



RIVERSIDE RECREATION THERAPY INFORMER

July 22nd-July 27th, 2024

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, July 22nd

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

1:30pm- Resident Meeting! -RDC

Tuesday, July 23rd *Mitchell Hall Special Breakfast: 7:00-9:00am*

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

1:15pm- Social -RDC

1:30pm- Bingo! -RDC

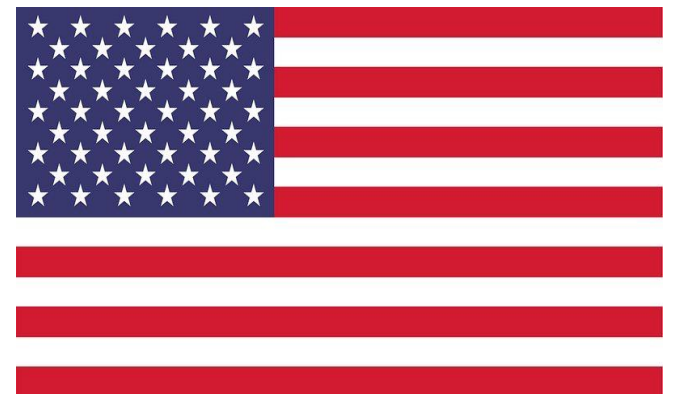
2:30pm- Manicures -RDC and Room to Room

Wednesday, July 24th

10:00am- Voter Registration -Room to Room

1:30pm- Craft: Making a Rock Cactus Garden! -RDC

3:00pm- Olympic Games! -RDC



Thursday, July 25th

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:00pm- Monthly Birthday Party! -RDC *Come help us celebrate Riverside's July birthdays!*



Friday, July 26th

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

1:00pm- Farewell Party for Sierra! -RDC *Come join us to say goodbye to our Dorset Social Worker, Sierra!*

Saturday, July 27th

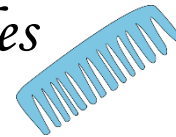
1:30pm- Bingo! -RDC

2:30pm- Catholic Communion -Room to Room



Beauty Shop: *Timeless Styles*

Open on Wednesdays



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

Voter Registration is due by July 24th at 1:00pm! Please let staff know if you are interested or call the Rec Therapy Dept at 63916

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 1

Saturday, July 20th

Lunch: Brat on a Bun w/Kraut, German Potato Salad, Baked Beans, Lemon Jell-O, Cherry Cake

Supper: Macaroni & Cheese, Beets, Cantaloupe, Ice Cream

Sunday, July 21st

Lunch: Baked Ham, Sweet Potatoes, Veggie Blend, Lettuce Salad, Strawberry Dessert

Supper: Tomato Soup, Grilled Cheese Sandwich, Fruit Cocktail, Chocolate Butterscotch Dessert

Monday, July 22nd

Lunch: Roast Turkey, Dressing w/Gravy, Squash, Cranberry Sauce, Lemon Meringue Pie

Supper: Goulash, Broccoli, Pears, Cookie

Tuesday, July 23rd

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Corn, Cucumber Salad, Tapioca Pudding

Supper: Chicken Salad w/Tomato Slices, Honey Dew Melon, Ice Cream, Variety Bread

Wednesday, July 24th

Lunch: Spare Ribs, Sauerkraut, Dumplings w/Gravy, Three Bean Salad, Texas Sheet Cake

Supper: Cream of Mushroom Soup, Bologna Sandwich, Mandarin Oranges, Jell-O Cake

Thursday, July 25th

Lunch: Hamburger Stroganoff over Egg Noodles, Glazed Carrots, Green Jell-O Cubes, Strawberry Rhubarb Pie

Supper: Omelet Supreme, Hash Browns, Red Grapes, Vanilla Pudding

Friday, July 26th

Lunch: Batter Fried Fish, French Fries, Cauliflower, Coleslaw, Fruit Pizza

Supper: Chili, Watermelon, Mint Chocolate Chip Ice Cream, Cornbread

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