

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
<b>LUNCH</b>							
SOUP	<b>BRUNCH</b>	Vegetable	Italian Wedding	Lentil	Chicken Noodle	Corn Chowder	Tomato
ENTRÉE 1	Seafood Alfredo Casserole	Cube Steak w/ Gravy	Chicken Caprese Casserole	Pulled Chicken Sliders	Egg & Olive on Whole Wheat	Fried Fish	Pot Roast
ENTRÉE 2	Ham and Swiss Quiche	Spinach & Feta Turkey Burgers	Roasted Tilapia	Cheeseburger Sliders	BLT Wrap	Peach BBQ Chicken Thighs	Tuna Melt
STARCH	Southern Potato Wedge	French Fries	Sweet Potato Fries	Zucchini Fries	Potato Wedges	Fries	Tater Tots
FRUIT/VEG	Roasted Brussels Sprouts	Cucumber/ Tomato Salad	Broccoli	Corn	Steamed Carrots	Coleslaw	Mashed cauliflower
DESSERT	Danishes	Dirt Cup	Strawberries	Fruit and Yogurt Parfait	Coconut Cream Pie	Fruit Crisp	Key Lime Bistro
<b>DINNER</b>							
SOUP		Vegetable	Italian Wedding	Lentil	Chicken Noodle	Corn Chowder	Tomato
ENTRÉE 1	Soft Tacos Salsa & Sour Cream	Beef Tips	Beef Lasagna	Chicken Cutlet	Meatloaf	Baked Mac & Cheese	Chicken and Biscuits
ENTRÉE 2	Grilled Cheese	Turkey Stroganoff	Stuffed Pepper	Lemon Butter Tilapia	Pork Tender w/ Mushroom Cream Sauce	Fried Shrimp	Penne Marinara
STARCH	Yellow Rice	Egg Noodles	Garlic Bread	Rice Pilaf	Mashed Potato/Gravy	Hush Puppies	Biscuit
VEGGIE 1	Pico De Gallo	Mixed Vegetables	Garlic Green Beans	Sauteed Greens	Peas	Stewed Tomato	Wax Beans
DESSERT	Ice Cream Novelty	Strawberry Shortcake with Biscuits	Cannoli	Tiramisu	Chocolate Cake with Frosting	Individual Citrus Cake	Cookies and Cream Pie

## LONGVIEW RECREATION SCHEDULE

*January 5 – January 11, 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 5<sup>th</sup>

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

2:30 **WORSHIP SERVICE with Rev. Pam Carey, Jacksonville Community Church – Auditorium, 3<sup>rd</sup> Floor**

### Monday – January 6<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 **ITHACA COLLEGE COURSE ADVISING, Final Call! Interested in taking a class? – Craft Room, 3<sup>rd</sup> Floor**

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

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

1:30 **WORD MINING** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge

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

2:00 **CORNELL COMPANIONS Pet Therapy Visits – Garden Level, East Wing**

3:00 **SPECIAL MOVIE MATINEE: Wicked, Showing the first half, second half 1/8 (2024) – Auditorium, 3<sup>rd</sup> Floor**

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

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

### Tuesday – January 7<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** A social time for residents to visit with each other – Craft Room, 3<sup>rd</sup> Floor

10:00 **EXERCISE** with Lorraine – Auditorium, 3<sup>rd</sup> Floor

10:15 **COMMON PHRASES & THE HISTORY BEHIND THEM with Whitney – Garden Level, East Wing**

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 & Lorraine – Auditorium, 3<sup>rd</sup> Floor

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

1:15 **CREATIVE STORYTELLING with Netta & Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge**

1:15 **KEN BURNS DOCUMENTARY: Muhammad Ali, The Greatest (1942-1964) – Auditorium, 3<sup>rd</sup> Floor**

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

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

3:15 **TAI CHI with Laurie – Auditorium, 3<sup>rd</sup> Floor**

3:15 **WOULD YOU RATHER** with Netta – Garden Level, East Wing

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

4:00 **SHORT STORIES with Lorraine – Garden Level, East Wing**

\*\*\*\* **MUSIC WITH THE FORTNIGHT SINGERS** – Postponed to 1/14



**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 8<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  
9:15 **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  
10:00 **CREATIVE COLORING with Netta – Garden Level, West Wing**  
10:30 **BIBLE STUDY: Studying Moses** with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor  
10:45 **FAMOUS FACES** with Lorraine – 4<sup>th</sup> Floor, Fireplace Lounge  
10:45 **CROSSWORDS** with Vera – Garden Level, East Wing  
1:30 **DOCUMENTARY: Queen Cleopatra Mini-Series, “What Must Be Done”** – 4<sup>th</sup> Floor, Fireplace Lounge  
1:30 **MUSIC & MOVEMENT** with Netta – Garden Level, Rehab Room  
2:15 **TRIP TO TRADER JOE’S – Sign up in Craft Room, Meet in Entrance**  
2:30 **FRIENDLY VISITING** with Lorraine – Front Lobby, Garden Level  
2:45 **UNO** with Netta – 4<sup>th</sup> Floor, Fireplace Lounge  
3:00 **PRAYING THE ROSARY** – Interfaith Chapel, 3<sup>rd</sup> Floor  
3:45 **WATERCOLOR** with Lorraine – Garden Level, West Wing  
3:45 **HYMN SING** with Brooke – Auditorium, 3<sup>rd</sup> Floor  
6:15 **SPECIAL MOVIE: Wicked, Showing the second half (2024) – 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 9<sup>th</sup>

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **NAILS** with Vera & Netta – 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 Adult Day – 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 & Netta – Garden Level, East Wing  
1:30 **MUSIC** with Ben Hogben – 3<sup>rd</sup> Floor, Front Lobby  
2:00 **MOVIE MATINEE: Mr. Popper’s Penguins (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**  
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 10<sup>th</sup>

- 9:00 **OPEN FITNESS** with Pamela – 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 Pamela – 4<sup>th</sup> Floor, Fireplace Lounge  
10:45 **WATERCOLOR** with Netta – Garden Level, West Wing  
11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – Garden Level, Rehab Room  
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 **MAPLEWOOD JAZZ TRIO Afternoon Musical Performance – 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 – January 11<sup>th</sup>

- 10:00 **SCATTERGORIES** with Recreation – 4<sup>th</sup> Floor, Fireplace Lounge  
10:15 **LONGVIEW DISCUSSION GROUP** – Craft Room, 3<sup>rd</sup> Floor  
11:00 **TRIVIA** with Recreation – Garden Level, West Wing  
1:00 **MOVEMENT & MUSIC** with John – Garden Level, Rehab Room  
1:45 **MOVIE MATINEE: A Room with a View (1985)** – Garden Level, East Wing  
2:15 **MOVIE MATINEE: A Room with a View (1985) – Auditorium, 3<sup>rd</sup> Floor**

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