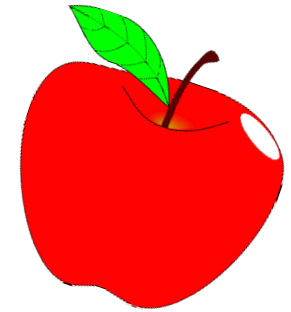




# RIVERSIDE RECREATION THERAPY INFORMER

September 24<sup>th</sup>-30<sup>th</sup>, 2023



RDC=Recreation Dining Center  
FLC=Faith and Life Center

## Monday, September 25<sup>th</sup>:

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

1:30pm- Horse Racing! - RDC

3:00pm- Jigsaw Puzzles with Heidi - RDC

## Tuesday, September 26<sup>th</sup>:

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

1:15pm- Social! - RDC

1:30pm- Bingo! - RDC

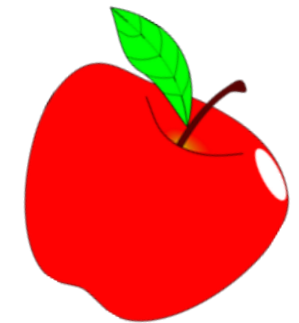
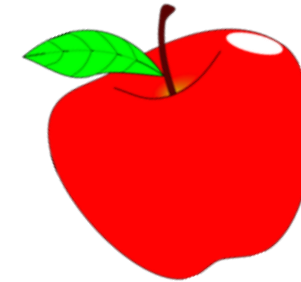
2:30pm- Manicures - RDC and room to room

## Wednesday, September 27<sup>th</sup>:

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

1:15pm- Monthly Birthday Party! - RDC

3:00pm- Oktoberfest Word Games! - RDC



**Thursday, September 28<sup>th</sup>: Thursday night Packer Game at 7:15pm!**

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

**9:45am-** Rosary - FLC

**10:00am-** Mass - FLC

**1:30pm-** Make Your Own Oktoberfest Button or Flower Crown! - RDC

**Friday, September 29<sup>th</sup>:**

**10:00am-** Worship Service - FLC

**1:00pm-** Beer and Cheese Social! Happy Oktoberfest! - RDC

**Saturday, September 30<sup>th</sup>:**

**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 23<sup>rd</sup>

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 24<sup>th</sup>

Lunch: Chicken Supreme, Sour Cream & Chive Potatoes, Veggie Blend, Watermelon, Jell-O Cake

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

### Monday, September 25<sup>th</sup>

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

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

### Tuesday, September 26<sup>th</sup>

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

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

### Wednesday, September 27<sup>th</sup>

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

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

### Thursday, September 28<sup>th</sup>

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, September 29<sup>th</sup>

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

Supper: Chicken Cordon Bleu, Wild Rice, Grapes, Nutcracker Sweets

### 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