



# RIVERSIDE RECREATION THERAPY INFORMER



December 14<sup>th</sup>-December 20<sup>th</sup>, 2025

RDC=Recreation Dining Center  
FLC=Faith and Life Center

## Monday, December 15<sup>th</sup>

- 10:00am- Bible Study with Pastor Linda –FLC
- 10:00am- 1:1 Visits -Room to Room
- 1:00pm- Puzzle Piece Christmas Tree Craft! -RDC
- 3:00pm- Yahtzee! -RDC

## Tuesday, December 16<sup>th</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

## Wednesday, December 17<sup>th</sup>

- 10:00am- Reading & Coffee Group! -RDC
- 1:00pm- Decorating Christmas Cookies! -RDC
- 2:30pm- Pet Therapy Visits with Sue and Curly! –Room to Room
- 3:00pm- Make-Your-Own Peppermint Sugar Scrub! –RDC



### **Thursday, December 18<sup>th</sup>**

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

**9:45am-** Rosary -FLC

**10:00am-** Mass -FLC

**1:00pm-** Holiday Family Feud! -RDC

**5:00-7:00pm-** Christmas Party! -FLC *Join us for holiday festivities including: food & drink, music entertainment, a Candyland photo booth opportunity, & a visit from Santa Claus!*

### **Friday, December 19<sup>th</sup>**

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

**1:30pm-** Music Entertainment with Tom Conrad! –FLC

**3:00pm-** Christmas Scattergories! -RDC

### **Saturday, December 20<sup>th</sup>**

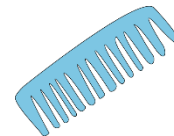
**1:30pm-** Bingo! –RDC

*\*Please recycle this packet 😊\**



Beauty Shop:

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: if you'd like to join/learn, we'd love to add members to our group!**

## 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 2

### Saturday, December 13<sup>th</sup>

Lunch: Meatloaf, Scalloped Potatoes, Rutabagas, Marinated Carrot Salad, Apple Pie

Supper: Pork & Gravy over Mashed Potatoes, Green Beans, Banana, Cookie

### Sunday, December 14<sup>th</sup>

Lunch: Chicken Supreme, Sour Cream & Chive Potatoes, Vegetable Blend, Watermelon, Jell-O Cake

Supper: Mushroom Swiss Burger, Potato Salad, Pickles, Ice Cream

### Monday, December 15<sup>th</sup>

Lunch: Short Ribs, Boiled Potatoes, Cabbage & Carrots, Lime Mist Salad, Raspberry Cheesecake

Supper: Breakfast Casserole w/Sausage & Bacon, Cantaloupe, Pistachio Fluff, Blueberry Muffin

### Tuesday, December 16<sup>th</sup>

Lunch: Breaded Pork Steak, Au Gratin Potatoes, Beets, Three Bean Salad, Peach Crisp

Supper: Wild Rice Soup, Summer Sausage Sandwich, Mandarin Oranges, Cream Cheese Brownie

### Wednesday, December 17<sup>th</sup>

Lunch: Baked Ham, Sweet Potatoes, Wax Beans, Coleslaw, Strawberry Pie

Supper: Chicken Pesto Pasta w/Spinach, Pineapple, Fudge Oat Bar, Variety Bread

### Thursday, December 18<sup>th</sup>

Lunch: Spaghetti w/Meat Sauce, Broccoli, Banana, Chocolate Chip Date Cake, Garlic Toast

Supper: Beer Cheese Soup, Chicken Salad Sandwich, Fruit Cup, Lemonade Dessert

### Friday, December 19<sup>th</sup>

Lunch: Crumb Top Baked Fish, Baked Potato, Mixed Veggies, Strawberries, Lorna Doone Dessert

Supper: Chicken Cordon Bleu, Wild Rice, Grapes, Nutcracker Sweets

### Lunch

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|------------------------|-------------------|
| • 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 |