

WEEK 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
	BRUNCH	LUNCH					
SOUP	Chicken Noodle	Sausage Soup	Cheddar Broccoli	Lentil Soup	French Onion Soup	New England Clam Chowder	Tomato Basil
ENTRÉE 1	Eggs Benedict	Chili Dog	Grilled Chicken Served w/ Provolone & Pesto	Margherita Pizzetta	Chef Salad	Flank Steak w/ Chimichuri Herb Sauce	Creamy Flouride Florentine
ENTRÉE 2	French Toast Bake	Basil Pesto Tortellini w/ Sundried Tomato	Chicken Pot Pie	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	Roasted Root Vegetables	Seasoned Peas	Roasted Cauliflower	Beets	Roasted Brussel Sprouts	California Vegetable Blend	Grilled Red Onions
DESSERT	Pecan Pie	Tiramisu	Chocolate Mint Pie	Triple Chocolate Cake	Sliced Watermelon	Key Lime Bistro	Devil's Food Cake
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	Hawaiian Chicken	Herb Roasted Chicken Thighs	Vegetarian Shepherd Pie w/ Lentils	Beef Brisket	Meatloaf	Coconut Shrimp	Pasta Primavera
ENTRÉE 2	Cheeseburger	Pork Tenderloin w/ Honey Mustard Sauce	Mushroom & Swiss Cheeseburger	Lemon Garlic Cream Sauce Swordfish	Vegetable Lasagna	Chicken & Biscuits	Pepperoni Pizza or Veggie Pizza
STARCH	French Fries	Roasted Sweet Potatoes	Baked Beans	Pasta Salad	Mashed Potatoes	Rice Pilaf	Garlic Bread Stick
VEGGIE	Mixed Vegetables	Spinach	Corn	Roasted Root Vegetables	Baby Carrots	Broccoli	Italian Vegetables
DESSERT	Pecan Pie	Tiramisu	Chocolate Mint Pie	Triple Chocolate Cake	Sliced Watermelon	Key Lime Bistro	Devil's Food Cake



LONGVIEW RECREATION SCHEDULE

October 25 – October 31, 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 – October 25th

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

2:30 **WORSHIP SERVICE** with Amber Massa, Epiphany Episcopal Church – 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 – October 26th

Ithaca College Fall Break – No Classes

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

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

9:30 **TRIP TO IRON KETTLE FARM – Sign up in Craft Room, Meet in Front Entrance**

10:00 **COFFEE & CONVERSATION** with Tom – Craft Room, 3rd Floor ***Note Time**

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

10:30 **LONGVIEW STORE** open until 11:30 a.m. – 3rd Floor

10:45 **BINGO with Tom – Fireplace Lounge, 4th Floor**

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

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

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

1:30 **VISION LOSS RESOURCE MEETING – Craft Room, 3rd Floor**

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

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

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

3:00 **DEATH CAFÉ: Gather to Eat Cake, Drink Tea & Discuss Death – Craft Room, 3rd Floor**

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

3:15 **WITCHES: TRUTH BEHIND THE TRIALS**, “Sweden: The Legend of Blakulla –Auditorium, 3rd Floor

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

6:30 **“BELLY BOO” PERFORMANCE w/ the Mirage Belly Dancers – Auditorium, 3rd Floor**



Tuesday – October 27th

Ithaca College Fall Break – No Classes

9:00 **OPEN FITNESS** with Tom – 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: “No Coincidence, No Story” 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 – October 27th

- 1:30 **WELLNESS SERIES: Estate Planning 101 - Wills, Trusts & More! – Auditorium, 3rd Floor**
- 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 **COMMUNITY CAFÉ**, all are welcome! – Dining Room, 3rd Floor
- 3:30 **AFTERNOON WALK with Tom (weather permitting) – Meet in Front Lobby, 3rd Floor**
- 3:30 **NATURE DOCUMENTARY SERIES: “Dracula’s Hidden Kingdom” – Auditorium, 3rd Floor** *Note Time
- 3:30 **SCRABBLE** with Lorraine & Martina – East Wing, Garden Level
- 3:30 **RUMMIKUB with Whitney – Fireplace Lounge, 4th Floor**
- 6:30 **MOVIE NIGHT: Supergirl, Rated PG-13 (2026) – Fireplace Lounge, 4th Floor**

Wednesday – October 28th Ithaca College Classes Resume

- 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
- 10:30 – 11:30 **TC BOARD OF ELECTIONS DISTRIBUTING ABSENTEE BALLOTS – Front Lobby, 3rd Floor**
- 10:45 **TROLLEY RIDES** with Emma (Weather Permitting) – Front Entrance, 3rd Floor
- 10:45 **PICTIONARY** with Tom & Maria – Fireplace Lounge, 4th Floor
- 11:00 **GARDEN CLUB MEETING, all are welcome! – Craft Room, 3rd 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 **GREAT COURSES VIDEO SERIES: “How Jesus Became God” – Auditorium, 3rd Floor**
- 1:15 **OPEN FITNESS** with Tom – Exercise Room, 2nd Floor
- 1:30 **MUSIC & MOVEMENT** with Lorraine – East Wing, Garden Level *Note Location
- 2:15 **TRIP TO ALDI – Sign up in Craft Room, Meet in Front Entrance**
- 2:15 **CHRONOLOGY GAME** with Lorraine – East Wing, Garden Level
- 2:15 **BOOK CLUB DISCUSSION: “The Women”, Part 2 – Rehab Room, Garden Level**
- 2:15 **ANIMAL TALK with John – Craft Room, 3rd Floor** *Note Day
- 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
- 3:45 **GARDEN & ANIMAL TALK** with John – Rehab Room, Garden Level *Note Day
- 6:30 **MUSICAL PERFORMANCE by Annie Ol’ Thyme – Auditorium, 3rd Floor**
- 7:30 **OPEN AA MEETING**, all are welcome, including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – October 29th

- 9:00 **OPEN FITNESS** with Sarah – 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

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

Thursday – October 29th

- 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**
- 10:45 **SING-ALONG** with Whitney & Ashley – 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
- 1:15 **AQUA AEROBICS with Tom – Pool, 2nd Floor**
- 1:15 **BALLOON TOSS** with Whitney & Ashley – West, Garden Level
- 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: Gremlins, Rated PG (1984) – 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 – October 30th

- 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 **TRUE CRIME & PARANORMAL SOCIAL CLUB with Kat – Craft Room, 3rd Floor**
- 1:15 **BALANCE & FLEXIBILITY** with Sarah – Auditorium, 3rd Floor
- **** **NO YAHTZEE** Come to the Halloween Party!
- 1:30 **MOVEMENT & MUSIC** with Tom – Rehab Room, Garden Level
- 2:00 **QUILTING GROUP**, all are welcome! – IC Classroom, 2nd Floor
- 2:30 **HALLOWEEN COSTUME PARTY & “Minute to Win It” Games with Recreation – Auditorium, 3rd Floor**
- 3:30 **SHABBAT** with Ithaca College Hillel, Interfaith Chapel, 3rd Floor

Saturday – October 31st Happy Halloween!

- 10:00 **NEW YORK TIMES WORD GAMES** with Martina – Fireplace Lounge, 4th Floor
- 11:00 **MOVEMENT & MUSIC** with Martina – Rehab Room, Garden Level
- 1:00 **HISTORY OF THE JACK-O-LANTERN with Martina – East Wing, Garden Level**
- 1:45 **MOVIE MATINEE: Ghostbusters, Rated PG (1984) – East Wing, Garden Level**
- 2:15 **MOVIE MATINEE: Ghostbusters, Rated PG (1984) – Auditorium, 3rd Floor**
- 2:45 **THE HISTORY OF CLASSIC MONSTER MOVIES** with Martina – 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.