



RIVERSIDE RECREATION THERAPY INFORMER

July 29th-August 3rd, 2024

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, July 29th

No Bible Study

10:00am- Coffee & Conversation -RDC

12:30pm- Voting! (For those who are registered) -RDC

3:00pm- Game Time! -RDC

Tuesday, July 30th

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

1:15pm- Social -RDC

1:30pm- Bingo! -RDC

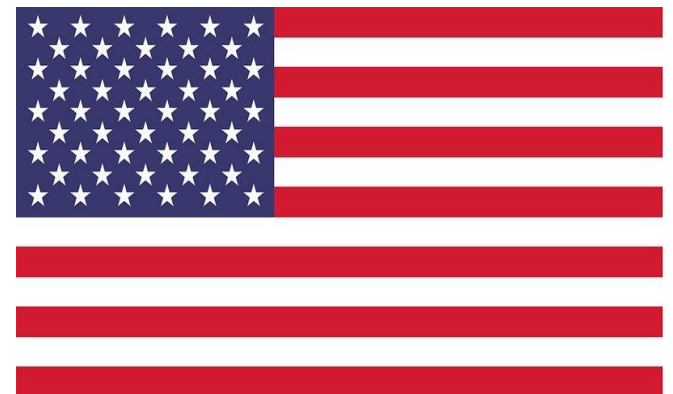
2:30pm- Manicures -RDC and Room to Room

Wednesday, July 31st

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

1:30pm- Fresh Salsa Social! -RDC

3:00pm- Color a Picture for National Coloring Book Day! -RDC **Pictures will be displayed in the showcase outside of the RDC!**



Thursday, August 1st

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Chair Yoga with Heidi! -RDC

Friday, August 2nd

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

1:30pm- Craft: Happiness Collages! -RDC

Saturday, August 3rd

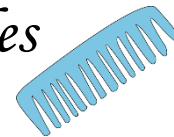
1:30pm- Bingo! -RDC

2:30pm- Catholic Communion -Room to Room



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 2

Saturday, July 27th

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

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

Sunday, July 28th

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

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

Monday, July 29th

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

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

Tuesday, July 30th

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

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

Wednesday, July 31st

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, August 1st

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

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

Friday, August 2nd

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

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

Lunch

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

Supper

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|------------------------|-----------------|
| • Dorset Dining Room | 4:00pm - 4:20pm |
| • Mitchell Room Trays | 4:25pm - 4:50pm |
| • Mitchell Dining Room | 5:00pm - 5:20pm |