

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
	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	Cod Floretine	Chicken Quesadilla
ENTRÉE 2	Roasted Turkey w/ Gravy	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	Apple Crisp	Half Moon Cookies	Pecan Pie	Chocolate Flourless Torte	Assorted 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	Street Corn	Mixed Veggies	Asparagus
DESSERT	Scones, Dessert Cart	Chocolate Pie	Apple Crisp	Half Moon Cookies	Pecan Pie	Chocolate Flourless Torte	Assorted Pudding

LONGVIEW RECREATION SCHEDULE

November 16 – November 22, 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 – November 16th

10:30 ROMAN CATHOLIC COMMUNION – Interfaith Chapel, 3rd Floor
1:00 IC THEATRE: Little Women, the Musical – Sign up in Craft Room, Meet in Front Entrance
2:30 WORSHIP SERVICE with The Rev. Geri Judd, Newfield UM Church – Auditorium, 3rd Floor

Monday – November 17th

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 THE GAME OF THINGS with Kelly & Sue – Craft Room, 3rd Floor
10:00 SMART SCREEN GAMES with Lorraine – West Wing, Garden Level
10:00 EXERCISE with Kelly & Sue – 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
12:45 CRAFTS with Kelly & Sue – Craft Room, 3rd Floor
**** NO BINGO Today in Fireplace Lounge
1:30 ASSISTED/ENHANCED ASSISTED LIVING RESIDENT COUNCIL MEETING – Auditorium, 3rd Floor

Cast Your Vote for AL/EAL Resident Council Members!

2:00 YOGA with Kathy – IC Classroom, 2nd Floor
2:45 MOVEMENT & MUSIC with Lorraine – Rehab Room, Garden Level *Note Time
3:00 NATIVE AMERICA Video Series: “Women Rule” - Auditorium, 3rd Floor
3:15 BINGO with Whitney & Kelly – East Wing, Garden Level
3:45 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – Fireplace Lounge, 4th Floor *Note Time
**** NO ART CLUB TODAY

Tuesday – November 18th

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 Kelly & Sue – Craft Room, 3rd Floor
9:45 SCRABBLE with Lorraine – East Wing, Garden Level
10:00 EXERCISE with Kelly & Sue – 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 GROWING UP ANIMAL DOCUMENTARY SERIES: “A Baby Sea Lion’s Story” – Auditorium, 3rd Floor

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Tuesday – November 18th Continued

- 1:15 **SCATTERGORIES** with Kelly, Sue & Soni – Fireplace Lounge, 4th Floor
1:30 **TECH SUPPORT** with Joe Zerby – Craft Room, 3rd Floor
1:30 MY LIFE STORY DISCUSSION, Share About Yourself! with Ethan & Maria – Front Lobby, 3rd Floor
1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
2:30 COMMUNITY CAFÉ, Rent Increase Q & A with Paula Brown – Dining Room, 3rd Floor
2:30 THE EMPOWERED CAREGIVER: Explore Care & Support Services – Auditorium, 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
3:45 **TRIVIA** with Lorraine – West Wing, Garden Level
6:30 **MOVIE NIGHT:** Coach Carter (2005) – 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 – November 19th

- 9:00 **OPEN FITNESS** with Vera – Exercise Room, 2nd Floor
9:30 BRAIN BUILDERS & BAKING 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 IC COURSE ADVISING: Are you interested in taking a class at IC? – Craft Room, 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
1:30 **MUSIC & MOVEMENT** with Whitney – Rehab Room, Garden Level
2:00 CAREGIVER SUPPORT GROUP – Interfaith Chapel, 3rd Floor
2:15 TRIP TO WALMART – Sign up in Craft Room, Meet in Front Entrance
2:45 **FRIENDLY VISITING** with Kelly – West Wing, Garden Level
3:30 **PRICE IS RIGHT** with Kelly – 4th Floor, Fireplace Lounge
3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level
3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
6:30 I VENTI DIMENTI WINDS: Musical Performance with Woodwind Quintet – Auditorium, 3rd Floor
7:30 **OPEN AA MEETING,** All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor



Thursday – November 20th

- 9:00 **OPEN FITNESS** with Kelly – Exercise Room, 2nd Floor
9:00 **NAILS** with 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 & Sue – Auditorium, 3rd Floor
10:15 **OPEN CLAY STUDIO** with Ed – Craft Room, 3rd Floor
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
10:45 **WHO AM I?** with Vera – East Wing, Garden Level
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Thursday – November 20th Continued

- 10:45 **BEAN BAG TOSS & Other Games** with Lorraine & Sue – Fireplace Lounge, 4th Floor
1:15 **BALLOON TOSS** with Vera & Maria – East Wing, Garden Level
1:30 MUSIC with Ben Hogben – Auditorium, 3rd Floor
1:30 - 2:30 CATHOLIC CONFESSION with Father Dan – Interview Room, 2nd Floor
2:00 **MOVIE MATINEE:** The Goonies (1985) – East Wing, Garden Level
2:15 WONDERFUL WHEELCHAIRS, Pop Up Repair – Auditorium, 3rd Floor
2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
2:30 **FAMOUS FACES** with Maria – Fireplace Lounge, 4th Floor
3:00 CATHOLIC MASS with Father Dan – Interfaith Chapel, 3rd Floor
3:30 **JEOPARDY** with Kelly & Whitney – Fireplace Lounge, 4th Floor
3:45 **SHORT STORIES** with Lorraine – West Wing, Garden Level



Friday – November 21st

- 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 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
10:45 POETRY with Kelly – East Wing, Garden Level
10:45 **GUESS THAT SONG** with Whitney – Fireplace Lounge, 4th Floor
11:00 **WRITING, READING & DISCUSSIONS** with Jerry – Garden Level, Rehab Room
1:00 IC COURSE ADVISING: Are you interested in taking a class at IC? – Craft Room, 3rd Floor
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! – IC Classroom, 2nd Floor
2:15 **ANIMAL TALK** with John – Craft Room, 3rd Floor
3:00 KARAOKE with Recreation – Auditorium, 3rd Floor
3:45 **GARDEN & ANIMAL TALK** with John – Garden Level, Rehab Room



Saturday – November 22nd

- 10:00 OPUS Ithaca School of Music – Auditorium, 3rd Floor**
11:00 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
1:45 **MOVIE MATINEE: Top Gun (1986)** – East Wing, Garden Level
2:15 MOVIE MATINEE: Top Gun (1986) – Auditorium, 3rd Floor
2:45 **TRIVIA** with Lorraine – 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.