

RIVERSIDE RECREATION THERAPY INFORMER

January 15th-21st, 2023



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, January 16th:

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

1:30pm- Horse Racing! - RDC

3:00pm- Jigsaw Puzzles - RDC

Tuesday, January 17th:

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

1:15pm- Social! - RDC

1:30pm- BINGO! - RDC

2:30pm- Manicures - RDC

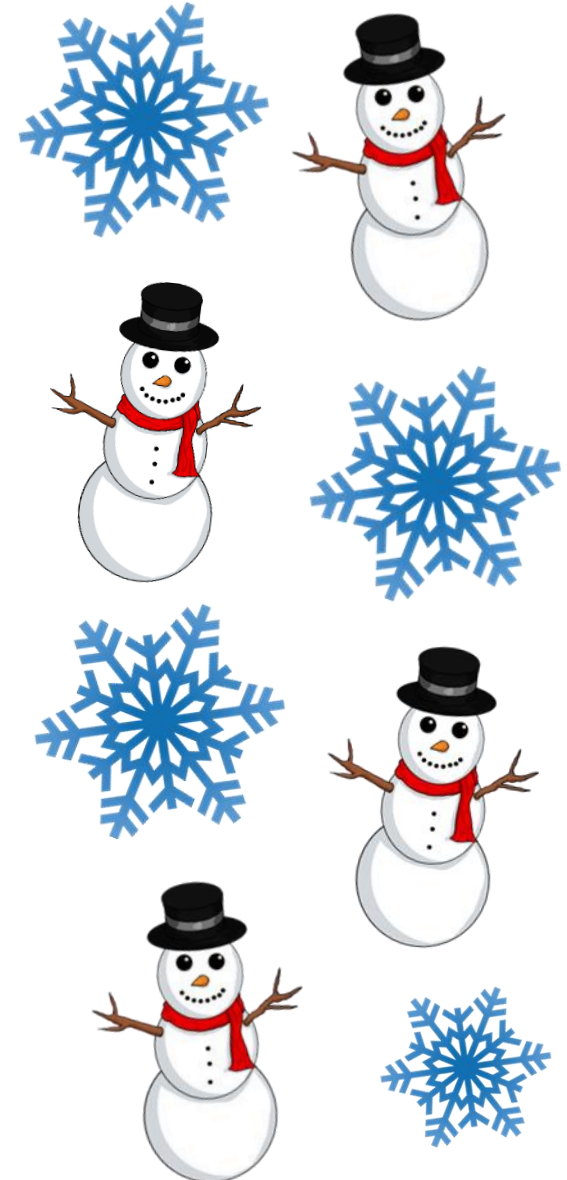
Wednesday, January 18th:

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

1:30pm- Craft: Winter Tissue Paper Flowers

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

3:00pm- Wheel of Fortune: Winter Edition! - RDC



Thursday, January 19th:

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! - FLC

3:00pm- Game: Dominoes! - RDC

Friday, January 20th:

10:00am- Worship Service - FLC

1:30pm- Craft: Ping Pong Snowmen! - RDC

Saturday, January 21st:

1:30pm- Bingo! - RDC

2:30pm- Catholic Communion - RDC

****Euchre games will be held on Mon, Wed, and Fri 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

MENU- Week 2

Saturday, January 14th

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

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

Sunday, January 15th

Lunch: Chicken Supreme, Sour Cream & Chives Potatoes, Asparagus, Watermelon, Jell-O Cake,
Homemade Bread

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

Monday, January 16th

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

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

Tuesday, January 17th

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

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

Wednesday, January 18th

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

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

Thursday, January 19th

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, January 20th

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

Supper: Chicken Cordon Bleu, Peas, Red Grapes, Nutcracker Sweets

Lunch

Supper

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| • Dorset Dining | 10:40am - 11:00am | • Dorset Dining Room | 4:00pm - 4:20pm |
| • Mitchell Room Trays | 11:05am - 11:20am | • Mitchell Room Trays | 4:25pm - 4:50pm |
| • Mitchell Dining Room | 11:30am - 11:50am | • Mitchell Dining Room | 5:00pm - 5:20pm |