

Week 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
LUNCH							
SOUP	BRUNCH	Beef Barley	Split Pea and Ham	Wisconsin Cheddar	Butternut Squash Soup	Manhattan Clam Chowder	Tomato soup
ENTRÉE 1	Mint Jelly Lamb Lolli pops	Goulash	Pumpkin Ravioli with Sage Butter Sauce	Garlic Parmed Chicken Breast	Roasted Turkey	Crab Cake	Chicken Pot Pie
ENTRÉE 2	Sausage Gravy	Chicken Cordon Bleu	Sirloin Steak	Chipped Beef on Toast	Breaded Veal Cutlets	Pesto Cream Sauce Over Tortellini	Garlic Parm Tilapia
ENTRÉE 3					Vegetable Lasagna		
STARCH	Biscuits	Brown Rice	Wild Rice	Sweet Potatoes	Stuffing/ Mashed Potato	Hush Puppies	Biscuits
FRUIT/VEG	Roasted Acorn Squash	Broccoli	Roasted Root Veg	Roasted Tomatoes	Green Bean Casserole and/or Corn	Winter Blend	Balsamic Asparagus
DESSERT	Scones	Sweet Potato Pie	Banana Pudding Parfait	Brownie Sundaes	Apple Pie or Pumpkin Pie	Orange Fluff	Lemon Bars
DINNER							
SOUP		Beef Barley	Split Pea & Ham	Wisconsin Cheddar		Manhattan Clam Chowder	Tomato Soup
ENTRÉE 1	Turkey Club Wraps	Shrimp Alfredo	Kielbasa	Stuffed Sole		Baked Cod	Liver with Bacon & Onion
ENTRÉE 2	Chicken Bacon Ranch Casserole	Country Fried Chicken	Stuffed Cabbage	Beef & Broccoli Stir Fry		Gnocchi w/ Vodka Sauce	Broccoli Cheddar Quiche
STARCH	Chips	Penne Pasta	Pierogies	Rice		Mushroom Risotto	Potato Wedges
VEGGIE 1	Green Beans	Normandy Blend	Sauerkraut	Roasted Red Peppers		Mixed Vegetables	Wax Beans
DESSERT	Dessert Cart	Ice Cream Novelty	Spiced Cake	Angel Food Cake w/ Berries		Mixed Berry Cheesecake Parfait	Rice Pudding

LONGVIEW RECREATION SCHEDULE

November 24 - November 30, 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 – November 24th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor

2:30 **WORSHIP SERVICE w/ Sunshine, Salvation Army** – Interfaith Chapel, 3rd Floor

LONGVIEW SHOPPER SIX or less items from Wegmans, drop list & money off in Business Office Mailbox

*Orders need to be in by **SUNDAY evening** and will be delivered **MONDAY afternoon!**

Monday – November 25th Ithaca College on Thanksgiving Break This Week

9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor

9:00 **MONDAY MORNING MOVEMENT** with Vera – Garden Level, Front Lobby

9:15 **TRIVIA** with Netta – 4th Floor, Fireplace Lounge

9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor

10:00 **EXERCISE** with Vera – Dining Room, 3rd Floor

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

10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor

10:45 **CROSSWORDS** with Vera & Netta – 4th Floor, Fireplace Lounge

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

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

2:00 **YOGA** with Lisa – IC Classroom, 2nd Floor

2:15 **TRIP TO WEGMANS** – Sign up in Craft Room, Meet in Entrance ***Note Day**

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

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

Tuesday – November 26th

9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor

9:00 **NAILS** with Vera – 4th Floor, Fireplace Lounge

9:30 **COFFEE & CONVERSATION** with Pamela & Netta – Craft Room, 3rd Floor

10:00 **EXERCISE** with Netta – Dining Room, 3rd Floor

10:15 **TRIVIA with Whitney** – Garden Level, East Wing

10:15 **OPEN ART STUDIO WITH JULIA**, Create art with other residents! All welcome! – Craft Room, 3rd Floor

10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor

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

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

1:15 **BINGO with Soni & Netta** – 4th Floor, Fireplace Lounge

1:15 **KEN BURNS DOCUMENTARY: Mark Twain, Part 3** – Dining Room, 3rd Floor

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

2:30 **COMMUNITY CAFÉ, All Are Welcome!** – Dining Room, 3rd Floor

3:15 **TAI CHI** with Laurie – IC Classroom, 2nd Floor

3:15 **JEOPARDY** with Whitney – 4th Floor, Fireplace Lounge

3:30 **WOULD YOU RATHER** with Netta – Garden Level, East Wing

6:15 **MUSICAL PERFORMANCE: CLASSIC GENERATIONS: The Great Ballads** – Dining Room, 3rd Floor



Wednesday – November 27th

- 9:00 **MORNING MOVEMENT** with Vera – Garden Level, Front Lobby
- 9:00 **OPEN FITNESS** with Netta – Exercise Room, 2nd Floor
- 9:15 **FAMOUS FACES** with Lorraine – 4th Floor, Fireplace Lounge
- 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Vera – Dining Room, 3rd Floor
- 10:30 **BIBLE STUDY: Advent Study** with Brooke – Interfaith Chapel, 3rd Floor
- 10:45 **SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine & Whitney** – 4th Floor, Fireplace Lounge
- 10:45 **CROSSWORDS** with Vera – Garden, West Wing
- 1:30 **DOCUMENTARY: Queen Cleopatra Mini-Series, “Rivals”** – 4th Floor, Fireplace Lounge
- 1:30 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room
- 1:30 **THANKSGIVING SERVICE with Rev. Brooke Newell** – Dining Room, 3rd Floor
- 2:15 **GARDEN WALK** with Lorraine, weather permitting – Meet in Front Lobby, Garden Level
- 2:30 **PLANT TALK** with John – Craft Room, 3rd Floor ***Note Day**
- 2:45 **UNO** with Netta – 4th Floor, Fireplace Lounge
- 3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3rd Floor
- 3:30 **WATERCOLOR** with Lorraine – Garden Level, West Wing
- 3:30 **TROLLEY RIDES** w/ Emma – Meet in Front Lobby at 3:30PM & Garden Level Entrances at 4 PM
- **** **NO HYMN SING**
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – November 28th **Happy Thanksgiving!**

All Administrative Offices Closed for the Holiday



Friday – November 29th

- 9:00 **OPEN FITNESS** with Pamela – Exercise Room, 2nd Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Netta – Garden Level, Front Lobby
- 10:00 **EXERCISE** with Netta – Dining Room, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:30 **POKENO with Pamela** – 4th Floor, Fireplace Lounge
- 10:30 **BEAN BAG TOSS with Netta & Whitney** – Garden Level, East Wing
- 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, 2nd Floor
- 2:00 **WHO AM I?** with Netta – 4th Floor, Fireplace Lounge
- 2:30 **ANIMAL TALK with John** – Craft Room, 3rd Floor
- 3:00 **TURKEY DAY TRIVIA & MACY’S THANKSGIVING PARADE (100th Anniversary) Discussion & Trivia** – Dining Room, 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 – November 30th

- 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: Big Miracle (2012)** – Garden Level, East Wing ***Note Location**
- 2:15 **MOVIE MATINEE: Big Miracle (2012)** – IC Classroom, 2nd Floor
- 2:30 **GAMES** with Maria – 4th Floor, Fireplace Lounge

BEAUTY SALON

Please call Shaunna directly to schedule appointments at (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.