

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
	BRUNCH	LUNCH					
SOUP W/ROLL	Chicken Noodle	Hearty Sausage Soup	Cheddar Broccoli Soup	Lentil Soup	French Onion Soup	NE Clam Chowder	Tomato Basil
ENTRÉE 1	Broccoli Cheddar Quiche	Spanakopita	Lemon Dill Haddock	Wild Mushroom Ravioli w/ Cream Sauce	Peach BBQ Chicken Thighs	Fish Sandwich w/ Coleslaw	Tuna Noodle Casserole w/ Peas
ENTRÉE 2	Pork Chops w/ Onion & Mushroom Gravy	Lamb Pops w/ Mint Jelly	Chicken Berry Salad	Tarragon Tuna Salad on a Bed of Lettuce	Pizza Stuffed Portobello Mushrooms	California Burger (w/ avocado & bacon)	Shrimp & Grits w/ sausage
STARCH	Mashed Potatoes	Jasmine Rice	Fingerling Potatoes	Roasted Sweet Potatoes	Couscous	Potato Salad	Quinoa
VEGGIE	Glazed Baby Carrots	Roasted Root Vegetables	Asparagus	Seasoned Peas	Broccoli	Green Beans	Zucchini & Bell Pepper
DESSERT	Pecan Pie	Tiramisu	Boston Cream Pie	Lemon Merigue Pie	Sliced Watermelon	Key Lime Bistro	Assorted Cheesecake
DINNER							
WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Chicken Noodle	Hearty Sausage Soup	Cheddar Broccoli Soup	Lentil Soup	French Onion Soup	NE Clam Chowder	Tomato Basil
ENTRÉE 1	Pesto Gnocchi	Turkey w/ Cranberry Glaze	Salisbury Steak w/ Gravy	Shrimp Fried Rice	Bean & Cheese Quesadilla	Apricot Glazed Salmon	Pork Loin w/ Mushroom Sauce
ENTRÉE 2	Black Bean Burger	Penne with Meat Sauce	Chicken Cacciatore	Chicken Mandarin Salad	Beef Fajitas	Chicken Marsala	Veal Parmesan
STARCH	Potato Wedges	Creamy Orzo	Herb Brown Rice	Eggroll	Rice & Beans	Yukon Gold Mashed Potatoes	Egg Noodles
VEGGIE	Wax Beans	Broccoli & Cauliflower	Mixed Vegetables	Sauteed Bok Choy	Corn	Beets	Brussel Sprouts
DESSERT	Pecan Pie	Tiramisu	Boston Cream Pie	Lemon Merigue Pie	Sliced Watermelon	Key Lime Bistro	Assorted Cheesecake

LONGVIEW RECREATION SCHEDULE

September 13 – September 19, 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.

Happy National Assisted Living Week!

Sunday – September 13th Grandparents Day

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
2:30 **WORSHIP SERVICE** with Pastor Jack Keating, Trumansburg United Methodist Church – Auditorium

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 – September 14th

9:00 **OPEN FITNESS** with Kat – Exercise Room, 2nd Floor
9:00 **MORNING MOVEMENT** with Lorraine – Front Lobby, Garden Level
10:00 **EXERCISE** with Lorraine – Auditorium, 3rd Floor
10:30 **LONGVIEW STORE open until 11:30 a.m. – 3rd Floor**
10:45 **BINGO** with Kat & Sophie – Fireplace Lounge, 4th Floor ***Note Time**
10:45 **NALW: GRANDPARENTS DAY HISTORY & DISCUSSION** with Lorraine – West Wing, Garden Level
1:30 **ENHANCED/ASSISTED LIVING RESIDENT COUNCIL MEETING, E/ALR Only – Auditorium 3rd Floor**
2:00 **YOGA** with Kathy – IC Classroom, 2nd Floor
2:30 **CHRONOLOGY GAME** with Lorraine – Fireplace Lounge, 4th Floor ***Note Time**
2:45 **MOVEMENT & MUSIC** with Kat – Rehab Room, Garden Level ***Note Time**
3:15 **ART CLUB** with Whitney – Craft Room, 3rd Floor
3:15 **BINGO** with Lorraine & Kat – East Wing, Garden Level
3:30 **HIDDEN BENEATH THE CITIES:** Secret School and Concealed Castle Cemetery – Auditorium, 3rd Floor



Tuesday – September 15th

9:00 **OPEN FITNESS** with Emma – Exercise Room, 2nd Floor
9:00 **MORNING MOVEMENT** with Whitney – Front Lobby, Garden Level
9:00 **FAMOUS FACES** with Kat – Fireplace Lounge, 4th Floor
9:30 **COFFEE & CONVERSATION** with Sue & Lorraine – Craft Room, 3rd Floor
10:00 **EXERCISE** with Sue & Lorraine – Auditorium, 3rd Floor
10:30 **PODCAST GROUP: “The Intertwined Legacies of Gloria Steinem & Dolly Parton”– Craft Rm, 3rd Floor**
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
10:30 **INTRODUCTION TO POETRY** with Kevin Murphy, all are welcome! – IC Classroom, 2nd Floor
10:30 **NALW: CRAFTS** with Kat & Whitney – East Wing, Garden Level
10:45 **BOWLING** with Sue, Lorraine, & Ashley – Auditorium, 3rd Floor
12:30 **NAILS** with Martina & Ashley – Nature Relaxation Lounge, 4th Floor
1:00 **NATURE DOCUMENTARY SERIES:** Jaguar Beach – Auditorium, 3rd Floor
1:00 **TECH SUPPORT** with Kat – Interview Room, 3rd Floor
1:00 – 2:00 **INDEPENDENT & PATIO HOME INFO MEETING** – Craft Room, 3rd Floor
1:15 **SCATTERGORIES** with Sue & Soni – Fireplace Lounge, 4th Floor
1:30 **MOVEMENT & MUSIC** with Whitney – Rehab Room, Garden Level
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Tuesday – September 15th

- 2:15 **AQUA AEROBICS** with Whitney – Pool, 2nd Floor
2:30 **NAME THAT TUNE with Kat – Fireplace Lounge, 4th Floor**
2:30 **SCATTERGORIES** with Martina – West Wing, Garden Level
3:30 **SCRABBLE** with Lorraine – East Wing, Garden Level
3:45 **WHEEL OF FORTUNE** with Martina – Fireplace Lounge, 4th Floor
6:30 **MOVIE NIGHT: Road House (1989)** – Fireplace Lounge, 4th Floor

Wednesday – September 16th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
9:00 **MORNING MOVEMENT** with Lorraine – Front Lobby, Garden Level
9:00 **TRIVIA** with Kat – Nature Relaxation Lounge, 4th Floor
9:15 **FRIENDLY VISITING** with Maria – 4th Floor
9:30 **BRAIN BUILDERS & BAKING with IC Students – East Wing, Garden**
10:00 **EXERCISE** with Whitney & Ashley – Auditorium, 3rd Floor
10:30 **BILLIARDS & SHUFFLEBOARD** with Kat – Craft Room, 3rd Floor
10:45 **TROLLEY RIDES with Emma & Sophie (Weather Permitting) – Front Entrance, 3rd Floor**
10:45 **PICTIONARY** with Maria & Ashley – Fireplace Lounge, 4th Floor
12:30 **TROLLEY RIDES** with Emma (Weather Permitting) – Front Lobby, Garden Level
1:00 **NAILS** with Maria – Craft Room, 3rd Floor
1:00 **MAKER SPACE LAUNCH, Explore Our Creative Opportunities! – C-Wing Elevator Lounge, 2nd Floor**
1:15 **GREAT COURSES VIDEO SERIES: “How Jesus Became God”** – Auditorium, 3rd Floor
1:15 **NEW YORK TIMES WORD GAMES** with Kat & Ashley– Fireplace Lounge, 4th Floor
1:15 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
1:30 **MUSIC & MOVEMENT** with Lorraine – East Wing, Garden Level ***Note Location**
2:15 **TRIP TO WEGMANS – Sign up in Craft Room, Meet in Front Entrance**
2:15 **CHRONOLOGY GAME** with Lorraine – East Wing, Garden Level
2:30 **CARD GAMES** with Maria – Fireplace Lounge, 4th Floor
2:30 **FRIENDLY VISITING** with Kat – Garden Level
3:30 **THE PRICE IS RIGHT with Kat & Maria – 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 – September 17th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
9:30 **COFFEE & CONVERSATION** with Lorraine & Sue – Craft Room, 3rd Floor
10:00 **EXERCISE** with Sarah – 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
10:30 **BIBLE STUDY: The Gospel of Thomas, Sayings #32-57 with Brooke – Interfaith Chapel, 3rd Floor**
10:45 **BEAN BAG TOSS & Other Games** with Lorraine & Sue – Fireplace Lounge, 4th Floor
10:45 **WHO AM I?** with Sarah & Ashley – East Wing, Garden Level
10:45 **AQUA AEROBICS with Whitney – Pool, 2nd Floor**
12:30 **CRAFTS** with Sue & Bree – Craft Room, 3rd Floor

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Thursday – September 17th

- 1:15 **BEAN BAG TOSS** with Whitney & Ashley – East Wing, Garden Level
1:30 **MUSIC with Ben Hogben – Auditorium, 3rd Floor**
2:00 **MOVIE MATINEE: Godzilla: King of the Monsters (2019)** – East Wing, Garden Level
2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
2:30 **NAILS with Maria – West Wing, Garden Level**
2:30 - 3:00 **CATHOLIC CONFESSIONS with Father Dan – Interview Room, 2nd Floor**
3:00 **CATHOLIC MASS with Father Dan – Interfaith Chapel, 3rd Floor**
3:30 **JEOPARDY** with Whitney & Maria – Fireplace Lounge, 4th Floor
3:45 **NAME THAT TUNE** with Bree – West Wing, Garden Level

Friday – September 18th

- 9:00 **OPEN FITNESS** with Kat – Exercise Room, 2nd Floor
9:00 **OPEN SWIM with Emma – Pool, 2nd Floor**
10:00 **EXERCISE** with Emma & Sophie – Auditorium, 3rd Floor
10:15 **MORNING GARDEN WALK** with Kat – Meet in Front Lobby, Garden Level
10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
10:45 **WHAT AM I?** with Emma – Fireplace Lounge, 4th Floor
10:45 **NALW: CREATIVE COLORING with Kat & Sophie – West Wing, Garden Level**
11:00 **WRITING, READING & DISCUSSIONS** with Jerry – Rehab Room, Garden Level
1:15 **YAHTZEE** with Bree – Fireplace Lounge, 4th Floor
1:30 **MOVEMENT & MUSIC** with Kat & Sophie – 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



Saturday – September 19th

- 10:00 **CORNELL COMPANIONS PET THERAPY VISITS – East Wing, Garden Level**
11:00 **NEW YORK TIMES WORD GAMES** with Maria – Fireplace Lounge, 4th Floor
1:00 **MOVEMENT & MUSIC** with Maria – Rehab Room, Garden Level
1:45 **MOVIE MATINEE: Soul Surfer (2011)** – East Wing, Garden Level
2:15 **MOVIE MATINEE: Soul Surfer (2011) – Auditorium, 3rd Floor**
2:45 **BINGO with Maria – 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.