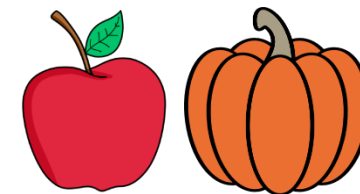


RIVERSIDE

RECREATION THERAPY INFORMER



September 9th-September 14th, 2024

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, September 9th

No Bible Study Today

1:00pm- River Valley Raptor Presentation! -FLC *Come join us for an educational hour learning all about birds of prey!*

Tuesday, September 10th

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

1:30pm- Bingo! -RDC

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

Wednesday, September 11th

10:00am- 1:1 Visits -Room to Room

1:30pm- Apple Cider and Donut Social! -RDC



Thursday, September 12th

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 Frank Moore! –FLC

3:00pm- Fall Trivia! -RDC

Friday, September 13th

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

1:30pm- Craft: Watercolor Pumpkins! -RDC

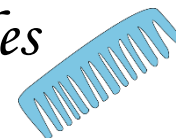
Saturday, September 14th

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 4

Saturday, September 7th

Lunch: Swedish Meatballs, Boiled Potatoes w/Gravy, Broccoli Bake, Cottage Cheese, Cherry Dessert

Supper: Open Face Turkey & Gravy on a Bun, Carrots, Cranberry Sauce, Butterscotch Pudding

Sunday, September 8th

Lunch: Roast Pork, Mashed Potatoes w/Gravy, Baked Beans, Seven Layer Salad, Tiramisu

Supper: Minestrone Soup, Cheese Sandwich, Pears, Ice Cream

Monday, September 9th

Lunch: Cheeseburger on a Bun, Seasoned Steak Fries, Pickle, Tomato Slices, Peach Cobbler

Supper: Beef Chop Suey over Rice, Honeydew Melon, Cookie, Everything Bread

Tuesday, September 10th

Lunch: Baked Chicken, Dressing w/Gravy, Squash, Cranberry Sauce, Pumpkin Cake

Supper: Bean Soup, Egg Salad Sandwich, Pineapple, Custard

Wednesday, September 11th

Lunch: Spaghetti w/Meat Sauce, Cauliflower, Fruit Cup, Rhubarb Cake, Garlic Toast

Supper: Pancakes w/Maple Syrup, Sausage, Watermelon, Angel Dessert

Thursday, September 12th

Lunch: Beef Short Ribs, Boiled Potatoes, Cabbage Au Gratin, Cucumber Salad, Blueberry Cheesecake

Supper: Potato Chowder, Ham Salad Sandwich, Banana, Blondie Bar

Friday, September 13th

Lunch: Baked Fish, Baked Potato, Veggie Blend, Peaches, Caramel Brownies

Supper: Chicken Cordon Bleu, Peas, Applesauce, Vanilla Pudding

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