

LONGVIEW RECREATION SCHEDULE

December 4 – December 10, 2017

Any questions or concerns regarding Recreation programs,
Please contact Bree Nash in the Recreation Department at 375-6335.

	Longview					Week 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 3, 2017	December 4, 2017	December 5, 2017	December 6, 2017	December 7, 2017	December 8, 2017	December 9, 2017
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Minestrone Soup	Cream of Asparagus	Chicken Noodle Soup	Beef Stroganoff Soup	Winter Veg. & Sausage Soup	Mushroom Barley Soup	Cream of Tomato Soup
Waldorf Salad	Dilled Pea Salad	Apple, Walnut and Wild Rice Salad	Apple Sauce Gelatin Salad	Tortellini Antipasto Salad	Dijon Tri-Color Cole Slaw	Cheddar, Bacon Potato Salad
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Roast Pork Normandy	Cheese Stuffed Shells	Lemon Pepper Chicken Quarter	Veal Marsala	Pork Chop w/ Sauerkraut	Lemon Dill Haddock	Kielbasa
Gravy	Italian Sausage Link w/Peppers and Onions on a Bun	Meatball Hoagie Oven Roasted Potatoes	Monte Cristo Garlic Mashed Potatoes	BBQ Chicken Sandwich	Chili Dog on a Bun	Beef Taco Salad
Seafood Alfredo		Sautéed Swiss Chard	Roasted Zucchini	Glazed Sweet Potatoes	Baked Beans	Pierogies
Confetti Couscous	Garlic Bread	Baked Acorn Squash		Roasted Red Onions	Home Fried Potatoes	Braised Red Cabbage
Brussels Sprouts	Italian Mixed Vegetables		Beets	Butternut Squash	Baby Carrots	California Blend Vegetables
Mixed Vegetables	Sautéed Mushrooms	Caramel Custard	Cream Puff	Devil's Food Cupcake w/Vanilla Icing	Broccolini	Carrot Cake
Apple Pie	Chunky Monkey Brownie				Tapioca Pudding	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Minestrone Soup	Cream of Asparagus	Chicken Noodle Soup	Beef Stroganoff Soup	Winter Veg. & Sausage Soup	Mushroom Barley Soup	Cream of Tomato Soup
Waldorf Salad	Dilled Pea Salad	Apple, Walnut and Wild Rice Salad	Apple Sauce Gelatin Salad	Tortellini Antipasto Salad	Dijon Tri-Color Cole Slaw	Cheddar, Bacon Potato Salad
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Pot Roast w/Gravy	Shrimp Scampi	Beef & Broccoli Stir Fry w/Egg Roll	Turkey Chili	Cornish Game Hen	Pacific Seafood Bake	Meat Lasagna
Turkey Cutlet	Mushroom Swiss Burger	Tuna Melt on Wheat	French Dip	Pepperoni Pizza	Turkey Bacon Melt	Chicken Fajita
Dijonaise Mashed Potatoes	Angel Hair Stewed Tomatoes		Corn Bread	Wild Rice	Sweet Potato Fries	Roasted Red Peppers
Sliced Carrots		Brown Rice	Corn	Asparagus	Peas and Mushrooms	Garlic Bread
Green Beans	Broccoli	Stir Fried Vegetables	Balsamic Roasted Vegetables	Wax Beans	Broiled Tomato Half	Italian Green Beans
German Chocolate Cake	Peach Cobbler w/Biscuit	Baby Carrots	Lemon Meringue Pie	Cherry Crisp	Bananas Foster w/Vanilla Ice Cream	Cherry Cheesecake Bar
		Root Beer Float				
Weekly Sandwich Selection	Tuna Salad and Sliced Ham					
Mindful Selection						
Staff Meals						

MONDAY – December 4th

- 9:00 **AQUA AEROBICS** with Bethany – Pool, 2nd Floor
- 9:00 **COFFEE & CONVERSATION** with Adult Day – Adult Day Room, 3rd Floor
- 10:00 **FUN WEIGHTS** with Marcia – Auditorium
- 10:00 **CATHOLIC CONFESSION** with Father Martensen – Chapel, 3rd Floor
- 10:30 **CATHOLIC MASS** with Father Martensen – Chapel, 3rd Floor
- 10:30 **WATERCOLOR** with Adult Day – Adult Day Room
- 10:30 **SCRABBLE** with Bethany – 4th Floor, Fireplace Lounge
- 11:00 **GREAT COURSES, ARCHAEOLOGY: King Tut's Tomb** – Auditorium
- 11:00 **LONGVIEW STORE** open until 12:00 – 3rd Floor
- 12:30 **WALKING** with Adult Day – Meet in Front Lobby
- 1:00 **STORY HOUR** with Pamela – Adult Day Room, 3rd Floor
- 1:15 **MOVEMENT & MUSIC** with Bethany – Rehab Room, Garden Level
- 2:00 **CLAY CLASS** with Laurie – Craft Room, 3rd Floor
- 2:00 **TRIVIA** with Bethany – 4th Floor, Fireplace Lounge
- 2:15 **EXPLORING THE PSALMS** with Dani Novak – IC Classroom, 2nd Floor
- 3:00 **POTTERY WHEEL** classes with Laurie – Craft Room, 3rd Floor, Sign up in Craft Room
- 3:15 **MAD HATTER KAZOO PRACTICE** – Auditorium
- 3:30 **TREE DECORATING** with Bethany – Garden Level, Front Lobby

TUESDAY – December 5th

- 9:00 **NAILS** with Soni & IC Students – Fireplace Lounge, 4th Floor
- 9:00 **OPEN FITNESS** with Bethany – Fitness Room, 2nd Floor
- 9:00 **COFFEE AND CONVERSATION** with Adult Day – Adult Day Room
- 10:00 **TRIPLE FUN WEIGHTS, STRAPS & BALLS** with Marcia – Auditorium
- 10:30 **BEADING** with Soni – 4th Floor, Fireplace Lounge
- 10:30 **LONGVIEW STORE** open until 11:30 – 3rd Floor
- 10:45 **THANKSGIVING LEFT OVERS, Charades** with Adult Day – Auditorium
- 12:30 **WALKING** with Adult Day – Meet in Front Lobby
- 1:00 **TAI CHI** with Laurie – Auditorium
- 1:00 **WORD SEARCH** with Soni – 4th Floor, Fireplace Lounge
- 1:15 **MOVEMENT & MUSIC** with Bethany – Garden Level, Rehab Room
- 2:00 **CRAFTS** with Cheryl – Craft Room, 3rd Floor
- 2:00 **JOHN WAYN MOVIE** – Auditorium
- 2:15 **TRIP TO TOPS** – Sign up in Craft Room, Meet in Entrance
- 2:30 **YOGA** with Lisa – IC Classroom, 2nd Floor
- 2:30 **BEAN BAG TOSS** with Bethany – Garden Level, West Wing
- 3:00 **REMEMBER WHEN** with Cheryl – 4th Floor
- 7:00 **INTERGENERATIONAL CHOIR REHEARSAL CONCERT** – Auditorium



WEDNESDAY – December 6th

- 8:45 **CROCHET & CONVERSATION with Bethany – Craft Room, 3rd Floor**
9:00 **AQUA AEROBICS** with Tamara – Pool, 2nd Floor
9:00 **COFFEE & CONVERSATION** with Adult Day – Adult Day Room
10:00 **TREE DECORATING with East Ithaca Preschool – 4th Floor, Fireplace Lounge**
10:00 **FUN WEIGHTS** with Marcia – Auditorium
10:00 **LONGVIEW SHOPPER** Three or less items from Tops, drop list & money off in Business Office Mailbox
*Orders need to be in by **10:00 AM Wednesday** and will be delivered **Wednesday Afternoon!***
10:30 **LONGVIEW STORE** open until 11:30AM – 3rd Floor
10:30 **BOWLING with Adult Day – Auditorium**
10:30 **TEA & TALKING** with Sarah – Fireplace Lounge, 4th Floor
12:30 **WALKING** with Adult Day – Meet in Front Lobby
1:00 **ZENTANGLE DESIGNS, Creative Coloring** – Adult Day Room, 3rd Floor
1:00 **SCRIPT READING GROUP, All are welcome! – Auditorium**
1:30 **MOVEMENT & MUSIC** with Bethany – Garden Level, Rehabilitation Room
2:00 **PROTESTANT COMMUNION with Rev. Kirianne Riehl – Chapel, 3rd Floor**
2:00 **CRAFT CLASS** with Adult Day – Craft Room, 3rd Floor
2:00 **MOVIE MATINEE: White Christmas** – Garden Level, East Wing
2:00 **TOASTMASTERS Public Speaking Group, All are welcome – Auditorium**
3:30 **OPEN FITNESS** with Laurie – Exercise Room, 2nd Floor
3:30 **BRAIN GAMES** with Bethany – 4th floor, Fireplace Lounge
7:00 **IC STUDENT DEBATE, Topic: Gender Selection in Pregnancy – Auditorium**

THURSDAY – December 7th Pearl Harbor Remembrance Day

- 9:00 **COFFEE & CONVERSATION** with Pamela & Marcia – Adult Day Room
9:00 **NAILS with Bethany & Ali – Garden Level, East Wing**
10:00 **FUN WEIGHTS** with Marcia – Auditorium
10:30 **TRIVIA** with Adult Day – Adult Day Room
10:30 **CREATIVE COLORING** with Bethany – East Wing, Garden Level
10:45 **LONGVIEW STORE** open until 11:45AM – 3rd Floor
11:00 **WORLD'S GREATEST CHURCHES** Mini Series – Auditorium
12:30 **WALKING** with Adult Day – Meet in Front Lobby
12:45 **FALL PREVENTION MOVEMENT GROUP – IC Classroom, 2nd Floor**
1:00 **CARD GAMES: Uno** with Adult Day – Adult Day Room, 3rd Floor
1:00 **OPEN SWIM with Recreation – Pool, 2nd Floor**
1:00 **BOARD GAMES** with Bethany – 4th Floor, Fireplace Lounge
1:30 **BINGO** with Adult Day – Auditorium
2:00 **PICTURE THIS! You make the story!** With IC Students – 4th Floor Lounge
2:15 **TRIP TO WALMART – Sign up in Craft Room, Meet in Entrance**
3:00 **MOCKTAIL HAPPY HOUR** – Auditorium
3:00 **BELLY DANCING with Zajal – Auditorium**
3:00 **SCRABBLE** with Bethany & IC Students – East Wing Lounge, Garden Level
4:00 **HYMN SING** with Barbara & Edna – Chapel, 3rd Floor
5:45 **INTERGENERATIONAL CHOIR MEMBERS Shuttle to IC – Meet in Entrance**
6:00 **INTERGENERATIONAL CHOIR CONCERT at IC – Sign up in Craft Room, Meet in Entrance**
6:30 **MAH-JONGG** – C-Wing Lounge, 3rd Floor
7:00 **QUILTING GROUP, All are welcome!** – Conference Room B, 2nd Floor

FRIDAY – December 8th

- 9:00 **AQUA AEROBICS** with Laurie – Pool, 2nd Floor
9:00 **COFFEE & CONVERSATION** with Adult Day – Adult Day Room, 3rd Floor
9:30 **HOLIDAY SONGS** with Bethany – Front Lobby, Garden Level
10:00 **EXERCISES** with Bree – Auditorium
10:30 **SCRABBLE** with Karen – 4th Floor, Fireplace Lounge
10:30 **HOLIDAY TABLE ARRANGEMENTS with Sarah – Craft Room**
10:30 **LONGVIEW STORE** open until 11:30 – 3rd Floor
12:30 **WALKING** with Adult Day – Meet in Front Entrance
1:00 **BAKING CLUB with Laurie – 4th Floor Kitchen**
1:00 **CREATIVE COLORING** with Adult Day – Adult Day Room
1:30 **MOVEMENT & MUSIC** with Sarah – Garden Level, Rehab Room
2:00 **UNO** with Adult Day – Adult Day Room
3:00 **AFTERNOON TEA with Bert Sal – Auditorium**
4:00 **SHABBAT GATHERING, all are welcome** – IC Classroom, 2nd Floor
7:00 **A POTPOURRI OF CLASSICAL PIANO & VOCAL SELECTIONS by IC Students – Auditorium**

SATURDAY – December 9th

- 9:30 **MOVEMENT & MUSIC with Sarah – Garden Level, Rehab Room**
10:15 **SCATTERGORIES** with Sarah – 4th Floor, Fireplace Lounge
11:00 **TRIVIA** with Sarah – Garden Level, Front Lobby
1:00 **COUNTRY RIDE with Laurie – Sign up in Craft Room, Meet in Entrance**
1:30 **MANIPULATION Card Game** – 3rd Floor, C-Wing Lounge
2:15 **THE SEREBRYANY STUDIO, solo piano pieces with Madeleine Parks – Auditorium**

SUNDAY – December 10th

- 10:30 **CATHOLIC COMMUNION – Chapel, 3rd Floor**
2:00 **WORSHIP SERVICE with Rev. Debbie Allen – Chapel, 3rd Floor**

