

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
	BRUNCH	LUNCH					
SOUP W/ROLL	Wild Mushroom & Rice	Cold Berry Soup	Minestrone	Vegetable Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Blueberry Pancake	Beef Soft Tacos	Eggplant Parmesan	Grilled Ham & Brie Sandwich	Lemon Pepper Chicken Breast	Crab Cake	Pot Roast
ENTRÉE 2	Roasted Turkey	Creamy Tuscan Chicken Thigh	Seafood Salad on a Croissant	Greek Salad	Gyro	Hot Dog	Pesto Chicken
STARCH	Hash Browns	Spanish Rice	Thin Spaghetti w/ Fresh Tomatoes	Sweet Potato Fries	Quinoa	Pasta Salad	Red Skin Mashed Potatoes
VEGGIE	Buttered Corn	Peppers & Onions	Zucchini	Mixed Vegetables	Grilled Asparagus	Steamed Broccoli	Spinach
DESSERT	Scones & Dessert Cart	Lemon Bar	Dutch Apple Pie	Blondie Bars	Strawberry Short Cake	Sweet Potato Pie	Assorted Pudding
DINNER							
WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Wild Mushroom & Rice	Cold Berry Soup	Minestrone	Vegetable Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Chicken Cordon Bleu	Baked Parmesan Cod	Lamb Burger w/ Feta & Cucumber Sauce	Beef Tips & Gravy	BBQ Ribs	Sweet & Sour Chicken	Turkey Meatloaf
ENTRÉE 2	Swedish Meatballs w/ Egg Noodles	Mediterranean Flat Bread Pizza	Cranberry Turkey Burger	Salmon w/ Ginger Soy Sauce	Mac & Cheese	Shrimp Scampi	Pork Tenderloin
STARCH	Mashed Sweet Potato	Risotto	Potato Salad / Baked Beans	Jasmine Rice	Roasted Potatoes	Basmati White Rice / Linguini	Garlic Bread Sticks
VEGGIE	Peas & Carrots	Broccoli	Carrots	Snap Peas	Collard Greens	Garlic Green Beans	Harvard Beets
DESSERT	Scones & Dessert Cart	Lemon Bar	Dutch Apple Pie	Blondie Bars	Strawberry Short Cake	Sweet Potato Pie	Assorted Pudding

LONGVIEW RECREATION SCHEDULE

August 9th – August 15th, 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 9th

- 10:30 ROMAN CATHOLIC COMMUNION – Interfaith Chapel, 3rd Floor
2:30 WORSHIP SERVICE with Brooke Newell – 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 10th

- 9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
9:00 MORNING MOVEMENT with Lorraine – Front Lobby, Garden Level
9:00 ORCHESTRAL MUSIC VIDEOS & DISCUSSION with Kat – Fireplace Lounge, 4th Floor
10:00 EXERCISE with Lorraine – Auditorium, 3rd Floor
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:45 CROSSWORDS with Kat – Fireplace Lounge, 4th Floor
10:45 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine – West Wing, Garden Level
1:00 BINGO with Kat – Fireplace Lounge, 4th Floor
1:30 MOVEMENT & MUSIC with Lorraine – Rehab Room, Garden Level
2:00 YOGA with Kathy – Auditorium, 3rd Floor *Note Location
2:00 PASS THE PIGS with Whitney – Fireplace Lounge, 4th Floor
3:15 BINGO with Lorraine & Whitney – East Wing, Garden Level
3:30 HIDDEN BENEATH THE CITIES: Subterranean Secrets and Forgotten Foundations – Auditorium, 3rd Flr
3:15 ART CLUB with Kat – Craft Room, 3rd Floor

Tuesday – August 11th

- 9:00 OPEN FITNESS with Emma – Exercise Room, 2nd Floor
9:00 MORNING MOVEMENT with Whitney – Front Lobby, Garden Level
9:00 NAILS with Sophie & Kat – Fireplace Lounge, 4th Floor
9:30 COFFEE & CONVERSATION with Sue & Lorraine – Craft Room, 3rd Floor
10:00 EXERCISE with Whitney – Auditorium, 3rd Floor
10:30 PODCAST GROUP: “Arsenic, Adultery, and an American on Trial” with Emma – Craft Room, 3rd Floor
10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
10:30 MUSIC THERAPY with Amanda – Fireplace Lounge, 4th Floor
**** NO BOWLING
10:45 CRAFTS with Kat – West Wing, Garden Level
10:45 FRIENDLY VISITING with Sophie – Garden Level
10:45 SCRABBLE with Whitney – Nature Relaxation Lounge, 4th Floor
1:15 SCATTERGORIES with Sue & Soni – Fireplace Lounge, 4th Floor
1:15 GARDEN WALK with Kat – Meet in Front Lobby, Garden Level
1:30 WELLNESS SERIES: Savvy Social Security Planning for Couples – Auditorium, 3rd Floor
1:30 MOVEMENT & MUSIC with Sophie – Rehab Room, Garden Level
2:15 AQUA AEROBICS with Whitney – Pool, 2nd Floor
2:30 COMMUNITY CAFÉ, all are welcome! – Dining Room, 3rd Floor
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Tuesday – August 11th Continued

- 2:30 THIS DAY IN HISTORY with Kat – Fireplace Lounge, 4th Floor
- 2:30 SCATTERGORIES with Sophie – West Wing, Garden Level
- 3:00 NATURE DOCUMENTARY SERIES: “Victoria Falls” – Auditorium, 3rd Floor *Note Time
- 3:30 SCRABBLE with Lorraine – East Wing, Garden Level
- 3:45 WHEEL OF FORTUNE with Whitney – Fireplace Lounge, 4th Floor
- 3:45 TRAVELOGUE: Everglades with Sophie – Craft Room, 3rd Floor
- 6:30 MOVIE NIGHT: The Wizard of Oz (1939) – Fireplace Lounge, 4th Floor

Wednesday – August 12th

- 9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
- 9:00 MORNING MOVEMENT with Lorraine – Front Lobby, Garden Level
- 9:15 TRIVIA with Kat – Nature Relaxation Lounge, 4th Floor *Note Location
- 9:30 FRIENDLY VISITING with Sophie – 4th Floor
- 9:30 COFFEE & CONVERSATION among friends – Craft Room, 3rd Floor
- 10:00 EXERCISE with Whitney – Auditorium, 3rd Floor
- 10:30 BIBLE STUDY: “Savior” (Chapter 3) with Brooke – Interfaith Chapel, 3rd Floor
- 10:45 FAMOUS FACES with Lorraine – East Wing, Garden Level
- 10:45 Pictionary with Sophie – Fireplace Lounge, 4th Floor
- 11:00 COMMUNITY GARDEN MEETING – Community Garden
- 1:00 NAILS with Sophie – Craft Room, 3rd Floor
- 1:15 GREAT COURSES VIDEO SERIES: “How Jesus Became God” – Auditorium, 3rd Floor
- 1:15 NEW YORK TIMES WORD GAMES with Kat – Fireplace Lounge, 4th Floor
- 1:30 MUSIC & MOVEMENT with Lorraine – Rehab Room, Garden Level
- 2:15 TRIP TO WALMART – Sign up in Craft Room, Meet in Front Entrance
- 2:15 CHRONOLOGY GAME with Lorraine – East Wing, Garden Level
- 2:30 CARD GAMES with Sophie – Fireplace Lounge, 4th Floor
- 3:30 WORD MINING with Kat – Fireplace Lounge, 4th Floor
- 3:45 SHORT STORIES with Lorraine – West Wing, Garden Level
- 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 are welcome, including AL-ANON members – Interview Room, 3rd Floor



*Note Location

Thursday – August 13th

- 9:00 OPEN FITNESS with Whitney – Exercise Room, 2nd Floor
- 9:00 NAILS with Sophie & Bree – East Wing, Garden Level
- 9:30 COFFEE & CONVERSATION with Lorraine & Sue – Craft Room, 3rd Floor
- 9:30 WALKING GROUP: Waterfront Trail w/ Emma & Dan – Sign up in Craft Room, Meet in Front Lobby
- 10:00 EXERCISE with Whitney – Auditorium, 3rd Floor
- 10:00 OPEN CLAY STUDIO with Ed – Craft Room, 3rd Floor
- 10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
- 10:45 WHO AM I? with Sophie – 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

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Thursday – August 13th Continued

- 1:15 BEAN BAG TOSS with Sophia – East Wing, Garden Level
- 1:30 MUSIC with Ben Hogben – Auditorium, 3rd Floor
- 2:00 MOVIE MATINEE: Hamnet (2025) – 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 Bree & Sophia – Fireplace Lounge, 4th Floor
- 3:45 WATERCOLOR with Lorraine – West Wing, Garden Level

Friday – August 14th

- 9:00 OPEN FITNESS with Sophia – 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 Sophia – Auditorium, 3rd Floor
- 10:15 BILLIARDS & SHUFFLEBOARD with Kat – Craft Room, 3rd Floor
- 10:30 LONGVIEW STORE open until 11:30 a.m. – 3rd Floor
- 10:45 BOGGLE with Whitney – Fireplace Lounge, 4th Floor
- 10:45 CREATIVE COLORING & SHORT STORIES with Sophia – West Wing, Garden Level
- 11:00 WRITING, READING & DISCUSSIONS with Jerry – Rehab Room, 3rd Floor
- 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! – Conference Room B, 2nd Floor *Note Location
- 2:15 RUMMIKUB with Sophia – Fireplace Lounge, 4th Floor
- 2:15 ANIMAL TALK with John – Craft Room, 3rd Floor
- 3:00 CHAIR VOLLEYBALL with Recreation – Auditorium, 3rd Floor
- 3:45 GARDEN & ANIMAL TALK with John – Rehab Room, Garden Level



Saturday – August 15th

- 9:30 TRIP TO FARMER’S MARKET – Sign up in Craft Room, Meet in Front Entrance
- 10:00 CORNELL COMPANIONS PET THERAPY VISITS – East Wing, Garden Level
- 11:00 NEW YORK TIMES WORD GAMES with Sophia – Fireplace Lounge, 4th Floor
- 1:00 MOVEMENT & MUSIC with Sophia – Rehab Room, Garden Level
- 1:45 MOVIE MATINEE: Dirty Dancing (1987) – East Wing, Garden Level
- 2:15 MOVIE MATINEE: Dirty Dancing (1987) – 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.