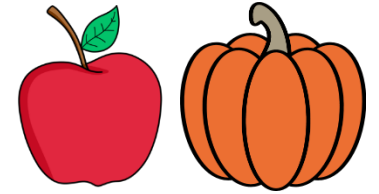


RIVERSIDE RECREATION THERAPY INFORMER



September 2nd-September 7th, 2024

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, September 2nd *Happy Labor Day!*

No Bible Study Today

1:30pm- Wheel of Fortune-Back to School Edition! -RDC

Tuesday, September 3rd

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

1:30pm- Bingo! -RDC

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

Wednesday, September 4th

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

1:00pm- Harp Music with Shari Sarazin! -FLC

3:00pm- Word Game: Name 5 Things! -RDC



Thursday, September 5th

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Making Chocolate Covered Treats! -RDC

Friday, September 6th

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

1:30pm- Decorating the "Riverside Tree" for Fall! -RDC

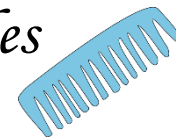
Saturday, September 7th

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 3

Saturday, August 31st

Lunch: Breaded Pork Steak, Sweet Potatoes, Peas w/Pearl Onions, Pineapple w/Cottage Cheese, Bread Pudding

Supper: Turkey Club Sandwich, Potato Chips, Honey Dew Melon, Cookie

Sunday, September 1st

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Rutabagas, Cucumbers, Oreo Cheesecake

Supper: BBQ on a Bun, Macaroni Salad, Mixed Fruit, Ice Cream

Monday, September 2nd

Lunch: Meatloaf, Scalloped Potatoes, Harvard Beets, Lettuce Salad, Blueberry Crumb Bar

Supper: Chicken Noodle Soup, Tuna Salad Sandwich, Grapes, Lemon Dessert

Tuesday, September 3rd

Lunch: BBQ Chicken, Steak Fries, Corn, Coleslaw, Apple Cake

Supper: Cheesy Ham & Potato Bake, Peas, Peaches, Rice Krispie Bar

Wednesday, September 4th

Lunch: Tenderloin, Parmesan Crusted Potatoes, Veggie Blend, Banana, Ice Cream

Supper: Hamburger Hash, Green Beans, Baked Apple Slices, Walnut Bars

Thursday, September 5th

Lunch: Chicken Stir Fry over Rice, Watermelon, Cookies & Cream Pie, Homemade Bread

Supper: Beer Cheese Soup, Summer Sausage Sandwich, Tomato Slices, Mandarin Orange Cake

Friday, September 6th

Lunch: Crunch Top Fish, Baby Red Potatoes, Wax Beans, Chinese Veggie Salad, Lemon Bar

Supper: Roast Beef & Swiss Sandwich, Potato Salad, Strawberries, Cookie

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