WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
	BRUNCH	**LUNCH**					
SOUP W/ROLL	Broccoli & Cheddar	New England Clam Chowder	Italian Wedding w/ Meatballs	Sausage Soup	Red Pepper Bisque	Split Pea w/ Ham	Cream of Mushroom
ENTRÉE 1	French Toast Bake	Chicken Salad Sandwich	Shrimp Taco w/ Slaw	Lamb Burger w/ Feta Cucumber Salad	Cheese Calzone	Mushroom Swiss Burger	Margherita Pizza
ENTRÉE 2	Avocado Tomato Grilled Cheese	Beef Fajitas	Pork Loin w/ Mushroom Sauce	Veggie Lasagna	Roasted Chicken	Waldorf Chicken Salad Plate	Pulled Pork Sandwich w/ Pickled Red Onion
STARCH	Roasted Sweet Potato	Curly Fries	Rice Pilaf	Garlic Mashed Potatoes	Creamy Orzo	Boardwalk Fries	Potato Salad
VEGGIE	Pasta Salad w/ Broccoli	Corn	Steamed Broccoli	Roasted Cauliflower	Snap Peas	Honey Glazed Carrots	Zucchini & Bell Peppers
DESSERT	Cherry Pie	Pecan Pie	Half Moon Cookies	Sliced Watermelon	Tiramisu	Carrot Cake	Cheesecake

DINNER

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Broccoli & Cheddar	New England Clam Chowder	Italian Wedding w/ Meatballs	Sausage Soup	Red Pepper Bisque	Split Pea w/ Ham	Cream of Mushroom
ENTRÉE 1	Stuffed Shells	Chicken & Rice Casserole	Miso Crusted Pork Loin	Beef & Broccoli Stir Fry	Gyro	Chicken Parmesan	Meat Lasagna
ENTRÉE 2	Grilled Portobello	Beer Battered Cod	Cranberry Turkey Burger	Lamb Pops w/ Mint Jelly	Crab Cake	Honey Baked Ham	BBQ Ribs
STARCH	Garlic Breadstick	Lemon Herb Couscous	Mashed Sweet Potatoes	Basmati White Rice	Baked Potato	Garlic Mashed Potatoes	Sweet Potato Fries
VEGGIE	Brussel Sprouts	Roasted Root Vegetables	Garlic Green Beans	Beets	Rainbow Carrots	Street Corn	Veggie Medley
DESSERT	Cherry Pie	Pecan Pie	Half Moon Cookies	Sliced Watermelon	Tiramisu	Carrot Cake	Cheesecake

LONGVIEW RECREATION SCHEDULE

November 15 – November 21, 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 15th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
2:30 **WORSHIP SERVICE** with The Rev. Tim Dean, Cayuga Medical Center – 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 16th

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 NATURE DISCUSSION: "Puffins & Amaryllis" with Whitney & Kat – Fireplace Lounge, 4th Floor
1:15 **OPEN SWIM** with Tom – Pool, 2nd Floor
1:30 FOOD COMMITTEE MEETING, all are welcome! – Board Room, 2nd 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
2:30 CINEMA & CHAT, "Watch Films & Discuss" with Whitney – Auditorium, 3rd Floor
3:15 **THIS DAY IN HISTORY** with Tom – Fireplace Lounge, 4th Floor
3:30 **BINGO** with Lorraine & Kat – East Wing, Garden Level

Tuesday – November 17th

9:00 **OPEN FITNESS** with Tom – Exercise Room, 2nd Floor
9:00 **MORNING MOVEMENT** with Kat – Front Lobby, Garden Level
9:30 **COFFEE & CONVERSATION** with Sue & Lorraine – Craft Room, 3rd Floor
10:00 **FAMOUS FACES** with Whitney – Fireplace Lounge, 4th Floor ***Note Time**
10:00 **EXERCISE** with Sue & Lorraine – Auditorium, 3rd Floor
10:30 PODCAST GROUP: "Jet Skis & Green Hair" 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 – Fireplace Lounge, 4th Floor
10:45 **BOWLING** with Sue, Lorraine & Ashley – Auditorium, 3rd Floor
12:30 NAILS with Martina & Ashley – Nature Relaxation Lounge, 4th Floor
1:00 **TECH SUPPORT** with Kat – Interview Room, 3rd Floor ***Note Location**
1:00 **NATURE DOCUMENTARY SERIES:** "Silverback" - Auditorium, 3rd Floor
1:15 EXPLORE THE MAKER SPACE with Whitney – C-Wing, 2nd Floor
1:15 **SCATTERGORIES** with Sue & Soni – Fireplace Lounge, 4th Floor
1:30 **MOVEMENT & MUSIC** with Lorraine – Rehab Room, Garden Level

Tuesday – November 17th

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 **SCRABBLE** with Lorraine & Martina – East Wing, Garden Level
3:30 **RUMMIKUB** with Whitney – Fireplace Lounge, 4th Floor
6:00 KARAOKE & SING-ALONG with the Ithaca College/Longview Partnership Club – Auditorium, 3rd Floor
****** NO MOVIE NIGHT, COME SING KARAOKE!**

Wednesday – November 18th

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 CARD GAMES with Kat & Ashley – Craft Room, 3rd Floor
****** TROLLEY RIDES HAVE ENDED FOR THE SEASON. WE'LL SEE YOU IN THE SPRING!**
10:45 **PICTIONARY** with Tom & Maria – Fireplace Lounge, 4th Floor
1:00 **NAILS** with Maria – Craft Room, 3rd Floor
1:15 JEWELRY MAKING & BEADING 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 – Rehab Room, Garden Level
2:15 TRIP TO P & C FRESH – 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
6:15 TIMELESS TUNES: Traditional Finnish Music – Auditorium, 3rd Floor
7:30 **OPEN AA MEETING**, all are welcome, including AL-ANON members – Interfaith Chapel, 3rd Floor



Thursday – November 19th

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
10:45 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

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

Thursday – November 19th

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:** "King Arthur: Legend of the Sword", *Rated PG-13* (2017) - East Wing, Garden Level
2:15 WONDERFUL WHEELCHAIRS, Free Pop-Up Repair with Ron – Auditorium, 3rd Floor
2:15 **PLANT TALK** with John – Craft Room, 3rd Floor
2:15 CREATIVE WRITING with Tom – Fireplace Lounge, 4th Floor
2:30 **NAILS** with Maria – West Wing, Garden Level
3:30 **JEOPARDY** with Whitney & Maria – Fireplace Lounge, 4th Floor
3:45 CLAY CLASS with Lorraine & Tom – West Wing, Garden Level

Friday – November 20th

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 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 WHO AM I? with Whitney – Fireplace Lounge, 4th Floor
10:45 **FAMOUS FACES** with Kat – West Wing, Garden Level
11:00 **WRITING, READING & DISCUSSIONS** with Jerry – Rehab Room, Garden Level
1:15 BALANCE & FLEXIBILITY with Sarah – Auditorium, 3rd Floor
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
****** NO POKER CLUB TODAY, COME TO THE BIRTHDAY PARTY!**
3:00 NOVEMBER BIRTHDAY PARTY with Music by The Maplewood Jazz Trio – Auditorium, 3rd Floor
3:30 **SHABBAT** with IC Hillel – Interfaith Chapel, 3rd Floor
3:45 **GARDEN & ANIMAL TALK** with John – Rehab Room, Garden Level

Saturday – November 21st

10:00 CORNELL COMPANIONS PET THERAPY VISITS – East Wing, Garden Level
10:00 **NEW YORK TIMES WORD GAMES** with Maria – Fireplace Lounge, 4th Floor
11:00 **MOVEMENT & MUSIC** with Maria & Martina – Rehab Room, Garden Level
1:00 **BALLOON TOSS** with Maria & Martina – East Wing, Garden Level
1:45 **MOVIE MATINEE:** "Black Bag", *Rated R* (2015) – East Wing, Garden Level
2:15 MOVIE MATINEE: "Black Bag", *Rated R* (2015) – Auditorium, 3rd Floor
2:45 **TRIVIA** with Maria – Fireplace Lounge, 4th Floor

Cornell™ Companions

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.