                  | Potato Wedges              |
| VEGGIE 1      | Bacon Green Beans             | Germany Blend         | Sauerkraut             | Roasted Red Peppers          | Sauteed Mushrooms          | Mixed Vegetables                  | Wax Beans                  |
| DESSERT       | Dessert Cart                  | Ice Cream Novelty     | Spiced Cake            | Angel Food Cake w/ Berries   | Whipped Fruit Salad        | Peanut Butter Cheesecake Parfait  | Rice Pudding               |

## LONGVIEW RECREATION SCHEDULE

*October 27 - November 2, 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 27<sup>th</sup>

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

2:30 **WORSHIP SERVICE w/ Ms. Carol Hockett, Forest Home Chapel – Interfaith Chapel, 3<sup>rd</sup> Floor**

### Monday – October 28<sup>th</sup>

9:00 **OPEN FITNESS** with Netta – 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 – Dining Room, 3<sup>rd</sup> Floor **\*Note Location**

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

10:30 **LONGVIEW STORE** open until 11:30 a.m. – 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 Netta – Garden Level, Rehab Room

\*\*\* **NO YOGA TODAY**

2:00 **CYBER SECURITY DISCUSSION – Dining Room, 3<sup>rd</sup> Floor**

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

3:15 **BINGO with Maria & Netta – 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

6:30 **BELLY BOO BELLY DANCING PERFORMANCE – IC Classroom, 2<sup>nd</sup> Floor**

### Tuesday – October 29<sup>th</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 & Netta – Craft Room, 3<sup>rd</sup> Floor

10:00 **EXERCISE** with Netta – Dining Room, 3<sup>rd</sup> Floor **\*Note Location**

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 a.m. – 3<sup>rd</sup> Floor

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

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

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

1:15 **KEN BURNS DOCUMENTARY: Thomas Jefferson, Part 2** – Dining Room, 3<sup>rd</sup> Floor

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

2:30 **MUSIC THERAPY WITH AMANDA – 4<sup>th</sup> Floor, Fireplace Lounge**

2:30 **COMMUNITY CAFÉ:** Meet our new Food Service Manager, All are welcome! – Dining Room, 3<sup>rd</sup> Floor

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

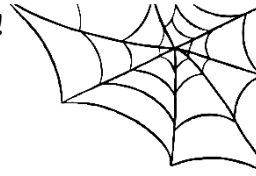
3:30 **SHORT STORIES** with Netta – Garden Level, East Wing

3:45 **SMART SCREEN WHEEL OF FORTUNE** with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge



**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 30<sup>th</sup>

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Netta – 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 – Dining Room, 3<sup>rd</sup> Floor **\*Note Location**
- 10:30 **BIBLE STUDY: Mere Christianity by CS Lewis** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor
- 10:45 **JENGA** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden, West Wing
- 1:30 DOCUMENTARY: Gordon Ramsay Travelogue: Peru's Sacred Valley** – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:30 **PRAYER GROUP** – 2<sup>nd</sup> floor, C-Wing Lounge
- 1:30 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room
- 2:15 **GARDEN WALK** with Netta, weather permitting – Meet in Front Lobby, Garden Level
- 2:15 **NAILS** with Maria – Craft Room 3<sup>rd</sup> Floor
- 2:15 TRIP TO WEGMANS – Sign up in Craft Room, Meet in Entrance**
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 3:30 **WATERCOLOR** with Netta – 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
- 6:15 ANNIE OL' THYME COUNTRY/BLUEGRASS MUSIC** – Dining Room, 3<sup>rd</sup> Floor **\*Note Time & Location**
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor

### Thursday – October 31<sup>st</sup> Happy Halloween!! Trick-or-Treat at staff offices!

- 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 & Netta – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISE** with Netta – Dining Room, 3<sup>rd</sup> Floor **\*Note Location**
- 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 Netta & Pam – 4<sup>th</sup> Floor, Fireplace Lounge
- \*\*\*\* **NO BINGO** Come to the Halloween Party instead!
- 1:15 HALLOWEEN PARTY: Come dressed up (or not) & Vote on Pumpkin Decorating Contest! –**  
**IC Classroom, 2<sup>nd</sup> Floor**
- \*\*\*\* **NO GREAT COURSES: Practicing Mindfulness** Come to the Halloween Party instead!
- \*\*\*\* **NO BEAN BAG TOSS** Come to the Halloween Party instead!
- 2:00 **MOVIE MATINEE: Hocus Pocus 2 (2022)** – 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 Netta – Garden Level, Front Lobby
- 6:30 **THURSDAY MOVIE NIGHT**– 4<sup>th</sup> Floor, Fireplace Lounge



### Friday – November 1<sup>st</sup> All Saints Day

- 9:00 **OPEN FITNESS** with Pamela – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **COFFEE WITH CHERYL** – Craft Room, 3<sup>rd</sup> Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2<sup>nd</sup> Floor
- 9:30 **BRAIN BUILDERS & BAKING** with IC Students – Garden Level, East Wing
- 10:00 **EXERCISE** with Whitney – Dining Room, 3<sup>rd</sup> Floor **\*Note Location**
- 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
- 1:30 WELLNESS SERIES: Happy & 100: Lessons on Longevity from the Blue Zones** – Dining Room, 3<sup>rd</sup> Floor
- 2:00 **QUILTING GROUP**, All are welcome! – IC Classroom, 2<sup>nd</sup> Floor
- 2:00 **FAMOUS FACES** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge
- 2:30 ANIMAL TALK with John** – Craft Room, 3<sup>rd</sup> Floor
- 3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room
- 6:15 PODCAST & DISCUSSION GROUP** with Emma – Craft Room, 3<sup>rd</sup> Floor

### Saturday – November 2<sup>nd</sup> All Souls Day

- 10:30 CORNELL RAPTOR PROGRAM: Owls** – IC Classroom, 2<sup>nd</sup> Floor
- 10:30 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor
- 1:00 **MOVEMENT & MUSIC** with Maria & Martina – Garden Level, Rehab Room
- 1:45 **MOVIE MATINEE: Minari (2021)** – Garden Level, West Wing
- 2:15 **MOVIE MATINEE: Minari (2021)** – IC Classroom, 2<sup>nd</sup> Floor
- 2:30 GAMES** with Maria & Martina – 4<sup>th</sup> Floor, Fireplace Lounge



#### 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.