

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
	BRUNCH	LUNCH					
SOUP W/ ROLL	Wild Mushroom and 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 & Cheese 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 Brown	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	Black Forest Parfait Cup	Lemon Bar	Dutch Apple Pie	Iced Banana Cake	Strawberry Short Cake	Sweet Potato Pie	French Silk Pie
DINNER							
WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ ROLL	Wild Mushroom and Rice	Cold Berry Soup	Minestrone	Vegetable Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Chicken Cordon Blue	Parmesan Baked 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 Flatbread Pizza	Cranberry Turkey Burger	Salmon w/ Ginger Soy Sauce	Mac & Cheese	Shrimp Scampi	Pork Tenderloin
STARCH	Mashed Sweet Potatoes	Risotto	Potato Salad/Baked Beans	Jasmine Rice	Roasted Potatoes	Basmati White Rice / Linguini	Garlic Bread Stick
VEGGIE	Peas & Carrots	Broccoli	Carrots	Snap Peas	Collard Greens	Garlic Green Beans	Harvard Beets
DESSERT	Black Forest Parfait Cup	Lemon Bar	Dutch Apple Pie	Iced Banana Cake	Strawberry Short Cake	Sweet Potato Pie	French Silk Pie

LONGVIEW RECREATION SCHEDULE

September 6 – September 12, 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 – September 6th

- 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 7th Labor Day

No Ithaca College Classes
All Administrative Offices Closed for the Holiday

- 1:30 MOVEMENT & MUSIC with Emma – Rehab Room, Garden Level
- 2:00 CORNELL COMPANIONS Pet Therapy Visits – Garden Level, East Wing
- 2:30 NAME THAT TUNE: Labor Day Edition – 4th Floor, Fireplace Lounge
- 3:45 FIVE CLUES: What Job Is It? With Emma – Garden Level, West Wing



Tuesday – September 8th

- 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: “How Flock Cameras Took Over America” 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, All are welcome! – IC Classroom, 2nd Floor
- 10:45 CRAFTS with Kat – East Wing, Garden Level
- 10:45 BOWLING with Sue & Lorraine – Auditorium, 3rd Floor
- 12:30 NAILS with Martina – Nature Relaxation Lounge, 4th Floor
- 1:00 NATURE DOCUMENTARY SERIES: Jaguar Beach – Auditorium, 3rd Floor
- 1:00 TECH SUPPORT with Kat – Craft Room, 3rd Floor
- 1:15 SCATTERGORIES with Sue & Soni – Fireplace Lounge, 4th Floor
- 1:30 MOVEMENT & MUSIC with Whitney – Rehab Room, Garden Level
- 1:30 WELLNESS SERIES: Hack-Proof Your Smartphone – Auditorium, 3rd Floor
- **** NO AQUA AEROBICS
- 2:30 COFFEE with Cheryl – Dining Room, 3rd Floor
- 2:30 THIS DAY IN HISTORY 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: Steel Magnolias (1989) – Fireplace Lounge, 4th Floor

Wednesday – September 9th

- 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
9:00 **FRIENDLY VISITING** with Maria - Garden Level
10:00 **EXERCISE** with Emma – Auditorium, 3rd Floor
10:30 **BILLIARDS & SHUFFLEBOARD** with Kat – Craft Room, 3rd Floor
10:30 BRAIN BUILDERS with IC Students – Garden Level, East Wing
10:45 **TROLLEY RIDES** with Emma (Weather Permitting) – Front Entrance, 3rd Floor
10:45 **PICTIONARY** with Lorraine & Maria – 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
1:15 GREAT COURSES VIDEO SERIES: “How Jesus Became God” – Auditorium, 3rd Floor
1:15 **NEW YORK TIMES WORD GAMES** with Kat – Fireplace Lounge, 4th Floor
1:15 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
1:30 **MUSIC & MOVEMENT** with Lorraine – Rehab Room, Garden Level
2:15 TRIP TO ALDI – 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 – 4th Floor
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 10th

- 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 1-29 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 Whitney – East Wing, Garden Level
10:45 **FOCUS GROUP: Exercise at Longview** with Sarah – Auditorium, 3rd Floor
12:30 **CRAFTS** with Sue & Lorraine – Craft Room, 3rd Floor
1:15 **BEAN BAG TOSS** with Whitney & Ashley – East Wing, Garden Level
1:30 MUSIC with Ben Hogben – Auditorium, 3rd Floor
1:30 SPORTS HIGHLIGHTS with Lorraine – 4th Floor, Fireplace Lounge
2:00 **MOVIE MATINEE:** Ferrari (2023) – East Wing, Garden Level
2:30 NAILS with Maria – West Wing, Garden Level
2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
3:00 STRETCH YOUR SPIRIT: Lakota Wisdom Keepers – Auditorium, 3rd Floor
3:30 **JEOPARDY** with Whitney & Maria – Fireplace Lounge, 4th Floor
3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level



Friday – September 11th Patriot Day & Rosh Hashanah Begins at Sundown

- 9:00 **OPEN FITNESS** with Kat – Exercise Room, 2nd Floor
9:00 OPEN SWIM with Whitney – Pool, 2nd Floor
10:00 **EXERCISE** with Emma – 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 Whitney – Fireplace Lounge, 4th Floor
10:45 **BALLOON TOSS** with Kat – 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 – Rehab Room, Garden Level
2:00 PATRIOT DAY REMEMBRANCE – Auditorium, 3rd Floor
2:00 **QUILTING GROUP**, all are Welcome! – IC Classroom, 2nd Floor
2:15 ANIMAL TALK with John – Craft Room, 3rd Floor
2:30 **UNO** with Kat – Fireplace Lounge, 4th Floor
3:30 FOOD FOR THOUGHT: THE CELEBRATORY FOOD OF ROSH HASHANAH – Auditorium, 3rd Floor
3:45 **GARDEN & ANIMAL TALK** with John – Rehab Room, Garden Level

Saturday – September 12th

- 10:00 **NEW YORK TIMES WORD GAMES** with Maria – Fireplace Lounge, 4th Floor
10:00 SCATTERGORIES with Martina – West Wing, Garden Level
11:00 **MOVEMENT & MUSIC** with Martina & Maria – Rehab Room, Garden Level
1:00 **PICTIONARY** with Martina & Maria – East Wing, Garden Level
1:45 **MOVIE MATINEE: 9 to 5 (1980)** – East Wing, Garden Level
2:15 MOVIE MATINEE: 9 to 5 (1980) – East Wing, Garden Level
2:45 **UNO** 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.