



RIVERSIDE RECREATION THERAPY INFORMER

July 8th-July 13th, 2024

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, July 8th

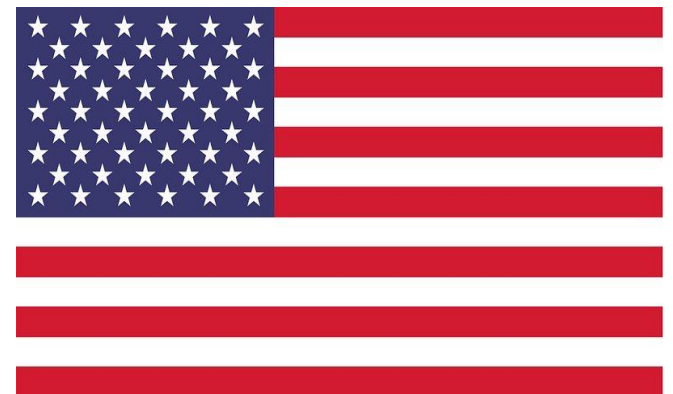
- 10:00am- Bible Study with Pastor Linda! -FLC
- 1:30pm- Sunshine Craft! -RDC
- 3:00pm- Yahtzee! -RDC

Tuesday, July 9th

- 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 10th

- 10:00am- 1:1 Visits -Room to Room
- 1:30pm- Outdoor Lemonade Social! -Courtyard **Weather Permitting**
- 3:00pm- Chutes and Ladders! -RDC



Thursday, July 11th

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Music Entertainment with Frank Moore! –FLC

3:00pm- Card Game: Uno! -RDC

Friday, July 12th

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

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

Saturday, July 13th

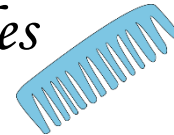
1:30pm- Bingo! -RDC

2:30pm- Catholic Communion -Room to Room



Beauty Shop: *Timeless Styles*

Open on Wednesdays



Call Erin at 608-406-3955 to make an appointment! 😊

Voter Registration is due by July 24th at 1:00pm! Please let staff know if you are interested or call the Rec Therapy Dept at 63916

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, July 6th

Lunch: Breaded Pork Steak, Sweet Potatoes, Peas w/Pearl Onions, Pineapple w/Cottage Cheese, Bread Pudding

Supper: Turkey Club Sandwich, Potato Chips, Honey Dew Melon, Cookie

Sunday, July 7th

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Rutabagas, Cucumber Salad, Oreo Cheesecake

Supper: BBQ on a Bun, Macaroni Salad, Mixed Fruit, Ice Cream

Monday, July 8th

Lunch: Meatloaf, Scalloped Potatoes, Harvard Beets, Lettuce Salad, Blueberry Crumb Bar

Supper: Chicken Noodle Soup, Tuna Salad Sandwich, Grapes, Lemon Dessert

Tuesday, July 9th

Lunch: BBQ Chicken, Steak Fries, Corn, Coleslaw, Apple Dump Cake

Supper: Cheesy Ham and Potato Bake, Peas, Peaches, Rice Krispie Bar

Wednesday, July 10th

Lunch: Tenderloin, Parmesan Crusted Potato, Veggie Blend, Banana, Cookies and Cream Pie

Supper: Hamburger Hash, Green Beans, Baked Apple Slices, Walnut Bar

Thursday, July 11th

Lunch: Chicken Stir Fry over Rice, Watermelon, Ice Cream, Homemade Bread

Supper: Beer Cheese Soup, Summer Sausage Sandwich, Tomato Slices, Mandarin Orange Cake

Friday, July 12th

Lunch: Crunch Top Fish, Baby Red Potatoes, Wax Beans, Chinese Vegetable Salad, Lemon Bar

Supper: Roast Beef & Swiss Sandwich, Potato Salad, Strawberries, Cookie

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