

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
	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	Butternut Squash Ravioli w/ Cream Sauce	Peach BBQ Thighs	Fish Sandwich w/ Coleslaw	Duck with Cherry Sauce
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 & Grits w/ Sausage
STARCH	Scallop Potatoes	Jasmine Rice	Fingerling Potatoes	Baked Potato	Couscous	Boardwalk Fries	Quinoa
VEGGIE	Glazed Baby Carrots	Roasted Root Vegetable	Asparagus	Seasoned Peas	Broccoli	Green Beans	Zucchini & Bell Pepper
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	Pesto Gnocchi	Turkey Piccata	Pork Chop w/ Pineapple Chutney	Shrimp Lo Mein	Broccoli Cheddar Quiche	Apricot Glazed Salmon	Pork Loin w/ Mushroom Sauce
ENTRÉE 2	Cabbage Roll	Penne w/ Blush Sauce	Chicken Cacciatore	Tofu Stir Fry	Spaghetti & Meatballs	Chicken Cutlet w/ Sundried Tomato & Dijon Cream Sauce	Veal Parmesan
STARCH	Potato Wedges	Creamy Orzo	Herb Brown Rice	Fried Rice / Egg Roll	Garlic Breadstick	Yukon Gold Mashed Potatoes	Egg Noodles
VEGGIE	Mixed Vegetables	Broccoli & Cauliflower	Roasted Hubbard Squash	Sauteed Bok Choy	Mixed Vegetable	Beets	Brussel Sprouts
DESSERT	Danishes & Dessert Cart	Tiramisu	Pumpkin Pie	Lemon Meringue Pie	Cannoli	Carrot Cake	Assorted Cheesecake

LONGVIEW RECREATION SCHEDULE

March 1st – March 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 – March 1st

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
- 2:30 **WORSHIP SERVICE** with The Rev. Nancy Didway, Dryden Presbyterian Church – Auditorium, 3rd Floor

Monday – March 2nd Purim Begins at Sundown

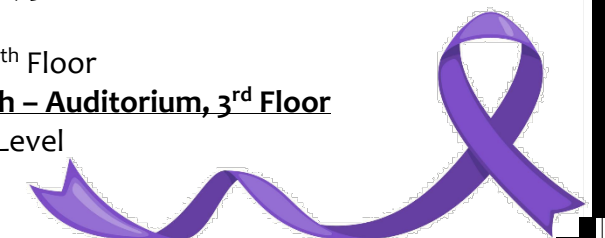
- 9:00 **OPEN FITNESS** with Bree – Exercise Room, 2nd Floor
- 9:00 **MONDAY MORNING MOVEMENT** with Vera – Front Lobby, Garden Level
- 9:15 **TRIVIA with Maria – Fireplace Lounge, 4th Floor *Note Time**
- 9:30 **COFFEE & CONVERSATION** with Lorraine & Sue – Craft Room, 3rd Floor
- 10:00 **SMART SCREEN GAMES** with Maria – West Wing, Garden Level
- 10:00 **EXERCISE** with Sue & Lorraine - Auditorium, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **PRICE IS RIGHT with Lorraine, Maria & Sue – East Wing, Garden Level**
- 10:45 **CROSSWORDS** with Vera – Fireplace Lounge, 4th Floor
- 12:45 **CRAFTS** with Sue & Lorraine – Craft Room, 3rd Floor
- 1:15 **MOVEMENT & MUSIC** with Maria – Rehab Room, Garden Level ***Note Time**
- 2:00 **CORNELL COMPANIONS PET THERAPY VISITS – Fireplace Lounge, 4th Floor**
- 2:00 **YOGA** with Kathy – IC Classroom, 2nd Floor
- 3:15 **THE PERSON BEHIND PRINCESS DIANA, Video Series: “The Girl from Norfolk” – Auditorium, 3rd Floor**
- 3:15 **BINGO** with Lorraine & Elise – East Wing, Garden Level

This week is Longview Employee Appreciation Week! Join in the following themed days and celebrate Longview Staff!
Monday – Dress as your favorite Movie Character
Tuesday – Twin Tuesday
Wednesday – Wear your wackiest outfit!
Thursday – Wear your favorite jersey!
Friday – Flashback Friday, dress inspired by your favorite era.

Tuesday – March 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 Erin & Sue – Craft Room, 3rd Floor
- 9:45 **SCRABBLE** with Lorraine – East Wing, Garden Level
- 10:00 **EXERCISE** with Whitney – Auditorium, 3rd Floor
- 10:30 **PODCAST GROUP: “America’s Strangest Disaster: The Great Molasses Flood” – Craft Room, 3rd Floor**
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:30 **INTRODUCTION TO POETRY** with Kevin Murphy, Retired IC Professor – IC Classroom, 2nd Floor
- 10:45 **BOWLING with Sue & Erin – Auditorium, 3rd Floor**
- 10:45 **SCRABBLE** with Whitney – Fireplace Lounge, 4th Floor
- 10:45 **CRAFTS** with Vera – West Wing, Garden Level
- 1:00 **RECREATION SCHEDULE REVIEW with Whitney – Craft Room, 3rd Floor**
- **** **NO NATURE DOCUMENTARY THIS WEEK**
- 1:15 **SCATTERGORIES** with Sue, Soni, & Erin – Fireplace Lounge, 4th Floor
- 1:30 **ALZHEIMER’S ASSOCIATION WELLNESS SERIES: Brain Health – Auditorium, 3rd Floor**
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level

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Tuesday – March 3rd Continue

- 2:00 INTERESTING FACTS with Whitney – East Wing, Garden Level
- 2:30 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – Fireplace Lounge, 4th Floor
- 2:30 COFFEE WITH CHERYL – Dining Room, 3rd Floor
- 3:30 BACKYARD BIRD CLUB Open Meeting – 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
- 6:30 MUSIC WITH THE FORTNIGHT SINGERS – Auditorium, 3rd Floor
- **** NO MOVIE NIGHT, come see the Fortnight Singers in the Auditorium!

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 – March 4th

- 9:00 OPEN FITNESS with Vera – Exercise Room, 2nd Floor
- 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: “Uncertain Times” 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 TOPS – Sign up in Craft Room, Meet in Front Entrance
- 3:30 PRICE IS RIGHT with Maria – Fireplace Lounge, 4th Floor
- 3:45 HYMN SING with Brooke – Auditorium, 3rd Floor
- 3:45 SHORT STORIES with Lorraine – West Wing, Garden Level
- 7:30 OPEN AA MEETING, all are welcome, including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – March 5th

- 9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
- 9:00 NAILS with Vera & Erin – East Wing, Garden Level
- 9:30 COFFEE & CONVERSATION with Lorraine & Sue – Craft Room, 3rd Floor
- 9:30 IC OCCUPATIONAL THERAPY FOCUS GROUP: Maker Space, All are welcome! – IC Classroom, 2nd Floor
- 10:00 EXERCISE with Emma – Auditorium, 3rd Floor
- 10:15 OPEN CLAY STUDIO – 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
- 10:45 BEAN BAG TOSS & Other Games with Lorraine & Sue – Fireplace Lounge, 4th Floor
- 1:15 BALLOON TOSS with Vera – East Wing, Garden Level
- 1:15 TRIP TO KITCHEN THEATRE: Milkweed – Sign up in Craft Room, Meet in Front Entrance
- 1:15 Pictionary with Erin – Fireplace Lounge, 4th Floor
- 1:30 MUSIC with Ben Hogben – Auditorium, 3rd Floor
- 2:00 MOVIE MATINEE: Thelma (2024) – East Wing, Garden Level



Thursday – March 5th Continued

- 2:15 PLANT TALK with John – Craft Room, 3rd Floor
- 3:30 JEOPARDY with Bree – Fireplace Lounge, 4th Floor
- 3:45 WATERCOLOR with Lorraine – West Wing, Garden Level

Friday – March 6th

- 9:00 OPEN FITNESS with Bree – Exercise Room, 2nd Floor
- 9:00 OPEN SWIM with Whitney – Pool, 2nd Floor
- 10:00 EXERCISE with Whitney – Auditorium, 3rd Floor
- 10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
- 10:45 WORD MINING with Whitney & Elise – Fireplace Lounge, 4th Floor
- 10:45 CREATIVE COLORING with Bree – East Wing, Garden Level
- 11:00 WRITING, READING & DISCUSSIONS with Jerry Mirskin - Rehab Room, Garden Level
- 1:00 MOVEMENT & MUSIC with Whitney – Rehab Room, Garden Level *Note Time
- 1:15 YAHTZEE with Bree & Sophia – Fireplace Lounge, 4th Floor
- 1:30 TRIP TO THE MUSEUM OF THE EARTH, with tour by Longview Resident, Dan Karig –

Sign up in Craft Rm, Meet in Front Entrance

**** NO QUILTING GROUP TODAY

- 2:15 ANIMAL TALK with John – Auditorium, 3rd Floor *Note Location
- 3:30 SHABBAT with IC Hillel – Interfaith Chapel, 3rd Floor
- 3:45 GARDEN & ANIMAL TALK with John – Rehab Room, Garden Level
- 6:30 THE LADYBUG CLAN WOMEN’S GROUP – Craft Room, 3rd Floor

Saturday – March 7th

- 10:30 PITCH PLEASE: IC Acapella Performance – Auditorium, 3rd Floor
- 1:00 MOVEMENT & MUSIC with Maria – Rehab Room, Garden Level
- 1:45 MOVIE MATINEE: The Bucket List (2007) – East Wing, Garden Level
- 2:15 BINGO with IC Partnership Club – Auditorium, 3rd Floor
- 3:30 TRIVIA 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.

