



RIVERSIDE RECREATION THERAPY INFORMER

January 11th-January 17th, 2026



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, January 12th

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

1:00pm- Winter Tree Q-Tip Painting! -RDC

3:00pm- 1:1 Visits with Heidi! –Room to Room

Tuesday, January 13th

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

1:30pm- Bingo! -RDC

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

Wednesday, January 14th

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

1:00pm- Craft: Sock Snowman! -FLC

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

3:00pm- Card Game of Choice! -RDC



Thursday, January 15th

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

9:45am- Rosary -FLC

10:00am- Mass –FLC

1:00pm- Whiteboard Word Games: Winter Edition! -RDC



Friday, January 16th

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

1:00pm- Fact or Fiction: Winter Edition! -RDC

Saturday, January 17th

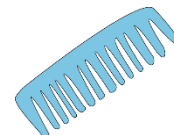
1:30pm- Bingo! –RDC

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, January 10th

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

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

Sunday, January 11th

Lunch: Chicken Supreme, Sour Cream w/Chives Potatoes, Veggie Blend, Watermelon, Jell-O Cake

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

Monday, January 12th

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

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

Tuesday, January 13th

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, January 14th

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

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

Thursday, January 15th

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, January 16th

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 |