



RIVERSIDE RECREATION THERAPY INFORMER

January 6th-January 11th, 2025



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, January 6th

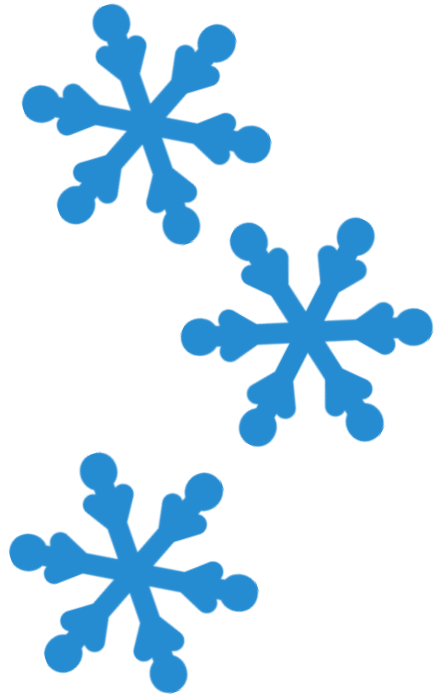
- 10:00am- Bible Study with Pastor Linda - FLC
- 1:30pm- Craft: Winter Scene Q-Tip Painting! -RDC
- 3:00pm- 1:1 Visits -Room to Room

Tuesday, January 7th

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

Wednesday, January 8th

- 1:00pm- Harp Music with Shari Sarazin! -FLC
- 2:30pm- Pet Therapy Visits with Sue & Curly! -Room to Room



Thursday, January 9th

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

Friday, January 10th

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

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

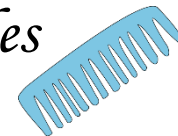
Saturday, January 11th

No Bingo Today



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, January 4th

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

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

Sunday, January 5th

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

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

Monday, January 6th

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

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

Tuesday, January 7th

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

Supper: Chili, Watermelon, Ice Cream, Corn Bread

Wednesday, January 8th

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

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

Thursday, January 9th

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

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

Friday, January 10th

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