



RIVERSIDE

RECREATION THERAPY INFORMER

November 27th – December 3rd, 2022

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, November 28th:

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

1:30pm- Welcome Heidi! Come join us for cookies, coffee, and hot chocolate as we welcome our new Recreation Therapist, Heidi! - RDC

Tuesday, November 29th:

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

1:15pm- Social! - RDC

1:30pm- BINGO! - RDC

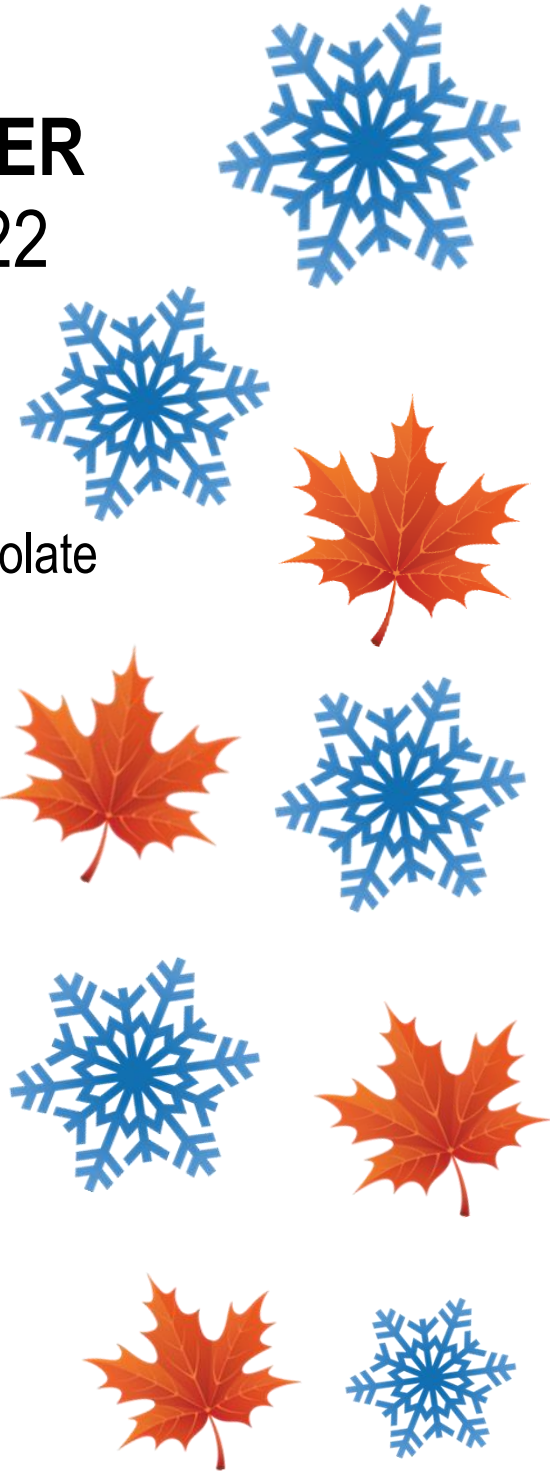
2:30pm- Manicures - RDC

Wednesday, November 30th:

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

1:30pm- Craft: Snow Flake Ornaments! - RDC

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



Thursday, December 1st:

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

9:45am- Rosary- FLC

10:00am- Mass - FLC

1:30pm- Card Games of Choice! - RDC

Friday, December 2nd:

10:00am- Worship Service - FLC

1:30pm- Holiday Trivia! - RDC

Saturday, December 3rd:

1:30pm- Bingo! - RDC

2:30pm- Catholic Communion - RDC

****Euchre games will be held on Mon, Wed, and Fri at 2:30pm in the RDC pending there are enough players***

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

MENU- Week 3

Saturday, November 26th

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

Supper: Turkey Dumpling Soup, Bologna Salad Sandwich, Cantaloupe, Cookie

Sunday, November 27th

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

Supper: Scalloped Potatoes & Ham, Mixed Veggies, Apricots, Ice Cream

Monday, November 28th

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

Supper: Tomato Soup, Grilled Cheese Sandwich, Fruit Cocktail, Seven Layer Bar

Tuesday, November 29th

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

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

Wednesday, November 30th

Lunch: Hamburger Steak, Boiled Potatoes w/Milk Gravy, Peas, Apple Ring, Marshmallow Dessert

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

Thursday, December 1st

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

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

Friday, December 2nd

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

Supper

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| • Dorset Dining | 10:40am - 11:00am | • Dorset Dining Room | 4:00pm - 4:20pm |
| • Mitchell Room Trays | 11:05am - 11:20am | • Mitchell Room Trays | 4:25pm - 4:50pm |
| • Mitchell Dining Room | 11:30am - 11:50am | • Mitchell Dining Room | 5:00pm - 5:20pm |