



# RIVERSIDE RECREATION THERAPY INFORMER

## August 11<sup>th</sup>-August 16<sup>th</sup>, 2025



RDC=Recreation Dining Center  
FLC=Faith and Life Center

### Monday, August 11<sup>th</sup>

- 10:00am- Bible Study with Pastor Linda - FLC
- 1:30pm- Craft: Yarn Birds! -RDC
- 3:00pm- Sensory Quiz: Guess the Scent! -RDC

### Tuesday, August 12<sup>th</sup>

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

### Wednesday, August 13<sup>th</sup>

- 9:30am- Outing: The Pearl Coffee Shop & Riverside Park! \*For those signed up\*  
*Please let staff know if you are interested!*
- 1:00pm- Harp Music with Shari Sarazin! -RDC
- 2:30pm- Pet Therapy Visits with Sue & Curly! -Room to Room
- 3:00pm- 1:1 Visits with Heidi! –Room to Room



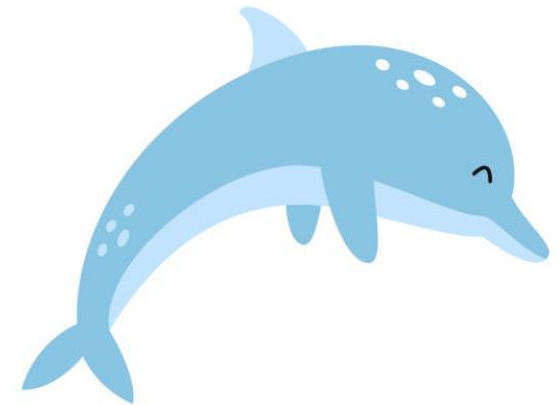
**Thursday, August 14<sup>th</sup>**

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Family Feud: Summer Edition! -RDC



**Friday, August 15<sup>th</sup>**

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

1:30pm- Twister Bean Bag Toss! -RDC

**Saturday, August 16<sup>th</sup>**

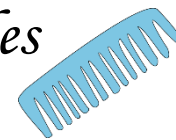
1:30pm- Bingo! -RDC

\*Please recycle this packet 😊\*



Beauty Shop: *Timeless Styles*

Open on Thursdays



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

**Euchre will take place in the RDC @2:30pm every Tuesday afternoon 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**

# **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 4

### Saturday, August 9<sup>th</sup>

Lunch: Swedish Meatballs, Boiled Potatoes w/Gravy, Broccoli Bake, Cottage Cheese, Cherry Dessert

Supper: Open Face Turkey & Gravy on a Bun, Carrots, Cranberry Sauce, Butterscotch Pudding

### Sunday, August 10<sup>th</sup>

Lunch: Roast Pork, Mashe Potatoes w/Gravy, Baked Beans, Seven Layer Salad, Tiramisu

Supper: Minestrone Soup, Cheese Sandwich, Pears, Ice Cream

### Monday, August 11<sup>th</sup>

Lunch: Cheeseburger on a Bun, Seasoned Steak Fries, Pickle, Tomato Slice, Peach Cobbler

Supper: Beef Chop Suey over Rice, Honeydew Melon, Cookie, Everything Bread

### Tuesday, August 12<sup>th</sup>

Lunch: Baked Chicken, Dressing w/Gravy, Squash, Cranberry Sauce, Pumpkin Cake

Supper: Bean Soup, Egg Salad Sandwich, Pineapple, Custard

### Wednesday, August 13<sup>th</sup>

Lunch: Spaghetti w/Meat Sauce, Cauliflower, Fruit Cup, Rhubarb Cake, Garlic Toast

Supper: Breakfast Casserole w/Sausage & Bacon, Watermelon, Angel Dessert, Blueberry Muffin

### Thursday, August 14<sup>th</sup>

Lunch: Beef Short Ribs, Boiled Potatoes, Cabbage Au Gratin, Cucumber Salad, Blueberry Cheesecake

Supper: Potato Chowder, Ham Salad Sandwich, Banana, Blondie Bar

### Friday, August 15<sup>th</sup>

Lunch: Baked Fish, Baked Potato, Veggie Blend, Peaches, Caramel Brownie

Supper: Chicken Cordon Bleu, Wild Rice, Applesauce, Vanilla Pudding

### 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 |