

Week 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
<b>LUNCH</b>							
SOUP	<b>BRUNCH</b>	Sausage Potato Kale Soup	Stuffed Pepper Soup	Vegetable Soup	Bean and Keilbasa Soup	Seafood Bisque	Tomato Soup
ENTRÉE 1	Hamsteak	Homemade Chili	Chicken Cordon Bleu	BBQ Chicken	Shaved Steak Sandwich	Gnocchi W/ Vodka Sauce	Liver with Bacon and Onion
ENTRÉE 2	Fried Eggs w/ Corned Beef Hash	Lemon Pepper Salmon	Beef and Squash Stew	Beef Fajitas	Grilled Mahi Mahi	Popcorn Shrimp with Cocktail Sauce	Broccoli Cheddar Quiche
STARCH	Breakfast Potatoes	Cornbread	Sweet Potato Mashed	Mexican Rice	Rice Pilaf	Tater Tots	Fingerling Potato
FRUIT/VEG	Hubbard Squash	Asparagus	Steamed Carrots	Creamed Corn	Bahama Blend	Mixed Vegetables	Corn
DESSERT	Apple Turnover	Chocolate Cake	Fruited Jello	Coffee Ice Cream	Eclairs	Assorted Cream pie	Red Velvet Bistro
<b>DINNER</b>							
SOUP		Sausage Potato Kale Soup	Stuffed Pepper Soup	Vegetable Soup	Bean and Keilbasa Soup	Seafood Bisque	Tomato Soup
ENTRÉE 1	Chicken Cutlet Sandwich	Chicken Marsala	Ham & Scalloped Potato	Sausage Parm	Stuffed Cabbage Cassarole	Shake and Bake Pork Chops	Chili Cheese Dogs
ENTRÉE 2	Turkey Wraps	Beef Stroganoff	Shepherds Pie	Baked Ziti	Chicken and Dumpling	Baked Salmon	Roasted Chicken Thighs
STARCH	Curly Fries	Egg Noodles	No Starch	Garlic Bread	No Starch	Cheesy Chive Potato	Potato Salad
VEGGIE 1	Carrots	Peas	Green Beans	Broccoli	Mediterranean Blend	Peas & Carrots	Beets
DESSERT	Brownies	Rainbow Sherbert	Strawberry Rhubarb Pie	Boston Cream Pie	Mixed Berry Yogurt Parfait	Cheesecake	Jello Cake

## LONGVIEW RECREATION SCHEDULE

*January 26 – February 1, 2025*

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 – January 26<sup>th</sup>

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 2:30 **WORSHIP SERVICE** w/ The Rev. Kate Merriman, Retired, United Methodist – Auditorium, 3<sup>rd</sup> Floor
- 3:30 **MARTIN LUTHER KING JR. CONCERT AT IC** – Sign up in Craft Room, Meet in Front Entrance, 3<sup>rd</sup> Floor

### Monday – January 27<sup>th</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
- 9:15 **TRIVIA** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge
- 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 – Auditorium, 3<sup>rd</sup> Floor
- 10:30 **TRIVIA with Lorraine** – 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 **MYSTERIES OF THE ABANDONED AMERICA** – Auditorium, 3<sup>rd</sup> Floor
- 1:15 **WORD MINING** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:30 **ART CLUB: Painting with Whitney** – Craft Room, 3<sup>rd</sup> Floor
- 1:30 **MOVEMENT & MUSIC** with Netta – Rehab Room, Garden Level
- 2:00 **YOGA** with Lisa – IC Classroom, 2<sup>nd</sup> Floor
- 2:30 **CARD GAMES** with Maria – 4<sup>th</sup> Floor, Fireplace Lounge
- 3:00 **DEATH CAFÉ: Gather to Eat Cake, Drink Tea and Discuss Death** – Craft Room, 3<sup>rd</sup> Floor
- 3:15 **BINGO** with Lorraine & Martina – Garden Level, East Wing
- 6:00 **MONDAY NIGHT MOVIE** – Garden Level, East Wing



### Tuesday – January 28<sup>th</sup>

- 9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **NAILS** with Vera – 4<sup>th</sup> Floor, Fireplace Lounge
- 9:15 **COMMON PHRASES & THE HISTORY BEHIND THEM** with Whitney – Garden Level, East Wing
- 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 Netta – Auditorium, 3<sup>rd</sup> Floor
- 10:15 **OPEN ART STUDIO** with Julia, 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 Netta & Pamela – Auditorium, 3<sup>rd</sup> Floor
- 10:45 **CRAFTS** with Vera & Lorraine – Garden Level, West Wing
- 1:15 **PICTIONARY** with Netta & Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge
- 1:15 **KEN BURNS DOCUMENTARY: Muhammad Ali, Round Four: The Rent You Pay (1974-2016)** – Auditorium
- 1:30 **MOVEMENT & MUSIC** with Whitney – Garden Level, Rehab Room
- 2:30 **COMMUNITY CAFÉ**, All Are Welcome! – Dining Room, 3<sup>rd</sup> Floor
- 2:30 **MUSIC THERAPY** with Amanda – Garden Level, East Wing
- 3:15 **TAI CHI** with Laurie – Auditorium, 3<sup>rd</sup> Floor
- 3:30 **WOULD YOU RATHER** with Netta – Garden Level, West Wing

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## Tuesday – January 28<sup>th</sup>

- 3:45 **WHEEL OF FORTUNE with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge**  
4:00 **SHORT STORIES with Lorraine – Garden Level, East Wing**

**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 – January 29<sup>th</sup> Chinese New Year

- 9:00 **MORNING MOVEMENT with Vera – Garden Level, Front Lobby**  
9:00 **OPEN FITNESS with Netta – Exercise Room, 2<sup>nd</sup> Floor**  
9:15 **SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge**  
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 – Auditorium, 3<sup>rd</sup> Floor**  
10:15 **GETTING TO KNOW YOU, Conversations with Netta – Garden Level, West Wing**  
\*\*\* **NO BIBLE STUDY THIS WEEK**  
10:45 **FAMOUS FACES with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge**  
10:45 **STRETCH YOUR SPIRIT: The Faithful Art of Caravaggio with Carol Hockett – Auditorium, 3<sup>rd</sup> Floor**  
10:45 **CROSSWORDS with Vera – Garden Level, East Wing**  
1:15 **NAILS with Maria – Craft Room, 3<sup>rd</sup> Floor**  
1:30 **DOCUMENTARY: Queen Cleopatra Mini-Series, “The Last Pharaoh” – 4<sup>th</sup> Floor, Fireplace Lounge**  
1:30 **IS THIS THE TIME TO BUY OR SELL? The Current State of the TC Real Estate Market (Pt. 1) – Auditorium, 3<sup>rd</sup> Floor**  
1:30 **MUSIC & MOVEMENT with Netta – Garden Level, Rehab Room**  
2:15 **TRIP TO WEGMANS – Sign up in Craft Room, Meet in Entrance**  
2:30 **FRIENDLY VISITING with Lorraine – Front Lobby, Garden Level**  
2:45 **CHINESE NEW YEAR DISCUSSION with Maria – 4<sup>th</sup> Floor, Fireplace Lounge**  
3:00 **PRAYING THE ROSARY – Interfaith Chapel, 3<sup>rd</sup> Floor**  
3:45 **CHINESE NEW YEAR COLORING with Lorraine – Garden Level, West Wing**  
3:45 **HYMN SING with Brooke – Auditorium, 3<sup>rd</sup> Floor**  
7:30 **OPEN AA MEETING, All are welcome including AL-ANON members – Interfaith Chapel, 3<sup>rd</sup> Floor**



## Thursday – January 30<sup>th</sup>

- 9:00 **OPEN FITNESS with Netta – 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 – Auditorium, 3<sup>rd</sup> Floor**  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **BEAN BAG TOSS with Pam & Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge**  
10:45 **WHO AM I? with Vera – Garden Level, East Wing**  
10:45 **CLAY CLASS with Ed – Craft Room, 3<sup>rd</sup> Floor**  
12:45 **MUSIC with Ben Hogben – Garden Level, Front Lobby**  
1:15 **SPIRITUAL LIFE Video Lecture, Great Courses Series on Genesis – Auditorium, 3<sup>rd</sup> Floor**  
1:15 **BEAN BAG TOSS with Vera – Garden Level, East Wing**  
1:30 **MUSIC with Ben Hogben – 3<sup>rd</sup> Floor, Front Lobby**  
2:00 **MOVIE MATINEE: Around the World in 80 Days (2004) - Garden Level, East Wing**

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## Thursday – January 30<sup>th</sup>

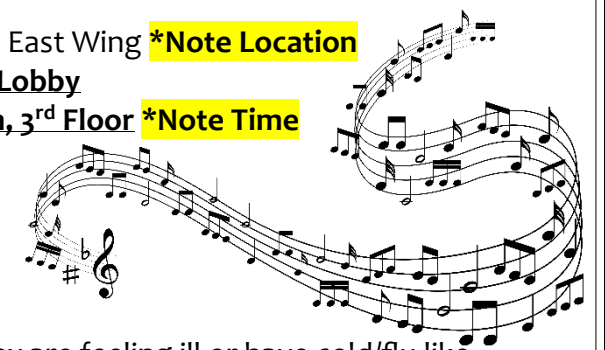
- 2:15 **PLANT TALK with John – Craft Room, 3<sup>rd</sup> Floor**  
3:15 **JEOPARDY with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge**  
3:45 **DRAMA CLUB, Acting with Netta – Garden Level, Front Lobby**  
6:30 **THURSDAY MOVIE NIGHT – 4<sup>th</sup> Floor, Fireplace Lounge**

## Friday – January 31<sup>st</sup>

- 9:00 **OPEN FITNESS with Lorraine – Exercise Room, 2<sup>nd</sup> Floor**  
9:00 **OPEN SWIM with Whitney – Pool, 2<sup>nd</sup> Floor**  
9:00 **MORNING MOVEMENT with Netta – Garden Level, Front Lobby**  
10:00 **EXERCISE with Netta – Auditorium, 3<sup>rd</sup> Floor**  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:30 **POKENO with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge**  
10:45 **COFFEE & GAMES with Netta – Garden Level, West Wing**  
11:00 **WRITING, READING, & DISCUSSIONS with Jerry – Garden Level, Rehab Room**  
1:15 **COLLAGE MAKING with Martina – 4<sup>th</sup> Floor, Fireplace Lounge**  
1:30 **MOVEMENT & MUSIC with Netta – Garden Level, Rehab Room**  
2:00 **COMMON PHRASES & THE HISTORY BEHIND THEM with Whitney – 4<sup>th</sup> Floor, Fireplace Lounge**  
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**  
3:00 **CHINESE NEW YEAR & JANUARY BIRTHDAY PARTY – Auditorium, 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 – February 1<sup>st</sup>

- 10:00 **SCATTERGORIES with Martina & Maria – Garden Level, East Wing**  
10:15 **LONGVIEW DISCUSSION GROUP – Craft Room, 3<sup>rd</sup> Floor**  
11:00 **TRIVIA with Maria & Martina – 4<sup>th</sup> Floor, Fireplace Lounge**  
1:00 **MOVEMENT & MUSIC with Maria & Martina – Garden Level, East Wing \*Note Location**  
1:45 **PIANO MUSIC with Madi, IC Student – Garden Level, Front Lobby**  
2:00 **MOVIE MATINEE: Sense and Sensibility (1995) – Auditorium, 3<sup>rd</sup> Floor \*Note Time**  
2:30 **GAMES with Maria – 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 at  
(607) 279-7543