WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
	BRUNCH	**LUNCH**					
SOUP W/ROLL	Chicken Noodle	Apple Sweet Potato	Hearty Sausage Soup	NE Clam Chowder	Chicken Dumpling	Tomato Bisque	French Onion Soup
ENTRÉE 1	Texas Chili w/ Cornbread	Beef Lo Mein	Shrimp & Grits w/ Sausage	French Bread Pizza	Chicken Tetrazini	Chicken & Orzo Bake	Open-Faced Hot Turkey Sandwich
ENTRÉE 2	Scrambled Eggs & 2 Sausage Links	Chicken Quesadilla	Roasted Turkey w/ Gravy	Hamburger Casserole	Apricot Glazed Salmon	Italian Sausage	Swedish Meatballs w/ Egg Noodles
STARCH	Garlic Breadstick	Fried Rice	Roasted Potatoes	Potato Salad	Jasmine Rice	Corn & Bean Fiesta	Mashed Potatoes
VEGGIE	Peas & Carrots	Steamed Broccoli	Corn	Vegetable Medley	Garlic Green Beans	Pasta Salad w/ Broccoli	Brussel Sprouts
DESSERT	Éclair	Sweet Potato Pie	Assorted Pudding	Cannoli	Carrot Cake	Tiramisu	Dutch Apple Pie

DINNER

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Chicken Noodle	Apple Sweet Potato	Hearty Sausage Soup	NE Clam Chowder	Chicken Dumpling	Tomato Bisque	French Onion Soup
ENTRÉE 1	Hot Dog	Beef Stew	Stuffed Peppers	Beef Stroganoff	Lamb Meatballs	Pizza Sliders w/ Mushrooms & Onions	Slow Roasted Lamb Shoulder
ENTRÉE 2	Veal Parmesan	Herb Roasted Pork Loin	Chicken Cordon Bleu	Shrimp Po' Boy	Parmesan Crusted Tilapia	Seafood Alfredo	Meatloaf
STARCH	Curly Fries	Mashed Potatoes	Baked Beans	Basmati White Rice	Rice & Beans	Twice Baked Potato	Yams
VEGGIE	Carrots	Green Beans	Rainbow Carrots	Zucchini	Roasted Cauliflower	Beets	Street Corn
DESSERT	Éclair	Sweet Potato Pie	Assorted Pudding	Cannoli	Carrot Cake	Tiramisu	Dutch Apple Pie

LONGVIEW RECREATION SCHEDULE

November 8 – November 14, 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 8th

10:30 **ROMAN CATHOLIC COMMUNION** – Interfaith Chapel, 3rd Floor
2:30 **WORSHIP SERVICE** with The Rev. Geri Judd, Newfield United Methodist 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 – November 9th

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 TROLLEY RIDES with Emma (Weather Permitting) – Front Entrance, 3rd Floor
10:45 **SPORTS HIGHLIGHTS: Videos & Discussion** with Lorraine & Kiana – West Wing, Garden Level
12:30 **TROLLEY RIDES** with Emma (Weather Permitting) – Front Lobby, Garden Level
1:00 **CROSSWORDS** with Kat – Fireplace Lounge, 4th Floor
1:15 **OPEN SWIM** with Tom – Pool, 2nd Floor
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 **CONNECTIONS** with Lorraine – Fireplace Lounge, 4th Floor
2:45 **MOVEMENT & MUSIC** with Kat – Rehab Room, Garden Level ***Note Time**
3:15 THIS DAY IN HISTORY with Tom – Fireplace Lounge, 4th Floor
**** **NO VIDEO SERIES TODAY**
3:15 ART CLUB with Whitney – Craft Room, 3rd Floor
3:30 **BINGO** with Lorraine & Kat – East Wing, Garden Level

Tuesday – November 10th

9:00 **OPEN FITNESS** with Emma – 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 **EXERCISE** with Sue & Lorraine – Auditorium, 3rd Floor
10:15 **FAMOUS FACES** with Whitney – Fireplace Lounge, 4th Floor ***Note Time**
10:30 PODCAST GROUP: "A 4-Track Mind" 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 MUSIC THERAPY with Amanda – East 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 – Craft Room, 3rd Floor
1:15 **SCATTERGORIES** with Sue & Soni – Fireplace Lounge, 4th Floor

Tuesday – November 10th

1:30 WELLNESS SERIES: Savvy Social Security Planning for Couples – 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 – Fireplace Lounge, 4th Floor
2:30 **SCATTERGORIES** with Martina & Lorraine – East Wing, Garden Level
2:30 COMMUNITY CAFÉ: Meet & Greet with Stephanie Specchio, the New Marketing & Sales Director – Dining Room, 3rd Floor
3:15 **NATURE DOCUMENTARY SERIES:** Legendary Tigers of India - Auditorium, 3rd Floor ***Note Time**
**** **NO AFTERNOON WALK TODAY**
3:30 **SCRABBLE** with Lorraine & Martina – East Wing, Garden Level
3:30 **RUMMIKUB** with Whitney – Fireplace Lounge, 4th Floor
6:30 **MOVIE NIGHT**: Sleepless in Seattle, *Rated PG* (1993) - Fireplace Lounge, 4th Floor

Wednesday – November 11th Veterans Day



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 Whitney – Auditorium, 3rd Floor
**** **TROLLEY RIDES MOVED TO MONDAY THIS WEEK**
10:45 VETERAN'S DAY DISCUSSION with Tom & Maria – Craft Room, 3rd Floor
10:45 **PASS THE PIGS** with Kat & Ashley – Fireplace Lounge, 4th Floor
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 – Rehab Room, Garden Level
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 **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
6:30 STRETCH YOUR SPIRIT: Monastic Music with Catholic Campus Ministries – Auditorium, 3rd Floor
7:30 **OPEN AA MEETING**, all are welcome, including AL-ANON members – Interfaith Chapel, 3rd Floor

Thursday – November 12th

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

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

Thursday – November 12th



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: Ocean's Eleven, *Rated PG-13* (2001) 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
6:30 HARVEST MOON DANCE, all are welcome! – Auditorium, 3rd Floor

Friday – November 13th

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 **WHAT 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
1:00 **TRUE CRIME & PARANORMAL SOCIAL CLUB** with Kat – Craft Room, 3rd Floor
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
3:00 POKER CLUB with Tom – Fireplace Lounge, 4th Floor
3:00 PAINT & SIP with Recreation - 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 14th

10:00 OPUS ITHACA SCHOOL OF MUSIC PERFORMANCE – Auditorium, 3rd Floor
11:00 **MOVEMENT & MUSIC** with Recreation Staff – Rehab Room, Garden Level
1:30 AGING IN THE APOCALYPSE: A Reading with Yvonne Fisher & Sue Perlgut w/ discussion to follow – Auditorium, 3rd Floor
1:45 **MOVIE MATINEE:** Thelma, *Rated PG-13* (2024) – East Wing, Garden Level
2:45 **SCATTERGORIES** with Tom – 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.