

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	19-Oct	20-Oct	21-Oct	22-Oct	10/23	24-Oct	25-Oct
	BRUNCH	LUNCH					
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Minestrone	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Tomato & Spinach Frittata	Black Bean Burger	Shrimp Po Boy (sub)	Pork & Vegetable Stir Fry	Smoked Gouda Mac & Cheese	Crab Cake	Chicken Quesadilla
ENTRÉE 2	Roasted Turkey	Philly Cheesesteak	Waldorf Chicken Salad Plate	Avocado Tomato Grilled Cheese Sandwich	Reuben Sandwich	Bratwurst w/ Sauerkraut	Beef & Broccoli Stir Fry
STARCH	Hash Brown	Sweet Potato Fries	Curly Fries	Quinoa	Steak Fries	Garlic Mashed Potatoes	Cilantro Rice
VEGGIE	Acorn Squash	Grilled Peppers, Onions & Mushrooms	Green Beans	Roasted Vegetables	Broccoli	Roasted Brussel Sprouts	Seasoned Peas
DESSERT	Scones, Dessert Cart	Chocolate Pie	Dutch Apple Pie	Half Moon Cookies	Pecan Pie	Chocolate Flourless Torte	Tapioca Pudding
DINNER							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Minestrone	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Stuffed Pepper	Pork Tenderloin w/ Apple Compote	Meatloaf	Mahi Mahi w/ Mango Salsa	BBQ Ribs	Fried Catfish	Linguini w/ Clam Sauce
ENTRÉE 2	Chicken Francaise	Baked Haddock	Eggplant Lasagna	Seasoned Chicken	Veggie Burger	Turkey Tagine	Sausage Parmesan
STARCH	Angelhair Spaghetti	Risotto	Mashed Potatoes	Rice	Mashed Sweet Potatoes	Couscous	Bruschetta
VEGGIE	Peas	Rainbow Carrots	Roasted Root Vegetables	Plantain	Corn Casserole	Mixed Veggies	Asparagus
DESSERT	Scones, Dessert Cart	Chocolate Pie	Dutch Apple Pie	Half Moon Cookies	Pecan Pie	Chocolate Flourless Torte	Tapioca Pudding

LONGVIEW RECREATION SCHEDULE

October 19 – October 25, 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 4th Floor and at each nurse’s station in the Garden.

Sunday – October 19th

10:30 ROMAN CATHOLIC COMMUNION – Interfaith Chapel, 3rd Floor
2:30 WORSHIP SERVICE with The Rev. Casper Green, American Baptist – Auditorium, 3rd Floor

Monday – October 20th

9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
9:00 MONDAY MORNING MOVEMENT with Vera – Front Lobby, Garden Level
9:00 TRIVIA with Lorraine – Fireplace Lounge, 4th Floor
9:30 COFFEE & CONVERSATION with Adult Day – Craft Room, 3rd Floor
10:00 SMART SCREEN GAMES with Lorraine – West Wing, Garden Level
10:00 EXERCISE with Kelly – Auditorium, 3rd Floor
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:45 TRIVIA with Lorraine – East Wing, Garden Level
10:45 CROSSWORDS with Vera – Fireplace Lounge, 4th Floor
10:45 HEALTH INSURANCE MEDICARE INFO SESSION with Elaine Bedics from Lifelong – Auditorium, 3rd Flr
12:45 CRAFTS with Adult Day – Craft Room, 3rd Floor
1:15 BINGO with Whitney – Fireplace Lounge, 4th Floor
1:30 MOVEMENT & MUSIC with Lorraine – Rehab Room, Garden Level
2:00 YOGA with Kathy – IC Classroom, 2nd Floor
2:15 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – Fireplace Lounge, 4th Floor
3:00 NATIVE AMERICA Series: “Cities of the Sky” – Auditorium, 3rd Floor
3:15 BINGO with Lorraine & Whitney – East Wing, Garden Level
3:30 ART CLUB: Autumn Painting with Kelly – Craft Room, 3rd Floor



Tuesday – October 21st

9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
9:00 MORNING MOVEMENT with Lorraine – Front Lobby, Garden Level
9:00 NAILS with Vera & Martina – Fireplace Lounge, 4th Floor
9:30 COFFEE & CONVERSATION with Adult Day – Craft Room, 3rd Floor
9:45 SCRABBLE with Lorraine – East Wing, Garden Level
10:00 EXERCISE with Kelly – Auditorium, 3rd Floor
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:30 PODCAST & DISCUSSION GROUP with Emma – Craft Room, 3rd Floor
10:45 BOWLING with Kelly & Sue – Auditorium, 3rd Floor
10:45 CRAFTS with Vera & Martina – West Wing, Garden Level
10:45 SCRABBLE with Whitney – Fireplace Lounge, 4th Floor
1:00 NATIONAL GEOGRAPHICS: “Savannah Queens” – Auditorium, 3rd Floor
1:15 BOGGLE with Kelly & Sue – Fireplace Lounge, 4th Floor
1:30 TECH SUPPORT with Joe Zerby – Craft Room, 3rd Floor

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Tuesday – October 21st Continued

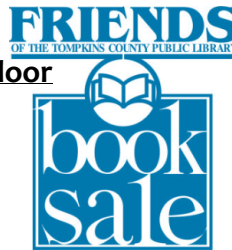
- 1:30 **CRIBBAGE** with Ethan & Maria – Nature Relaxation Lounge, 4th Floor
2:30 **COMMUNITY CAFÉ**, All Are Welcome! – Dining Room, 3rd Floor
3:30 **WHEEL OF FORTUNE** with Whitney & Ethan – Fireplace Lounge, 4th Floor
3:30 **BACKYARD BIRD CLUB** with Kelly – Craft Room, 3rd Floor ***Note Time**
3:45 **TRIVIA** with Lorraine – West Wing, Garden Level
6:30 **MOVIE NIGHT: Sister Act (1992)** - Fireplace Lounge, 4th 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 – October 22nd

- 9:00 **OPEN FITNESS** with Vera – Exercise Room, 2nd Floor
9:30 **BRAIN BUILDERS** with IC Students – **East Wing, Garden Level**
9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
10:30 **BIBLE STUDY: “Hallelujah Anyway”** with Brooke – Interfaith Chapel, 3rd Floor
10:45 **CHARADES** with Vera – Fireplace Lounge, 4th Floor
1:15 **SPIRITUAL LIFE Lecture: Great Courses, “Christian Controversies”** – Auditorium, 3rd Floor
1:15 **GAMES** with Sue & Lorraine - Fireplace Lounge, 4th Floor
1:15 **NAILS** with Kelly – Craft Room, 3rd Floor
1:15 **MUSIC & MOVEMENT** with Whitney – Rehab Room, Garden Level
2:15 **TRIP TO FRIENDS OF THE LIBRARY BOOK SALE: SENIOR DAY** – Sign up in Craft Rm,
Meet in Front Entrance
2:15 **FRIENDLY VISITING** with Kelly – West Wing, Garden Level
3:15 **BAKING CLUB** with Kelly – Kitchenette, 4th Floor
3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level
3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
6:30 **AN EVENING OF BACH & SHOW TUNES** with Alejandro – Auditorium, 3rd Floor
7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor



Thursday – October 23rd

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
9:00 **NAILS** with Kelly & Vera – East Wing, Garden Level
9:15 **BOARD GAMES** with Martina – Fireplace Lounge, 4th Floor
9:30 **COFFEE & CONVERSATION** with Lorraine & Sue – Craft Room, 3rd Floor
10:00 **EXERCISE** with Lorraine – Auditorium, 3rd Floor
10:15 **OPEN CLAY STUDIO** with Ed – Craft Room, 3rd Floor
10:30 **TROLLEY RIDES** with Emma – **Meet in Garden Level Entrance at 10:30 AM & 3rd Floor Lobby at 11 AM**
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
10:45 **BEAN BAG TOSS & Other Games** with Lorraine & Sue – Fireplace Lounge, 4th Floor
10:45 **WHO AM I?** with Vera – East Wing, Garden Level
1:15 **BALLOON TOSS** with Vera & Maria – East Wing, Garden Level
1:30 **MUSIC** with Ben Hogben – Auditorium, 3rd Floor
2:00 **MOVIE MATINEE: The Princess Bride (1987)** – East Wing, Garden Level

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Thursday – October 23rd Continued

- 2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
2:30 **FAMOUS FACES** with Maria – Fireplace Lounge, 4th Floor
3:00 **BOOK CLUB: “The Sun Also Rises” by Ernest Hemingway** – Rehab Room, Garden Level
3:30 **JEOPARDY** with Whitney – Fireplace Lounge, 4th Floor
3:45 **SHORT STORIES** with Lorraine – West Wing, Garden Level

Friday – October 24th United Nations Day

- 9:00 **OPEN FITNESS** with Kelly – Exercise Room, 2nd Floor
9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
10:00 **EXERCISE** with Kelly – Auditorium, 3rd Floor
10:30 **MAHJONG** with Whitney – 4th Floor, Fireplace Lounge
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
10:45 **POETRY** with Kelly – East Wing, Garden Level
11:00 **WRITING, READING & DISCUSSIONS** with Jerry – Garden Level, Rehab Room
1:00 – 3:00 **IC FALL PREVENTION CLINIC** – IC Classroom, 2nd Floor (Arrive at the time you signed up for)
1:15 **YAHTZEE** with Kelly – 4th Floor, Fireplace Lounge
1:30 **MOVEMENT & MUSIC** with Whitney – Rehab Room, Garden Level
2:00 **QUILTING GROUP**, All are Welcome! – Conference Room B, 2nd Floor ***Note Location**
2:15 **ANIMAL TALK** with John – Craft Room, 3rd Floor
3:00 **GREAT PERFORMANCES VIDEO: New York City Ballet in Madrid** – Auditorium, 3rd Floor
3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room

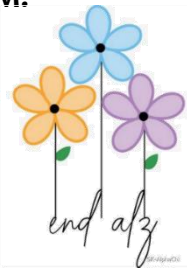


Saturday – October 25th

10:00 AM – WALK TO END ALZHEIMER’S AT ITHACA COLLEGE

The Longview Bus will be shuttling residents to the event. Please sign up in the Craft Room and meet in the Front Lobby at 9:30AM for transportation. Opening Remarks start at 10 AM.

- 10:00 **SCATTERGORIES** with Maria – Fireplace Lounge, 4th Floor
11:00 **MOVEMENT & MUSIC** with Maria – Rehab Room, Garden Level
1:00 **TRIVIA** with Maria – West Wing, Garden Level
1:45 **MOVIE MATINEE: Love is in the Air (2023)** – East Wing, Garden Level
2:15 **MOVIE MATINEE: You’ve Got Mail (1984)** Auditorium, 3rd Floor
2:45 **CARD GAMES** with Maria – Fireplace Lounge, 4th 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.