

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
	BRUNCH	LUNCH					
SOUP W/ ROLL	Wild Mushroom and Rice	Manhattan Clam Chowder	Cream of Potato	Hearty Sausage Soup	Red Pepper Bisque	Chicken Enchilada	Cream of Tomato
ENTRÉE 1	Breakfrast Strata	Liver & Onions	Vegetable Lasagna	Cocount Shrimp	Chicken Quesadilla	Spaghetti & Meatballs	Meatloaf
ENTRÉE 2	Italian Sausage	Pork & Veggie Stiry Fry	Crab Cake	Sweet & Sour Chicken	Baked Ziti	Cheeseburger	Honey Baked Ham
STARCH	Hash Browns	Egg Noodles	Rice Pilaf	Sweet Potato Fries	Potato Wedges	Garlic Bread	Scalloped Potatoes
VEGGIE	Garlic Green Beans	Roasted Root Vegetables	Corn	Mixed Vegetables	Bean Salad	Broccoli	Spinach
DESSERT	Apple Cake	Bostom Cream Pie	Half Moon Cookies	Pecan Pie	Assorted Pudding	Ice Cream Novelties	Cherry Pie
DINNER							
WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ ROLL	Wild Mushroom and Rice	Manhattan Clam Chowder	Cream of Potato	Hearty Sausage Soup	Red Pepper Bisque	Chicken Enchilada	Cream of Tomato
ENTRÉE 1	Penne w/ Meat Sauce	Creamy Tuscan Chicken	Salmon w/ Ginger Soy Sauce	Philly Cheesesteak	Lamb Burger w/ Feta Cucumber Salad	Pork Chop w/ Onions & Mushroom Gravy	Stuffed Peppers
ENTRÉE 2	Roasted Turkey w/ Gravy	Beef Tips & Gravy	Pesto Gnocchi	Chicken Riggies	Pepperoni Pizza	Tuna Noodle Casserole w/ Peas	Hamburger OR Black Bean Burger
STARCH	Mashed Sweet Potato	Basmati White Rice	Rice	Roasted Potatoes	Sweet Potato Fries	Mashed Potato	Boardwalk Fries
VEGGIE	Peas & Carrots	Glazed Baby Carrots	Italian Vegetables	Snap Peas	Collard Greens	Steamed Carrots	Harvard Beets
DESSERT	Apple Cake	Bostom Cream Pie	Half Moon Cookies	Pecan Pie	Assorted Pudding	Ice Cream Novelties	Cherry Pie



LONGVIEW RECREATION SCHEDULE

November 1 – November 7, 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 – November 1st Daylight Saving Time Ends (Set Your Clocks Back 1 Hour)

10:30 ROMAN CATHOLIC COMMUNION – Interfaith Chapel, 3rd Floor

2:30 WORSHIP SERVICE with Ms. Carol Hockett, Forest Home Chapel – Auditorium, 3rd Floor

LONGVIEW SHOPPER: 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 – November 2nd

9:00 OPEN FITNESS with Kat– Exercise Room, 2nd Floor

9:00 MORNING MOVEMENT with Lorraine – Front Lobby, Garden Level

9:30 COFFEE & CONVERSATION with Tom – Craft Room, 3rd Floor

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

10:45 SPORTS HIGHLIGHTS: Videos & Discussion with Lorraine & Kiana – West Wing, Garden Level

1:00 CROSSWORDS with Kat – Fireplace Lounge, 4th Floor

1:15 OPEN SWIM with Tom – Pool, 2nd Floor

1:30 MOVEMENT & MUSIC with Lorraine – Rehab Room, Garden Level

2:00 YOGA with Kathy – IC Classroom, 2nd Floor

2:00 CORNELL COMPANIONS PET THERAPY VISITS – East Wing, Garden Level

2:30 CONNECTIONS with Lorraine – Fireplace Lounge, 4th Floor

3:15 THIS DAY IN HISTORY with Tom – Fireplace Lounge, 4th Floor

3:15 WITCHES: TRUTH BEHIND THE TRIALS, “Ireland: Possessed by the Devil” – Auditorium, 3rd Floor

3:15 BEADING/JEWELRY MAKING with Kat – Craft Room, 3rd Floor

3:30 BINGO with Lorraine & Whitney – East Wing, Garden Level



Tuesday – November 3rd Election Day

6 AM – 9 PM General Elections Polling Site – Front Lobby, 3rd Floor

9:00 OPEN FITNESS with Tom – Exercise Room, 2nd Floor

9:00 MORNING MOVEMENT with Kat – Front Lobby, Garden Level

9:30 FAMOUS FACES with Whitney – Fireplace Lounge, 4th Floor *Note Time

9:30 COFFEE & CONVERSATION with Sue & Lorraine – Craft Room, 3rd Floor

10:00 EXERCISE with Sue & Lorraine – Auditorium, 3rd Floor

10:30 PODCAST GROUP: “Halloween Edition” 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 – IC Classroom, 2nd Floor

10:30 CRAFTS with Kat & Tom – West Wing, Garden Level

10:45 SCRABBLE with Whitney & Ashley – Fireplace Lounge, 4th Floor

10:45 BOWLING with Sue & Lorraine – Auditorium, 3rd Floor

12:30 NAILS with Martina & Ashley – Nature Relaxation Lounge, 4th Floor

1:00 TECH SUPPORT with Kat – Craft Room, 3rd Floor

1:15 SCATTERGORIES with Sue & Soni – Fireplace Lounge, 4th Floor



Tuesday – November 3rd

- 1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level
- 2:15 **AQUA AEROBICS** with Whitney – Pool, 2nd Floor
- 2:30 **NAME THAT TUNE** with Kat & Tom – Fireplace Lounge, 4th Floor
- 2:30 **SCATTERGORIES** with Martina & Lorraine – East Wing, Garden Level
- 2:30 COFFEE with Cheryl – Dining Room, 3rd Floor**
- 3:15 NATURE DOCUMENTARY SERIES: “Big Little Journeys” – Auditorium, 3rd Floor *Note Time**
- 3:30 **AFTERNOON WALK** with Tom (weather permitting) – Meet in Front Lobby, 3rd Floor
- 3:30 **SCRABBLE** with Lorraine & Martina – East Wing, Garden Level
- 3:30 **RUMMIKUB** with Whitney – Fireplace Lounge, 4th Floor
- 6:30 MUSIC WITH THE FORTNIGHT SINGERS – Auditorium, 3rd Floor**
- **** **NO MOVIE TONIGHT. COME SEE THE FORTNIGHT SINGERS IN THE AUDITORIUM!**

Wednesday – November 4th

- 9:00 **OPEN FITNESS** with Whitney – Exercise Room, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Tom – Front Lobby, Garden Level
- 9:00 **TRIVIA** with Kat – Fireplace Lounge, 4th Floor
- 9:30 BRAIN BUILDERS & BAKING with IC Students – East Wing, Garden Level**
- 10:00 **EXERCISE** with Emma – Auditorium, 3rd Floor
- 10:30 **BILLIARDS & SHUFFLEBOARD** with Kat & Ashley – Craft Room, 3rd Floor
- 10:45 TROLLEY RIDES with Emma (Weather Permitting) – Front Entrance, 3rd Floor**
- 10:45 **PICTIONARY** with Tom & 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 **NEW YORK TIMES WORD GAMES** with Kat – Fireplace Lounge, 4th Floor
- 1:15 **OPEN FITNESS** with Tom – Exercise Room, 2nd Floor
- 1:30 STRETCH YOUR SPIRIT: “5 Wishes” Presented by Edna & Margo of Hospicare – Auditorium, 3rd Floor**
- 1:30 **MUSIC & MOVEMENT** with Lorraine – Rehab Room, Garden Level
- 2:15 TRIP TO REUSE MEGACENTER – Sign up in Craft Room, Meet in Front Entrance**
- 2:15 **CHRONOLOGY GAME** with Lorraine – East Wing, Garden Level
- 2:30 BAKING CLUB with Kat & Maria – Kitchenette, 4th Floor**
- 3:00 **TRIVIA** with Tom – West Wing, Garden Level
- 3:45 **WORDLE & GEO-GUESSER** 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 – November 5th

- 9:00 **OPEN FITNESS** with Whitney - Exercise Room, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Tom – Front Lobby, Garden Level
- 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 & Tom – Craft Room, 3rd Floor
- 10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor
- 10:30 **BIBLE STUDY: “Questions Jesus Asked”** with Brooke – Interfaith Chapel, 3rd Floor
- 10:30 SING-ALONG with Whitney & Ashley – East Wing, Garden Level *Note Time**
- 10:45 **BEAN BAG TOSS & Other Games** with Lorraine & Sue – Fireplace Lounge, 4th Flr
- 11:30 IC VETERANS DAY CELEBRATION – Sign up in Craft Room, Meet in Front Lobby**



BEAUTY SALON
Please call Shaunna
directly to schedule
appointments at
(607) 279-7543

Thursday – November 5th

- 12:30 **CRAFTS** with Sue & Lorraine – Craft Room, 3rd Floor
- 1:15 **BALANCE & FLEXIBILITY** with Sarah – Rehab Room, Garden Level ***Note Day & Location**
- 1:15 **AQUA AEROBICS** with Bree – Pool, 2nd Floor
- **** **NO BALLOON TOSS TODAY**
- 1:30 **SPORTS HIGHLIGHTS: Videos & Discussion** with Lorraine – Fireplace Lounge, 4th Floor
- 1:30 **MUSIC** with Ben Hogben – Auditorium, 3rd Floor
- 1:45 MOVIE MATINEE: Field of Dreams (1989) – East Wing, Garden Level**
- 2:15 **SHORT STORIES** with Tom – Fireplace Lounge, 4th Floor
- 2:15 PLANT TALK with John – Craft Room, 3rd Floor**
- 2:30 **NAILS** with Maria – West Wing, Garden Level
- 3:30 **JEOPARDY** with Whitney & Tom – Fireplace Lounge, 4th Floor
- 3:45 **WATERCOLOR** with Lorraine – West Wing, Garden Level

Friday – November 6th

- 9:00 **OPEN FITNESS** with Kat – Exercise Room, 2nd Floor
- 9:00 **MORNING MOVEMENT** with Tom – Front Lobby, Garden Level
- 9:00 OPEN SWIM with Whitney – Pool, 2nd Floor**
- 9:45 **MORNING GARDEN WALK** with Tom – Meet in Front Lobby, Garden Level
- 10:00 EXERCISE with Emma – Auditorium, 3rd Floor**
- 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 **CREATIVE COLORING** with Kat – West Wing, Garden Level
- 11:00 **WRITING, READING & DISCUSSIONS** with Jerry – Rehab Room, Garden Level
- 1:00 – 3:00 PHYSICAL THERAPY MOBILITY ASSESSMENT with Ithaca College – IC Classroom, 2nd Floor**
(Arrive at the time you signed up for, Sign up in Craft Room)
- **** **BALANCE & FLEXIBILITY MOVED TO THURSDAY THIS WEEK**
- 1:15 YAHTZEE with Whitney & Kiana - Fireplace Lounge, 4th Floor**
- 1:30 **MOVEMENT & MUSIC** with Tom – 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 AN AUTHOR'S UNEXPECTED WRITING JOURNEY, Presentation by Peter Marzano – Auditorium, 3rd Fl**
- 3:30 **SHABBAT** with Ithaca College Hillel - Interfaith Chapel, 3rd Floor
- 3:45 **GARDEN & ANIMAL TALK** with John – Rehab Room, Garden Level

Saturday – November 7th

- 10:00 **CRANIUM CRUNCHES** with Maria – Fireplace Lounge, 4th Floor
- 10:00 **PICTIONARY** with Martina – West Wing, Garden Level
- 11:00 **MOVEMENT & MUSIC** with Maria & Martina – Rehab Room, Garden Level
- 1:00 **TRIVIA** with Maria & Martina – Fireplace Lounge, 4th Floor
- 1:00 IC THEATRE: The Putnam County Spelling Bee – Sign up in Craft Room, Meet in Front Lobby**
- 1:45 **MOVIE MATINEE: Willy Wonka & the Chocolate Factory (1971) – East Wing, Garden Level**
- 2:15 MOVIE MATINEE: Willy Wonka & the Chocolate Factory (1971) – Auditorium, 3rd Floor**
- 2:45 **BINGO** with Maria – Fireplace Lounge, 4th Floor

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 regarding Recreation programs, contact Bree Nash in the Recreation Dept at 607-375-6335.