

WEEK 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
	BRUNCH	LUNCH					
SOUP	Chicken Noodle	Sausage Soup	Cheddar Broccoli	Lentil Soup	French Onion Soup	New England Clam Chowder	Tomato Basil
ENTRÉE 1	Eggs Benedict	Mushroom & Swiss Cheese Burger	Grilled Chicken w/ Provolone & Pesto	Margherita Pizzetta	Chef Salad	Flank Steak w/ Chimichuri Herb Sauce	Creamy Flounder Florentine
ENTRÉE 2	French Toast Bake	Basil Pesto Tortellini w/ Sundried Tomato	Lamb Curry	Pulled Pork Sandwich	Rainbow Quiche	Salmon Burger	Golden BBQ Chicken Drumstick
STARCH	Hash Browns	Boardwalk Fries	Jasmine Rice	Sweet Potato Fries	Yams	Potato Salad	Oven Roasted Potatoes
VEGGIE	Asparagus	Seasoned Peas	Roasted Cauliflower	Beets	Roasted Brussel Sprouts	California Vegetable Blend	Baby Carrots
DESSERT	Danishes & Dessert Cart	Tiramisu	Chocolate Mint Pie	Lemon Meringue Pie	Slice Watermelon	Key Lime Bistro	Assorted Cheesecake
DINNER							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Chicken Noodle	Sausage Soup	Cheddar Broccoli	Lentil Soup	French Onion Soup	New England Clam Chowder	Tomato Basil
ENTRÉE 1	Stuffed Sole	Herb Roasted Chicken Thighs	Vegetarian Shepherd Pie w/ Lentils	Beef Brisket	Meatloaf	Coconut Shrimp	Pasta Primavera
ENTRÉE 2	Cabbage Roll	Pork Tenderloin w/ Honey Mustard Sauce	Corned Beef	Lemon Garlic Cream Sauce Swordfish	Vegetable Lasagna	Hawaiian Chicken	Pepperoni Pizza or Veggie Pizza
STARCH	Quinoa	Roasted Sweet Potatoes	Boiled Potatoes	Pasta Salad	Mashed Potatoes	Rice Pilaf	Garlic Bread Stick
VEGGIE	Mixed Vegetables	Spinach	Cabbage/ Carrots	Grilled Asparagus	Baby Carrots	Broccoli	Italian Vegetables
DESSERT	Danishes & Dessert Cart	Tiramisu	Chocolate Mint Pie	Lemon Meringue Pie	Sliced Watermelon	Key Lime Bistro	Assorted Cheesecake

LONGVIEW RECREATION SCHEDULE

August 2nd – August 8th, 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 – August 2nd

10:30 ROMAN CATHOLIC COMMUNION – Interfaith Chapel, 3rd Floor
2:30 WORSHIP SERVICE with The Rev. Caspar Green, American Baptist (retired) – 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 SUNDAY evening and will be delivered on MONDAY afternoon

Monday – August 3rd

9:00 OPEN FITNESS with Vera – Exercise Room, 2nd Floor
9:00 MORNING MOVEMENT with Lorraine – Front Lobby, Garden Level
9:15 ORCHESTRAL MUSIC VIDEOS & DISCUSSION with Sophie – Fireplace Lounge, 4th Floor
9:30 COFFEE & CONVERSATION with Kat – Craft Room, 3rd Floor
10:00 EXERCISE with Vera – Auditorium, 3rd Floor
10:00 ROCK PAINTING with Kat – East Wing, Garden Level
10:15 FRIENDLY VISITING with Sophie – 4th Floor
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:45 CROSSWORDS with Vera – Fireplace Lounge, 4th Floor
10:45 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – West Wing, Garden Level
1:00 BINGO with Sophie – Fireplace Lounge, 4th Floor
1:15 GETTING TO KNOW YOUR NEIGHBOR with Kat – Craft Room, 3rd Floor
1:30 WELLNESS SERIES: Preparing for the Future with Confidence as a Solo Ager w/ Angela Mennitto Auditorium, 3rd Floor



1:30 MOVEMENT & MUSIC with Lorraine – Rehab Room, Garden Level
2:00 YOGA with Kathy – IC Classroom, 2nd Floor
2:00 PASS THE PIGS with Whitney – West Wing, Garden Level
2:15 URBAN MYTH GAME with Kat – Fireplace Lounge, 4th Floor
3:15 BINGO with Lorraine & Kat – East Wing, Garden Level
3:15 HIDDEN BENEATH THE CITIES: Labyrinths & Legends – Auditorium, 3rd Floor
3:15 ART CLUB with Whitney – Craft Room, 3rd Floor
3:30 PASS THE PIGS with Sophie – Fireplace Lounge, 4th Floor
6:30 MERMAID BELLY DANCING PERFORMANCE w/ the Mirage Belly Dancers – Auditorium, 3rd Floor

Tuesday – August 4th

9:00 OPEN FITNESS with Emma – Exercise Room, 2nd Floor
9:00 MORNING MOVEMENT with Whitney – Front Lobby, Garden Level
9:00 NAILS with Vera & Sophie – Fireplace Lounge, 4th Floor
9:30 COFFEE & CONVERSATION with Sue & Lorraine – Craft Room, 3rd Floor
10:00 EXERCISE with Kat – Auditorium, 3rd Floor
10:30 PODCAST GROUP: “The Finnish Baby Box” with Emma – Craft Room, 3rd Floor
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:45 BOWLING with Sue & Lorraine – Auditorium, 3rd Floor
10:45 CRAFTS with Vera – West Wing, Garden Level
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Tuesday – August 4th Continued

- 10:45 **FRIENDLY VISITING** with Sophie (Garden Level), & Kat (4th Floor)
- 10:45 **SCRABBLE** with Whitney – Fireplace Lounge, 4th Floor
- 12:45 **NATURE DOCUMENTARY SERIES:** The Loneliest Animals – Auditorium, 3rd Floor ***Note Time**
- 1:00 **CAYUGA LAKE BOAT CRUISE, Discover the lake! – For those signed-up, Meet in designated entrance**
- 1:15 **SCATTERGORIES** with Sue & Soni– Fireplace Lounge, 4th Floor
- *** **NO GARDEN WALK, MOVEMENT & MUSIC, AQUA AEROBICS, OR “THIS DAY IN HISTORY”**
- 2:00 **CORNELL COMPANIONS PET THERAPY VISITS** – East Wing, Garden Level
- 2:30 **COFFEE** with Cheryl – Dining Room, 3rd Floor
- 3:30 **SCRABBLE** with Lorraine – East Wing, Garden Level
- 3:45 **WHEEL OF FORTUNE** with Whitney & Sophie – Fireplace Lounge, 4th Floor
- 6:30 **MUSIC WITH THE FORTNIGHT SINGERS** – Auditorium, 3rd Floor

Wednesday – August 5th

- 9:00 **OPEN FITNESS** with Vera – Exercise Room, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Sophia – Front Lobby, Garden Level
- 9:15 **TRIVIA** with Kat – Nature Relaxation Lounge, 4th Floor ***Note Location**
- 9:30 **COFFEE & CONVERSATION** with Whitney – Craft Room, 3rd Floor
- 10:00 **EXERCISE** with Vera – Auditorium, 3rd Floor
- 10:15 **FRIENDLY VISITING** with Sophia (Garden Level)
- 10:30 **SHUFFLEBOARD & BILLIARDS** with Kat – Craft Room, 3rd Floor
- 10:30 **BIBLE STUDY:** “Savior” (Chapter 2) with Brooke – Interfaith Chapel, 3rd Floor
- 10:45 **FAMOUS FACES** with Whitney – East Wing, Garden Level
- 10:45 **PICTIONARY** with Vera – Fireplace Lounge, 4th Floor
- 1:00 **NAILS** with Bree & Sophia – Craft Room, 3rd Floor
- 1:15 **NEW YORK TIMES WORD GAMES** with Kat – Fireplace Lounge, 4th Floor
- 1:15 **SPIRITUAL LIFE LECTURE: How Jesus Became God (Session 2) – Auditorium, 3rd Floor**
- 1:30 **MUSIC & MOVEMENT** with Whitney – Rehab Room, Garden Level
- 2:15 **TRIP TO P&C FRESH – Sign up in Craft Room, Meet in Front Entrance**
- 2:15 **CHRONOLOGY GAME** with Kat – East Wing, Garden Level
- 2:30 **RUMMIKUB** with Sophia – Fireplace Lounge, 4th Floor
- 3:45 **SHORT STORIES** with Sophia – West Wing, Garden Level
- 3:45 **“THIS DAY IN HISTORY”** with Kat – Fireplace Lounge, 4th Floor
- 3:45 **HYMN SING** with Brooke – Auditorium, 3rd Floor
- 5:30 **EVENING TROLLEY RIDES w/ Emma (Weather Permitting) – Meet in Front Lobby, 3rd Floor**
- 7:30 **OPEN AA MEETING**, all welcome, including AL-ANON members – Interview Rm, 3rd Fl ***Note Location**

Thursday – August 6th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
- 9:00 **NAILS** with Vera – 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 **OPEN CLAY STUDIO** with Ed – Craft Room, 3rd Floor
- 10:15 **GARDEN WALKS** with Whitney – Meet in Front Lobby, Garden Level
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **TROLLEY RIDES** with Emma (Weather Permitting) – Front Lobby, Garden Level

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Thursday – August 6th Continued

- 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
- 12:30 **CRAFTS** with Sue & Lorraine – Craft Room, 3rd Floor
- 1:00 **“CHASING LIFE”** with Dr. Sanjay Gupta (Documentary Series) – Fireplace Lounge, 4th Floor
- 1:15 **BEAN BAG TOSS** with Vera – East Wing, Garden Level
- 1:30 **MUSIC** with Ben Hogben – Auditorium, 3rd Floor
- 2:00 **MOVIE MATINEE:** The Usual Suspects (1995) – East Wing, Garden Level
- 2:15 **CHRONOLOGY GAME** with Lorraine – Fireplace Lounge, 4th Floor
- 2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
- 3:30 **JEOPARDY** with Whitney & Lorraine – Fireplace Lounge, 4th Floor
- 3:45 **STRETCH YOUR SPIRIT: Forgiveness, a Healing Documentary** – Auditorium, 3rd Floor
- 3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level

Friday – August 7th

- 9:00 **OPEN FITNESS** with Bree – Exercise Room, 2nd Floor
- 9:00 **OPEN SWIM** with Whitney – Pool, 2nd Floor
- 9:00 **MORNING GARDEN WALK** with Kat – Meet in Front Lobby, Garden Level
- 10:00 **EXERCISE** with Whitney – Auditorium, 3rd Floor
- 10:15 **WORD MINING** with Kat – Fireplace Lounge, 4th Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:45 **CREATIVE COLORING & SHORT STORIES** with Whitney – West Wing, Garden Level
- 11:00 **WRITING, READING & DISCUSSIONS** with Howard Nelson – Rehab Room, Garden Level ***Note Location**
- 1:00 **TRIP TO THE JOHNSON MUSEUM OF ART – Sign up in Craft Room, Meet in Front Entrance**
- 1:15 **YAHTZEE** with Bree – Fireplace Lounge, 4th Floor
- 1:30 **MOVEMENT & MUSIC** with Kat – 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 **PAINT & SIP** with Recreation – Auditorium, 3rd Floor
- 3:45 **GARDEN & ANIMAL TALK** with John – Rehab Room, Garden Level

JOHNSON
MUSEUM OF ART



Saturday – August 8th

- 10:00 **BOGGLE** with Sophie – Fireplace Lounge, 4th Floor
- 11:00 **MOVEMENT & MUSIC** with Sophie – Rehab Room, Garden Level
- 1:00 **TRIVIA** with Sophie – Fireplace Lounge, 4th Floor
- 1:45 **MOVIE MATINEE: The Devil Wears Prada 2 (2026)** - East Wing, Garden Level
- 2:15 **MOVIE MATINEE: The Devil Wears Prada 2 (2026)** – 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.