

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3-May	4-May	5-May	6-May	7-May	8-May	9-May
	<b>BRUNCH</b>	<b>LUNCH</b>					
<b>SOUP W/ROLL</b>	Red Pepper Bisque	Cold Berry Soup	Minestrone	Vegetable Soup	Wild Mushroom & Rice	Split Pea	Cream of Tomato
<b>ENTRÉE 1</b>	Tomato & Spinach Frittata	Black Bean Burger	Shrimp Taco w/ Cilantro Slaw	Pork Chops	Smoked Gouda Mac & Cheese	Tilapia Florentine	Chicken Quesadilla
<b>ENTRÉE 2</b>	Honey Baked Ham	Spaghetti with Meatballs	Cobb Salad	Avocado Tomato Grilled Cheese Sandwich	Philly Cheesesteak	Bratwurst w/ Sauerkraut	Beef & Broccoli Stir Fry
<b>STARCH</b>	Scalloped Potatoes	Sweet Potato Fries	Pasta Salad	Quinoa	Steak Fries	Garlic Mashed Potatoes	Cilantro Rice
<b>VEGGIE</b>	Carrots	Broccoli	Green Beans	Roasted Mushrooms	Stewed Tomatoes	Roasted Brussel Sprouts	Grilled Peppers, Onions & Mushrooms
<b>DESSERT</b>	Scones & Dessert Cart	Lemon Bar	Dutch Apple Pie	Blondie Brownie Bars	Strawberry Short Cake	Chocolate Flourless Torte	Ice Cream Novelty
<b>DINNER</b>							
	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>SOUP W/ROLL</b>	Red Pepper Bisque	Cold Berry Soup	Minestrone	Vegetable Soup	Wild Mushroom & Rice	Split Pea	Cream of Tomato
<b>ENTRÉE 1</b>	Stuffed Pepper	Bacon Wrapped Turkey	Salsbury Steak w/ Gravy	Lemon Garlic Mahi Mahi	BBQ Ribs	Beer Battered Cod	Linguini with Clam Sauce
<b>ENTRÉE 2</b>	Chicken Francaise	Baked Haddock	Eggplant Lasagna	Roasted Herb Chicken	Impossible Burger	Pork Tenderloin w/ Apple Compote	Sausage Parmesan
<b>STARCH</b>	Thin Spaghetti	Rice	Mashed Potatoes	Risotto	Potato Salad	Couscous	Bruschetta
<b>VEGGIE</b>	Peas	Rainbow Carrots	Roasted Root Vegetables	Spinach	Street Corn	Mixed Veggies / Coleslaw	Asparagus
<b>DESSERT</b>	Scones & Dessert Cart	Lemon Bar	Dutch Apple Pie	Blondie Brownie Bars	Strawberry Short Cake	Chocolate Flourless Torte	Ice Cream Novelty

## LONGVIEW RECREATION SCHEDULE

**May 3<sup>rd</sup> – May 9<sup>th</sup>, 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 4<sup>th</sup> Floor and at each nurse's station in the Garden.

### Sunday – May 3<sup>rd</sup>

- 10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3<sup>rd</sup> Floor
- 2:30 **WORSHIP SERVICE** with Pastor Tena Tavelli, Caroline Center Church – Auditorium, 3<sup>rd</sup> Floor

**LONGVIEW SHOPPER SIX** or less items from Wegmans, drop list & money off in Business Office Mailbox  
 \*Orders need to be in by **SUNDAY evening** and will be delivered on **MONDAY afternoon!**

### Monday – May 4<sup>th</sup>

- 9:00 **OPEN FITNESS** with Vera – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **MONDAY MORNING MOVEMENT** with Lorraine – Front Lobby, Garden Level
- 9:15 **TRIVIA** with Maria – Fireplace Lounge, 4<sup>th</sup> Floor
- 9:30 **COFFEE & CONVERSATION** with Erin & Sue – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **SMART SCREEN GAMES** with Lorraine – West Wing, Garden Level
- 10:00 **FITNESS & BALANCE CLASS** with IC Physical Therapy Graduate Students – Auditorium, 3<sup>rd</sup> Floor
- \*\*\*\* **NO EXERCISE TODAY, COME TO A FITNESS & BALANCE CLASS!**
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor
- 10:45 **CROSSWORDS** with Vera – Fireplace Lounge, 4<sup>th</sup> Floor
- 10:45 **PRICE IS RIGHT** with Erin, Maria & Sue – East Wing, Garden Level
- 12:45 **CRAFTS** with Erin & Sue – Craft Room, 3<sup>rd</sup> Floor
- 1:30 **FITNESS & BALANCE CLASS** with IC Physical Therapy Graduate Students – Auditorium, 3<sup>rd</sup> Floor
- \*\*\*\* **NO MOVEMENT & MUSIC TODAY, COME TO A FITNESS & BALANCE CLASS**
- 2:00 **YOGA** with Kathy – IC Classroom, 2<sup>nd</sup> Floor
- 3:15 **BINGO** with Lorraine & Elise – East Wing, Garden Level
- 3:15 **ART CLUB** with Whitney – Craft Room, 3<sup>rd</sup> Floor
- 3:30 **HALLOWED GROUND: NEW YORK'S FORGOTTEN REVOLUTIONARY WAR BATTLEFIELDS** (Video) – Auditorium, 3<sup>rd</sup> Floor **\*Note Time**
- 3:30 **FAMOUS FACES** with Erin – Fireplace Lounge, 4<sup>th</sup> Floor



### Tuesday – May 5<sup>th</sup> Cinco de Mayo

- 9:00 **OPEN FITNESS** with Emma – Exercise Room, 2<sup>nd</sup> Floor
- 9:00 **MORNING MOVEMENT** with Lorraine – Front Lobby, Garden Level
- 9:00 **NAILS** with Vera – Fireplace Lounge, 4<sup>th</sup> Floor
- 9:30 **COFFEE & CONVERSATION** with Erin & Sue – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **CINCO DE MAYO DISCUSSION & TRIVIA** with Lorraine – East Wing, Garden Level
- 10:00 **EXERCISE** with Whitney – Auditorium, 3<sup>rd</sup> Floor
- 10:30 **PODCAST & DISCUSSION GROUP: "Pop" with Emma** – Craft Room, 3<sup>rd</sup> Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3<sup>rd</sup> Floor
- 10:30 **INTRODUCTION TO POETRY** with Kevin Murphy – IC Classroom, 2<sup>nd</sup> Floor
- 10:45 **BOWLING** with Sue & Erin – Auditorium, 3<sup>rd</sup> Floor
- 10:45 **SCRABBLE** with Whitney – Fireplace Lounge, 4<sup>th</sup> Floor

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## Tuesday – May 5<sup>th</sup> Continue

- 10:45 CRAFTS with Vera – West Wing, Garden Level  
1:15 SCATTERGORIES with Sue & Soni – Fireplace Lounge, 4<sup>th</sup> Floor  
1:30 WELLNESS SERIES with Kent Sisco: **What's New with Social Security? Seven Topics to Watch in 2026**  
**Auditorium, 3<sup>rd</sup> Floor**  
1:30 MOVEMENT & MUSIC with Lorraine – Rehab Room, Garden Level  
2:00 AQUA AEROBICS with Whitney – Pool, 2<sup>nd</sup> Floor  
2:30 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – Fireplace Lounge, 4<sup>th</sup> Floor  
2:30 COMMUNITY CAFÉ, all are welcome! – Dining Room, 3<sup>rd</sup> Floor  
3:15 NATURE DOCUMENTARY SERIES: “Rhinos” – Auditorium, 3<sup>rd</sup> Floor \*Note Time  
3:30 WHEEL OF FORTUNE with Whitney – Fireplace Lounge, 4<sup>th</sup> Floor  
3:30 SCRABBLE with Lorraine – East Wing, Garden Level  
6:30 MUSIC WITH THE FORTNIGHT SINGERS – Auditorium, 3<sup>rd</sup> Floor  
\*\*\*\* NO MOVIE NIGHT, come see the Fortnight Singers in the Auditorium!

## Wednesday – May 6<sup>th</sup> Last Day of Classes at IC



- 9:00 OPEN FITNESS with Vera – Exercise Room, 2<sup>nd</sup> Floor  
9:30 COFFEE & CONVERSATION A social time for residents to visit with each other – Craft Room, 3<sup>rd</sup> Floor  
9:30 BRAIN BUILDERS & BAKING with IC Students – East Wing, Garden Level  
10:00 EXERCISE with Vera – Auditorium, 3<sup>rd</sup> Floor  
10:00 TECH SUPPORT with Oliver – Interview Room, 3<sup>rd</sup> Floor  
10:30 BIBLE STUDY: “The Gift of Years” with Brooke – Interfaith Chapel, 3<sup>rd</sup> Floor  
10:30 LONGVIEW STORE open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 CHARADES with Vera – Fireplace Lounge, 4<sup>th</sup> Floor  
1:00 IC COURSE ADVISING, are you interested in taking a class at IC? – Craft Room, 3<sup>rd</sup> Floor  
1:15 GAMES with Sue & Lorraine – Fireplace Lounge, 4<sup>th</sup> Floor  
1:15 SPIRITUAL LIFE LECTURE: Great Courses, “Abraham, Father of Three Faiths” – Auditorium, 3<sup>rd</sup> Floor  
1:30 MUSIC & MOVEMENT with Whitney – East Wing, Garden Level \*Note Location  
2:00 TRIP TO WEGMANS – Sign up in Craft Room, Meet in Front Entrance \*Note Time  
3:15 NAILS with Maria – Craft Room, 3<sup>rd</sup> Floor  
3:45 HYMN SING with Brooke – Auditorium, 3<sup>rd</sup> 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, 3<sup>rd</sup> Floor

## Thursday – May 7<sup>th</sup>

- 9:00 OPEN FITNESS with Whitney – Exercise Room, 2<sup>nd</sup> Floor  
9:00 NAILS with Vera & Erin – East Wing, Garden Level  
9:30 COFFEE & CONVERSATION with Lorraine & Sue – Craft Room, 3<sup>rd</sup> Floor  
10:00 EXERCISE with Emma – Auditorium, 3<sup>rd</sup> Floor  
10:00 OPEN CLAY STUDIO with Ed – Craft Room, 3<sup>rd</sup> Floor  
10:30 LONGVIEW STORE open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 TROLLEY RIDES with Emma (Weather Permitting) – Garden Level, Front Lobby  
10:45 WHO AM I? with Vera – East Wing, Garden Level  
10:45 BEAN BAG TOSS & Other Games with Lorraine & Sue – Fireplace Lounge, 4<sup>th</sup> Floor  
12:30 TROLLEY RIDES with Emma (Weather Permitting) – Meet in Front Lobby, 3<sup>rd</sup> Floor

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## Thursday – May 7<sup>th</sup> Continued

- 1:15 Pictionary with Erin – Fireplace Lounge, 4<sup>th</sup> Floor  
1:15 BALLOON TOSS with Vera – East Wing, Garden Level  
1:15 OPEN FITNESS with Whitney – Exercise Room, 2<sup>nd</sup> Floor \*Note Time  
\*\*\*\* NO MUSIC with Ben Hogben  
2:00 MOVIE MATINEE: The Mummy (1999) – East Wing, Garden Level  
2:00 PLAY IT AGAIN SENIOR ACTING TROUPE: Peak Experiences – Auditorium, 3<sup>rd</sup> Floor  
2:15 PASS THE PIGS with Erin – Fireplace Lounge, 4<sup>th</sup> Floor  
3:00 PLANT TALK with John – Craft Room, 3<sup>rd</sup> Floor \*Note Time  
3:30 JEOPARDY with Bree – Fireplace Lounge, 4<sup>th</sup> Floor  
3:45 WATERCOLOR with Lorraine – West Wing, Garden Level

## Friday – May 8<sup>th</sup>

- 9:00 OPEN FITNESS with Bree – Exercise Room, 2<sup>nd</sup> Floor  
9:00 OPEN SWIM with Whitney – Pool, 2<sup>nd</sup> Floor  
10:00 EXERCISE with Whitney – Auditorium, 3<sup>rd</sup> Floor  
10:30 LONGVIEW STORE open until 11:30 a.m. – 3<sup>rd</sup> Floor  
10:45 CARD GAMES with Whitney & Elise – Fireplace Lounge, 4<sup>th</sup> Floor  
11:00 SHORT STORIES with Bree – East Wing, Garden Level  
11:00 WRITING, READING & DISCUSSIONS with Jerry Mirskin – Rehab Room, Garden Level  
1:00 TROLLEY CELEBRATION – Pavilion, Transportation provided from the front lobby!  
\*\*\*\* NO YAHTZEE  
\*\*\*\* NO MOVEMENT & MUSIC  
2:00 QUILTING GROUP, all are Welcome! – IC Classroom, 2<sup>nd</sup> Floor  
2:15 ANIMAL TALK with John – Auditorium, 3<sup>rd</sup> Floor \*Note Location  
3:00 FOOD FOR THOUGHT: Chips & Dips – Craft Room, 3<sup>rd</sup> Floor  
3:45 GARDEN & ANIMAL TALK with John – Rehab Room, Garden Level  
6:30 THE LADYBUG CLAN WOMEN'S GROUP – Craft Room, 3<sup>rd</sup> Floor



## Saturday – May 9<sup>th</sup>

- 10:00 NEW YORK TIMES GAMES with Maria – Fireplace Lounge, 4<sup>th</sup> Floor  
11:00 MOVEMENT & MUSIC with Maria – Rehab Room, Garden Level  
1:00 PODCAST & DISCUSSION GROUP: “Pop” with Maria – East Wing, Garden Level  
1:45 MOVIE MATINEE: Merrily We Roll Along, A Broadway musical recording (2025) – East Wing, Garden Lvl  
2:15 MOVIE MATINEE: Merrily We Roll Along, A Broadway musical recording (2025) – Auditorium, 3<sup>rd</sup> Floor  
2:45 TRIVIA with Maria – Fireplace Lounge, 4<sup>th</sup> 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.