



# RIVERSIDE

## RECREATION THERAPY INFORMER



November 18<sup>th</sup>-November 23<sup>rd</sup>, 2024

RDC=Recreation Dining Center  
FLC=Faith and Life Center

### Monday, November 18<sup>th</sup>

10:00am- Bible Study with Pastor Linda -FLC

1:30pm- Yahtzee with Jane & Heidi! -RDC

3:00pm- 1:1 Visits -Room to Room

### Tuesday, November 19<sup>th</sup> 600 Hall Special Breakfast 7:00-9:00am

10:00am- Chair Yoga with Jane! -RDC

1:30pm- Bingo! -RDC

2:30pm- Manicures -RDC and Room to Room

### Wednesday, November 20<sup>th</sup>

9:00am- Bus Trip: Viewing the Tundra Swans! (*For those signed up*)

1:30pm- "Name that Tune" and Sing-Along with Holiday Music! -RDC

2:30pm- Pet Therapy Visits with Sue and Curly! -Room to Room

3:00pm- Turkey Color-by-Number! -RDC



**Thursday, November 21<sup>st</sup>**

9:30am- Pet Therapy Visits with Nancy and Walley! -Room to Room

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Music Entertainment with Tom Conrad! -RDC

3:00pm- Scrabble! -RDC

**Friday, November 22<sup>nd</sup>**

10:00am- Worship Service with Pastor Linda -FLC

1:30pm- Resident Meeting & Snack! -RDC

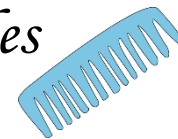
**Saturday, November 23<sup>rd</sup>**

1:30pm- Bingo! -RDC



Beauty Shop: *Timeless Styles*

Open on Wednesdays



Call Erin at 608-406-3955 to make an appointment! 😊

## Did you Know We Offer?

- Books on Tape
- Crossword Puzzle Books
- Word Search Books
- Greeting/Holiday Cards
- 2 Book Shelves stocked by the La Crosse Public Library- no need to “check-out” these books, just take and read!
- Movies on VHS or DVD-if you are looking for something special, ask Rec. Therapy and we’ll let you know if we have it
- TONS of Craft Supplies (yarn, scrapbook paper, markers, glue, scissors, etc.)
- Need a Manicure? Let us know!
- Pianos in the Rec. Dining Center & Mitchell Lounge-Sit down & Play! We have song books
- Pianos on each Light House Unit
- Recreation Therapy Programs offered 6 days a week!

**All of these services are offered *free* of charge!**

**All programs are subject to change**

# LUNCH/SUPPER MENU SUBSTITUTION LIST

Any requests given to the kitchen after 9:30 am for lunch or after 3:00 pm for supper may potentially be served last. The earlier the kitchen knows, the more accommodating they can be – ext. 63932

Fried Egg Sandwich  
Grilled Cheese Sandwich  
Boneless Chicken Breast  
Hamburger on a Bun  
Hot Dog on a Bun  
Cold Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Poached, Fried, Hard Boiled or Scrambled Egg  
Varied Meat or Meat Salad Sandwich  
Soups – Tomato, Chicken Noodle, Broth  
Chef's Salad  
Chicken Caesar Salad  
Baked Potato with toppings

## MENU- Week 2

### Saturday, November 16<sup>th</sup>

Lunch: Meatloaf, Scalloped Potatoes, Rutabagas, Marinated Carrot Salad, Apple Pie

Supper: Pork and Gravy over Mashed Potatoes, Green Beans, Banana, Cookie

### Sunday, November 17<sup>th</sup>

Lunch: Chicken Supreme, Sour Cream & Chive Potatoes, Vegetable Blend, Watermelon, Jell-O Cake

Supper: Mushroom Swiss Burger, Potato Salad, Pickles, Ice Cream

### Monday, November 18<sup>th</sup>

Lunch: Short Ribs, Boiled Potatoes, Cabbage and Carrots, Lime Mist Salad, Raspberry Cheesecake

Supper: Pancakes w/Maple Syrup, Sausage Links, Cantaloupe, Pistachio Fluff

### Tuesday, November 19<sup>th</sup>

Lunch: Breaded Pork Steak, Au Gratin Potatoes, Beets, Three Bean Salad, Peach Crisp

Supper: Wild Rice Soup, Summer Sausage Sandwich, Mandarin Oranges, Cream Cheese Brownie

### Wednesday, November 20<sup>th</sup>

Lunch: Baked Ham, Sweet Potatoes, Wax Beans, Coleslaw, Strawberry Pie

Supper: Chicken Pesto Pasta w/Spinach, Pineapple, Caramel Butter Bar, Variety Bread

### Thursday, November 21<sup>st</sup>

Lunch: Spaghetti w/Meat Sauce, Broccoli, Banana, Chocolate Chip Date Cake, Garlic Toast

Supper: Beer Cheese Soup, Chicken Salad Sandwich, Fruit Cup, Lemonade Dessert

### Friday, November 22<sup>nd</sup>

Lunch: Crumb Top Baked Fish, Baked Potato, Mixed Veggies, Strawberries, Lorna Doone Dessert

Supper: Chicken Cordon Bleu, Wild Rice, Grapes, Nutcracker Sweets

### Lunch

- Dorset Dining 10:40am - 11:00am
- Mitchell Room Trays 11:05am - 11:20am
- Mitchell Dining Room 11:30am - 11:50am

### Supper

- Dorset Dining Room 4:00pm - 4:20pm
- Mitchell Room Trays 4:25pm - 4:50pm
- Mitchell Dining Room 5:00pm - 5:20pm