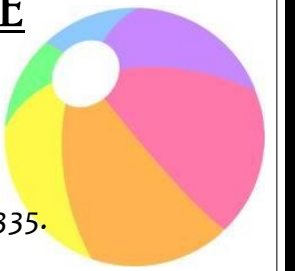


Longview						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 16, 2017	July 17, 2017	July 18, 2017	July 19, 2017	July 20, 2017	July 21, 2017	July 22, 2017
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Dumpling Soup	Sweet Summer Corn Soup	Lentil Soup	Chicken Cacciatore Soup	Garden Vegetable Soup	Manhattan Clam Chowder	Cream of Tomato Soup
Fruited Couscous & Pinenut Salad	Marinated Barley Salad	Japanese Cucumber Salad	Heavenly Hash Salad	Balsamic Pasta Salad	Dijon Tri Color Cole Slaw	Ensalada Navarra Salad
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Salisbury Steak w/Gravy	BBQ Chicken Quarter	Salmon Cakes	Pork Souvlaki	Meatloaf w/Gravy	Cornish Game Hen	Vegetable Lasagna
Coq Au Vin	Deviled Egg Salad on a Croissant	Broccoli & Cheddar Quiche	Roast Beef & Cheddar on	Seafood Louis Salad Plate	Chili Dog	Chicken Tenders
Mashed Potatoes	Parsley Boiled Potatoes	Hash Browns	Multi-Grain Roll	Mashed Potatoes	Baked Beans	French Fries
Broiled Tomato	Creamed Corn	Brussels Sprouts	Brown Rice	Green Beans	Wild Rice	Garlic Bread
Sautéed Spinach	Sliced Carrots	Sautéed Mushrooms	Greek Spinach	Harvard Beets	Grilled Red Onions	Corn
Peach Crumble	Cheesecake	Rice Pudding	Baby Carrots	Pumpkin Crunch Cup	Zucchini	Asparagus
			Lemon Meringue Pie		S'Mores	Black Forest Parfait Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Dumpling Soup	Sweet Summer Corn Soup	Lentil Soup	Chicken Cacciatore Soup	Garden Vegetable Soup	Manhattan Clam Chowder	Cream of Tomato Soup
Fruited Couscous & Pinenut Salad	Marinated Barley Salad	Japanese Cucumber Salad	Heavenly Hash Salad	Balsamic Pasta Salad	Dijon Tri Color Cole Slaw	Ensalada Navarra Salad
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Glazed Ham	Broiled Rainbow Trout	Cheese Manicotti	Braised Beef Tips	Lamb Spiedie	Fish Fry	BBQ Pork Ribs
Pasta Primavera	Corned Beef Reuben	Italian Sausage Patty w/P&O	Mandarin Grilled Chicken	BLT on Wheat Bread	Turkey Club Wrap	Crab Cake Sandwich
Au Gratin Potatoes	Wild Rice	Garlic Bread	Salad	Baked Potato	French Fries	Sweet Potato Fries
Cauliflower	Yellow Squash	Mixed Vegetables	Egg Noodles	Roasted Red Peppers	Corn and Tomato	Peas and Carrots
Asparagus	Sauteed Escarole	Italian Cut Green Beans	Summer Squash Medley	Broccoli	California Blend Vegetables	Wax Beans
French Silk Pie	M&M Brownies	Fruit Tart	Grilled Scallions	Iced Banana Cake	Bread Pudding w/Peaches	Root Beer Float
			Pineapple Crisp			
<b>Weekly Sandwich Selection Turkey Salad and Sliced Bologna</b>						
<b>Mindful Selection</b>						
<b>Staff Meals</b>						

# LONGVIEW RECREATION SCHEDULE

July 17– July 23, 2017

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

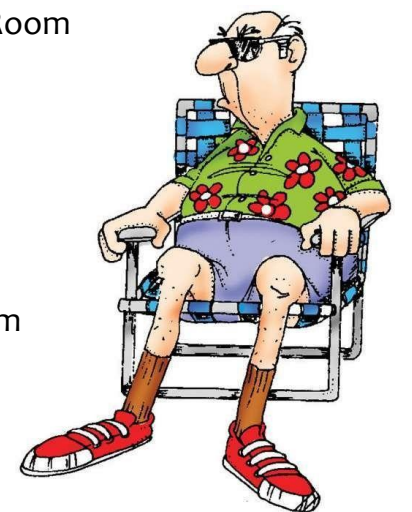


## MONDAY – July 17<sup>th</sup>

- 9:00 **AQUA AEROBICS** with Bethany – Pool, 2<sup>nd</sup> Floor
- 9:00 **COFFEE & CONVERSATION** with Adult Day – Adult Day Room, 3<sup>rd</sup> Floor
- 10:30 **COFFEE TALK with Mark** – Craft Room, 3<sup>rd</sup> Floor
- 10:00 **EXERCISES** with Pamela – Auditorium
- 10:30 **WATERCOLOR** with Adult Day – Adult Day Room
- 11:00 **GREAT COURSES: Great American Bestsellers: The Books That Shaped America** – Auditorium
- 11:00 **INDEPENDENT TENANT Q & A** – Craft Room, 3<sup>rd</sup> Floor
- 11:00 **LONGVIEW STORE OPEN 'til 12:00** – 3<sup>rd</sup> Floor
- 12:30 **WALKING** with Adult Day – Meet in Front Lobby
- 1:00 **STORY HOUR** with Pamela – Adult Day Room, 3<sup>rd</sup> Floor
- 1:15 **MOVEMENT & MUSIC** with Bethany – Rehab Room, Garden Level
- 1:00 **BILLIARDS & SHUFFLEBOARD** – Game Room, 3<sup>rd</sup> Floor
- 2:00 **CLAY CLASS** with Laurie – Craft Room, 3<sup>rd</sup> Floor
- 2:00 **TRIVIA** with Bethany – Fireplace Lounge, 4<sup>th</sup> Floor
- 2:15 **EXPLORING THE PSALMS with Rabbi Eli**– IC Classroom, 2<sup>nd</sup> Floor
- 3:30 **LOCAL HISTORY** with Laurie – Front Lobby, Garden Level

## TUESDAY – July 18<sup>th</sup>

- 9:00 **OPEN FITNESS** with Soni – Fitness Room, 2<sup>nd</sup> Floor
- 9:00 **COFFEE AND CONVERSATION** with Mary & Marcia – Adult Day Room
- 9:45 **NAILS** with Soni – Fireplace Lounge, 4<sup>th</sup> Floor
- 10:00 **FUN WEIGHTS** with Marcia – Auditorium
- 10:30 **LONGVIEW STORE OPEN 'til 11:30** – 3<sup>rd</sup> Floor
- 10:30 **MEDITATION & HARP with Jayne** – Garden Level, East Wing
- 12:30 **WALKING** with Adult Day – Meet in Front Lobby
- 1:00 **TAI CHI** with Laurie – Auditorium
- 1:15 **MOVEMENT & MUSIC** with Bethany – Garden Level, Rehab Room
- 2:00 **CRAFTS with Cheryl** – Craft Room, 3<sup>rd</sup> Floor
- 2:00 **VANITY FAIR Mini Series**– Auditorium
- 2:15 **TRIP TO ALDI'S – Sign up in Craft Room, Meet in Entrance**
- 2:30 **YOGA** – IC Classroom, 2<sup>nd</sup> Floor
- 3:00 **REMEMBER WHEN with Cheryl** – 4<sup>th</sup> Floor
- 4:00 **INFO SESSION ON IC BOOK DISCUSSION OPPORTUNITY** – IC Classroom, 2<sup>nd</sup> Floor



**WEDNESDAY – July 19<sup>th</sup>**

- 9:00 **AQUA AEROBICS with Tamara – Pool, 2<sup>nd</sup> Floor**
- 9:00 **COFFEE & CONVERSATION with Pamela & Marcia – Adult Day Room**
- 9:00 **AROMA THERAPY HAND MASSAGE – Fireplace Lounge, 4<sup>th</sup> Floor**
- 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 Late Afternoon!**\*
- 10:30 **LONGVIEW STORE OPEN** 'til 11:30AM – 3<sup>rd</sup> Floor
- 10:30 **TEA & TALKING with Sarah – 4<sup>th</sup> Floor, Fireplace Lounge**
- 10:30 **BOWLING with Adult Day - Auditorium**
- 10:30 **UNO with Bethany – East Wing, Garden Level**
- 11:15 **PICNIC TO LOWER TREMAN– Sign up in Craft Room, Meet in Entrance**
- 1:00 **BILLIARDS & SHUFFLEBOARD – Game Room, 3<sup>rd</sup> Floor**
- 1:00 **OPEN SWIM with Bethany – Pool, 2<sup>nd</sup> Floor**
- 1:15 **WORD SEARCH – Adult Day Room**
- 1:30 **MOVEMENT & MUSIC with Soni – Garden Level, Rehab Room**
- 2:00 **CRAFT CLASS with Adult Day – Craft Room, 3<sup>rd</sup> Floor**
- 2:00 **MOVIE MATINEE: A Fish Called Wanda– Garden Level, East Wing**
- 3:30 **BOOK CLUB MEETING, Divine Secrets of the Ya-Ya Sisterhood – IC Classroom, 2<sup>nd</sup> Floor**
- 3:30 **OPEN FITNESS with Laurie – Exercise Room, 2<sup>nd</sup> Floor**
- 3:30 **BRAIN GAMES with Bethany – 4<sup>th</sup> floor, Fireplace Lounge**
- 7:00 **SING-A-LONG with Bev – Auditorium**

**THURSDAY – July 20<sup>th</sup>**

- 9:00 **NAILS with Soni – Garden Level, East Wing**
- 9:00 **COFFEE & CONVERSATION with Pamela & Marcia – Adult Day Room**
- 10:00 **FUN WEIGHTS with Marcia – Auditorium**
- 10:30 **JUNK DRAWER DETECTIVE with Bethany – East Wing Lounge, Garden Level**
- 10:30 **WATERCOLOR with Soni– Fireplace Lounge, 4<sup>th</sup> Floor**
- 10:30 **TRIVIA with Adult Day – Adult Day Room**
- 10:45 **LONGVIEW STORE OPEN** 'til 11:45AM – 3<sup>rd</sup> Floor
- 12:30 **WALKING with Adult Day – Meet in Front Lobby**
- 12:45 **FALL PREVENTION MOVEMENT GROUP – IC Classroom, 2<sup>nd</sup> Floor**
- 1:00 **GAMES: Uno with Adult Day – Adult Day Room**
- 1:30 **BINGO with Adult Day – Auditorium**
- 1:30 **SCRABBLE with Bethany – 4<sup>th</sup> Floor, Fireplace Lounge**
- 2:15 **TRIP TO SALVATION ARMY– Sign up in Craft Room, Meet in Entrance**
- 3:00 **ICE CREAM SOCIAL with Cornell Staff – Pavilion**
- 4:00 **HYMN SING with Barbara & Edna – Chapel, 3<sup>rd</sup> Floor**
- 6:15 **ITHACA CONCERT BAND at Horizon's – Sign up in Craft Room, Meet in Entrance**
- 6:30 **MAH-JONGG – C-Wing Lounge, 3<sup>rd</sup> Floor**
- 7:00 **QUILTING GROUP, All are welcome! – IC Classroom, 2<sup>nd</sup> Floor**

**FRIDAY – July 21<sup>st</sup>**

- 9:00 **AQUA AEROBICS with Laurie – Pool, 2<sup>nd</sup> Floor**
- 9:00 **COFFEE & CONVERSATION with Adult Day – Adult Day Room, 3<sup>rd</sup> Floor**
- 9:30 **TRIP TO THE TOMPKINS COUNTY LIBRARY– Sign up in Craft Room, Meet in Entrance**
- 9:30 **EXERCISES with Adult Day Program – Auditorium, Please Note Time Change!**
- 10:00 **SPECIAL VIEWING of The Wizard of Oz - Auditorium**
- 10:30 **LONGVIEW STORE** open until 11:30 – 3<sup>rd</sup> Floor
- 10:45 **SHORT STORIES with Laurie – Garden Level, Front Lobby**
- 12:30 **WALKING with Adult Day – Meet in Front Entrance**
- 1:00 **BAKING CLUB with Laurie – Kitchen, 4<sup>th</sup> Floor**
- 1:00 **BILLIARDS & SHUFFLEBOARD – Game Room, 3<sup>rd</sup> Floor**
- 1:00 **CREATIVE COLORING with Adult Day – Craft Room**
- 1:30 **MOVEMENT & MUSIC with Sarah – Garden Level, Rehab Room**
- 1:45 **TROLLEY RIDES with Bethany – Meet at Entrance**
- 2:00 **WORD SEARCH with Adult Day – Adult Day Room, 3<sup>rd</sup> Floor**
- 3:00 **JOHN CHAPMAN (Piano) @ Afternoon Tea - Auditorium**
- 4:00 **SHABBAT GATHERING, all are welcome – IC Classroom, 2<sup>nd</sup> Floor**

**SATURDAY – July 22<sup>nd</sup>**

- 9:30 **MOVEMENT & MUSIC with Sarah- Rehab Room, Garden Level**
- 10:30 **HIDLAY PIANO STUDIO MUSIC SHARE - Auditorium**
- 1:00 **COUNTRY RIDE with Laurie – Sign up in Craft Room, Meet in Entrance**
- 1:30 **MANIPULATION Card Game – 3<sup>rd</sup> Floor, C-Wing Lounge**
- 2:15 **MOVIE MATINEE: Collateral Beauty – Auditorium**

**SUNDAY – July 23<sup>rd</sup>**

- 10:30 **CATHOLIC COMMUNION – Chapel, 3<sup>rd</sup> Floor**
- 2:00 **WORSHIP SERVICE with Major Sunshine– Chapel, 3<sup>rd</sup> Floor**

