

| WEEK 4 | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--------------------------|---|-----------------------------------|---|-----------------------|---|------------------------------|
| | 15-Mar | 16-Mar | 17-Mar | 18-Mar | 19-Mar | 20-Mar | 21-Mar |
| | BRUNCH | LUNCH | | | | | |
| SOUP W/ ROLL | Chicken Noodle | Vegetable | Cream of Asparagus | Cheddar Broccoli | Butternut Squash Soup | NE Clam Chowder | Tomato Basil |
| ENTRÉE 1 | Eggs Benedict | Meatloaf | Reuben Sandwich | Margarita Pizzetta | Turkey with Gravy | Flank Steak w/ Chimichurri (Herb Sauce) | Creamy Flounder Florentine |
| ENTRÉE 2 | Salmon w/ Shrimp Topping | Basil Pesto Tortellini w/ Sundried Tomato | Shepherd's Pie | Pulled Pork Sandwich w/ Pickled Red Onion | Rainbow Quiche | Salmon Burger | Golden BBQ Chicken Drumstick |
| STARCH | Corned Beef Hash | Mashed Potatoes | Potato Pancakes/ Irish Soda Bread | Boardwalk Fries | Yams | Pasta Salad | Oven Roasted Potatoes |
| VEGGIE | Broccoli | Seasoned Peas | Creamed Peas | Roasted Brussel Sprouts | Beets | California Vegetable Blend | Green Beans |
| DESSERT | Danishes & Dessert Cart | Tiramisu | Chocolate Mint Pie | Lemon Meringue Pie | Cannoli | Key Lime Bistro | Assorted Cheesecakes |

DINNER

| WEEK 4 | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|---------------------------------|--|-----------------------------------|------------------------------------|-----------------------|------------------------|-----------------------------|
| SOUP W/ ROLL | Chicken Noodle | Vegetable | Cream of Asparagus | Cheddar Broccoli | Butternut Squash Soup | NE Clam Chowder | Tomato Basil |
| ENTRÉE 1 | Stuffed Sole | Tandoori Chicken Thighs | Guinness Mac & Cheese | Beef Brisket | Liver & Onions | Caribbean Jerk Chicken | Manicotti w/ Marinara Sauce |
| ENTRÉE 2 | Italian Sausage | Pork Tenderloin w/ Honey Mustard Sauce | Corned Beef | Lemon Garlic Cream Sauce Swordfish | Vegetable Lasanga | Coconut Shrimp | Pepperoni Pizza |
| STARCH | Ziti with Fresh Tomato Marinara | Roasted Sweet Potatoes | Boiled Potatoes/ Irish Soda Bread | Herb Orzo Pilaf | Mashed Potatoes | Rice Pilaf | Garlic Bread Stick |
| VEGGIE | Peppers & Onion | Spinach | Cabbage/Carrots | Grilled Asparagus | Baby Carrots | Broccoli | Italian Vegetables |
| DESSERT | Danishes & Dessert Cart | Tiramisu | Chocolate Mint Pie | Lemon Meringue Pie | Cannoli | Key Lime Bistro | Assorted Cheesecakes |

LONGVIEW RECREATION SCHEDULE

March 15th – March 21st, 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 15th

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
- 2:30 **WORSHIP SERVICE** with Pastor Sean Muldowney, Hillside Alliance Church – Auditorium, 3rd Floor

Monday – March 16th Ithaca College Spring Break This Week (No Classes)

- 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 Erin & Sue – Craft Room, 3rd Floor
- 10:00 **SMART SCREEN GAMES** with Lorraine – West Wing, Garden Level
- 10:00 **EXERCISE** with Erin & Sue – Auditorium, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **PRICE IS RIGHT** with Erin & Sue – East Wing, Garden Level
- 10:45 **MEDICARE: What's New for 2026 with Elaine** – Auditorium, 3rd Floor
- 10:45 **CROSSWORDS** with Vera – Fireplace Lounge, 4th Floor
- 12:45 **CRAFTS** with Erin & Sue – Craft Room, 3rd Floor
- 1:15 **THE PERSON BEHIND PRINCESS DIANA, Video Series: "Di Mania"** – Auditorium, 3rd Floor *Note Time
- 1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
- 2:00 **YOGA** with Kathy – IC Classroom, 2nd Floor
- 3:00 **ST. PATRICK'S DAY MINUTE-TO-WIN-IT** – Auditorium, 3rd Floor
- **** **NO ART CLUB, FAMOUS FACES & BINGO TODAY. COME TO "MINUTE TO WIN IT" IN THE AUDITORIUM**



Tuesday – March 17th St. Patrick's Day

- 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 & DISCUSSION GROUP: "The Stethoscope"** with Emma – Craft Room, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- **** **NO INTRODUCTION TO POETRY TODAY**
- 10:45 **BOWLING** with Sue & Erin – Auditorium, 3rd Floor
- 10:45 **TALES OF THE IRISH** with Whitney – Fireplace Lounge, 4th Floor
- 10:45 **CRAFTS** with Vera – West Wing, Garden Level
- 1:00 **NATURE DOCUMENTARY SERIES: "Oceans in Glass"** – Auditorium, 3rd Floor
- 1:15 **SCATTERGORIES** with Sue, Soni, & Erin – Fireplace Lounge, 4th Floor
- 1:30 **MOVEMENT & MUSIC** with Bree – Rehab Room, Garden Level
- **** **NO INTERESTING FACTS OR SPORTS HIGHLIGHTS TODAY**



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Tuesday – March 17th Continued

- 2:30 **WHEEL OF FORTUNE** with Whitney – Fireplace Lounge, 4th Floor ***Note Time**
- 2:30 **COMMUNITY CAFÉ**, all are welcome! – Dining Room, 3rd Floor
- 3:15 **IC OCCUPATIONAL THERAPY COMMUNITY PRACTICE PRESENTATION** – Auditorium, 3rd Floor
- 3:45 **“WHAT’S THE CONNECTION” WORD GAME** with Whitney – East Wing, Garden Level
- 6:30 **MOVIE NIGHT: Fackham Hall, A British Mystery (2026)** – 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 – March 18th

- 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
- **** **NO BRAIN BUILDERS & BAKING THIS WEEK**
- 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
- 10:30 **PICTIONARY with Lorraine & Sue – East Wing, Garden**
- 10:45 **CHARADES** with Vera – Fireplace Lounge, 4th Floor
- 1:00 **NAILS** with Bree – Craft Room, 3rd Floor
- 1:15 **GAMES** with Sue & Lorraine – Fireplace Lounge, 4th Floor
- 1:15 **CELEBRATION OF LIFE, all are welcome** – Auditorium, 3rd Floor
- **** **NO SPIRITUAL LIFE LECTURE TODAY**
- 1:30 **MUSIC & MOVEMENT** with Whitney – Rehab Room, Garden Level
- 2:15 **TRIP TO WALMART – Sign up in Craft Room, Meet in Front Entrance**
- 3:30 **PRICE IS RIGHT** with Bree – 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 19th

- 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
- 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 **PICTIONARY** with Erin – Fireplace Lounge, 4th Floor
- 1:30 **MUSIC with Ben Hogben – Auditorium, 3rd Floor**
- 2:00 **MOVIE MATINEE: The Big Fake (2026)** – East Wing, Garden Level
- 2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
- 2:15 **PASS THE PIGS with Erin – 4th Floor, Fireplace Lounge**

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Thursday – March 19th Continued

- 3:30 **JEOPARDY** with Whitney – Fireplace Lounge, 4th Floor
- 3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level
- 6:30 **ST. PATRICK’S DAY CONCERT with Ben & Tim – Auditorium, 3rd Floor**

Friday – March 20th Spring Begins

- 9:00 **OPEN FITNESS** with Lorraine – Exercise Room, 2nd Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- 10:00 **EXERCISE with Lorraine – Auditorium, 3rd Floor**
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **WORD MINING with Whitney – Fireplace Lounge, 4th Floor**
- 10:45 **CREATIVE COLORING** with Lorraine – East Wing, Garden Level
- 11:00 **WRITING, READING & DISCUSSIONS** with Jerry Mirskin – Rehab Room, Garden Level
- 1:15 **YAHTZEE** with Lorraine – 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
- 2:15 **ANIMAL TALK** with John – Craft Room, 3rd Floor
- 3:00 **MARCH BIRTHDAY PARTY with Music by Wayne & Angie – Auditorium, 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 21st

- 10:00 **CORNELL COMPANIONS PET THERAPY VISITS – East Wing, Garden Level**
- 11:00 **TRIVIA** with Whitney – Fireplace Lounge, 4th Floor
- 1:00 **MOVEMENT & MUSIC** with John – Rehab Room, Garden Level
- 1:45 **MOVIE MATINEE: Fackham Hall, A British Mystery (2026)** – East Wing, Garden Level
- 2:15 **STRETCH YOUR SPIRIT: Making Prayer Beads with Cornell Students – Auditorium, 3rd 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.