



# RIVERSIDE RECREATION THERAPY INFORMER



July 21<sup>st</sup>-July 26<sup>th</sup>, 2025

RDC=Recreation Dining Center  
FLC=Faith and Life Center

## Monday, July 21<sup>st</sup>

10:00am- Bible Study with Pastor Linda FLC

1:30pm- Christmas in July! -RDC

3:00pm- Whiteboard Brain Teasers! -RDC



## Tuesday, July 22<sup>nd</sup> 600 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

2:30pm- Euchre -RDC \*Pending enough players\*



## Wednesday, July 23<sup>rd</sup>

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

1:30pm- Craft: Cactus Rock Garden! -RDC

3:00pm- Jumbo Crossword Puzzle! -RDC

### Thursday, July 24<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 Frank Moore! -FLC

3:00pm- Bird Watching Club! –Courtyard (*Weather Permitting*)



### Friday, July 25<sup>th</sup>

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

1:00pm- Name that Tune! -RDC

### Saturday, July 26<sup>th</sup>

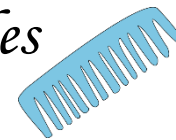
1:30pm- Bingo! -RDC

\*Please recycle this packet 😊\*



Beauty Shop: *Timeless Styles*

Open on Thursdays



Call Jackie 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, July 19<sup>th</sup>

Lunch: Brat w/Kraut on a Bun, German Potato Salad, Baked Beans, Lemon Jell-O, Cherry Dump Cake

Supper: Macaroni & Cheese, Beets, Cantaloupe, Ice Cream

### Sunday, July 20<sup>th</sup>

Lunch: Baked Ham, Sweet Potatoes, Veggie Blend, Lettuce Salad, Strawberry Dessert

Supper: Tomato Soup, Grilled Cheese Sandwich, Fruit Cocktail, Chocolate Butterscotch Dessert

### Monday, July 21<sup>st</sup>

Lunch: Roast Turkey, Dressing w/Gravy, Squash, Cranberry Sauce, Lemon Meringue Pie

Supper: Goulash, Broccoli, Pears, Cookie

### Tuesday, July 22<sup>nd</sup>

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Corn, Cucumbers, Tapioca Pudding

Supper: Chicken Salad Plate w/Tomato and Honey Dew Melon, Ice Cream, Variety Bread

### Wednesday, July 23<sup>rd</sup>

Lunch: Spare Ribs, Sauerkraut, Dumplings w/Gravy, Three Bean Salad, Texas Sheet Cake

Supper: Cream of Mushroom Soup, Bologna Sandwich, Mandarin Oranges, Jell-O Cake

### Thursday, July 24<sup>th</sup>

Lunch: Hamburger Stroganoff over Egg Noodles, Glazed Carrots, Green Jell-O Cubes, Strawberry Rhubarb Pie

Supper: Omelet Supreme, Hash Browns, Grapes, Vanilla Pudding

### Friday, July 25<sup>th</sup>

Lunch: Batter Fried Fish, French Fries, Cauliflower, Coleslaw, Fruit Pizza

Supper: Chili, Watermelon, Mint Chocolate Chip Ice Cream, Cornbread

#### 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