

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
	BRUNCH	LUNCH					
SOUP W/ROLL	Chicken Noodle	Vegetable	Lentil	Cheddar Broccoli	Butternut Squash Soup	New England Clam Chowder	Tomato Basil
ENTRÉE 1	Waffles	Spanakopita (spinach and ricotta)	Lemon Dill Haddock	Vegetarian Chili w/ Cornbread	Peach BBQ Chicken Thighs	Fish Sandwich w/ Coleslaw	Sesame Chicken Salad
ENTRÉE 2	Honey Baked Ham	Lamb Pops w/ Mint Jelly	Chicken Caesar Salad	Tuna Steak w/ Avocado Cream	Pizza Stuffed Portobello Mushrooms	Mushroom Swiss Burger	Shrimp Lo Mein
STARCH	Scallop Potatoes	Jasmine Rice	Fingerling Potatoes	Baked Potato	Couscous	Boardwalk Fries	Fried Rice / Eggroll
VEGGIE	Glazed Baby Carrots	Roasted Root Vegetable	Asparagus	Seasoned Peas	Broccoli	Green Beans	Sauteed Bok Choy
DESSERT	Danishes & Dessert Cart	Tiramisu	Pumpkin Pie	Lemon Meringue Pie	Cannoli	Carrot Cake	Assorted Cheesecake

DINNER

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Chicken Noodle	Vegetable	Lentil	Cheddar Broccoli	Butternut Squash Soup	New England Clam Chowder	Tomato Basil
ENTRÉE 1	Veg Lasagana	Turkey Piccata	Pork Chop w/ Pineapple Chutney	Shrimp & Grits w/ Sausage	Broccoli Cheddar Quiche	Apricot Glazed Salmon	Pork Loin w/ Mushroom Sauce
ENTRÉE 2	Italian Sausage	Penne w/ Blush Sauce	Chicken Cacciatore	Butternut Squash Ravioli w/ Cream Sauce	Spaghetti & Meatballs	Chicken Cutlet w/ Sundried Tomato & Dijon Cream Sauce	Veal Parmesan
STARCH	Potato Wedges	Creamy Orzo	Herb Brown Rice	Quinoa	Garlic Breadstick	Yukon Gold Mashed Potatoes	Egg Noodles
VEGGIE	Peppers & Onions	Broccoli & Cauliflower	Roasted Hubbard Squash	Zucchini & Bell Peppers	Mixed Vegetables	Beets	Brussel Sprouts
DESSERT	Danishes & Dessert Cart	Tiramisu	Pumpkin Pie	Lemon Meringue Pie	Cannoli	Carrot Cake	Assorted Cheesecake



LONGVIEW RECREATION SCHEDULE

February 1st – February 7th, 2026

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 – February 1st February is Black History Month

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor

2:30 **WORSHIP SERVICE** with Pastor Tena Tavelli, Caroline Center Church – Auditorium, 3rd Floor

Monday – February 2nd Groundhog Day

9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor

9:00 **MONDAY MORNING MOVEMENT** with Vera – Front Lobby, Garden Level

9:00 **GROUNDHOG DAY TRIVIA with Lorraine** – Fireplace Lounge, 4th Floor

9:30 **COFFEE & CONVERSATION** with Kelly & Sue – 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 **GROUNDHOG DAY DISCUSSION with Maria** – East Wing, Garden Level

10:45 **CROSSWORDS** with Vera – Fireplace Lounge, 4th Floor

12:45 **CRAFTS** with Kelly & Sue – Craft Room, 3rd Floor

1:00 **BINGO** with Whitney – Fireplace Lounge, 4th Floor

1:15 **ITHACA FIRE DEPARTMENT FIRE SAFETY TRAINING, all are welcome** – Auditorium, 3rd Floor

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

2:00 **CORNELL COMPANIONS PET THERAPY VISITS** – East Wing, Garden Level

2:00 **YOGA** with Kathy – IC Classroom, 2nd Floor

3:15 **ART CLUB** with Kelly - East Wing, Garden Level

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

3:30 **UNDERGROUND RAILROAD Video Series: “Seeking Southern Sanctuary”** – Auditorium ***Note Time**

6:30 **SOCIAL CLUB** with Elaine, All are welcome! – Auditorium, 3rd Floor



Tuesday – February 3rd

9:00 **OPEN FITNESS** with Emma – Exercise Room, 2nd Floor

9:00 **MORNING MOVEMENT** with Lorraine – Front Lobby, Garden Level

9:00 **NAILS** with Vera – 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 Whitney – Auditorium, 3rd Floor

10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor

10:30 **PODCAST GROUP: “Milk Carton Kids”** – Craft Room, 3rd Floor

10:45 **BOWLING** with Kelly & Sue – Auditorium, 3rd Floor

10:45 **INTRODUCTION TO POETRY with Kevin Murphy, Retired IC Professor** – IC Classroom, 2nd Floor

10:45 **SCRABBLE** with Whitney – Fireplace Lounge, 4th Floor

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

1:00 **NATURE DOCUMENTARY SERIES: “Shark Mountain”** – Auditorium, 3rd Floor

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Tuesday – February 3rd Continued

- 1:15 **SCATTERGORIES** with Kelly & Soni – Fireplace Lounge, 4th Floor
- 1:30 **TECH SUPPORT** with Joe Zerby – Interview Room, 3rd Floor
- 1:30 **WELLNESS SERIES: Wonders, Misperceptions & Insights into the World of Pollination – Auditorium**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
- 2:00 **INTERESTING FACTS** with Whitney – East Wing, Garden Level
- 2:30 **SPORTS HIGHLIGHTS: Videos & Discussion** with Lorraine – Fireplace Lounge, 4th Floor
- 2:30 **COMMUNITY CAFÉ: Coffee with Cheryl, all are welcome! – Dining Room, 3rd Floor**
- 3:30 **BACKYARD BIRD CLUB** with Kelly – Craft Room, 3rd Floor
- 3:30 **WHEEL OF FORTUNE** with Whitney – Fireplace Lounge, 4th Floor
- 3:45 **“WHAT’S THE CONNECTION” WORD GAME** with Lorraine – East Wing, Garden Level
- **** **NO MOVIE NIGHT, come see the Fortnight Singers in the Auditorium!**
- 6:30 **MUSIC WITH THE FORTNIGHT SINGERS – Auditorium, 3rd 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 – February 4th

- 9:00 **OPEN FITNESS** with Vera – Exercise Room, 2nd Floor
- **** **NO MORNING MOVEMENT TODAY**
- 9:30 **COFFEE & CONVERSATION** A social time for residents to visit with each other – Craft Room, 3rd Floor
- 9:30 **BRAIN BUILDERS & BAKING with IC Students – East Wing, Garden Level**
- 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
- 10:30 **BIBLE STUDY: “Epiphanies”** with Brooke – Interfaith Chapel, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **CHARADES with Vera – Fireplace Lounge, 4th Floor**
- 1:15 **GAMES** with Sue & Lorraine – Fireplace Lounge, 4th Floor
- 1:15 **SPIRITUAL LIFE LECTURE: Great Courses, “Holy Pilgrimages”** – Auditorium, 3rd Floor
- 1:30 **MUSIC & MOVEMENT** with Whitney – Rehab Room, Garden Level
- 1:30 **NAILS** with Bree – Craft Room, 3rd Floor
- 2:15 **TRIP TO TARGET** – Sign up in Craft Room, Meet in Front Entrance
- 3:30 **PRICE IS RIGHT with Maria – Fireplace Lounge, 4th Floor**
- 3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level
- 3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
- 7:30 **OPEN AA MEETING**, All are welcome including AL-ANON members – Interfaith Chapel, 3rd Floor



Thursday – February 5th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
- 9:00 **NAILS with Vera & Kelly – East Wing, Garden Level**
- 9:30 **COFFEE & CONVERSATION** with Lorraine & Sue – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Emma – 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? BLACK HISTORY MONTH EDITION with Vera – East Wing, Garden Level**
- 10:45 **BEAN BAG TOSS & Other Games** with Lorraine & Sue – Fireplace Lounge, 4th Floor



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Thursday – February 5th Continued

- 1:15 **BALLOON TOSS** with Vera – East Wing, Garden Level
- 1:15 **PICTIONARY** with Kelly – Fireplace Lounge, 4th Floor
- 1:30 **MUSIC with Ben Hogben – Auditorium, 3rd Floor**
- 2:00 **MOVIE MATINEE: Groundhog Day (1993) – East Wing, Garden Level**
- 2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
- 2:30 **FAMOUS FACES** with Kelly – Fireplace Lounge, 4th Floor
- 3:30 **JEOPARDY** with Kelly & Whitney – Fireplace Lounge, 4th Floor
- 3:45 **SHORT STORIES** with Lorraine – West Wing, Garden Level



Friday – February 6th

- 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 **INTERESTING FACTS with Whitney – Fireplace Lounge, 4th Floor**
- 11:00 **WRITING, READING & DISCUSSIONS** with Jerry Mirskin - Garden Level, Rehab Room
- 1:15 **YAHTZEE** with Kelly – Fireplace Lounge, 4th Floor
- 1:30 **MOVEMENT & MUSIC** with Whitney – Rehab Room, Garden Level
- 2:00 **QUILTING GROUP**, All are Welcome! – IC Classroom, 2nd Floor
- 2:00 **WINTER OLYMPICS 2026: Opening Ceremony Live Video Stream – Fireplace Lounge, 4th Floor & East Wing, Garden Level**
- 2:15 **ANIMAL TALK: Groundhog with John – Auditorium, 3rd Floor** *Note Location
- 3:30 **SHABBAT with IC Hillel, All are welcome! – Interfaith Chapel, 3rd Floor**
- 3:45 **GARDEN & ANIMAL TALK** with John – Rehab Room, Garden Level



Saturday – February 7th

- 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: Blazing Saddles (1974) – East Wing, Garden Level**
- 2:15 **MOVIE MATINEE: Blazing Saddles (1974) – Auditorium, 3rd Floor**
- 2:45 **BINGO** 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.