

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
	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	Tilapia Florentine	Chicken Quesadilla
ENTRÉE 2	Roasted Turkey w/ Gravy	Spaghetti with Meatballs	Waldorf Chicken Salad Plate	Avocado Tomato Grilled Cheese Sandwich	Philly Cheesesteak	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	Broccoli	Green Beans	Roasted Vegetables	Grilled Peppers, Onions, & Mushrooms	Roasted Brussel Sprouts	Seasoned Peas
DESSERT	Scones, Dessert Cart	Lemon Bar	Dutch Apple Pie	Éclair	Fruit of the Forest 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	Salsbury Steak w/ Gravy	Mahi Mahi w/ Mango Salsa	BBQ Ribs	Beer Battered Cod	Linguini with Clam Sauce
ENTRÉE 2	Chicken Francaise	Baked Haddock	Eggplant Lasagna	Seasoned Chicken	Impossible Burger	Bacon Wrapped Seasoned Turkey Breast	Sausage Parmesan
STARCH	Thin Spaghetti	Rice	Mashed Potatoes	Risotto	Mashed Sweet Potatoes	Couscous	Bruschetta
VEGGIE	Peas	Rainbow Carrots	Roasted Root Vegetables	Spinach	Street Corn	Mixed Veggies	Asparagus
DESSERT	Scones, Dessert Cart	Lemon Bar	Dutch Apple Pie	Éclair	Fruit of the Forest Pie	Chocolate Flourless Torte	Assorted Pudding

LONGVIEW RECREATION SCHEDULE

March 8th – March 14th, 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 8th Daylight Saving Time Begins & International Women's Day

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
- 2:30 **WORSHIP SERVICE** with The Rev. Paul Rack, Retired Presbyterian Church USA, Communion will be served – Auditorium, 3rd Floor



Monday – March 9th

- 9:00 **OPEN FITNESS** with Vera – Exercise Room, 2nd Floor
- 9:00 **MONDAY MORNING MOVEMENT** with Lorraine – Front Lobby, Garden Level
- 9:15 **TRIVIA** with Maria – Fireplace Lounge, 4th Floor ***Note Time**
- 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, Maria, & Sue – East Wing, Garden Level
- 10:45 **CROSSWORDS** with Vera – Fireplace Lounge, 4th Floor
- 12:45 **CRAFTS** with Erin & Sue – Craft Room, 3rd Floor
- 1:30 **ASSISTED/ENHANCED ASSISTED LIVING RESIDENT COUNCIL MEETING** – Auditorium, 3rd Floor
- 2:00 **YOGA** with Kathy – IC Classroom, 2nd Floor
- 2:45 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level ***Note Time**
- 3:15 **THE PERSON BEHIND PRINCESS DIANA, Video Series: "Royal Rivalries"** – Auditorium, 3rd Floor
- 3:15 **ART CLUB** with Whitney – Craft Room, 3rd Floor
- 3:15 **BINGO** with Lorraine & Elise – East Wing, Garden Level
- 3:30 **FAMOUS FACES** with Erin – Fireplace Lounge, 4th Floor
- 6:30 **LONGVIEW SOCIAL CLUB** with Elaine – Auditorium, 3rd Floor



Tuesday – March 10th

- 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: "Critical Crash"** with Emma – 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 **NATURE DOCUMENTARY SERIES: "Katrina's Animal Rescue"** – Auditorium, 3rd Floor

Continued on the next page...

Tuesday – March 10th Continue

- 1:15 **SCATTERGORIES** with Sue, Soni, & Erin – Fireplace Lounge, 4th Floor
- 1:30 **FOOD COMMITTEE MEETING, all are welcome! – Board Room, 2nd Floor**
- 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, all are welcome! – Dining 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 **MOVIE NIGHT: Shakespeare in Love (1998)** – 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 11th

- 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
- 10:00 **TECH SUPPORT** with Oliver – Interview Room, 2nd 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
- 1:00 **NAILS** with Bree – Craft Room, 3rd Floor ***Note Time**
- 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
- 2:15 **TRIP TO ROSS DRESS FOR LESS – 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
- 6:15 **RESIDENT SPEAKER: My Heretical Story About the End of the Ice Age Here w/ Dan Karig – Auditorium, 3rd Floor**
- 7:30 **OPEN AA MEETING**, all are welcome, including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – March 12th

- 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
- 10:00 **LIFE STORY DISCUSSIONS with IC Students – Craft Room, 3rd Floor**
- **** **NO OPEN CLAY STUDIO Today**
- 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

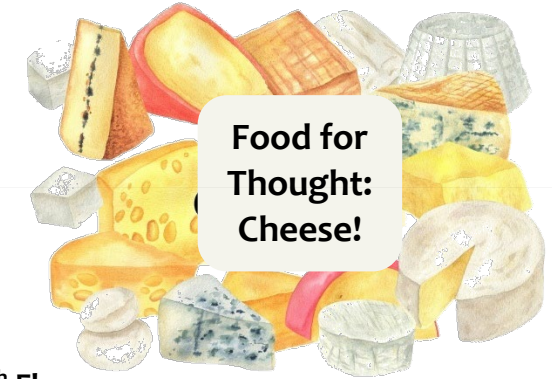
Continued on the next page...

Thursday – March 12th Continued

- 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: Wuthering Heights (1939)** – 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**
- 3:30 **JEOPARDY** with Whitney – Fireplace Lounge, 4th Floor
- 3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level

Friday – March 13th

- 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
- 1:15 **YAHTZEE** with Bree & Sophia – 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 – Auditorium, 3rd Floor *Note Location**
- 3:00 **FOOD FOR THOUGHT (Cheese) with Whitney – Craft Room, 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 14th

- 10:00 **UNO & OTHER CARD GAMES** with Lorraine – Fireplace Lounge, 4th Floor
- 11:00 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
- 1:00 **TRIVIA with Lorraine – East Wing, Garden Level**
- 1:45 **MOVIE MATINEE: Rental Family (2025)** – East Wing, Garden Level
- 2:15 **MOVIE MATINEE: Rental Family (2025)** – Auditorium, 3rd Floor
- 2:45 **BINGO 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.