

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug
	BRUNCH	LUNCH					
SOUP W/ROLL	Wild Mushroom & Rice	Ginger Carrot	Cold Berry Soup	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Blueberry Pancakes	Taco Bowl	Grilled Portobello	BLT	Lemon Pepper Chicken Breast	Roasted Tilapia	Pot Roast
ENTRÉE 2	Beef Tenderloin	Chicken Parmesan	Seafood Salad on a Croissant	Greek Salad	Gyros (Lamb & Beef)	Mediterranean Flat Bread Pizza	Orange Chicken Thighs
STARCH	Mashed Potatoes	Linguini w/ Garlic	Yellow Rice	Sweet Potato Fries	Curly Fries	Lemon Herb Couscous	Redskin Mashed Potatoes
VEGGIE	Green Bean Casserole	Cucumber & Tomato Salad	Peppers & Onions	Grilled Zucchini	Steamed Corn	Steamed Broccoli	Creamed Spinach
DESSERT	Scones & Strawberry Shortcake	Chocolate Oreo Pie	Dutch Apple Pie	Yogurt Parfait	Sweet Potato Pie	Chocolate Flourless Torte	Lemon Meringue Pie
DINNER							
WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Wild Mushroom & Rice	Ginger Carrot	Cold Berry Soup	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Chicken Cordon Bleu	Baked Haddock	Hamburger or Cheeseburger	Pesto Chicken	BBQ Ribs	Sweet & Sour Chicken	Turkey Meatloaf
ENTRÉE 2	Swedish Meatballs w/ Egg Noodles	Stuffed Shells	Spinach & Feta Turkey Burger	Dill Salmon	Mac & Cheese	Shrimp Gumbo	Pork Tenderloin
STARCH	Baked Potato	Jasmine Rice	Potato Salad	Risotto Pilaf	Garlic Bread	Basmati/White Rice	Mashed Sweet Potatoes
VEGGIE	Peas & Carrots	Broccoli	Snap Peas	Artichoke Hearts	Honey Glazed Carrots	Garlic Green Beans	Yellow Squash
DESSERT	Strawbery Shortcake	Chocolate Oreo Pie	Dutch Apple Pie	Yogurt Parfait	Sweet Potato Pie	Chocolate Flourless Torte	Lemon Meringue Pie

## LONGVIEW RECREATION SCHEDULE

*August 10 – August 16, 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 – August 10<sup>th</sup>

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor  
2:30 **WORSHIP SERVICE** with Rev. Brooke Newell – Auditorium, 3<sup>rd</sup> Floor

### Monday – August 11<sup>th</sup>

9:00 **OPEN FITNESS** with Kelly – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **MONDAY MORNING MOVEMENT** with Vera – Front Lobby, Garden Level  
9:15 **TRIVIA** with Whitney – Fireplace Lounge, 4<sup>th</sup> Floor  
9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3<sup>rd</sup> Floor  
9:45 **SMART SCREEN GAMES** with Lorraine – West Wing, Garden Level  
10:00 **EXERCISE** with Vera – Auditorium, 3<sup>rd</sup> Floor  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **TRIVIA** with Lorraine – East Wing, Garden Level  
**10:45 GARDEN WALK with Kelly – Front Lobby, Garden Level**  
10:45 **CROSSWORDS** with Vera – Fireplace Lounge, 4<sup>th</sup> Floor  
**1:00 TRIP TO PURITY ICE CREAM – Sign up in Craft Room, Meet in Front Entrance**  
1:15 **BINGO** with Whitney – Fireplace Lounge, 4<sup>th</sup> Floor  
\*\*\*\* **NO WALKING LONGVIEW GROUNDS TODAY**  
1:30 **MOVEMENT & MUSIC** with Lorraine – East Wing, Garden Level **\*Note Location**  
2:00 **YOGA** with Kathy – IC Classroom, 2<sup>nd</sup> Floor  
**3:00 MAKE YOUR OWN MEMORY BOX, Part 1 (Materials will be provided) – Auditorium, 3<sup>rd</sup> Floor**  
\*\*\*\* **NO ART CLUB OR AMERICAN MASTERS VIDEO TODAY, Come Make Your Own Memory Box Instead!**  
3:15 **BINGO** with Lorraine & Whitney – East Wing, Garden Level



### Tuesday – August 12<sup>th</sup>

9:00 **OPEN FITNESS** with Bree – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **MORNING MOVEMENT** with Whitney – Front Lobby, Garden Level  
9:00 **NAILS** with Vera – Fireplace Lounge, 4<sup>th</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 Kelly – Auditorium, 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, Kelly & Sue – Auditorium, 3<sup>rd</sup> Floor  
10:45 **CRAFTS** with Vera – West Wing, Garden Level  
**1:00 ANIMALS UP CLOSE DOCUMENTARY SERIES: Botswana Wild Dogs – Auditorium, 3<sup>rd</sup> Floor**  
1:15 **BOGGLE** with Soni, Kelly & Sue – 4<sup>th</sup> Floor, Fireplace Lounge  
1:30 **MOVEMENT & MUSIC** with Whitney – East Wing, Garden Level **\*Note Location**  
2:30 **COMMUNITY CAFÉ**, All Are Welcome! – Dining Room, 3<sup>rd</sup> Floor  
**2:30 MUSIC THERAPY with Jo – East Wing, Garden Level**  
3:15 **TAI CHI** with Laurie – Auditorium, 3<sup>rd</sup> Floor  
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**Tuesday – August 12<sup>th</sup> Continued**

- 3:30 **WHEEL OF FORTUNE** with Whitney - Fireplace Lounge, 4<sup>th</sup> Floor  
3:45 **BACKYARD BIRD CLUB:** Educational Video with Kelly – Craft Room, 3<sup>rd</sup> Floor  
**6:30 MUSIC WITH THE FORTNIGHT SINGERS – Auditorium, 3<sup>rd</sup> Floor**  
6:30 **MOVIE NIGHT- “The Amateur” (2025)** - Fireplace Lounge, 4<sup>th</sup> Floor

**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 – August 13<sup>th</sup>**

- 9:00 **MORNING MOVEMENT** with Vera – Front Lobby, Garden Level  
9:00 **OPEN FITNESS** with Kelly – 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  
9:45 **SPORTS HIGHLIGHTS: Videos & Discussion** with Kelly – Fireplace Lounge, 4<sup>th</sup> Floor  
10:00 **EXERCISE** with Vera – Auditorium, 3<sup>rd</sup> Floor  
**10:30 BIBLE STUDY: Messy Spirituality with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor**  
10:45 **CROSSWORDS** with Vera – East Wing, Garden Level  
10:45 **JENGA** with Kelly – Fireplace Lounge, 4<sup>th</sup> Floor  
1:15 **NAILS** with Kelly – Craft Room, 3<sup>rd</sup> Floor  
1:15 **MUSIC & MOVEMENT** with Whitney – East Wing, Garden Level \*Note Time & Location  
**2:15 TRIP TO WEGMANS – Sign up in Craft Room, Meet in Front Entrance**  
\*\*\*\* **NO FRIENDLY VISITING TODAY**  
\*\*\*\* **PRAYING THE ROSARY ON PAUSE UNTIL SEPTEMBER**  
**3:15 TROLLEY RIDES w/ Emma – Meet in Front Lobby at 3:15 PM and Garden Level Entrances at 3:45 PM**  
3:15 **BAKING CLUB: Apple Oatmeal Cookies** with Kelly – Kitchenette, 4<sup>th</sup> Floor  
3:45 **WATERCOLOR** with Recreation – West Wing, Garden Level  
3:45 **HYMN SING** with Brooke – Auditorium, 3<sup>rd</sup> Floor  
**6:30 SHOW TUNES AND JAZZ STANDARDS with Alejandro Bernard – 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 – August 14<sup>th</sup>**

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **NAILS** with Vera – East Wing, Garden Level  
9:30 **COFFEE & CONVERSATION** with Pamela & Kelly – Craft Room, 3<sup>rd</sup> Floor  
10:00 **EXERCISE** with Kelly – Auditorium, 3<sup>rd</sup> Floor  
**10:15 OPEN CLAY STUDIO with Ed – Craft Room, 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, Kelly & Sue – Fireplace Lounge, 4<sup>th</sup> Floor  
10:45 **WHO AM I?** with Vera – East Wing, Garden Level  
1:15 **SPIRITUAL LIFE Video Lecture**, Great Courses Series on Science & Religion – Auditorium, 3<sup>rd</sup> Floor  
1:15 **BALLOON TOSS** with Vera – East Wing, Garden Level  
**1:30 MUSIC with Ben Hogben – Front Lobby, 3<sup>rd</sup> Floor**  
2:00 **MOVIE MATINEE: Jaws (1975)** – East Wing, Garden Level  
**2:15 PLANT TALK with John – Craft Room, 3<sup>rd</sup> Floor**  
3:30 **JEOPARDY** with Whitney – Fireplace Lounge, 4<sup>th</sup> Floor

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**Thursday – August 14<sup>th</sup> Continued**

- 3:45 **SHORT STORIES** with Kelly – West Wing, Garden Level  
**6:30 BEADING: Suncatchers & Jewelry with Priscilla, Resident lead program! – Craft Room, 3<sup>rd</sup> Floor**

**Friday – August 15<sup>th</sup>**

- 9:00 **OPEN FITNESS** with Kelly – Exercise Room, 2<sup>nd</sup> Floor  
9:00 **OPEN SWIM** with Whitney – Pool, 2<sup>nd</sup> Floor  
**10:00 EXERCISE with Kelly – Auditorium, 3<sup>rd</sup> Floor**  
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 **SCRABBLE** with Whitney – Fireplace Lounge, 4<sup>th</sup> Floor  
10:45 **POETRY** with Kelly – East Wing, Garden Level  
11:00 **WRITING, READING, & DISCUSSIONS** with Jerry – IC Classroom, 2<sup>nd</sup> Floor \*Note Location  
1:15 **YAHTZEE** with Kelly – 4<sup>th</sup> Floor, Fireplace Lounge  
1:30 **MOVEMENT & MUSIC** with Whitney– East Wing, Garden Level \*Note Location  
2:00 **QUILTING GROUP**, All are Welcome – IC Classroom, 2<sup>nd</sup> Floor  
**2:15 WALKING GROUP: Cayuga Waterfront Trail – Sign up in Craft Room,**  
**Meet on the 3<sup>rd</sup> Floor, Main Entrance**  
  
2:15 **ANIMAL TALK** with John – Craft Room, 3<sup>rd</sup> Floor  
**3:00 DOLLY PARTON MUSIC TRIBUTE FILM (2021) – Auditorium, 3<sup>rd</sup> Floor**  
3:45 **GARDEN & ANIMAL TALK** with John – East Wing, Garden Level \*Note Location  
6:15 **PODCAST & DISCUSSION GROUP** with Emma – Craft Room, 3<sup>rd</sup> Floor

**Saturday – August 16<sup>th</sup>**

- 10:00 CORNELL COMPANIONS PET THERAPY VISITS – Garden Level, East Wing**  
11:00 **SCATTERGORIES** with John – Fireplace Lounge, 4<sup>th</sup> Floor  
1:00 **MOVEMENT & MUSIC** with John – East Wing, Garden Level \*Note Location  
1:45 **MOVIE MATINEE: West Side Story (2021)** – East Wing, Garden Level  
**2:00 MOVIE MATINEE: West Side Story (2021) – Auditorium, 3<sup>rd</sup> Floor**

**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.

