



RIVERSIDE RECREATION THERAPY INFORMER

January 4th-January 10th, 2026



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, January 5th

10:00am- Bible Study with Pastor Linda –FLC

1:00pm- Hot Chocolate & Trivia! -RDC

3:00pm- Snowman Games! -RDC

Tuesday, January 6th

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

1:30pm- Bingo! -RDC

2:30pm- Manicures -RDC and Room to Room

Wednesday, January 7th

10:00am- Reading & Coffee Group! -RDC

1:00pm- Harp Music with Shari Sarazin! -FLC

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

3:00pm- Bird Club! -RDC



Thursday, January 8th

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

9:45am- Rosary -FLC

10:00am- Mass –FLC

1:00pm- Monthly Birthday Party! -RDC *Join us in celebrating Riverside's January birthdays!*



Friday, January 9th

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

1:00pm- Craft: Scrabble Tile Craft! -RDC

Saturday, January 10th

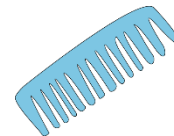
1:30pm- Bingo! –RDC

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 1

Saturday, January 3rd

Lunch: Chicken Alfredo over Noodles, Broccoli, Banana, Cream Cheese Bar, Cheddar Biscuit

Supper: Roast Beef & Swiss Sandwich, Potato Salad, Grapes, Ice Cream

Sunday, January 4th

Lunch: Roast Turkey, Dressing w/Gravy, Green Bean Bake, Cranberry Sauce, Pumpkin Pie

Supper: Bean Soup, Tuna Salad Sandwich, Mixed Fruit, Cookie

Monday, January 5th

Lunch: BBQ Beef Ribs, Steak Fries, Corn, Cottage Cheese, French Silk Dessert

Supper: Homemade Cheeseburger Macaroni Casserole, Beets, Mandarin Oranges, Blueberry Crumb Bar

Tuesday, January 6th

Lunch: Orange Chicken, Fried Rice, Seasoned Green Beans, Pears, Confetti Cake

Supper: Chili, Watermelon, Ice Cream, Corn Bread

Wednesday, January 7th

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Cauliflower w/Cheese Sauce, Cucumbers, Cookies & Crème Pie

Supper: Ham & Cheese Sandwich, Potato Chips, Honey Dew Melon, Blondie Bars

Thursday, January 8th

Lunch: Marinated Pork Loin, Sweet Potatoes, Peas, Cantaloupe, Cranberry Dessert

Supper: Lasagna, Broccoli, Grapes, Chocolate Pudding, Bread Stick

Friday, January 9th

Lunch: Baked Salmon, Baby Red Potatoes, Spinach Bake, Coleslaw, Sherbet

Supper: Beef Noodle Soup, Bologna Sandwich, Fruit Salad, Pumpkin Bar

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 |