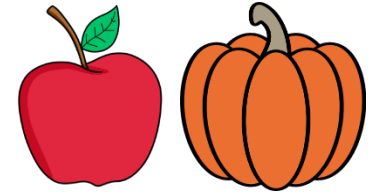


RIVERSIDE

RECREATION THERAPY INFORMER

September 30th-October 5th, 2024



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, September 30th

- 10:00am- Bible Study with Pastor Linda -FLC
- 1:30pm- Yahtzee with Jane! -RDC
- 3:00pm- 1:1 Visits with Alyssa! –Room to Room

Tuesday, October 1st *Mitchell Hall Special Breakfast 7:00-9:00am*

- 10:00am- Chair Yoga with Jane! -RDC
- 1:30pm- Bingo! -RDC
- 2:30pm- Manicures -RDC and Room to Room

Wednesday, October 2nd

- 10:00am- 1:1 Visits -Room to Room
- 1:30pm- Craft: Halloween Door Hangers! -RDC
- 3:00pm- Game Time: Chutes & Ladders! -RDC



Thursday, October 3rd

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Wheel of Fortune: Halloween Edition! -RDC

Friday, October 4th

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

1:30pm- Chair Travels! *A Virtual Vacation Experience* -FLC

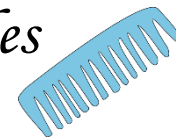
Saturday, October 5th

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, September 28th

Lunch: Meatballs, Cheesy Hash Browns, Baked Beans, Pears, Applesauce Spice Cake

Supper: Turkey Dumpling Soup, Bologna Salad Sandwich, Honey Dew Melon, Cookie

Sunday, September 29th

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Rutabagas, Cucumber Salad, Pineapple Upside Down Cake

Supper: Scalloped Potatoes w/Ham, Mixed Veggies, Mandarin Oranges, Ice Cream

Monday, September 30th

Lunch: Pork Chop Suey over Rice, Green Beans, Raspberry Applesauce Salad, Baked Custard

Supper: Tomato Soup, Grilled Cheese Sandwich, Pineapple, Seven Layer Bar

Tuesday, October 1st

Lunch: Baked Chicken, Zucchini Bake, Squash, Grapes, Lemon Poppyseed Cake

Supper: French Toast Sticks w/Maple Syrup, Bacon, Banana, Pistachio Dessert

Wednesday, October 2nd

Lunch: Hamburger Steak, Boiled Potatoes w/Milk Gravy, Peas, Fruit Cocktail, Marshmallow Dessert

Supper: Potato Chowder, Tuna Salad Sandwich, Peach Half w/Cottage Cheese, Macaroon Brownie

Thursday, October 3rd

Lunch: Roast Turkey, Mashed Potatoes w/Gravy, Corn, Cranberry Sauce, Pumpkin Cheesecake

Supper: BBQ Pork on a Bun, Potato Chips, Pickles, Pears, Scotcharoos

Friday, October 4th

Lunch: Batter Fried Fish, Potato Wedges, Stewed Tomatoes, Chinese Vegetable Salad, Tapioca Pudding

Supper: Split Pea Soup, Egg Salad Sandwich, Cantaloupe, Toffee Poke Cake

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