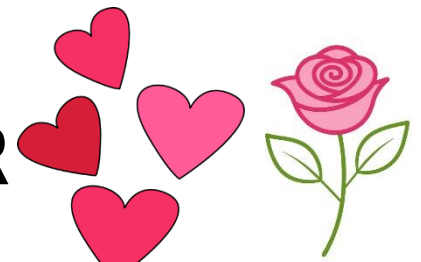


# RIVERSIDE RECREATION THERAPY INFORMER

## February 3<sup>rd</sup>-February 8<sup>th</sup>, 2025



RDC=Recreation Dining Center  
FLC=Faith and Life Center

### Monday, February 3<sup>rd</sup>

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

12:30pm- Voting! -RDC *\*For those who are signed up\**

3:00pm- Wheel of Fortune: Valentine's Day Edition! -RDC

### Tuesday, February 4<sup>th</sup>

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

1:30pm- Bingo! -RDC

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

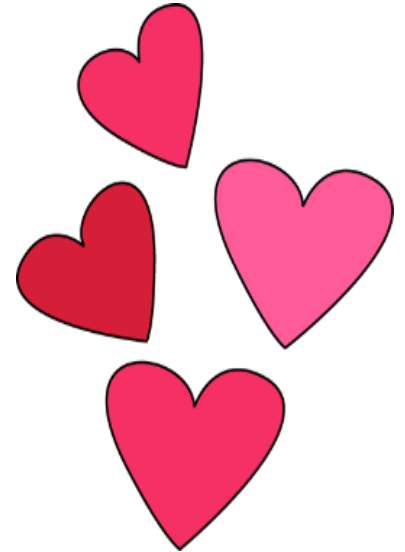
### Wednesday, February 5<sup>th</sup>

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

1:30pm- Craft: Making Valentine's Day Cards! -RDC

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

3:00pm- Bird Watching Club! -RDC



**Thursday, February 6<sup>th</sup>**

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

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

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

**1:30pm-** Music Entertainment with Steven Freehill! -FLC

**3:00pm-** Famous Couple Matching Game! -RDC

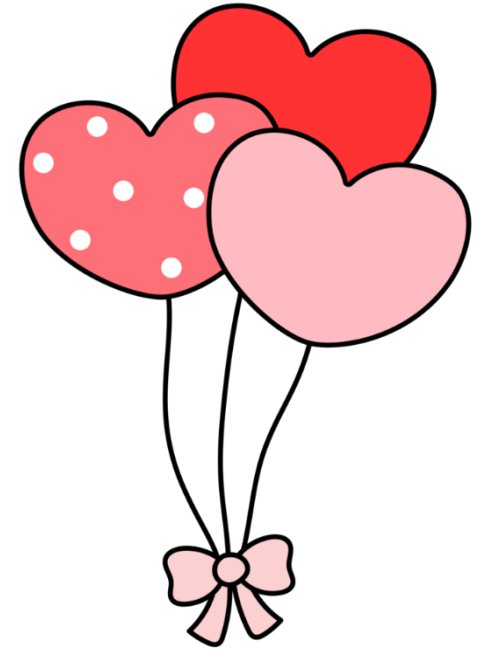
**Friday, February 7<sup>th</sup>**

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

**1:30pm-** Valentine Bracelet Making! -RDC

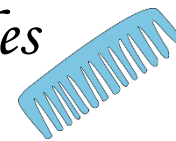
**Saturday, February 8<sup>th</sup>**

**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 1

### Saturday, February 1<sup>st</sup>

Lunch: Chicken Alfredo over Noodles, Broccoli, Banana, Cream Cheese Bar, Cheddar Biscuit

Supper: Roast Beef & Swiss Sandwich, Potato Salad, Grapes, Ice Cream

### Sunday, February 2<sup>nd</sup>

Lunch: Roast Turkey, Dressing w/Gravy, Green Bean Bake, Cranberry Sauce, Pumpkin Pie

Supper: Bean Soup, Tuna Salad Sandwich, Mixed Fruit, Cookie

### Monday, February 3<sup>rd</sup>

Lunch: BBQ Beef Ribs, Steak Fries, Corn, Cottage Cheese, French Silk Dessert

Supper: Cheeseburger Macaroni Hot Dish, Beets, Mandarin Oranges, Blueberry Crumb Bar

### Tuesday, February 4<sup>th</sup>

Lunch: Orange Chicken, Fried Rice, Seasoned Green Beans, Pears, Confetti Cake

Supper: Chili, Watermelon, Ice Cream, Corn Bread

### Wednesday, February 5<sup>th</sup>

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Cauliflower w/Cheese Sauce, Cucumbers, Cookies & Crème Pie

Supper: Ham and Cheese Sandwich, Potato Chips, Honey Dew Melon, Blondie Bar

### Thursday, February 6<sup>th</sup>

Lunch: Marinated Pork Loin, Sweet Potatoes, Peas w/Pearl Onions, Cantaloupe, Cranberry Dessert

Supper: Lasagna, Broccoli, Grapes, Chocolate Pudding, Bread Stick

### Friday, February 7<sup>th</sup>

Lunch: Baked Salmon, Baby Red Potatoes, Spinach Bake, Coleslaw, Sherbet

Supper: Beef Noodle Soup, Bologna Sandwich, Fruit Salad, Pumpkin Bar

### 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