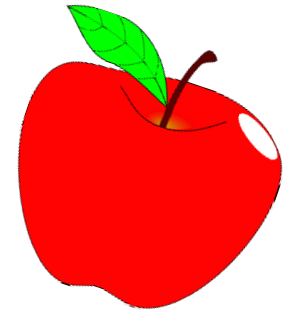




RIVERSIDE RECREATION THERAPY INFORMER

September 10th-16th, 2023



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, September 11th:

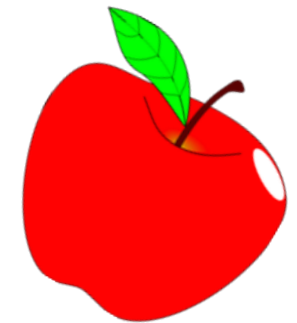
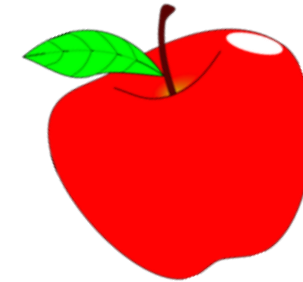
- 10:00am- Bible Study with Pastor Linda - FLC
- 1:30pm- Yarn Pumpkin Craft! - RDC
- 3:00pm- Playing Yahtzee! - RDC

Tuesday, September 12th:

- 10:00am- Chair Yoga with Heidi! - RDC
- 1:15pm- Social! - RDC
- 1:30pm- Bingo! - RDC
- 2:30pm- Manicures - RDC and room to room

Wednesday, September 13th:

- 10:00am- 1:1 Visits - Room to room
- 1:30pm- Bingo Bucks Store! - RDC
- 3:00pm- Playing Skee-ball! - RDC



Thursday, September 14th:

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- Game: Word Unscramble - RDC

Friday, September 15th:

10:00am- Worship Service - FLC

1:30pm- Craft: Autumn Door Hangers! - RDC

Saturday, September 16th:

1:30pm- Bingo! - RDC

2:30pm- Communion Service - RDC



**Euchre games will be held on Tuesdays at 2:30pm in the RDC pending there are enough players*

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, September 9th

Lunch: Glorified Pork Chop, Boiled Potatoes, Spinach, Lettuce Salad, Carrot Cake

Supper: Shrimp Pasta Salad, Banana, Chocolate Almond Dessert, Variety Bread

Sunday, September 10th

Lunch: Orange Chicken, Fried Rice, Seasoned Green Beans, Pineapple, Ice Cream

Supper: Broccoli Cheese Soup, Ham Sandwich, Strawberries, Cookie

Monday, September 11th

Lunch: Beef Stew, Dumplings, Cottage Cheese, Peach Pie, Fresh Baked Bun

Supper: Chili Dog, Potato Salad, Cantaloupe, Banana Bar

Tuesday, September 12th

Lunch: Pork Roast, Mashed Potatoes w/Gravy, Squash, Deviled Egg, Apple Crisp

Supper: French Toast Sticks w/Maple Syrup, Bacon, Apricots, Fudge Oat Bar

Wednesday, September 13th

Lunch: Roast Turkey, Cheesy Hash Browns, Western Baked Beans, Fruited Jell-O, Pumpkin Dessert

Supper: Pesto Chicken Pasta w/Spinach, Hawaiian Fruit Salad, Caramel Butter Bar, Variety Bread

Thursday, September 14th

Lunch: Salisbury Steak, Boiled Potatoes, Stewed Tomatoes, Marinated Carrot Salad, Strawberry Pie

Supper: BBQ Pork on a Bun, French Fries, Pears, Lemonade Dessert

Friday, September 15th

Lunch: Shrimp Scampi, Sour Cream & Chive Potatoes, Mixed Veggies, Banana, Sherbet

Supper: Vegetable Beef Barley Soup, Egg Salad Sandwich, Watermelon, Pistachio 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